



# Hood County News

MORE THAN A NEWSPAPER | A HOOD COUNTY LEGEND SINCE 1886

[ SATURDAY, Jan. 28, 2023 ]

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## Granbury ISD school board votes unanimously to sell district airplane

BY ASHLEY INGE  
Staff Writer

Granbury ISD's board of trustees voted unanimously to sell the district's airplane during Monday's school board meeting, citing higher expenses and liability risks as the reasons behind their decision.

A subcommittee consisting of trustees Barbara Townsend, Billy Wimberly, and Melanie Graft, was recently formed to discuss the potential selling of the GISD airplane with Todd Gibson, the district's career and technical education director.

"All of those folks that were on the subcommittee have some knowledge to some extent of the field of aviation, which was a good thing," Gibson said, during the

meeting. "We met, we reviewed financial statements, we looked at flight data, we looked at the individual classes and the vision of the flight program — specifically getting students' flight hours — and that initial vision was to get students their private pilot's license at a reduced cost. After a lot of review and discussion, it is the recommendation of that subcommittee to sell the GISD airplane."

Wimberly read the entirety of the subcommittee report during the meeting that outlined the reasonings behind wanting to sell the plane.

The report states that from the financial data collected during the time that the district has owned the aircraft — and after considering the liability and potential risks

associated with owning an aircraft — the subcommittee agreed that the sale of the airplane was in the district's "best interest."

The report also stated that based on the financial data and the number of hours flown by students in the GISD airplane, the subcommittee determined that the district will still be able to offer students discounted rates without owning an aircraft.

The district will begin the use of the district's partnered flight school, In the Pattern, at the Granbury Regional Airport for instruction in lieu of the GISD airplane. The sale of the airplane will not hinder students from accumulating their flight hours.

### PERSONAL USE

The decision to sell the airplane comes just two months after WFAA-TV Channel 8 reported that Assistant Superintendent Jimmy Dawson used the district's airplane to take a trip with his wife — also a GISD administrator — to see their daughter in Abilene for her birthday. The round trip was about 250 miles.

An investigation into Dawson's actions was conducted by KBS Law Group, but attorney Miles Bradshaw said during the December school board meeting that there were "some gray areas."

Included among the law firm's recommendations during December's board meeting

PLEASE SEE PLANE | A6

### SPECIAL EDITION

### HEALTH: MIND AND BODY

Health is important for both mind and body. See our special edition for tips on mental health, diet, age and more.



## LGMC plans free-standing ER at 377/Fall Creek Highway



COURTESY OF LAKE GRANBURY MEDICAL CENTER

Lake Granbury Medical Center provided this rendering of what the new free-standing emergency facility may look like. However, officials said that design processes are still underway and that changes are possible.

BY KATHY CRUZ  
Senior Staff Writer

Lake Granbury Medical Center will break ground this summer on a free-standing emergency facility to be built at the corner of U.S. Highway 377 and Fall Creek Highway.

The 13-acre site will not have a helipad but will have room on its parking lot for a medical helicopter to land.

Construction of the \$15 million, 10,000-square-foot building is expected to take about a year. The anticipated completion date is summer 2024.

It will be staffed around the clock. The building will feature seven exam

rooms, including a negative airflow room to contain the spread of airborne infections. There will be a major treatment room, a decontamination room, triage, an onsite laboratory, diagnostic imaging services, and areas where patients can await test results.

The ER on the northeast side of town will

PLEASE SEE LGMC | A4



### SEE MORE INSIDE

Portrait of Walton will hang at justice center. Please see story, A4.

HappyKats Founder and President Gayle McGuire makes it her mission to find homes to make felines, well, happy. Please see story, B1.

New year, new ideas, new programs are available at the Hood County Library. Please see story, B4.



## Country singer Gary Morris returns to Texas roots with Granbury Live performance

BY ASHLEY INGE  
Staff Writer

Gary Morris has been a successful country music star and Nashville recording artist for more than 40 years now — but after all this time, he still claims Texas as his home.

Morris — who grew up in Fort Worth, and now lives in Colorado — will be returning to his roots with a Granbury Live performance, 110 N. Crockett St., at 7:30 p.m. on Feb. 3.

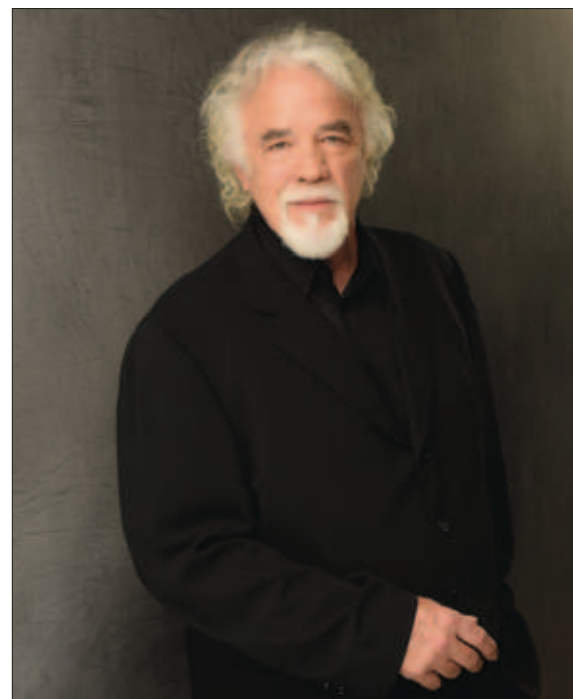
music when he and a couple of his college buddies traveled to Colorado to "drink beer, chase girls, and find a construction job for the summer."

The trio asked a Colorado Springs bartender if they could get up on the bandstand and perform a few songs,

### THE PATH TO FAME

Morris, 74, first got his start in

PLEASE SEE MORRIS | A2



Gary Morris, country music singer and Nashville recording artist, will be performing at Granbury Live, 110 N. Crockett St., at 7:30 p.m. on Feb. 3.

COURTESY OF DAVID ABBOTT



137TH YEAR, NO. 43

Local, zone(s): 2 sections, 20 pages, plus supplements | State: 2 sections, 20 pages

### INSIDE

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COURTESY OF DAVID ABBOTT

Morris earned the title of Billboard's "Male Artist of the Year" in 1982, and his first hit, "Wind Beneath My Wings," won Song of the Year in 1984.

## MORRIS

FROM PAGE A1

according to allmusic.com. The audience's response — and tips — convinced Morris to put his college plans on hold and pursue a performing career.

"Over a period of time I ended up going to Nashville and got a record deal with Warner Brothers," Morris said.

From there, Morris' country music career took off, and his life was never the same again.

He earned the title of Billboard's "Male Artist of the Year" in 1982, and his first hit, "Wind Beneath My Wings," won Song of the Year in 1984.

Morris produced five No. 1s and 16 Top 10 singles over the years, including "Why Lady Why," "The Love She Found in Me," and "Baby Bye Bye."

But his talent didn't stop there.

### MULTI-TALENTED

He was also involved in various Broadway plays like the epic hit, "Les Misérables," where he played the lead role of Jean Valjean in 1987 — a role that led to a Drama Desk Award nomination, as he was the first American to play the part in that European musical.

Additionally, Morris got the chance to act alongside Linda Ronstadt on the theater stage, where he played Rodolfo in the production of Puccini's opera "La Bohème."

Morris showed off more of his

acting abilities when he played a blind singer by the name of Wayne Masterson on the TV series called "The Colbys," — a 1980s Dynasty spinoff.

According to allmusic.com, Morris has hunted on all seven continents, and — by using his outdoorsman skills — Morris hosted a TV show on The Nashville Network called "North American Sportsman." That show ran for five seasons and featured many celebrity guests including Bryant Gumbel and Troy Aikman.

"We went all over the world hunting and fishing," Morris said. "I'm an outdoor guy. I've always hunted and fished, and I've been shooting since I was 20."

He also produced 10 episodes of his own podcast, "Gary Morris' From the Beginning," where he talked about his own remarkable stories and interviewed friends and colleagues from the entertainment business like Paul Worley, American record producer, and Alyssa Bonagura of The Sisterhood Band.

### PHILANTHROPIC EFFORTS

Fly Fishers International and its Abilene Fly Fishers club partnered with Gary Morris Concert and Fundraising to support wounded veterans.

During the pandemic, Morris hosted two virtual benefits for the DEA Education Foundation, where he raised more than \$150,000 for the organization.

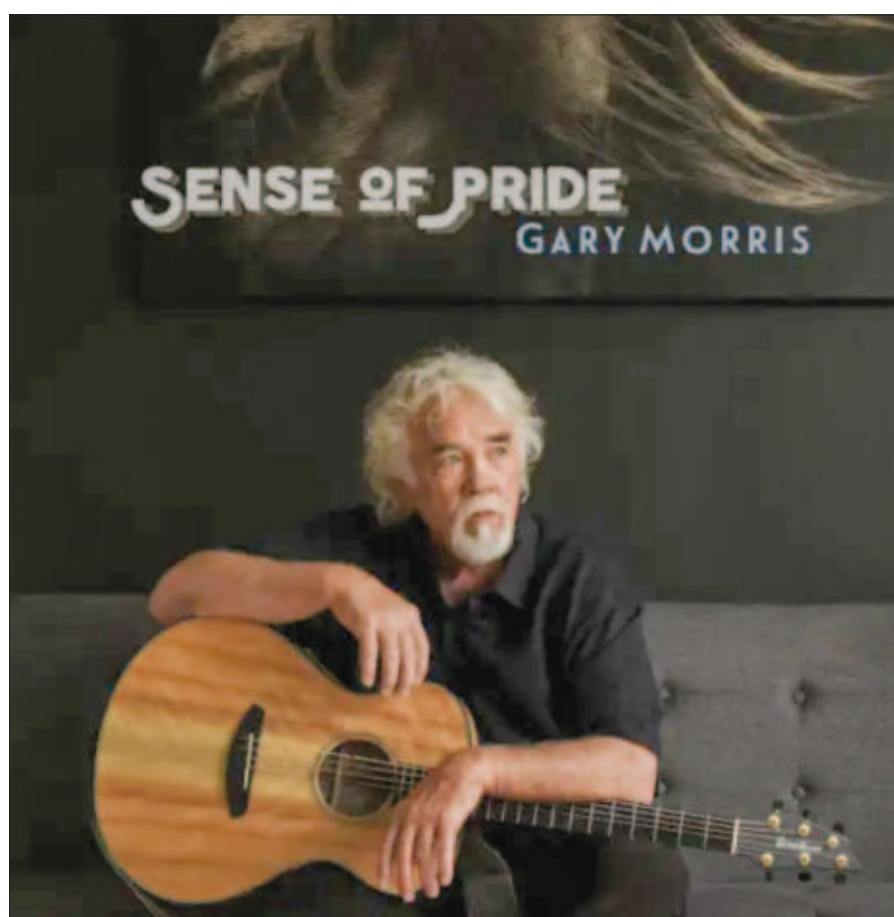
His ranch, Mountain Spirit Ranch, also serves as a place where veterans suffering from PTSD can experience the therapeutic properties of the serene sport of fly fishing to treat PTSD and other combat-related conditions.

"Because of the nature of the business, I'm always around people, and I'm not really very social, so I need a place to escape to," he explained. "I found this place in Colorado and I built a lodge. I guide people when they hunt and fish and that was the nature of it. I just wanted to have a place where people who wanted to, kind of, share the same love of the wild would be welcome."

### LATEST ALBUM

Morris has currently recorded 13 albums, with his most recent — "Sense of Pride," that was released in 2018 — being his favorite.

"Sense of Pride is the most personal musical work I've attempted," he said. "The project has perspectives about my life and how I see the world. It's more about my own life, my family, how my dad met my mom, and the war. I really love the record."



COURTESY OF GARYMORRIS.COM

Morris has currently recorded 13 albums, with his most recent — "Sense of Pride," that was released in 2018 — being his favorite.

### GRANBURY LIVE PERFORMANCE

During his Granbury Live performance, Morris will be performing his greatest hits from previous albums, as well as some of his newer music.

"There's always new music," he said. "The best of the old, the new music, and a little sharing experience with the audience."

He said he is excited to play at Granbury Live again and get back to his roots.

"I was born and raised in Texas, and I'll always be a Texan no matter where I go," he said. "I've said for years that I'm as good as my audience is, as I like to interact with an audience. I don't care if it's 1,000 seats or 100 — if I have the audience on my side, there's a certain amount of entertainment value. I hope (Granbury Live) is full. It's an acoustic evening, so it'll be me and three guitars. We'll have some fun with each other."

Ticket prices to see Morris start at \$45 and can be purchased online at [thenewgranburylive.com](http://thenewgranburylive.com).

For more information about Gary Morris, visit his website at [garymorris.com](http://garymorris.com), his Facebook page at Gary Morris Music, his Twitter at @gary-morrismusic, and his YouTube page at Gary Morris.

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**GARY MORRIS**  
Country music artist

## FOR MORE INFORMATION ABOUT GARY MORRIS:



Website:  
[garymorris.com](http://garymorris.com)



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Gary Morris Music



Twitter:  
@garymorrismusic



YouTube:  
Gary Morris



Spotify:  
Gary Morris' From the Beginning

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## FROM MY FRONT PORCH

# Does it really matter what you call it?

This past week I had the unfortunate experience of suffering a bout of illness, which I refer to as "the crud." I think this all started about three weeks ago when my granddaughter, Harper, came home from pre-school feeling bad. She suffered with a fever and other symptoms for about 10 days. Naturally, her constant companion, Lolli (my wife's grandmother's name), came down with a version of the same malady shortly thereafter. Off and on for four or five days Lolli ran a temperature, was very listless and had no energy.

Being a good sensible person, I abandoned my marital bedroom for a few days and stayed in the guest room, hoping to avoid catching whatever germs were being passed around the Houston domicile. Eventually, Lolli improved though her energy level still seemed moderately low. I thought I

**BY SAM HOUSTON**

Sam Houston is the publisher of the Hood County News. He is also an actor, author, playwright, performer and entertainment producer/promoter.

had been prudent by taking solid prevention techniques to avoid becoming a victim of "what is going around," but sure enough last Wednesday came the onset of body aches, fever, lightheadedness and feeling poorly. I did not come to work on Thursday or Friday. While I attempted to do some work from home, I found my head so stuffy and body so achy, the only thing I really wanted to do was sleep.

So how does one treat the crud? Seems like nowadays one needs an interpreter to know what over-the-counter medicine is best. There is nighttime cold medicine, nighttime flu and cold medicine, daytime flu and cold medicine, extra-strength

cold and flu and my favorite, severe cold and flu. I find all this a little perplexing because as I was in the drug store looking for the proper medication, I thought, if I am sick, why wouldn't I take the strongest medicine I can get? I mean, if I was getting ready to shoot a charging bear, I'd want as much firepower as I can handle, wouldn't I? I would much rather take a medicine that is going to blow away what is ailing me, than take some lightweight concoction that still leaves you feeling under the weather. The only cold or flu that is not severe, is the one you don't have!

Then, of course, there is the diagnosis. Though I have had COVID,

taken the vaccination and the booster shots, I still took a test that, thankfully, turned out negative. My sweet 91-year-old friend Miss Jayne was very concerned about my health status and naturally the first question out of her mouth was, "What do you have?" I responded rather directly, "I felt bad." It made little difference what the medical name was for my malady, the important thing was I felt rotten, and I wanted whatever had attacked and ravaged my body to disappear. Jayne was persistent, "Do you think it is the flu? Could it be COVID? Do you think it is just a cold or maybe the RSP they keep talking about on the news? I wonder where you got it?"

Now, I love Miss Jayne, and I know she is only concerned about my wellbeing, but for the love of God, knowing what made me sick and giving it a clinical name matters little to me. I want it to be gone.

I don't care what label you give it. As to who or what gave it to me, it is sort of like worrying about the mare running away after forgetting to shut the barn door.

Monday I was back at work as usual. I still don't feel 100%, but I am gaining on it. Seems like currently the world is a buffet of germs carrying COVID, RSV, the flu, or something else sure to make you ill. I will be glad when summer comes and most of these darn hard to identify sicknesses are gone.

I hope you all are well and staying safe. Being sick is just no fun, no matter where you caught it or what you call it.

Thought for the day: I hate it when people say it could have been worse. It could have been a heck of a lot better, too!

Until next time I will keep ridin' the storm out.

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## THE IDLE AMERICAN

## Impact of Yankee great Bobby Richardson: Choosing the right roads

Undisputed star that he was during the golden era of Major League Baseball, this player has maintained a spirit of humility that others only dream of.

His name is Bobby Richardson, embodied in a 5-9, 170-pound frame of baseball greatness. Five words uttered on/his/recognition/day at Yankee Stadium — August 31, 1966 — describe his life, which has stretched past 88 years.

The words "To God Be the Glory" are a near-perfect fit for this Christian gentleman now spending retirement years in Sumter, South Carolina, where he grew up. He became a Christian at age eight, guided by parents, Sunday school teachers and friends who took seriously Proverbs 22:6, training up children in the way they should go. For the 80 years since Richardson committed to Christ, he has chosen life's roads carefully, fulfilling the scriptural instruction....

**TWILIGHT YEARS**

His "training up" has guided his "living out" twilight years. Two-

**BY DON NEWBURY**

Dr. Don Newbury is a longtime public speaker and former university president who writes weekly.

and-a-half years ago, he became the primary caregiver for Betsy, his beloved wife of 66 years whose life now requires peritoneal dialysis nightly.

The happy couple — again taking the high road — is grateful for suitcase-sized dialysis equipment that allows them to travel as needed.

Their lives are simpler now. On a typical day, Bobby is at a breakfast hangout for banter with friends. Come 9 a.m., he's back home, preparing breakfast for his wife, a major player in his "training up." Indeed she has, alongside a national sports hero and taking primary responsibility in the early years for rearing three sons and two daughters. (The Richardsons now have 18 grandchildren and 18 great-grandchildren.)...

**A HUMBLE MAN**

I wish I knew Bobby better. He's

a good friend of two of my best friends, college chums Bunny Martin (15-year-old yo-yo phenom who won the world title in 1951) and Ray Hildebrand, who wrote and sang "Hey, Paula," the nation's favorite popular song for a spell in 1963.

For the trio, their God-given talents, however great, have always been secondary to their service to God.

The Richardson I know is limited to a few phone calls and emails, but in every communication, his humility and absolute art of deflecting praise stand out....

**GREAT STATS**

To write of Bobby Richardson could easily lead one into the deep sea of statistics; few athletes in world history have as many.

Readers who choose to reflect on the numbers are invited to "Google away."

They'll encounter more stats than could be stuffed down throats of all attendees at a giraffe convention....

**CHRISTIAN GIANTS**

I can't touch the hem of the garment by writing of this man who has written two books — "The Bobby Richardson Story" and "Leaving a Lasting Legacy: On and Off the Field".

I pray for an eventual visit with him, Bunny and Ray, three Christian giants who have signed millions of autographs. Bobby's mail includes several requests daily.

He responds as best he can....

**TEAMMATES**

The only "stat" I'll offer shows the depth of respect extended by Yankee teammates, men with whom he starred during 10 seasons, including nine World Series trips.

Seven of his teammates are now deceased, with only Richardson and Tony Kubek remaining. Now the statistic: Richardson officiated at funerals of manager Ralph Houk as well as teammates Whitey

Ford, Clete Boyer, Roger Maris, Yogi Berra, Bill (Moose) Skowron and Mickey Mantle.

Many fans remember that Richardson (and NBC sports reporter Bob Costas) eulogized Mantle on national television at his Dallas memorial service in August, 1995....

**MANTLE'S DECISION**

A few days earlier, Bobby and Betsy were in Dallas for an Old-Timers' baseball game. Mantle, whose liver was giving way, wanted to talk to Bobby about the salvation plan he'd suggested so many times.

Maybe Mantle also was thinking of "God's Hall of Fame," Bobby's favorite poem he'd recited thousands of times.

Anyway, hours before his death, Mantle asked Bobby and Betsy to visit one more time. They hurried from South Carolina back to Dallas. That's when Mantle accepted Christ....

newbury@speakerdoc.com

## VERTERANS VOICE

## New PACT Act may provide benefits to survivors of military veterans

The Department of Veterans affairs has already begun its campaign to notify surviving spouses by letter that they may be entitled to Dependent Indemnity Compensation because of expanded criteria for areas of exposure to Agent Orange and other toxic conditions that may have contributed to the veteran's death under the new PACT Act.

If a surviving spouse filed a claim for DIC in the past and was denied, we can reopen that claim for reconsideration under the new law. We can also file initial claims for those surviving spouses who never filed for DIC before.

If you are a surviving spouse and you believe the veteran's cause of

**BY LINDA MALLON**

Linda Mallon, a retired Army master sergeant, found her niche working with veterans and their families in Granbury. She is a former claims administrator for Blue Shield of New Jersey and later senior personnel sergeant, taking care of soldiers' careers for more than 20 years.

death may be related to toxic exposure during service, please contact my office to review your case. If approved, the surviving spouse would be entitled to a monthly compensation, CHAMPVA health coverage, Title 35 education benefits and an ID card allowing access to Commissary and PX privileges.

The Department of Defense finally lifted the unlawful COVID mandate forcing our military service

members to participate in a clinical trial by taking the Emergency Use Authorized experimental COVID shot the CDC has acknowledged does not prevent the spread of COVID: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/why-measure-effectiveness/breakthrough-cases.html> and has potential side effects that could have an impact on health in the short and long term <https://>

[www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html).

Not all individuals will experience side effects, however if a service member suffered lasting adverse reactions to the COVID shot while on active duty or shortly after discharge from the military they should file a claim for disability compensation. I strongly suggest following Senator Ron Johnson of Wisconsin who conducted two very informative round table discussions last year regarding COVID shot safety and efficacy on his webpage here: [https://www.ronjohnson.senate.gov/2022/12/sen-ron-johnson-hears-from-experts-and-medical-professionals-on-covid-19-vaccine-efficacy-and-](https://www.ronjohnson.senate.gov/2022/12/sen-ron-johnson-hears-from-experts-and-medical-professionals-on-covid-19-vaccine-efficacy-and-safety)

safety.

The new Texas State Benefits booklets are here, so stop by our office and pick one up. We still have the Vietnam War 50 Year Commemorative Book with DVD for Vietnam veterans who would like one. It's a beautiful book and we've gotten very positive reviews from our veterans who received them. If you're visiting the historic courthouse, check out our bulletin board right outside my office for relevant updates, important contacts, resources and job fair information.

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**CLASSIFIED DEADLINES**  
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**Saturday issue:** 10 a.m. Wednesday

# Portrait of Walton will hang at justice center

BY KATHY CRUZ  
Senior Staff Writer

A painted portrait of former longtime 355th District Court Judge Ralph H. Walton Jr. will hang at the justice

center that now bears his name.

The Commissioners Court approved the request made by the Walton family at its regular meeting Tuesday. Walton retired in May 2021

due to health reasons. He had sat on the bench for 27 years.

In December of that year, the Commissioners Court voted unanimously to rename the Hood County

Justice Center the Ralph H. Walton Jr. Justice Center.

Walton and his wife Patsy have lived in Hood County for almost 50 years. They moved here in 1974. County Judge Ron

Massingill said that the Walton family will pay costs associated with the portrait. He said that it will be painted by renowned artist James Stewart, whose portrait of U.S. Rep. Roger Williams,

R-TX 25th district, hangs in the congressman's office.

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## OBITUARIES

### Max Laduke

May 14, 1934 - January 21, 2023

Max Lavelle Laduke, age 88, of Fort Worth, Texas, passed away on Saturday, January 21, 2023.

A visitation will be held from 2:00 p.m. to 4:00 p.m. on 2023-01-29 at Laurel Land Funeral Home, 7100 Crowley Road, Fort Worth, Texas 76134.

A funeral service will be held at 1:00 p.m. on 2023-01-30 at Turning Point Church, 10700 Old Burselson Road, Fort Worth,



Texas 76140.

### Avery Lee Carlisle

February 13, 1945 - January 19, 2023

Avery Lee Carlisle, 77, passed away, Thursday, January 19, 2023 at home, surrounded by those that love him. Visitation was held 6-8 p.m., Tuesday, January 24 at the funeral home. He was born February 13, 1945 in Dublin to Avery B. Carlisle and Louella Eoff Corbin. They both preceded him in death, along with his son, Duane Carlisle, nephew, Jimmy Martin and cousin, Pat Black. He is survived by his loving wife of 40 years, Sherry; children, Misty (JC) Brooks, Stormy (Jason) Hall, Avery Carlisle and Rhonda Boylson; sister, Linda Carlisle; cousins, Lucy and James Martin (The Preferred Ones), Glenda and Joe Hicks and James and Debbie Richey; grandchildren, Brandon



(Lexi), Brianna (Ricky), Hayden (Joel), Madison, Alyssa, Ashlynn, Eric (Kaci) and Meagan (Brandon), Luke and Dylan; great-grandchildren, Quinleigh, Austin, Nate, Braylee, Cobi, Ryland, Ryann, Bryce and Jase and his loving pets, Oliver, Olivia, Oden, Piper, Mya and Parker.

### Jerry A. Goin

January 6, 1943 - January 1, 2023

Jerry A. Goin was born in Little Rock, Ark., to John Marshall and Anne Cagle Goin, on January 6, 1943, an identical twin to his little brother Larry B. Goin. Growing up in small towns in Arkansas, country-western music and hard work formed his early life. The Goins moved to Haltom City in 1952, when his father took a job with American Airlines. Jerry became fascinated with submarines when he first saw the 1954 movie, "20,000 Leagues Under the Sea," as a young boy. That interest stayed with him until he was 18, when Jerry joined the US Navy Nuclear Submarine Program barely a week after he and Larry graduated from Birdville High School 1961.

Jerry is preceded on death by his parents John and Ann Goin; brother Larry Goin; sister Cheryl Goin; and son Jerry Christopher Goin.

Jerry is survived by his wife Barbara "Babs" of 9 years; brother John Goin and wife Lori of Clifton, TX; son Gordon Wallace and partner Helen Barrell



of Birmingham, England; son Michael Goin and wife Denise of Pflugerville, TX; daughter Angela Sakryd and husband Greg of Severna Park, MD, son Brady McNulty and wife Christine of Roseburg, and step daughter Nikki Jackson and husband Rod of Waxahachie, TX; a host of nephews, nieces, and grandchildren; a band of Submariners and military brothers and sisters everywhere; and an untold number of friends.

Internment service: Fri., Feb. 10, 11:30 a.m., Dallas-Fort Worth National Cemetery, 2000 Mountain Creek Pkwy, Dallas.

## Is your wallet recession-proof?

(StatePoint) As inflation continues to put a strain on budgets, talk of an upcoming recession has Americans worried about their finances. Prices on everyday items continue to rise and consumers are trying to find ways to make their dollar stretch further while safeguarding their money against the potential challenges a recession may bring. The future may be difficult to predict, but preparing now can help consumers protect their financial health during a recession.

A recent Experian survey found that two in three U.S. adults are concerned about a recession occurring in the United States. Consumers are most worried about the affordability of routine expenses, with 73% concerned that the price of everyday items like gas, groceries and rent will continue to rise to a level they can't afford. Meanwhile, 55% harbor sup-

ply chain concerns and 38% are stressed about the affordability of big, planned purchases such as a home or a car.

As recession worries grow, more Americans are sizing up their finances to see where they stand. Only 48% are confident that they can financially handle a recession, and two in five believe that they'll need to rely on credit to cover essential and unexpected expenses over the next three months. In fact, 27% have already increased their credit card debt within the past three months. This trend is accompanied by additional anxieties: two in three survey respondents are concerned to some degree that their credit score will negatively affect their ability to access credit in the next three months.

Being proactive is key to weathering financial storms, yet less than half of consumers have prepared for

a recession when it comes to their finances and credit. Those who have are finding different ways to do so: 49% have cut non-essential expenses like entertainment and vacations, 45% have created a budget and 40% have paid down debt.

While these are effective actions, there are other steps consumers can take to understand their credit history and safeguard their credit.

Consumers should check their credit report and credit score regularly to know exactly where they stand in the event that they need to apply for credit, or simply to be better informed as they prepare to pay down their debt ahead of an economic decline. They can get a free credit report and credit score from Experian (Spanish-language credit reports are also available) as well as access to free financial tools, an auto insurance shopping service and credit

card marketplace.

Those who need help increasing their credit score can sign up for Experian Boost. This free feature enables consumers to add their monthly payments for cell phone bills, utility bills, rent and video streaming services to their credit history to potentially increase their FICO Score instantly. To learn more, visit experian.com/boost.

"Inflation and recession fears are putting pressure on consumer's finances, but proactively planning for the worst can help consumers make it through potential challenges. Many consumers are already taking great steps to prepare, like creating a budget and paying down their debt, and we encourage them to utilize other available resources and tools to help," says Rod Griffin, senior director of Public Education and Advocacy at Experian.

## LGMC

FROM PAGE A1

serve patients with emergent and potentially life-threatening conditions such as heart attacks, strokes, head injuries, fractures, abdominal pain, respiratory issues, and more.

As a department of Lake Granbury Medical Center, the free-standing emergency department will accept the same insurance plans, including commercial, Medicare, and Medicaid.

In making the announcement, LGMC CEO Curt M. Junkins thanked Granbury city officials and city staff along with LGMC's board of trustees, physicians, and staff.

"These folks and many others provided the support and encouragement to get this project moving and off the ground," Junkins stated. "We're excited to deepen our support for Granbury as it grows and for the increased access to emergency care this will bring for residents. Though a free-standing building, this emergency facility will be

an extension of our hospital in the community and provide a direct link for quality emergent care."

Mayor Pro Tem Trish Burwell noted that LGMC is one of the area's largest employers and stated that she is thankful for its "continued commitment to our community."

"I believe offering additional services such as the freestanding ER in a rapidly growing area will be of great benefit," she said. "I anticipate it will be more convenient for citizens to have options on both sides of town in an emergent situation as we all navigate growth and traffic in our city."

Economic Development Director Lance LaCour had this to say: "This project is a great example of how economic development partnerships with the city of Granbury can benefit so many different areas of our community. It's a pleasure to help the Lake Granbury Medical Center expand the healthcare services available to city of Granbury and Hood County residents."

LaCour expressed appreciation to the City Council for having approved an economic development agreement that includes assistance with property tax rebates and future permitting.

"Jobs are also an important part of this agreement," he stated. "The city will assist LGMC as they apply for grants from the Texas Workforce Commission that provide resources for workforce recruitment and training."

Junkins said that LGMC expects to "hire or contract" on-site staff that will include nursing staff, emergency medicine physicians, CT/X-ray technicians, and registration employees.

"Collaboration with local emergency management organizations will be critical to supporting patient

needs," he wrote in an emailed response to questions posed by the Hood County News. "We are in discussions with Texas EMS about their future plans for stationing a truck in the area. The campus will not have a formal helipad, but the parking lot is of sufficient size for a helicopter to land if needed."

He added, "As we continue to see Hood County and Granbury grow, this location will serve as a key place for emergency care access. From stroke to broken bones to other needs, we will have the emergency physicians and staff necessary to support those patients and the connection to the main hospital when further acute care is needed."

kacruz@hcnews.com/  
817-579-1886

## SUBMITTING AN OBITUARY

Obituaries are submitted online at obituaries.hcnews.com. Advance payment is required and you may do so online when placing the obituary.

Obituaries should come from the funeral home. Obituaries placed by next of kin must be verified with the facility handling the body or the church where service will be held. You must provide the contact info for verification when submitting the obituary.

The Hood County News

deadline for obituaries is 10 a.m. Monday for the Wednesday paper, and 10 a.m. Wednesday for the Saturday paper. Deadlines are subject to change during holidays.

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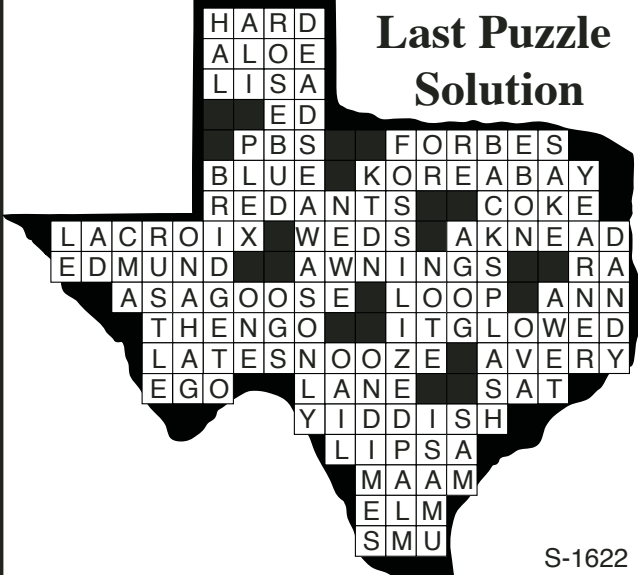
  
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S-1622

## Open the (back) door to a Roth IRA

There aren't many draw-  
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Financial Adviser

backs to having a high income — but being unable to invest in a Roth IRA might be one of them. Are there strategies that allow high-income earners to contribute to this valuable retirement account?

Before we delve into that question, let's consider the rules. In 2023, you can contribute the full amount to a Roth IRA — \$6,500, or \$7,500 if you're 50 or older — if your modified adjusted gross in-

come is less than \$138,000 (if you're single) or \$218,000 (if you're married and filing jointly). If you earn more than these amounts, the amount you can contribute decreases until it's phased out completely if your income exceeds \$153,000 (single) or \$228,000 (married, filing jointly).

A Roth IRA is attractive because its earnings and withdrawals are tax free, provided you've had the account at least five years and you don't start taking money out until you're

59½. Furthermore, when you own a Roth IRA, you're not required to take withdrawals from it when you turn 72, as you would with a traditional IRA, so you'll have more flexibility in your retirement income planning and your money will have the chance to potentially keep growing. But given your income, how can you contribute to a Roth?

You may want to consider what's known as a "backdoor Roth" strategy. Essentially, this involves contributing money to a new traditional IRA, or taking money from an existing one, and then converting the funds to a Roth IRA. But while this back-

door strategy sounds simple, it involves some serious considerations.

Specifically, you need to evaluate how much of your traditional IRA is in pretax or after-tax dollars. When you contribute pretax dollars to a traditional IRA, your contributions lower your annual taxable income. However, if your income is high enough to disqualify you from contributing directly to a Roth IRA, you may also earn too much to make deductible (pretax) contributions to a traditional IRA. Consequently, you might have contributed after-tax dollars to your traditional IRA, on top of the pretax ones you

may have put in when your income was lower. (Earnings on after-tax contributions will be treated as pretax amounts.)

In any case, if you convert pretax assets from your traditional IRA to a Roth IRA, the amount converted will be fully taxable in the year of the conversion. So, if you were to convert a large amount of these assets, you could face a hefty tax bill. And since you probably don't want to take funds from the converted IRA itself to pay for the taxes, you'd need another source of funding, possibly from your savings and other investments.

Ultimately, then, a backdoor Roth IRA strategy may make

the most sense if you have few or no pretax assets in any traditional IRA, including a SEP-IRA and a SIMPLE IRA. If you do have a sizable amount of pretax dollars in your IRA, and you'd still like to convert it to a Roth IRA, you could consider spreading the conversion over a period of years, potentially diluting your tax burden.

Consult with your tax advisor when considering a backdoor Roth strategy. But if it's appropriate for your situation, it could play a role in your financial strategy, so give it some thought.

PAID ADVERTISEMENT

# NCTA boys basketball team victorious Jan. 24



PHOTOS COURTESY OF CHRISTY DODSON / NCTA

The North Central Texas Academy boys basketball squad thumped visiting Lake County Christian School of Fort Worth by a 95-38 margin on Tuesday, Jan. 24. Pictured are NCTA's Igor Fiedocwicz (11), Nick Braun (2, background), Denys Kaminskyi (1), Andrija Cetkovic (33, background) and Uri Rivas (stretching for a rebound) during that game. Tsimur Mikhailau led the Crusaders in scoring that night with 24 points, followed by Rivas with 23 and Cetkovic with 18. The Crusaders improved their season record to 18-11.



## Lady Crusaders top Waxahachie Prep, 49-30

The Cornerstone Christian Academy Lady Crusaders basketball team of Granbury stayed on top of their district standings with a 49-30 victory over Waxahachie Prep Jan. 20 in Waxahachie. Pictured is senior Kayla Kirk (21), scoring with two of her team-leading 19 points for the Lady Crusaders. Other scorers for Cornerstone girls in that game were Riley Jones and Dakota Becker with eight points each, Lizzy Carter with six points, Emily Lemens with four points and Cady Jones with three points.



COURTESY PHOTO BY PATRICIA BECKER

# PLANE

FROM PAGE A1

was possible disciplinary action against Dawson, but Bradshaw suggested a written warning and training rather than the stronger punishment of a reprimand.

"I just don't see it as intentional or knowing misappropriation of school property," Bradshaw said during the December board meeting. "I just don't see it."

The investigative report by Bradshaw stated that the aviation program was not in question — but the use of the plane by GISD staff without creating policies first was a huge concern.

"There's no question that the aviation program is a unique and valuable educational resource and CTE program for GISD," Lowery said, reading Bradshaw's report. "The plane and its use by GISD staff were a very big concern for me and many members within the community. KBS investigative report findings clearly identified the GISDs executive staff and board's failure in defining and creating policies to administer a plane for the aviation program. GISD employees are free to determine what was acceptable and what was not based upon their own opinion."

The investigative report also states that the GISD plane made 136 flights since it was purchased and noted that "each and every one



The Granbury ISD board of trustees voted unanimously to sell the district's plane during Monday's school board meeting.

ASHLEY INGE | HOOD COUNTY NEWS

of these 136 flights placed GISD in a risk of liability."

The report also showed that Dawson made 17 flights since May 6.

"I would question whether the 17 flights qualified that employee as being sufficient to be flying students and staff and putting us at risk," the report from Bradshaw reads.

The subcommittee report stated that the original intention of purchasing the plane back in 2021 was to save students' money as they work

to obtain their private pilot's license.

However, between November 2021 and November 2022, the cost of "maintenance inspections, insurance, hangar fee," and additional plane-related costs were "much higher than anticipated."

### CONCERNS

"I want to say I believe we're very fortunate the plane issue came to our attention before a catastroph-

ic event occurred and we would have been negatively impacted for years," Lowery said, during the meeting. "We have the opportunity to fix this issue before someone's injured or killed."

She noted that her concern was not with the aviation program directly, but with the "original purchase use cost and risk of liability of the district-owned airplane." Additionally, she noted that the \$100,000 insurance policy would never be enough if someone were to lose their

life in a crash.

"Basically, what this says to our children, families and community is that GISD accepts the risk the plane creates because the most we can lose is \$100,000 per person according to insurance," she said. "Every time this plane would take off and land it created a risk of accident and liability to the district. As a district, accepting the risk of this catastrophic injury or loss of life to a student, district employee, or community member based upon

the statutory cap liability was disappointing and unacceptable for a public school district. The loss of life or catastrophic injury would far exceed the \$100,000 insurance coverage and emotional and physical reputation for the district — and I am glad that we will be voting to sell the airplane."

Melanie Graft, another school board trustee, added that she was in "complete agreement" with Lowery's argument.

The board was unanimous in voting for the sale of the district's airplane. The selling of the plane will go through a normal bid process and the funds generated from the sale will be returned to the GISD CTE department.

GISD will continue with the current aviation procedures and prerequisites through July 31, but new procedures will be reevaluated for the 2023-2024 school year. Additionally, Townsend said that "there will be no pilots from GISD teaching students," at In the Pattern.

Lowery added, "A lesson learned I think through this plane experience is that GISD must create written policies before programs are implemented into service and especially when a program involves high value equipment and creates a high risk for the program."

ashley@hcnews.com | 817-573-1243

# GO PLAY

**GO PLAY** calendar will feature recurring activities that are open to the public. These items will run each week along with other activities across the area. Submit Go Play listings to calendar@hcnews.com and include the

day, date, time and location - including street address.

### MONDAYS

**HEALTHY CONNECTIONS** exercise classes. 9 a.m. exercise; 10 a.m. tai chi; 10:

30 a.m. exercise; 11:15 a.m. chair yoga. 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

**GRANBURY BRIDGE** Club, ACBL-sanctioned duplicate bridge game, noon at

Texas Cottage, 5920 Hensley Court. \$8, earn Masterpoints. Details: 817-480-4472.

**SONS OF** the American Legion Post 491 of Granbury Burger Night. 5 - 7 p.m. American Legion Post, 3409 Davis Road. Funds raised are used to support veteran and community youth programs. Open to members

and guests. Details: 515-554-6498.

### GRANBURY CIVIC

Chorus rehearsals, 7 p.m. at Acton United Methodist Church, 3433 Fall Creek Highway. Details: granburycivicchorus2001@gmail.com.

**MODERN SQUARE** Dancing lessons every Monday at the Granbury YMCA at 1 p.m. For

more information contact Ted at 435-720-6920 or Faye at 682-309-8504.

### TUESDAYS

**LINE DANCING** 2 p.m. Healthy Connections, 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

PLEASE SEE **PLAY** | A7

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## Tips to pick the right time to retire



STOCK PHOTO COURTESY OF ENVATO.COM

Professionals on the cusp of retirement can consider these tips as they try to pick the right time to retire.

### (MetroCreative Connection)

Professionals work hard to achieve both short- and long-term goals. Retirement certainly qualifies as a long-term goal, and many people spend decades building and investing in a nest egg that they hope will help them enjoy their golden years to the fullest extent.

The decision regarding when to retire is affected by a host of variables, so what's a good time for one individual may not be ideal for another. However, professionals on the cusp of retirement can consider these tips as they try to pick the right time to retire.

### AGE-RELATED BENEFITS

Both the United States and Canada feature government-sponsored retirement income programs and it behooves individuals to familiarize themselves with the rules of those programs so they can maximize their benefits. The Canada Pension Plan (CPP) allows individuals to begin receiving full CPP benefits at age 65, but they also can get a permanently reduced amount the moment they turn 60. The CPP also allows people to receive a permanent increase if they wait until turning 70 to receive payment. Similar

age-related rules govern the Social Security benefits program in the United States, where individuals can begin claiming benefits at age 62, though those benefits will be reduced by 25 percent. If individuals wait until they're 66 or, in some cases, 67, to claim Social Security benefits, they will receive their full benefits. The Social Security Administration notes that those who can wait until age 70 to claim benefits will receive as much as 132 percent of the monthly benefit they would have received at full retirement age.

These distinctions are significant, especially for people who will be looking to government-sponsored programs to provide significant financial support in retirement. Individuals who won't rely as heavily on such programs may be able to retire earlier.

### PAY OFF YOUR DEBTS

Carrying debt into retirement can be risky. In general, it's ideal to pay off all debts, including a mortgage and car payment, before retiring. Doing so can provide more financial flexibility and make it easier to manage unforeseen expenses, such as those incurred due to health problems.

### RETIREMENT LIVING EXPENSES

It goes without saying that a sizable nest egg will be a necessity for anyone hoping to live comfortably in retirement. But the tricky part is figuring just how big a nest egg might need to be. In such instances, individuals can speak with a financial advisor and discuss what their retirement living expenses will be. Conventional wisdom based on the Consumer Price Index suggests individuals will need to replace between 70 and 80 percent of their pre-retirement income after calling it a career. But even that figure is not set in stone, as rising inflation, such as the rapid spike experienced in 2022, can quickly put retirees in financial jeopardy. By estimating the expenses they might have in retirement, individuals can begin to see just how close or far away from retirement they may be. Budget for inflation so any spike in living expenses can be easier to manage.

Many individuals recognize that there's no perfect time to retire. But a few simple strategies can help professionals make the best decision possible.

# DAR selects local students for 2022-2023 awards

From Staff Reports

Two local high school seniors received the Daughters of the American Revolution (DAR) Good Citizens awards presented by the Elizabeth Crockett Chapter, National Society Daughters of the American Revolution, at a ceremony held on Monday, Jan. 16, 2023.

Those awarded as their school's DAR Good Citizen were Ashton Arlington of Granbury High School and Zoe Trammel of Tolar High School. Selection of each school's DAR Good Citizen was based on the outstanding qualities of leadership, dependability, service, and patriotism. Each DAR Good Citizen received a lapel pin, a certificate, and a cash award from the Elizabeth Crockett Chapter.

Ashton Arlington is the daughter of Evan Arlington. She serves as an executive battalion officer for the Granbury High School Marine Corps JROTC and is a member of the National Honor Society, Granbury Junior Leadership, and Future Farmers of America. Ashton participated at the Rotary Youth Leadership Camp, the Military Order of World Wars Youth Leadership program, and Texas Girls State. She has volunteered for Wreaths Across America; Toys for Tots; Operation Red, White, and Blue; and Ashton has participated at numerous other community events. Ashton has received awards

for Junior Olympics, Air Rifle, and she is a JROTC National team member. After graduation, Ashton plans to attend the U.S. Military Academy to study Defense and Strategic Studies leading to a career as an Intelligence Officer for the United States Armed Forces.

Zoe Trammel is president of the Tolar High School senior class, vice president of the National Honor Society, and secretary for the student council. She is active with the marching and concert band and is on the school's volleyball team. Zoe placed individual first for chemistry, physics and overall, in the 2022-2023 University Interscholastic League district competition, and she was a member of the Tolar Science 2nd place team at the state UIL competition in May of 2022. She has received departmental awards in chemistry, art, and Spanish. Zoe started a reading program for at-risk 2nd and 3rd graders as a member of Teens Making a Difference (TMAD). She has volunteered for Adopt-a-Highway, food drives and more. After graduation, Zoe plans on pursu-



COURTESY OF D.A.R.

**Gillian Wood was recognized as this year's first place winner of the DAR's annual American History Essay Contest.**

ing a B.S. in neuroscience with the goal to earn a PhD in clinical psychology specializing in neuroscience. Her parents are Shane and Gina Trammel.

Sixty students from Ms. Marie Young, Ms. Rebekah Carter, and Ms. Casey Balkenbush's eight grade history class at Acton Middle School participated in the DAR's annual American History Essay Contest. For their essays, students were required to imagine that they were a delegate during 1775-1776. Students had to describe the colony they represented and what was important for them to accomplish for their respective colonies. Gillian Wood, daughter of Albin and Teresa Wood, was recognized as this year's first place winner. The second-place winner was Jayda Legan, daughter of



COURTESY OF D.A.R.

**Jayda Legan was recognized as this year's second place winner of the DAR's annual American History Essay Contest.**

James and Rebekah Legan.

The National Society Daughters of the American Revolution (DAR) is a women's service organization whose members can trace their lineage to an individual who contributed to securing American independence during the Revolutionary War. Today's DAR is dynamic and diverse, with more than 185,000 members in 3,000 chapters in the United States and abroad. DAR members annually provide millions of hours of volunteer service to their local communities across the country and world. DAR chapters participate in projects to promote historic preservation, education, and patriotism. More than one million members have joined the organization since its founding in 1890.



COURTESY OF D.A.R.

**Ashton Arlington received the DAR Good Citizens award presented by the Elizabeth Crockett Chapter.**



COURTESY OF DAR

**Zoe Trammel also received the DAR Good Citizens award presented by the Elizabeth Crockett Chapter.**

For more information about DAR membership, visit [www.texasdar.org/chapters/ElizabethCrockett/](http://www.texasdar.org/chapters/ElizabethCrockett/).



## PLAY

FROM PAGE A6

**GRANBURY JAM** Session 7:30-10:30 p.m. at Brock's Food and Drink, 4012 Acton Highway. Bring your instrument or get up and sing! Details: 505-710-5100.

### WEDNESDAYS

**HAND AND FOOT** game day. 10 a.m. Healthy Connections, 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

**HABITAT FOR HUMANITY** of Hood County volunteers needed. Go to 3710 S. Sagecrest Court, Rancho Brazos. 9 a.m. - 2 p.m. Lunch and tools provided. Details: visit [habitatofhoodcounty.org](http://habitatofhoodcounty.org) or call 817-573-2812.

**GRANBURY BRIDGE** Club offers a "fun duplicate" bridge game at noon at the

Texas Cottage, 5920 Henslee Court. \$4. Details: 817-480-4472.

### THURSDAYS

**HEALTHY CONNECTIONS** exercise classes. 9 a.m. exercise; 10 a.m. tai chi; 10:30 a.m. exercise; 11:15 a.m. chair yoga. 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

**CHESS CLUB**, 5-9 p.m. at YMCA, 1475 James Road. U.S. Chess Affiliate, all ages and skill levels, children 10 and under must be accompanied by adult. Y membership not required. Details: [HoodCountyChess.com](http://HoodCountyChess.com).

**GENERAL TRIVIA**, 7-9 p.m. at Brew Drinkery, 206 E. Pearl Street. Prizes and fun. Use your phone to play. Free.

### SATURDAYS

**HABITAT FOR HUMANITY**

of Hood County volunteers needed. Go to 3710 S. Sagecrest Court, Rancho Brazos. 9 a.m. - 2 p.m. Lunch and tools provided. Details: visit [habitatofhoodcounty.org](http://habitatofhoodcounty.org) or call 817-573-2812.

**HOOD COUNTY HUMMERS** Walking Club, 8 a.m., meet every Saturday at Hilton Garden Inn, 635 E. Pearl St., for 5K or 10K walk for fun, fellowship and fitness. Details: 972-567-3278.

**THE GRANBURY DISC GOLF** Club has Mini tournaments every Saturday at 2 p.m. at 600 W. Moore St. Welcoming all levels of disc golfers. Show up at least 15 minutes early to pay the \$12 entry fee and warm up.

### FIRST MONDAYS

**HOOD COUNTY AMATEUR** Radio Club meets on the first

Monday each month at 7 p.m. at the Hood County Emergency Operations Center, 401 Deputy Larry Miller Drive.

**LOVE KNOTS** Prayer Shawl Ministry. The ministry is in need of people to crochet, knit, or use a knitting loom to make gifts to comfort the ill, bereaved, infants, etc. 1-3 p.m. Acton Baptist Church Fellowship Hall, 3500 Fall Creek Highway. Details: 817-326-4693.

### FIRST TUESDAYS

**GRANBURY DOLL** Club meeting, 2 p.m. Granbury Doll House Museum, 421 E. Bridge St. All doll appreciators are welcome!

### SECOND TUESDAYS

**GRANBURY KNITTING** Guild meets to knit, learn

and share knitting tips each month at First Presbyterian Church Annex, 303 W. Bridge St. Coffee at 9:30 a.m. and meeting from 10-11:30 a.m.

### FOURTH TUESDAYS

**HOOD COUNTY HISTORICAL** Society meets the 4th Tuesday each month (except November and December) at 7 p.m. at the Historic Granbury Railroad Depot, 109 E. Ewell St. Contact Karen Nace 817-279-2995 for additional details.

### FIRST THURSDAYS

**BRAZOS RIVER** Corvette Club meets on the first Thursday each month for fellowship, planning events and other business. Dinner, if desired, at 6 p.m., meeting from 7-8 p.m. at Spring Creek

Barbeque, 317 E. U.S. Highway 377. Details: [bskaggs8aol.com](mailto:bskaggs8aol.com).

### SECOND SATURDAYS

**2ND SATURDAY** Showoff at Fuzzy's Taco Shop, 115 W. Pearl St. Car show, 8:30 - 10:30 a.m.

### THIRD MONDAYS

**GRANBURY QUILTERS** Guild meets on the third Monday each month at United Coop Electric, 320 Fall Creek Highway, 6 p.m. Details: 817-296-8186.

**LOVE KNOTS** Prayer Shawl Ministry. The ministry is in need of people to crochet, knit, or use a knitting loom to make gifts to comfort the ill, bereaved, infants, etc. 1-3 p.m. Acton Baptist Church Fellowship Hall, 3500 Fall Creek Highway. Details: 817-326-4693.



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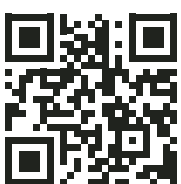
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\$323,900 3 bedroom, 2 bath, 2 car garage, 1517 square feet built in 2010. Located in the gated community of Treaty Oaks and on a private cul de sac! Super clean and well cared for home. Large backyard with gazebo and storage bldg. Wood laminate flooring throughout the home!

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**2+ Acre Home Rolling Creek Ranch**



**8029 White Drive, Granbury, Tx. 76049**

\$825,000 Home located on 2.15 acres with stunning views all around! 2906 square feet, original owner, custom built in 2018. 4 bedroom, 3 bath, separate office or 4th bedroom, 3 car oversized garage! Home is on an elevated lot, pipe fence, sprinkler system, outdoor kitchen and more!

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**Move In Ready In Pecan Plantation**



**10123 Ravenswood Rd. Granbury, Tx.**

\$355,900 3 bed, 2 bath, 2 car oversized garage, 1734 square feet built in 2007. This home backs up to the orchard. Numerous large mature trees throughout. Stained concrete floors, open kitchen, split bedrooms, stainless appliances, walk in closets, wood burning fireplace, granite, and more!

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1050 Homes for Sale

**Pecan Plantation 3/2/2 Home!**




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\$425,000 3 bedroom, 2 bath, 2 car side entry garage, 1831 square feet built in 2001. This spotless clean home shows pride of ownership throughout and has only had 2 owners. Beautiful open living room with hardwood floors, screened in sunroom, split bedrooms, fireplace, and more.

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**Large Home In DeCordova Bend Est.**



**6217 Circo Drive, Granbury, Tx. 76049**

\$415,000 3 bedroom, 2.5 bath, 2 car oversized garage, 2663 square feet, built in 2000. Oversize living room with fireplace, formal dining, breakfast area, study just off the master bedroom! Stunning back yard with 2 patios. Large and mature trees throughout, circle drive. A must see!

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**New Doublewide on Nice Lot!**




**2400 White Oak Trail, Granbury, Tx.**

\$219,900 brand new 2022 Redman Doublewide manufactured home on a very nice corner lot in Comanche Cove. 3 bedroom, 2 bath, large open living, kitchen, breakfast area, split bedrooms, and more! Outside features large mature trees, front and back porches, and driveway.

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1050 Homes for Sale

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**7708 Star Hollow Road, Lipan, Tx.**

\$770,000 10.25 acres just outside of Lipan in Hood County! Metal barndominium built in 2017 with 2000 square feet. 3 bed, 2.5 bath. 30X30 metal shop on slab with electric, 60X40 metal barn with 4 stalls. Fenced and cross fenced. Water well, aerobic septic, gated entrance. Numerous trees

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8550  
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# NOTICES

## Public Notices

**NOTICE OF PUBLIC HEARING**  
The following Public Hearings will be considered by the PLANNING & ZONING COMMISSION of the City of Granbury on Monday, February 13, 2023, at 6:00 p.m. The Public Hearings will also be considered by the GRANBURY CITY COUNCIL on Tuesday, March 7, 2023, at 6:00 p.m. All Public Hearings will be held within the Council Chambers of Granbury City Hall, 116 W. Bridge Street, Granbury, Texas.

1. PL-2022-14, Request of Jacob Stump on behalf of Calvary Church to Minor Plat a 10.381-acre tract of the Wright Williams Survey, Abs. #574 as Lot 1, Block 1 of the Calvary Church of Granbury Addition. The property is located southwest of the intersection of Glen Rose Hwy. and Indian Mountain Ct.

2. PL-2022-17, Request of Tony Calloway, to Final Plat a 6.231-acre tract of the Milam County School Land Survey, Abs. # 348 as Lots 1-4, Block 1 of Corridor 51 Business Center Addition. The property is addressed as 1109 and 1211 Weatherford Hwy.

3. PL-2022-09, Request of Pilgrim Ventures, LLC to Final Plat a 33.56-acre tract of the Robert Alway Survey, Abs.# 4 as Lots 1-9, Block 1; Lots 1X, 2-11, 12X, 13-22, 23X, 24-48, Block 2; Lots 1-34, Block 3; Lots 1-34, Block 4 of the El Dorado Addition. The property is located on Loop 567, west of Summerlin Ct. and east of Summerlin Dr.

4. PL-2022-20, Request of Foxglove Investments LLC to Replat Lots 16-17, Block 2 of The Shores Addition as Lot 16R, Block 2 of The Shores Addition. The property is addressed as 806 Old Cleburne Rd.

5. PL-2022-16, Request of Joe Faust on behalf of QT South, LLC to Replat Lot 4, Block 2 of the Luton Ranch Addition as Lot 4R, Block 2 of the Luton Ranch Addition. The property is located east of the intersection of Meander Rd. and E. Hwy. 377.

6. PL-2022-02, Request of Jason Britt to Final Plat a 24.929 tract of the Joshua Minett Survey, Abs. # 445 as Lots 22-25 & Common Area E, Blk.10; Lots 1-51 & Common Area F, Blk. 11; Lots 1-6 Blk. 12; Lots 16-32, Blk. 13; and Common Area G, Block 20 of the Saratoga, Phase 2B Addition. The property is located south of the intersection of Saratoga Blvd. and E. Hwy 377.

7. PL-2022-23, Request of Jason Britt to Final Plat, a 59.801 acre tract of the Joshua Minett Survey, Abs. #351, B.W. Perkins Survey, Abs. # 445 as Lots 1-6, Block 15, Lots 1-30, Block 16, Lots 1-32, Block 17, Lots 1-16, Block 18, Lots 1-10, Block 19, Lots 1-7 & Common Area I, Block 20, Lots 1-16, Block 21, Lots 1-3 & Common Area H, Block 22, Lots 1-31, Block 23, Lots 1-12, Block 24 Lots 1-34, Block 25, and Lots 1-32, Block 26 of the Saratoga Phase 3 & 4 Addition. The property is located approximately 3000 feet south of the intersection of Saratoga Blvd. and E. Hwy 377.

8. PL-2022-30, Request of Mary Swingle and Chriseida Margurite Rodriguez to Replat Lot 7 and Lot 8, Block 1 of the Sunchase Village Addition as Lot 7R and Lot 8R, Block 1 of the Sunchase Village Addition. The properties are addressed as 5530 and 5600 Old Granbury Rd.

9. Z-2022-03, Request of Sand Hill Land & Cattle Company, LLC to rezone a 5.911-acre tract of the Marcus Smith Survey, Abs.#504 from Light Commercial [LC] to Planned Development [PD] with a base Multiple Family [PD/MF]. The property is located north of the intersection of Crawford Ave. and Harbor Lakes Dr.

10. TCP-2022-03, Request of Sand Hill Land & Cattle Company for a Tree Conservation Plan to allow for the removal and mitigation of protected trees in conformance with Article 13 of the Zoning Ordinance. The property is located north of the intersection of Crawford Ave. and Harbor Lakes Dr. [P&Z only]

11. PL-2022-25, Request of Sand Hill Land & Cattle Company to Preliminary Plat a 5.911-acre tract of the Marcus Smith Survey, Abs. #504 as Lot 1, Block 1 of the Sundance on Lake Granbury Addition. The property is located north of the intersection of Crawford Ave. and Harbor Lakes Dr.

12. CP-2023-01, Request of Julen Properties to amend the Future Land Use Map contained within the 2016 Comprehensive Plan on Block 80 of the Barton Addition from Low Density Residential [LDR] to Retail/Office [RET]. The property is addressed as 616 Thorp Springs Rd.

13. Z-2023-01, Request of Julen Properties to rezone Block 80 of the Barton Addition from Residential-8,400 [R-8.4] to Light Commercial [LC]. The property is addressed as 616 Thorp Springs Rd.

14. SUP-2023-05, Request of Vicki Nivens for a Specific Use Permit to allow a "Short-term Rental (STR) Residential Un-hosted" in a Residential-8,400 [R-8.4] zoning district. The property is addressed as 520 E. Bridge St.

15. SUP-2023-06, Request of Vicki Nivens for a Specific Use Permit to allow a "Short-term Rental (STR) Residential Un-hosted" in a Residential-8,400 [R-8.4] zoning district. The property is addressed as 438 E. Bridge St.

16. SUP-2023-07, Request of Vicki Nivens for a Specific Use Permit to allow a "Short-term Rental (STR) Residential Un-hosted" in a Residential-8,400 [R-8.4] zoning district. The property is addressed as 606 E. Bridge St.

For more information, contact Community Development at 817-573-1114, Granbury City Hall, 116 West Bridge St., Granbury, TX 76048.

## Public Notices

### Notice of Availability of Electronic Communications

Chief appraisers of county appraisal districts and appraisal review boards (ARBs) may communicate electronically through email or other media with property owners or their designated representatives. Written agreements are required for notice and other documents to be delivered electronically in place of mailing.

How does it work? Certain guidelines must be followed for this local option communication:

- Written agreements with the county appraisal district must be entered first, ensuring what electronic means of delivery are acceptable. If you are interested in receiving communications in electronic format, you should contact your local appraisal district.
- Public notice regarding the availability of agreement forms authorizing electronic communications may be published in a newspaper of general circulation in the district on or before Feb. 1 each year, or agreement forms may be delivered on or before Feb. 1 each year to property owners shown on the certified appraisal roll for the preceding tax year.
- The chief appraiser may determine the medium, format, content and method to be used for electronic communications other than notices required by Tax Code Section 25.19 which are prescribed by rule.
- A decision by the chief appraiser not to enter into agreements may not be the subject of an ARB protest, a lawsuit or a complaint to the Texas Department of Licensing and Regulation

For more information, contact us at:  
**Hood Central Appraisal District**  
P O Box 819  
Granbury, TX 76048  
817-573-2471

### CITATION BY PUBLICATION

THE STATE OF TEXAS: To all persons interested in the Estates Of DORIS ANN LAWSON, Cause No. P09848, County Court of Hood County, Texas.

MICHAEL BLAINE HARGIS in the above numbered and entitled estate filed an Application to Determine Heirship and declare who are the heirs and the only heirs of the said Estate of DORIS ANN LAWSON, deceased, and their respective shares and interests in this Estate.

Said application will be heard and acted on by said court at 10:00 o'clock a.m. on the first Monday next after the expiration of ten days from date of publication of this citation, at the County Courthouse in Granbury, Texas.

All persons interested in said estate are hereby cited to appear before said Honorable Court at above mentioned time and place by filing a written answer contesting such application should they desire to do so.

Given under my hand and seal of said court at office in Granbury, Texas this 24th day of January 2023.

KATIE LANG  
Hood County Clerk  
P.O. Box 339  
Hood County, Texas 76048  
By /s/ CAMERON COZART, Deputy Clerk

A meeting will be held by the Hood County Commissioners' Court on Tuesday, February 14, 2023, at 9 a.m. in the Central Jury Room of the Ralph H. Walton Jr. Justice Center, 1200 W. Pearl St., Granbury, Texas 76048, to discuss and consider a request to close, "To Thru Traffic", approximately a 90 ft. section of Silverton Drive between Main Street and White Horse Drive. And place signage creating a pedestrian crossing on Clearwater Place between Main Street and White Horse Drive for a proposed park in Main Place.

LEGAL AD  
Hood County Commissioners' Court has received an application to consider a revision of the plat for:

PECAN BAPTIST CHURCH ADDITION, LOTS 1R, BLOCK 1

The Hood County Commissioners' Court will meet to consider the application and to hear any protest to the revision on Tuesday, February 14th, 2023, at 9 a.m. in the Central Jury Room of the Ralph H. Walton Jr. Justice Center, 1200 West Pearl Street, Granbury, Texas 76048.

## PUBLIC SALES

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Granbury 76049  
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## Newspaper Notices Protect Due Process

Procedural due process, as granted by the U.S. Constitution and interpreted by courts, generally requires an individual to receive notice and a hearing before he or she is deprived of certain rights or property. For example, before a person's home is sold by a county sheriff at a foreclosure sale, he or she must receive notice of the foreclosure sale and an opportunity to save the home from foreclosure. If the owner does not receive the notice, he may challenge the sale in court. The Court may then void the sale or prevent the sale from happening to protect due process.

At least one court has already called into question the validity of Internet notices for purposes of fulfilling due process requirements. In 2007, the U.S. District Court for the Eastern District of California found no authority supporting the proposition that due process requirements are satisfied when

a newspaper notice in the newspaper. The Court went on to enjoin enforcement of California's Unclaimed Property Law until the state provided constitutionally adequate notice to property holders whose property was at risk for escheatment to the state. Perhaps in response to the case, legislation restoring newspaper notice and enhancing other methods of communication was passed later in the year.

California is not the only state questioning the validity of Internet public notices. Legislation protecting newspaper notices was also passed in Washington state during the same year in response to a state supreme court case finding web-only notice to be sufficient. The bill, signed into law by Washington Governor Christine Gregoire, requires owners of condemned property to receive notice by publication in a legal newspaper.



# News Sports Culture Lifestyle Entertainment Dining Arts Outdoors Recreation Community Local Government

## Hood County News

### WE COVER YOU



PECAN PLANTATION BITS

# Woman's Club reconvenes for first meeting of new year

BY DIANE LONG



A Mississippi native who has been a Texas transplant for 27 years, Diane Long is a wife, mother and English teacher who has written Pecan Plantation Bits for 14 years cumulatively. She spends her time gathering neighborhood news and teaching students how to avoid passive voice.

The Pecan Plantation Woman's Club — which consists of lady residents of our community who enjoy friendship, fellowship, philanthropic pursuits, and a love of the arts — held its first collective meeting of 2023 last week.

The ballroom of the Pecan clubhouse looked elegant decorated with white table linens and blue accents. The ladies held their business meeting, followed by a program and meal, all the while enjoying each other's company and catching up on news from the recent holiday season. Members described the day as "wonderful" and "a great kick-off" for the new year.

The PPWC will meet again on Thursday, Feb. 16, and Pecan ladies are invited to join. Reservations are required and may be made by contacting Gerta Howell at ppwcres@gmail.com or 817-964-3139.

**WELCOME HOME**

The next new member orientation comes Saturday, Feb. 4 at 10 a.m. in the Terrace Room of the Pecan clubhouse. Residents recently arriving to our community, as well as folks who have lived here for a bit, are welcome to hear from the Membership Committee and ask questions about our neighborhood.

**ART TIME**

"Bonjour Paris" will be the mantra for a kids' paint par-

ty scheduled for Saturday, Feb. 4 from 1 to 2 p.m. for artists ages five to 14. The day includes instruction for a Paris-themed painting on canvas, a beret (to look official!), and cup of tea. Pecan resident and accomplished artist Heidi Easley is facilitating the day. Space is limited, and signup is necessary: 817-573-7952.

**AUXILIARY MEETING**

The Pecan Plantation Volunteer Fire Department/Emergency Medical Service Auxiliary will meet again on Monday, Feb. 6 at 7 p.m. in the EMS meeting room. All ladies and gentlemen interested in this fundraising support group for our community's emergency personnel are invited to attend.

**GOOD SHOT**

The Archery/Air Gun Association will gather again Tuesday, Feb. 7 at 7 p.m. at the range located on Ravenswood Road. All are welcome as volunteers are always needed for range events.

**TWINKLE TOES**

After a most popular debut last year, the "Daddy Daughter Dance" of 2023 is coming to the PAC on Saturday, Feb. 11 from 1 to 3 p.m. Music, ballroom dancing instruction, refreshments, and a photo booth will comprise the day. Space is limited, and signup is a must: 817-573-7952.



PHOTO COURTESY OF KATHIE SCHOEPF

The Pecan Plantation Woman's Club held its first collective meeting of 2023 last week. Ladies took care of business in their meeting and then enjoyed a program and lunch. Membership Committee members facilitating check in included Patty Farmer, Linda Metsger, and Jan Boeckel.

**ART GUILD**

The Pecan Plantation Art Guild will meet again on Tuesday, Feb. 14 at 10:30 a.m. at the PAC. Members, potential members, and guests are welcome. Artists will hear from painter and artist Kerian Massey who will be demonstrating her scratch board art. In addition, Kerian will also be teaching a workshop at 1 p.m. at the EMS Auxiliary building.

For complete information on the guild's upcoming meeting (as well as the art scene in Pecan), visit www.pecanplantationartguild.com.

**DONATION DAY**

Stemming from the success of past blood donation days facilitated by the American Red Cross, another blood drive date is on the calendar. Members may mark Wednesday, Feb. 15 from 8 a.m. to 2 p.m. at the PAC gymnasium as the day when the Red Cross will be on site. Folks may visit RedCrossBlood.org and enter Pecanplantation to schedule an appointment, and walk ins are welcome as well. Furthermore, donors will receive a voucher for a free round of Nutcracker golf with the purchase of a round.

**GOOD EATS**

Pecan's executive chef and food/beverage director Jordan Ray announces new menu offerings for both the Brazos Room and the 19th Hole dining spots. Members may access both the menus as well as hours of food service by visiting Pecan's website.

**ALL READY**

Members of Pecan's Volunteer Fire Department/Emergency Medical Service gathered last week for CPR and AED training with retired EMS director Sandra Winfield. Our community

boasts first responders, EMTs, and paramedics who work to keep their emergency skills sharp. Thank you to the men and women who keep our neighborhood safe daily.

**SYMPATHY**

Our deepest sympathy goes to the family of Malmyr "Dee" Weeks, who passed away on Jan. 10.

dianedlong@yahoo.com | 817-579-9360

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KNIEPER REAL ESTATE

# REALTORS® are business owners — not employees

Real estate agents are typically not employed by their brokers; they are independent contractors. Almost all REALTORS® work strictly on a commission basis. There is no base salary or expense account provided by their broker. Over the years I have been truly shocked at the number of individuals who think REALTORS® get regular pay checks. That is simply not correct. Just like any other "business owner," REALTORS® have overhead, rent, payroll, advertising, and if we aren't selling houses then our business is not making money, and neither are we.

The recent changes in the real estate market have brought a significant increase in the number of real estate agents nationwide. Our



**BY PAM KNIEPER**

Pam Knieper, Broker/Owner of Knieper Real Estate, is and has been the #1 Top Producer for more than 15 years in Hood County and running. She is known as the Waterfront Expert and the Authority on Real Estate.

numbers have doubled or even tripled in some areas. The current number of ACTIVE REALTORS® in our Granbury Association of REALTORS® is 436 (as of December 2022). However, there are currently only 375 homes for sale (Classified as Active Residential) in Hood County. So even though inventories are up substantially, compared to this time last year, there is still less than 1 active residential listing per active agent in our small county. Add to that the fact that it takes

the average REALTOR® six months after obtaining a license to get to a point where they can support themselves, and it's easy to understand why every 5th real estate agent gives up sometime in their first year.

The typical REALTOR® is a 56-year-old female who attended college and is a homeowner. Only 37% of REALTORS® are men, but what may surprise you is that 43% of all REALTORS® possess a bachelor's degree or higher.

As of November of 2022, it was

estimated that there are more than 3 million people holding active real estate licenses in the United States. Of those agents, 1.6 million are REALTORS®. And your next question is What is the difference? If you do not belong to the National Association of Realtors®, as well your state and local associations for REALTORS®, you cannot call yourself a REALTOR®, you are simply a licensee or agent. REALTORS® are held to a much higher standard and are bound by their associations to conduct their business in strict adherence to the REALTOR® CODE OF ETHICS.

What does all this mean to you? Simply put, there are a lot of people out there with a Real Estate License. When choosing an agent to help you buy or sell, do your

due diligence. First make sure they are in fact a REALTOR®, then start asking questions. How much experience do you have? What is your advertising budget? If you leave town or get sick who will be taking care of my transaction? How well do you know the neighborhood? Do you have support staff? Do you own your own website?

As always, we welcome your thoughts and questions. Give us a call at 817-219-0456 or visit us online at [www.WeSellGranbury.com](http://www.WeSellGranbury.com). If you would like a copy of the REALTOR® Code of Ethics, email us at [info@knieperteam.com](mailto:info@knieperteam.com). We will be happy to send it to you.

[pamK@knieperteam.com](mailto:pamK@knieperteam.com) / 817-219-0456

CRESSON MAYOR

# With Christmas now behind us, we're moving on to the next fun seasons

Just as I get our Christmas tree and all the decorations down and put away, it seems that January is almost over and we are onto the shortest month of the year!

We have been blessed with some rather warm days in this month of January, however, the Fort Worth Stock Show is in town and you all know what that means ... cold, messy weather!

We did go to Bulls' Night Out and let me tell you the days of crisp, cold breezes coming into the rodeo arena are long gone. The new Dickies arena is very lovely inside and there are enough lights to cover all of Granbury and Cresson. There is not a bad seat in the house and I still love the grand entry the most. There's something



**BY TEENA PUTTEET CONWAY**

Cresson Mayor Teena Putteet Conway, a native of Cresson, attended school for two years in the historic Cresson school. She is a Granbury High School graduate, and earned a BBA from Baylor University. After marrying, then raising her family in the Metroplex, she returned to Cresson after 40 years.

majestic about watching the cowboys take off their cowboy hats as they ride past the United States of America flag.

Now we get fired up for the Super Bowl! I can remember when we used to win, but those days are fading from my memories. I love to watch the Dallas Cowboys and they used to be considered the only team in town, but with so many new folks moving in from all over the United States, there are

all kinds of fans around town.

Back in the day, to watch the Dallas Cowboys on your television, my dad would climb on the rooftop and make adjustments to our antenna. This was quite humorous to observe because daddy was afraid of heights and his nerves were already frayed from my mom hollering out the window — "Turn it a little more the left, no stop, no go back to the right!" It was a huge event. One time when

the Cowboys were in the playoffs with the Green Bay Packers. It was in the middle of a Texas-style blizzard. I recall that both of my sister-in-laws wore full-length mink coats to the game! (When else would they get to wear them?) The game was played in the original Texas Stadium in Irving. The walk to the stadium was horrendous, but that did not stop us! We trekked to the stadium and enjoyed the game. Now all my friends that can recall game details, did we win or not?

And, since the romantic celebration of Valentine's Day is just around the corner, let's get in all the publicity for that event. I like to wear heart T-shirts, heart earrings, go to The Pearl and enjoy

a girl's night out with shopping and fun, but celebrating with my husband typically happens on another night. As we've gotten older, we weigh how important it is to go out versus fighting the crowd. If you have good friends like Cresson's own, Judi Smith, she can plan ahead and get reservations, knows where to park, and get us into almost any establishment without any hiccups. But not everyone has a 'Judi Smith' to take care of them.

And by the way, note to my husband, I am available for a date on February 15th!

[teenac@cressontx.org](mailto:teenac@cressontx.org)

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REAL ESTATE



## CATS DESERVE A HAPPY LIFE TOO

PHOTOS BY MARY VINSON | HOOD COUNTY NEWS

The HappyKats Adoption Group's commitment to rescuing and adopting kittens in Hood County and surrounding areas takes a great deal of time and effort. Though Gayle McGuire's schedule is busy, time is always set aside for fun and games with the kitties. Katie and McGuire thoroughly enjoyed sparring with each other on a recent sunny afternoon.

## THE DOWNHOME CHEF Picking berries at grandma's



BY FELICITY MCNELLEY

Felicity, a native Montanan, has been cooking and running kitchens for 27 years. She learned her trade from her mother, a master chef in the hotel industry. Felicity has 3 children and lives in Granbury.

Hello foodie friends, I'd like to first introduce myself. My name is Felicity, and I am the executive chef at the Square Cafe & Bakery in Granbury. I have three kids, four dogs, a wonderful partner, and a love for food. Not eating food, per se, but creating it — making other people happy in the way that only a good meal can.

I would like you to join me on a tour of different recipes, meals, ideas, and feelings about a variety of foods that I and others enjoy along the way. Food is more than just nourishment. It is a way to gather your friends and family. Memories are created around meals more often than not. Food is art and passion and love. I hope you enjoy the recipes and thoughts I want to share with you along the way.

I have fond memories growing up of picking fresh strawberries from my grandmother's garden and wild blackberries that grew along the shores of the Thunder Bay River and Lake Superior in upstate Michigan. I would always pop a couple in my mouth while gathering these berries. Then we would take them home, eat some more, and grandma would make pies or can them. It was always a happy time.

Today, I'd like to share with you a recipe for bumbleberry pie. The wonderful thing about this pie is that you can use any berries that you fancy. And you don't have to pick them yourself. My favorites are strawberry, blackberry, and blueberry.

### PIE CRUST

- 2 1/2 cups all-purpose flour
- 1/2 teaspoon fine sea salt
- 1 tablespoon sugar
- 1 cup very cold unsalted butter cut into 1/2-inch cubes (two sticks)
- 4 to 6 tablespoons ice water

Add 1 1/2 cups flour, salt, and sugar to a food processor. Pulse 2 to 3 times until combined. The remaining cup of flour will be added later.

Scatter butter cubes over flour and process until a dough or paste begins to form, about 15 seconds. (There should be no uncoated flour). Scrape bowl, redistribute the flour-butter mixture, then add remaining cup of flour. Pulse 4 to 5 times until flour is evenly distributed. (Dough should look broken up and a little crumbly).

Transfer dough to a medium bowl, then sprinkle ice water over the mixture. Do not pour ice water into a bowl — start with 4 tablespoons and add from there. Using your hands, press the dough into itself. The crumbs should begin to form larger clusters. If you pinch

PLEASE SEE CHEF | B5

## Adoption agency specializes in finding felines homes

BY RICK MAUCH

Special to the Hood County News

In the world of animal adoptions cats are often left outside looking in as dogs are adopted all around them.

Not at HappyKats. Founder and President Gayle McGuire makes it her mission to find homes to make felines, well, happy.

"I always felt like the pet world is so geared towards dogs. Shelters would have amazing kennel and play areas for dogs, and cats were kind of stuffed in the back corner," McGuire said. "Cats in general don't do well in a shelter environment as stress brings on illness. So, it's best to get them out of there as quickly as possible."

HappyKats is located at 2000 Boca Vista Dr. in Granbury. Since September of 2018 they have saved and adopted more than 500 kittens, McGuire said.

### HOW IT STARTED

McGuire started HappyKats while living in southern Maryland.

"We had a very depressing shelter. No one wanted to go there to adopt because it was so sad and old. So, I started HappyKats to pull adoptable kittens out of the local shelter to give them a chance at finding forever homes," she said. "We socialized them, got them vetted, and then took them out to the public for adoption."

"We secured an unusual adoption venue, as it was in (an) antique/vendor mall called the Hughesville Bargain Barn. We had a permanent spot with tables and cages and would put a sign out letting people know when the kittens were there. The other vendors loved it, because it would draw the public in and even on days when we weren't there, people would come in looking for the kitties, but then take the time to browse the antique vendors."

Then, about 10 years ago she moved to Weatherford and fostered for Weatherford Whiskers, which performs the same mission as HappyKats. She fostered for them until moving to Hood

County in 2018, where she decided to resurrect HappyKats.

McGuire has been a cat lover since she was a child. Today she has five cats, including Grumbles, who is a Maryland HappyKats original.

"He was the only one that I couldn't get adopted because he was so grumpy. And so, like we promise, he stayed until he found a home — with me!" she said. "Now at nearly 17 years old he can't hear well, and is still a bit grumpy, but enjoys my lap most evenings."

It was while working as a veterinary receptionist as a teenager and young adult, however, that McGuire connected completely with her passion for helping all animals with, of course, a special affinity for cats. She said that many times when people would bring in orphaned newborn kittens she would bottle-feed them and watch them grow and learn.

"I'd see their little 'purrsonalities' develop," she said with a chuckle. "They were so precious."

She recalled being particularly inspired by one cat that lived to be twice as old as many others.

"I was utterly shocked and amazed when I met a kitty named Charley that was 24 years old," she exclaimed. "I thought, 'Man, that cat is living right.' Naps in the sunshine and a loving family, what a great life."

"So many never get a chance at a life like that. So that's what we try to focus on."

### WHERE THE CATS COME FROM

Most of the felines at HappyKats come from the residents of Hood County. McGuire said they find kittens or a stray had kittens on their property. HappyKats' goal is to keep them out of the shelter.

HappyKats also rescues from Hood County Animal Control as well, and specifically orphaned cats are the most fragile. McGuire said that population needs human intervention to survive and to avoid illness. The bottle babies

PLEASE SEE CATS | B2



Hood County kittens like Tibbs, now have a relatively new advocate, with many happy endings to report. HappyKats is delighted to announce the purchase of a van to create a mobile adoption unit and is looking forward to getting it road-ready for some of the great upcoming Granbury events this summer.

"Matchmaking is our business. To see the connections develop between the kittens and the families that are meeting them is simply awesome because we are a foster network, we know the personalities of our kittens and can make sure it's the best match for everyone."

GAYLE MCGUIRE

Founder and president of HappyKats

## LIPAN SCHOOLS

### Large senior class preparing for final months of their school experience

Lipán's class of 2023, one of the largest graduating classes in the district's history with 41 students, has started its final high school semester. During this spring, we will finish our FFA events, basketball, softball, track and field, and baseball seasons as well as attend our last prom.

"Finish strong, maintain a 4.0 GPA, keep applying for scholarships, and keep putting my best foot forward," senior Cameron Powers said when asked about



BY ELLIE PEACOCK

Ellie is a senior whose interests include journalism, playing basketball, and participating in the FFA program. Next fall, she plans to attend the University of North Texas to study English.

her spring semester goals. "Even though it can be tempting to just not do anything, I'll continue to do my best."

However, some of the seniors "have some concerns," according to Cameron.

"Taxes ... taxes are terrible," senior Gabriel Johnson said.

Currently, the seniors are working on finalizing their post-graduation plans. We realize that our lives are about to change drastically, yet are looking forward to the

possibilities.

"Transitioning from high school classes to college classes," senior Grace Heavyside said when asked about her fears concerning post-high-school life.

Still, seniors are excited about this next stage in their lives.

"In college, I'm most excited to gain more responsibilities," Grace said.

As Graduation Day, May 26, grows nearer, Cameron Powers has some last-minute advice for the underclassmen.

"It is important to spread love, while also ensuring your own financial stability," Cameron said.

The senior class members will be able to experience their last walkthrough of Lipán's elementary school, middle school, and high school the morning of graduation. The walkthrough will give the class a chance to reminisce on their years spent in the school and allow teachers and younger students the opportunity to celebrate the seniors' accomplishments.

*"Gayle makes it so easy by educating, supporting you and giving you all supplies you will need. It's so fun to love on these kittens until they are big enough to find forever homes"*

**SARHA KNAPP**  
Kitten foster parent



PHOTOS BY MARY VINSON | HOOD COUNTY NEWS

With the help of caring animal lovers, HappyKats Adoption can keep many of the orphaned kittens in our area out of the local shelter and away from danger.

## CATS

FROM PAGE B1

must be fed every two hours around the clock and at 3-10 weeks old kittens are prime for socialization.

"That's when we work our magic to make them HappyKats," she said with a smile.

McGuire said she believes cats are often misunderstood, especially in a rural area where many are considered throwaways. Also, she said many people believe that cats prefer to be independent and alone, which is just not true.

"They are very sensitive and magical. And once you bond with a cat or earn the trust of a kitten they show their gratitude in so many ways," McGuire said. "In recent years, it's been a delight to see so many cat lovers come to the forefront and to have the internet embrace just how cool they can be."

McGuire said it's heartwarming when parents bring their children in for a tour and to visit with the cats.

"Matchmaking is our business. To see the connections develop between the kittens and the families that are meeting them is simply awesome," she said. "Because we are a foster network, we know the personalities of our kittens and can make sure it's the best match for everyone."

Armi Dixon called HappyKats a "Godwink" for her son.

"The love and knowledge this sweet lady has for these fur babies is amazing," Dixon said. "She matched the absolute perfect cat for my son that has left me in awe."

HappyKats holds adoption events once or twice a month at Five Below in Granbury, depending on how many cats are available. They also set up adoption appointments at their kitten nursery.

Also, they have several projects in the works, one of which is to create a mobile adoption unit.

"We have so many great community events that we would like to participate in, but because most are outdoors, it just isn't the best situation for the kittens," she said. "With a shuttle bus converted to an adoption room, we could bring the kitties anywhere. We also could entertain hosting adoption events outside of Hood County as well, even though we would still focus on rescuing only from Hood County."

"We are still looking for sponsors for our mobile adoption unit. We are about \$4,000 away from securing what we need to get it up and running. We are also currently working with PetSmart Charities to secure the adoption center at the brand new PetSmart."

### TESTIMONIALS

Sarha Knapp, a kitten foster parent, said, "Gayle makes it so easy by educating, supporting you and giving you all supplies you will need. It's so fun to love on these kittens until they are big enough to find forever homes"

Karie Decker said not only does HappyKats make the adoption process easy, but McGuire truly cares about who is adopting the kittens.

"Even after we adopted and had questions, they have always been quick to respond to any questions we have had. Long story, short, you cannot go wrong with HappyKats,"



This fabulous foursome (from left) Mary, Harold, Inky, and Tibbs enjoy a leisurely afternoon stroll in the great expanse of their spacious kitten room. HappyKats is happy to announce that Harold and Inky have since been adopted!

Decker said.

HappyKats is a 501C(c)3 nonprofit organization. Funding comes directly from "love and donations," McGuire said. They do charge an adoption fee but it doesn't cover all the costs that go into getting a kitten ready for adoption.

All HappyKats come already spayed or neutered, with all their vaccinations, tested negative for feline leukemia/FIV, dewormed, defleaded, and micro-chipped.

"We have an awesome network of donors and supporters that I call HappyKatsNation. It is amazing how we can do a post about being low on food or litter or formula and they run straight to our Amazon wish list and the next few days it's like Christmas with all the Amazon boxes showing up on the doorstep," McGuire said.

Monetary donations pay for medical costs. They work with Dr. Richard Gesell at Acton Animal Hospital, whom McGuire called "top-notch and extremely community minded."

"Acton Animal Hospital has had the pleasure of working with HappyKats for the last four years. During that time we have seen the amazing work that HappyKats has done for the community," Gesell said, noting that they have brought in well over 200 cats for spaying and neutering.

"HappyKats has also taken on some special cases that needed a bit more love and care. We love to partner with groups that really go out of their way to make a difference in the pet community," Gesell said. "HappyKats works hard to help the cats in Hood County find homes."

### WANT TO HELP?

McGuire is a big proponent of getting cats spayed and neutered to help control the population.

"So many babies are born in jeopardy, and that is not a problem that



Wobbles has cerebellar hypoplasia, a birth defect that causes her to be very ... well, wobbly. But she is in no pain and lives her best life — just like the other kitties.

we will ever be able to adopt our way out of," she said.

Cat rescuing is a labor of love and sometimes a love of labor, McGuire said. While they have plenty of great foster moms and dads, she said they can always use more. They are currently looking for foster homes, social media help, and once the

adoption center at PetSmart is secured, people to cuddle and clean.

Donations are always appreciated, no matter how small. Every little bit helps. They have an Amazon wish list for supplies. They accept a Cash app, Venmo, PayPal, and of course donations can also be mailed or dropped off.

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# DEVOTIONAL

A guide to Granbury-area churches and a verse for inspiration.

*No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.*  
 1 John 4:12

## CHURCH DIRECTORY

### ANGLICAN

Good Shepherd Anglican  
 3600 Fall Creek Hwy.,  
 817-326-2035

### ASSEMBLY OF GOD

Elm Grove Assembly Of God  
 3630 Hill City Hwy., Tolar  
 254-835-4755

Faith Assembly Of God  
 300 Granbury Court  
 817-326-2270

First Assembly Of God  
 1900 W. Hwy. 377  
 817-573-1581

### BAPTIST

Acton Baptist  
 3500 Fall Creek Hwy.  
 817-326-4693

Allison Baptist  
 9926 Allison Ct., Lipan  
 254-646-9926

Bible Baptist  
 4804 E. Hwy. 377  
 817-579-5424

Brazos Covenant Ministries  
 1950 Acton Hwy.  
 817-579-0968

Brazos River Baptist  
 2201 Mitchell Bend Hwy.  
 817-573-7242

Dennis First Baptist  
 7600 Fm 1189, Lipan  
 817-565-9027

Exalted Redeemer Baptist  
 1840 Acton Hwy.  
 817-247-7209

Fairview Baptist  
 5041 Weatherford Hwy.  
 817-573-8968

Faith Baptist Of Hill City  
 Hwy. 36  
 254-965-3840

First Baptist  
 7600 Fm 1189, Lipan  
 817-613-2322

First Baptist  
 214 Kickapoo Ct., Lipan  
 254-646-2484

First Baptist Thorp Springs  
 2815 Lipan Hwy.  
 817-573-3339

Glen Rose First Baptist  
 201 West Gibbs Blvd.,  
 Glen Rose  
 254-897-2351

Granbury Baptist  
 1200 Weatherford Hwy.  
 817-573-4943

Granbury First Baptist  
 1851 Weatherford Hwy.  
 817-573-7137

Iglesia Bautista Cristo Roca  
 Viva  
 315 Holly Hills Cemetery Rd.  
 254-396-5773

Iglesia Bautista La Hermosa  
 3300 Oak Trail Dr.  
 Lakeside Baptist  
 500 W. Bluebonnet  
 817-573-2094

Mambrino Baptist  
 1625 Mambrino Hwy.  
 817-573-4901

Mission Bautista El Buen  
 315 Holly Hills Cemetery Rd.  
 817-573-4133

Oak Trail Baptist  
 4501 Peppertree Rd.  
 817-279-6430

Paluxy Baptist  
 1844 Acton Hwy.  
 817-579-5111

Patillo Baptist  
 4791 Fm 2803, Lipan  
 940-769-2968

Pecan Baptist  
 1718 Fall Creek Hwy.  
 682-205-1565

Rainbow Baptist  
 1571 North Fm 200, Rainbow  
 254-897-2121

Southside Baptist  
 910 Paluxy Rd.  
 817-573-1462

Sovereign Grace Baptist  
 820 Paluxy Rd.  
 682-936-4988

### Tolar Baptist

400 Tolar Hwy.  
 254-835-4375

Vineyard Baptist  
 320 W. Pearl St.  
 817-573-5318

Waples Baptist  
 1200 Temple Hall Hwy.  
 817-579-0509

Western Hills Baptist  
 507 Western Hills Trail  
 817-573-7588

### BIBLE

Grace Bible  
 201 E. Clifton Rd.  
 682-498-3014

### CATHOLIC

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 817-326-2131

### CHRISTIAN

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 817-573-0107

First Christian  
 2109 W. U.S. Hwy. 377  
 817-573-5431

Iglesia Christiana Vino Nuevo  
 4900 Sonterra Ct.  
 817-578-0626

Promise Point Church  
 5904 Walnut Creek Circle  
 817-910-8868

The Evangelical Christian  
 608 Shady Grove Dr.  
 817-736-3041

Granbury Church Of Christ  
 1905 W. Pearl  
 817-573-2613

Lipan Church Of Christ  
 112 N Caddo St., Lipan  
 254-646-2297

Old Granbury Church Of  
 Christ  
 4219 Old Granbury Rd.  
 817-573-6878

Thorp Spring Church Of Christ  
 3006 Thorp St.  
 817-776-1547

Tolar Church Of Christ  
 8604 W. Hwy. 377, Tolar  
 254-835-4397

### CHURCH OF GOD

Church Of God  
 1106 Weatherford Hwy.  
 817-279-6753

### EPISCOPAL

Good Shepherd Episcopal  
 4530 Acton Hwy.  
 817-326-6074

### JEHOVAH'S WITNESS

Granbury Jehovah's Witnesses  
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 817-573-4259

### LUTHERAN

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 817-326-2201

Our Savior Lutheran  
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 817-573-5011

### METHODIST

Acton United Methodist  
 3433 Fall Creek Hwy.  
 817-326-4242

Cresson United Methodist  
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 469-730-6496

Granbury First United  
 Methodist  
 301 Loop 567,  
 817-573-5573

Temple Hall United Methodist  
 5601 Temple Hall Hwy., 682-  
 317-9385

Tolar United Methodist  
 8812 Hwy. 377, Tolar  
 254-835-4005

Waples United Methodist  
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 817-573-9076

### MORMON

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 817-573-6825

### NAZARENE

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 Nazarene  
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 817-573-4041

### PENTECOSTAL

Hood Pentecostal  
 3100 Beechwood St.,  
 817-279-0363

Calvary Church of Granbury  
 4800 Glen Rose Hwy  
 817-559-7372

### PRESBYTERIAN

First Presbyterian  
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 817-573-2337

### SEVENTH-DAY ADVENTIST

Granbury Seventh Day  
 Adventist  
 2016 Acton Hwy.  
 817-326-3573

### OTHER

Rock Church Chapel  
 6101 Rock Church Hwy  
 Tolar, Texas 76476

Bear Creek Community  
 18553 South Hwy. 377,  
 817-396-3245

Brazos Covenant Ministries  
 1950 Acton Hwy.  
 817-579-0968

Calvary Family  
 3306 Oak Trail Dr.  
 314-606-1211

Center Point  
 4332 E. Hwy. 377,  
 817-554-3432

Christian Science Society  
 528 N. Crockett  
 817-573-0457

Church On Thistle Ridge  
 4900 Sonterra Ct.  
 917-326-5501

Crossroads  
 200 S. Crook St., Cresson  
 817-886-9577

Fellowship Church Of Hood  
 County  
 2401 Cedar Crest Dr.,  
 817-579-9332

Generations Church Of  
 Granbury  
 5718 E. Hwy. 377,  
 817-326-5378

Harvest  
 919 E. Hwy. 377  
 817-573-4260

Hope Community  
 3206 W. Hwy. 377  
 254-243-0350

Lipan Cowboy  
 205 West Lipan Dr., Lipan  
 254-396-3162

New Frontier Cowboy  
 200 Cowboy Ct.  
 817-573-0814

New Season Global Ministries  
 3755 Acton Hwy.  
 817-910-8777

One Cause  
 3206 Hwy. 377 W.  
 817-579-5750

Pure Praise  
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 817-279-3063

St. John Victorian Mission Of  
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 5031 Bandy Rd.  
 817-573-2669

Stonewater  
 911 E. U.S. Hwy. 377  
 817-579-9175

The Bridge  
 1107 Weatherford Hwy  
 254-522-5330

The Heights  
 1921 Acton Hwy  
 817-558-2121

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 Romans 15:13

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 Proverbs 3:5-6

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 Isaiah 41:10

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*"For I, the LORD your God, hold your right hand; it is I who say to you, 'Fear not, I am the one who helps you.'"*  
 Isaiah 41:13

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*When I thought, "My foot slips," Your steadfast love, O LORD, helped me up. When the cares of my heart are many, Your consolations cheer my soul.*  
 Psalm 94:18-19

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# Hood County ACTIVITIES

YOUR TICKET TO THINGS TO DO

HOOD COUNTY LIBRARY

## New year, new ideas, new programs are available



Join us  
**FEBRUARY 1ST**  
for a fun-filled puppet  
show and make your  
own puppet



Children's Room  
Wednesday @ 10:30 am



MARY VINSON | HOOD COUNTY NEWS FILE PHOTO (LEFT) AND GRAPHIC COURTESY OF JENNIFER LOGSDON (RIGHT)

Rod Butler, otherwise known as Rod The Puppet Guy, has been performing puppet shows for more than 40 years, but he does it all for the kids. In an interview with Ashley Inge of the Hood County News — published April 13, 2022 — Butler said, "If they stopped laughing, I would just pack it up. I don't think I could do it if there wasn't laughing after." Subscribers to the Hood County News e-edition can scan the QR code to read the full interview.

*"You'll never get bored when you try something new. There's really no limit to what you can do."*

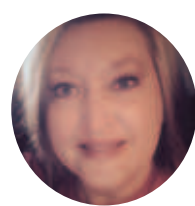
**DR. SEUSS**  
Author

The new year is typically ushered in while reflecting on the previous year by celebrating the successes and growing from the sorrows. In order to have those successes, one must be willing to take a chance on something new. At the library we strive for new ideas every day. Some work out tremendously, while others flop. But that's OK. That is where growth happens.

These are the times where we can truly see what our community wants/needs, or likes or doesn't. This year is no different. We have some new things we are going to try and some big things that are going to happen. We invite all of you to be a part. For it is you that we are here to serve.

**ADULT CRAFT NIGHT GROWS**

This marks the third year that Hood County Library has hosted a monthly craft night for adults. We started with 5-10 crafters on a regular basis, and have grown to having almost 20 each time. Our crafts are simple, but fun, and are designed to be completed within an hour.



**BY JENNIFER LOGSDON**

Hood County Library Director Jennifer Logsdon is a former public school educator of 23 years, earning a master's degree in Library Science during that time. She enjoys spending time with her blended family of five children, baking and of course reading.

We bring in guest crafters, along with their ideas, to lead our group in various crafts and mediums. This fall we have played with alcohol ink, stuffed old shirt sleeves to make pumpkins, and most recently, used yarn to create some festive gnomes.

Our next craft night will be Valentine themed, and will be the first Tuesday in February. We normally meet on the second Tuesday each month. If you are interested in attending our craft gatherings, or perhaps you are a crafter willing to share your time and talent, please keep a watch on our Facebook, webpage, or look for our pamphlet in the library. For further questions, our staff is always willing to get you the answers.

**NEW THINGS**

**Bookmobile Update**  
Drum roll please.....the

bookmobile is now in the manufacturing process. The long wait is coming to an end. The Freightliner MT55 will be here by the time summer reading kicks off, if not sooner. Keep an eye out for upcoming details.

**Open Play**

If you know of a middle school or high school student needing a safe place to hang out after school on Mondays or Thursdays, send them to the library. Each Monday and Thursday from 4:30-6:30 p.m. the library will host Open Play. Board games and the Nintendo Switch will be available for kiddos to play.

**Lego Day**

Lego Day is being switched from the first Wednesday of each month to every Saturday! Bring your whole family to the library to create

with LEGOS. See what other families build.

**New Digital Resource**

Selling a house? Making a will? Signing a lease? Gale LegalForms, an online, authoritative legal resource, is now available.

Hood County residents can now access Gale LegalForms, a robust online collection of legal forms for free through Hood County Library. With access to authentic "attorney forms," residents can better understand common legal procedures and the involved documents. Unlike other online legal products - which frequently include generic, do-it-yourself materials that may not have been drafted by an attorney - Gale LegalForms offers a well-organized collection of forms actually used in legal practices and allows users to edit the forms as they need.

Gale LegalForms delivers real-world legal information to residents in usable and customizable formats, and simplifies common law transactions. This database will help library users take greater control over their legal affairs.

From Gale, a Cengage company, Gale LegalForms offers an easy-to-use, state-by-state and step-by-step approach to addressing basic legal matters, such as developing a will, conducting real estate transactions including rental or lease agreements, and more. Users have access to thousands of customizable online legal documents that are available anytime, anywhere.

Many of the forms can be used across all 50 states and are state-specific. Coupled with a straightforward interface, users avoid hours of research often required to develop legal documents. Users can simply locate the appropriate form that's needed by using the homepage links, download the form and plug in their information.

Hood County residents can access LegalForms 24/7, on any device by visiting the library's website [www.hood-countylibrary.com](http://www.hood-countylibrary.com)

For questions or more information, please contact library staff.

**UPCOMING EVENTS**  
**Tech Tuesday appointments**  
Feb. 7 and Feb. 21

**Children's Events**

Mondays 10:30 a.m. Music and Motion  
Wednesdays 10:30 a.m. Storytime & Craft (Preschool)  
Thursdays 4:30 p.m. Code Club (8-11 yrs)  
Feb. 1 Special Guest Rod the Puppet Guy 10:30 a.m.  
Feb. 7 and 21 4:30 p.m. Explore Flight & Space

**Family Events**

Feb. 4 10 a.m.-5:30 p.m. STEAM Saturday  
LEGO Day EVERY Saturday.

**Teen Events**

Mondays and Thursdays 4:30-6:30 p.m. OPEN PLAY (middle school and up)  
Feb. 16 5:30 p.m. TEEN Night: Anti-Valentine Craft, Snacks, Games and Movie

**Adult Events**

Feb. 7 6 p.m. Craft Night: Valentine Decoupage  
Feb. 20 6:30 p.m. Trivia Night: Yellowstone  
Feb. 28 6 p.m. Book Club: "If You As Me" by Libby Hubscher

[jlgsdon@co.hood.tx.us](mailto:jlgsdon@co.hood.tx.us)  
817-573-3569



## BOOK REVIEW

## 'Mr. Breakfast' flutters through brilliant take on making choices in life

BY TERRI SCHLICHENMEYER

Pick a door. So many times in life, that's the way it is. Pick a door, make a choice and see what happens. The path may be good, and it may be challenging but you've made your decision and you have to stick with it. Even so, you'll always wonder what might've happened if, as in the new novel, "Mr. Breakfast" by Jonathan Carroll, you made a different choice.



Jonathan Carroll

He had to face it: He wasn't funny.

For years, Graham Patterson had tried to make a career out of stand-up comedy but he finally had to face facts, which is how he found himself suddenly single in a new car that needed repairs, near a dusty tattoo parlor in North Carolina, waiting for the mechanic to finish. He hadn't meant to get a tattoo, but, he did. He just did.

And man, it was beautiful, too: It was a bumblebee inside a hawk inside a lion, like nesting Russian dolls. The colors were vivid and crisp and getting it hurt but not too much. As he pulled away from the little town, he figured the tattoo was a good souvenir.

But then weird things started happening. He saw a guy at a rest-stop who looked just like him; the guy had Graham's dream truck, and the contents inside the cab were identical to what was in Graham's car. The guy was talking on his cell phone about being on-stage, totally killing it, and the complete weirdness sent Graham right back to North Carolina, to the tattoo parlor, and the tattoo artist who inked him.

And that was when Graham Patterson learned that he had a choice.

The tattoo, the artist explained, was ancient and imbued with powers. Whoever had it on their body could visit other life possibilities and try them out, but they could only stay in one life. Graham could keep the life he had, or he could take Graham 2's life, or Graham 3's. And the deal was only good for a limited time...

Reading "Mr. Breakfast" is like being in a windstorm with butterflies.

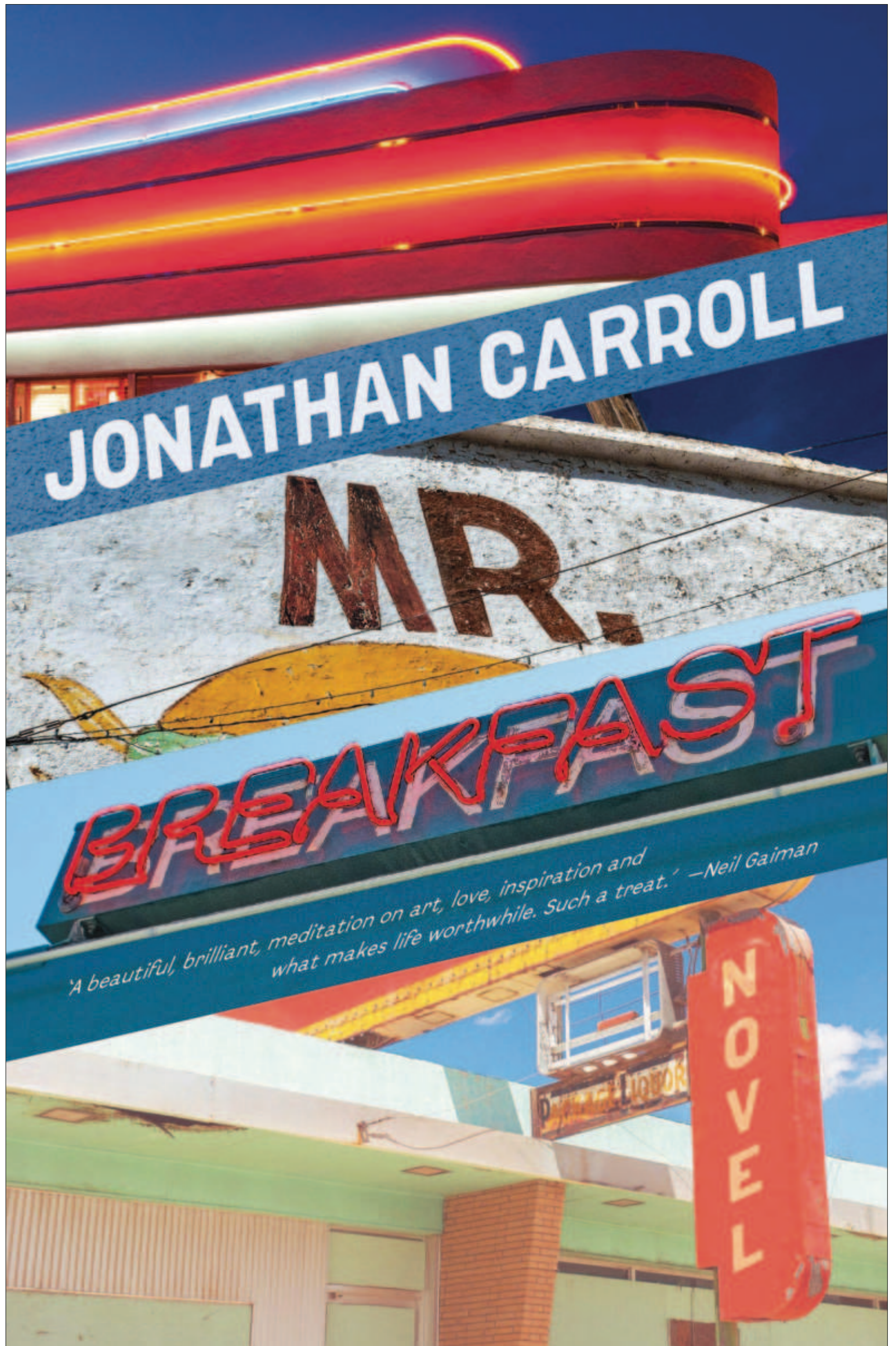
Each flutter of this storyline alights gently, but not for long before it's swept away, replaced by a new wisp of promise and you're not exactly sure what just happened or if it'll come back. It's fragile, brilliant, ethereal, and it flies over your head sometimes.

It's easy to want to grab at it. Author Jonathan Carroll's tale is here, there, and everywhere at once and it's natural to need sense of it right away, but don't try too hard. Half the enjoyment in reading this novel lies in the imagery and the details of the story, because there is no fluff in this tale. The other half lies in the what-if dawning that we all have choices to make.

Pay attention, too, because you won't miss the humor inside this book, or the longing, or the real beauty of the prose. Pay attention, and you'll know that "Mr. Breakfast" is a book to pick.

COURTESY PHOTOS

"Mr. Breakfast" A Novel by Jonathan Carroll  
C.2023, MELVILLE HOUSE BOOKS, \$27.99, 272 PAGES



## CHEF

FROM PAGE B1

some of the dough and it holds together, it's ready. If the dough falls apart, add 2 more tablespoons of water and continue to press until the dough comes together.

Remove dough from bowl and place in a mound on a clean surface. Work the dough just enough to form a ball. Cut the ball in half, then form each half into discs. Wrap each disc with plastic wrap and refrigerate for at least 1 hour and up to 2 days. It is very important to chill the dough before using it.

At this point, while your dough is chilling, you can make the filling for your pie.

## INGREDIENTS FOR 8-INCH PIE

Increase each fruit by a half cup for a 10-inch pie and by one full cup for a 12-inch pie.

- 1 cup fresh or frozen blueberries, thawed if frozen
- 1 cup fresh or frozen strawberries, thawed if frozen, hulled and sliced
- 1 cup blackberries fresh or frozen, thawed if frozen
- 1 cup granulated sugar, 1 1/2 cup for larger pie sizes
- 1/2 cup all-purpose flour, 3/4 cup for larger pies
- 1 tablespoon lemon juice, 2 tbsp for larger pies

Roll out one disc of your pie crust and line your pie pan with the dough. Make sure that the crust overhangs the edge of your pie pan by roughly half an inch.

In a large bowl, mix all ingredients for the filling; make sure that the flour and lemon juice are thoroughly mixed together. The flour will thicken the juices from the berries and lemon juice to give it a warm jam and a



COURTESY OF FELICITY MCNELLEY

## Bumbleberry Pie

preserve-like texture as it bakes, which is exactly what you need in a pie.

Once your filling is mixed, pour into the prepared pie crust.

With your second disc of crust, there are many things you can do. However, the easiest thing to do is to roll out your pie crust and then lay it on top of the filled pie crust. You want to make sure that this pie crust is also a little larger than your pie pan.

Next, fold and crimp the edge of both crusts together. Press down the crust with a fork all the way around the edge. Cut four

slits into the center of your pie crust in a cross shape to let the steam vent from the pie. Cover the edge of your crust with aluminum foil to prevent burning.

Bake for 20 minutes in a 400-degree preheated oven. Reduce to 350 and bake an additional 40-45 minutes. Filling should be bubbly, and the crust should be golden brown. Once done, let the pie rest for 1 hour on a wire rack to cool.

I highly recommend serving this pie with a scoop of vanilla ice cream.

Dear reader, if you have gotten this far, and

you've decided to try this recipe, I hope you enjoy it. The taste of warm berries and buttery, flaky crust may open up old memories for you and will certainly create a positive memory for the people you choose to share this dessert with. And you just might be lucky enough to catch this pie at The Square Cafe & Bakery a time or two!

Until next time,  
Felicity

felmcnel@gmail.com

LEGACY COMES TO LIFE

# Eliza Coffman Hancock: frontier woman, homemaker, mother



BY GERRY GIEGER

EDITOR'S NOTE: The story of Elizabeth Hancock is told by her great-great-nephew Gerry Gieger. Gerry is a member of The Sons of the Republic of Texas and serves as President of the E.M. Daggett Chapter in Fort Worth.

**M**y name is Eliza Hancock. I was born May 22, 1823, near Decatur, Alabama, the first daughter and second child of Lovell and Caty Coffman. I was called Eliza by my family and friends but was named after my maternal grandmother. My early years were near to those grandparents, Baldwin and Elizabeth (Birdsong) Howard.

Following the demise of my maternal grandfather, my parents determined to move on westward, toward Arkansas. We traveled to Memphis, Tennessee where there was a ferry to cross the Mississippi River.

My father was a skilled wagon maker, so he built ours. It was made of hard wood with a canvas bonnet and steel-rimmed wheels. Our wagon was pulled by a team of fine oxen with a lead horse. After we crossed the Mississippi River, we merged with other families heading the same direction to form a wagon train. Traveling alone was not safe on such an ambitious and dangerous journey. Few people had guns then, but were armed with hand-axes, butcher-knives and hoes, as protection from predators and renegade Indians, who

had an advantage with their flint-tipped arrows and bows. Bear, wampus cats, and wolves were the main predatory threat as we slept on the ground under our wagons.

My mother was pregnant and needed me to help prepare food for the rest of our family. We walked most of the 350 miles from the big river to our final destination but had to stop every few days to rest the animals. Each day we traveled about 18-20 miles, and on January 1, my mother delivered a baby boy, who we named Jackson. It was always a question of which jurisdiction he was born in, Arkansas, Texas, or IT (Indian Territory, aka Oklahoma). We thought it was Miller County, Arkansas.

We crossed the Red-River

at 'old' Jonesboro because there was a ford there, then traveled southward to Robbinsville, where Early Texas Pioneer John Robbins had established a settlement. He had been granted a Labor-and-a-League of Land. There, My father acquired 600 acres of land near Ward's Scatter Creek and built a large house with a dog-run (breeze way) between the living and cooking quarters, and the sleeping quarters. He used timber cut from the land and hauled to a sawmill near Clarksville, and brick for the fireplaces, fired from the clay soil on the land. We also had glass windows to look out because our house faced the main road from Clarksville to Paris. Our Barn was big enough to keep several teams of draught animals, that my father used to transport freight from the river-boat landings near Jefferson to Bonham in Fannin County.

I had learned to read, write, spell and work math problems before we left Alabama, so I was literate, and read the Holy Bible. In addition to cooking and keeping house, I learned how to quilt. We had a loom and a spinning wheel. Fabric was scarce, so we made our own from the cotton we grew. We also darned holes in clothes, rather than throwing serviceable ones away. When they were completely worn out, we



saved the buttons in a jar for future use, and good cloth to use for patches. At first we washed our clothes in the nearby creek water, but then got a cast-iron pot to heat the water over a fire in the yard. We used homemade lye soap and hung the clothes on a line to dry, after rinsing them in a half-barrel.

Another of my chores was to keep up with the chickens and goats. We gathered eggs from the nests and milked twice a day. My younger brothers and sisters came along to 'help' and learn for themselves. Our dogs were also trained to help.

When I was 23 years old, I married Benjamin Medford Hancock in Red River County, Texas. We had eight surviving children: Jonas, b.1847; Thomas, b.1848; Martha, b. 1849; James, b. 1850; William Lovell, b.1851; Melissa Texanna, b.1856; Sarah Ellen, b.1858; and Benjamin Medford (ii), b.1861.

Medford was a devout Methodist and closely allied to Dr. John Witherspoon

## WHO ARE THE SONS OF THE REPUBLIC OF TEXAS?

The Sons of the Republic of Texas consists of members who are direct lineal descendants of those who settled the Republic of Texas from 1836 to Feb. 19, 1846. The purpose of the SRT is to perpetuate the memory and spirit of the men and women who won Texas' independence. They set the course for Texas to become a nation and eventually the 28th state. Legacy Comes To Life personifies our ancestors with true stories about real people who changed the course of history. For membership information, please visit our website; srttexas.org or email old300.srt@gmail.com.

Pettigrew McKenzie, an early Methodist missionary to the Choctaw Nation. Dr. McKenzie was the founder of Young Men's Retreat (a school) that became McKenzie College. It was situated 3 miles south of Clarksville adjacent to and partially on our land.

During the years of The Republic of Texas, the school grew from 16 students educated in a log cabin, to more than 300 students and nine faculty members occupying four large buildings in 1854. It was the largest institution of higher education in

Texas during the 1850s and 1860s. (McKenzie College closed during the Civil War and merged with Marvin College, which became Southwestern University in Georgetown, Texas.)

My husband, Medford Hancock, died on March 24, 1861 from congestive fever (malaria). Fifty-eight (58) days later, on May 15, 1861, I passed away from the same malady. Medford and I left behind our nine-day-old baby and other children for family to raise. I was a proud citizen of The Republic of Texas.

		3	4	1			8	7
2						5		3
			8				6	
		9			2			
7	6			4			2	9
			5			6		
	5				6			
8		1						6
9	3			5	8	7		

Puzzle by websudoku.com

3	4	9	6	2	8	7	1	5
5	6	1	4	7	3	8	9	2
2	7	8	9	1	5	6	3	4
6	9	5	3	8	1	2	4	7
4	8	2	7	5	9	1	6	3
7	1	3	2	4	6	9	5	8
8	3	6	5	9	7	4	2	1
9	2	7	1	3	4	5	8	6
1	5	4	8	6	2	3	7	9

**SUDOKU**

Solution for the puzzle on Jan. 25 (Puzzle 99).

Puzzle by websudoku.com

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**PETS OF THE WEEK**

Dugan is a male Lab/Shar Pei mix. He is approx 2 years old and weighs approx 55 lbs. He is friendly and social. \$25.00 adoption special includes sterilization, rabies vaccines, the first round of vaccines, Pyrantel dewormer, and a HomeAgain microchip.

Peach is a female tabby domestic short hair cat. She is social and loves snuggles. \$25.00 adoption special includes sterilization, rabies vaccines, the first round of vaccines, Pyrantel dewormer, and a HomeAgain microchip.

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Check us out on Facebook at Hood County Animal Control, TX

**CINERGY ENTERTAINMENT**

Friday, 27 January 2023 - Thursday, 02 February 2023

**80 for Brady (PG13)**  
Thurs: 3:00PM, 5:30PM, 8:00PM

**A Man Called Otto (PG13)**  
Fri, Sat: 12:10PM, 3:10PM, 6:10PM, 9:10PM.  
Sun: 12:30PM, 3:30PM, 6:30PM.  
Mon, Tues, Wed: 2:00PM, 5:00PM, 8:00PM.  
Thurs: 2:25PM, 8:00PM

**Avatar: The Way of Water (PG13)**  
Fri, Sat: 12:10PM, 8:20 PM.  
Sun: 12:40PM.  
Mon, Tues, Wed: 2:25PM.  
Thurs: 2:40PM

**Avatar: The Way of Water in 3D (PG13)**  
Fri, Sat: 4:15PM.  
Sun: 4:45PM.  
Mon, Tues, Wed: 6:30PM.  
Thurs: 6:45PM

**Knock at the Cabin (R)**  
Thurs: 5:00PM, 7:30PM

**Left Behind: Rise of the Antichrist (NR)**  
Fri: 12:40PM, 3:50PM, 7:00PM, 9:20PM.  
Sat: 12:00PM, 3:00PM, 6:05PM, 9:15PM.  
Sun: 12:30PM, 3:00PM, 6:05PM

**M3GAN (PG13)**  
Mon, Tues, Wed: 2:25PM, 5:00PM, 7:35PM.  
Thurs: 2:25PM, 7:50PM

**Missing (PG13)**  
Fri: 1:30PM, 4:15PM, 7:00PM, 9:45PM.  
Sat: 12:45PM, 3:30PM, 6:15PM, 9:00PM.  
Sun: 12:55PM, 3:40PM, 6:25PM.  
Mon, Tues, Wed: 2:20PM, 5:05PM, 7:50PM

**Plane (R)**  
Fri: 1:45PM, 4:25PM, 7:05PM, 9:45PM.  
Sat: 1:15PM, 3:55PM, 6:35PM, 9:15PM.  
Sun: 1:00PM, 3:40PM, 6:20PM.  
Mon, Tues, Wed: 2:25PM, 5:05PM, 7:45PM.  
Thurs: 5:10PM

**Puss in Boots: The Last Wish (PG)**  
Fri: 1:15PM, 3:50PM, 6:25PM, 9:50PM.  
Sat: 12:05PM, 2:50PM, 5:25PM, 8:00PM.  
Sun: 12:05PM, 3:20PM, 5:55PM, 4:35PM, 7:10PM.  
Thurs: 2:35PM, 5:25PM

**The Chosen Season 3 Finale (NR)**  
Thurs: 3:00PM, 7:00PM

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# Granbury Theatre Academy stars shine at Atlanta Festival

**BY KATHY CRUZ**  
Senior Staff Writer

Granbury Theatre Academy students recently earned honors at the Junior Theater Festival, billed as the world's biggest and most renowned celebration of young people performing in musical theater.

Twenty-six GTA students attended the three-day event in Atlanta, Georgia, under the leadership of academy director Matt Beutner, choreographer Lena Moralez, and stage manager Whitney Shearon.

For the adjudication, GTA students performed a 15-minute cut of "Mary Poppins JR," one of several productions from Music Theatre International's Broadway Junior collection.

The adjudication is done by leading theater professionals. They offer constructive criticism to encourage further learning and growth. Groups are rated in key areas of music, acting, dance and overall performance.

The troupe composed of students from Granbury and surrounding communities included Hannah Baker, Micah Chesney, Jacqueline Clifton, Kai Cook, Mia Currie, Lucas Edwards, Edyn Esquivel, Emily Farmer, Micah Griffith, Elliot Hayes, Shane Houston, Julia Huggins, Brylea Hyde, Anita Jenkins, Zander Kelley, Aubrey Landers, Clayton Lankford, Rachel Mastick, Lily McClendon, Cameron Moore, Zoe Moore, Shayla Nuttall, Trinity Seeley, Sandy Strittmatter, Aubrey Ward, and Natalie Ward.

Baker and Huggins were named All-Stars for their performances while Chesney was among just a handful of festival participants named as an Outstanding Performer. Huggins also received honors as student choreog-



COURTESY OF MICKY SHEARON

**Julia Huggins, left, and Hannah Baker were named All-Stars at the Junior Theater Festival in Atlanta, Georgia.**

rapher, while Currie and Strittmatter were recognized for their achievement as student directors.

The festival gives students an opportunity to attend workshops led by Broadway professionals and master teachers, audition for choreography DVDs, and get a sneak peek of new Broadway Junior titles soon to be released.

### LOTS OF SUPPORT

Beutner, Moralez, and Shearon had plenty of help chaperoning the teens, who ranged in age from 13-18. Granbury Theatre Company Board President Micky Shearon and Board Secretary Jeff Meador went on the trip, as did 23 parents, Beutner said.

A minor glitch occurred when the group's flight to

Atlanta was rerouted to Birmingham, which affected the group's shuttle reservations. Beutner credited Whitney Shearon for quickly arranging the rental of eight vehicles from Enterprise Rent-A-Car.

It all worked out, and the students had a great experience, the academy director said.

"That's the best thing about the kids that we have, and kind of the academy in general. It really is a community," Beutner stated. "The kids all like and support each other. It is not cliquy, you know what I mean? They don't keep to themselves. They all hang out with each other. Everywhere we went, everybody was hanging out with everybody."

A younger group of



COURTESY OF MICKY SHEARON

**Mia Currie and Sandy Strittmatter, left and second from left, were recognized at the Junior Theater Festival for their skill as student directors while Micah Chesney, second from right, was named an Outstanding Performer and All-Star Julia Huggins, right, received additional honors as a student choreographer.**

GTA students will attend JTF West in Sacramento, California, Feb. 17-19. That ensemble will perform a cut from "Frozen JR."

### SPRING/SUMMER EVENTS

"Mary Poppins JR" will be the academy's summer production on stage at the Granbury Opera House July 21-30. Summer camp

auditions and registration will be available later in the spring.

Registration is available for a spring production of "Jungle Book KIDS" for students ages 8-12. Students will rehearse all semester for three performances scheduled for May 5-7 on the Opera House mainstage. Students ages 13-18

will perform William Shakespeare's "Romeo and Juliet" on May 6.

More information, including a spring class schedule for children, youth, and adults, is available at granburytheatreacademy.org.

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# CALENDAR

### TO SUBMIT CALENDAR ITEMS

Information should be submitted at least two weeks prior to the event for consideration. The Community Calendar is a free listing in the Hood County News to inform readers of programs, special meetings and nonprofit events. The event should be open to the public and free to attend. Email the who, what, when and where. Include the meeting location and a street address for the location. The topic for the meeting, program or guest speaker must be included. Email to calendar@hcnews.com. Calendar information runs in chronological order as space is available.

## FEBRUARY THURSDAY, FEB. 2

**LAKE GRANBURY** Newcomers Club will meet at DeCordova Bend Country Club, 5301 Country Club Drive, to hear inspirational speaker, author, and voice-over actor Patti Foster. Patti is a Traumatic Brain Injury (TBI) survivor. She suffered her TBI in a horrific car crash and sustained multiple injuries and fractures. Patti is an advocate of brain injury and serves on several councils and education awareness committees and speaks often as a speaker for Mothers Against Drunk Drivers. Cost \$22 includes lunch and program. Social hour 9:00am, meeting begins at 10:15am. R.S.V.P. by emailing lgnc.reservations@gmail.com or calling 682-719-3343. Reservation required by noon on Friday, Jan. 27.

**MELODY BELLES** singers of Granbury, is women's choral group, having its first rehearsal of the spring concert season. Looking for new

members who love to sing! Rehearsals every Thursday, 10:00 a.m. - 12 noon, February through April, at First Presbyterian Church Memorial Hall, 301 W. Bridge Street. Concerts performed at various venues during first two weeks of May. For more information, call 817-999-1364.

### TUESDAY, FEB. 7

**OPERA GUILD** of Granbury monthly meeting/luncheon will be held at deCordova Country Club. 5301 Country Club Dr. Social/Check-in 10:30a.m. Entertainment/Meeting 11:00 a.m. Sony Morgan - International award-winning singer/songwriter - 12:00 Noon Buffet Lunch Optional (\$18) No lunch, \$5.00 includes water, coffee, or tea. Reservations required no later than February 3rd, contact granburyog@gmail.com or 817-776-2898 General Membership, single \$25.00 joint \$35.00 Business Membership \$35.00. The guild is an all-volunteer organization whose mission is to support the Granbury Opera House and its allied arts.

### MONDAY, FEB. 13

**TEXAS DEMOCRATIC** Women of Hood County monthly meeting. Speakers: Charin Daugherty, Ruth's Place Community Center. Outreach Coordinator & Gabriela Gamez, Ruth's Place Executive Assistant Director. 11:00 a.m. Spring Creek Barbeque, 317 E. Hwy 377, Granbury. Details: 254-716-5195.

**NORTH CENTRAL** Texas Civil War Roundtable will meet at 6:30 p.m. Monday, February 13, at Spring Creek Bar-B-Que, 317 E. Hwy 377. The program will be presented by Dr. Anne J. Bailey, the author

and/or editor of numerous books and articles on the Civil War. Dr. Bailey has taught at Texas Tech University, the University of Arkansas, and in the University of Georgia system. She will speak on the command problems within the Confederate Army of Tennessee. For more information, visit our website at <http://www.ncentexcwrt.com>.

### TUESDAY, FEB. 14

**THE GREATER** Granbury Chapter-MOAA will host Linda Mallon, Hood County Veterans Service officer for their monthly membership luncheon at 11:30 a.m., February 14, 2023 at Harbor Lakes Golf Club. The Military Officers Association of America (MOAA) is the nation's largest and most influential association of military officers. It is an independent, nonprofit, politically nonpartisan organization.

### MONDAY, FEB. 20

**ELIZABETH CROCKETT** Chapter Daughters of the American Revolution (DAR) Program: Dawn Johnston on HONEY BEES. Acton Methodist Church, Education Building, 3433 Fall Creek Hwy, Granbury, TX. Social begins at 9:30 a.m. the meeting called to order 10:00 am.

## MARCH

### THURSDAY, MARCH 23

**OPERA GUILD** of Granbury Next Fundraiser will be held on March 23 at D'Vine Wine on the Granbury Historic Square. B-Ray and the Humans Band will set the night to rocking, dancing in the street.

HOOD OUTDOORS

# Having confidence in your tackle box



BY MICHAEL ACOSTA

As a licensed professional fishing guide, Michael Acosta shows you how to find them. A Granbury resident of more than 35 years, he has been fishing all of his life, and has been a licensed guide since 1998.

There are a variety of baits and presentations, but there is one thing you cannot buy at the store ... confidence. This may be a better subject for a motivational speaker, but can be the best fish-catching tool that you can have.

Confidence is a driving factor for success in most everything we do. Knowledge and experience is power. If you believe and you trust your abilities, you will succeed. If you go out there with the attitude that "I never do any good" you will probably not do any good.

Many pro anglers are known for presenting certain baits. From years back, Denny Brauer and jig fishing, Jimmy Houston and spinner baits — and Kevin VanDam is known for his jerkbait fishing. Mark Davis and crankbaits go hand in hand. All of these anglers are proficient with many different kinds of baits, but they have one presentation that they are best known for. Confidence generally does not come immediately. Confidence is built over time, with experience and practice. Repeat performances help to build confidence. When it comes to fishing, this definitely applies. In my case, I really believe that if I locate fish I will eventually get them to bite. Sometimes the bite will be off, but more

often than not if I locate the fish I believe I can put them in the boat.

When the fish are real active, most anyone can catch fish on a variety of baits. However, when the fishing is slower, this is when confidence makes the difference. Many folks will give up too early if the bite is slow. A little intensity and belief in your presentation will eventually put fish in the boat. So how can you build confidence in fishing for your species of choice? It goes without saying that you need to fish, fish and fish some more. I personally believe that fishing within an organization of some type will help you to build confidence on different techniques on different bodies of water. You will learn by fishing with others. There are many bass, striped bass, and crappie type clubs across the state that one can join. I was involved with a striped bass club many years ago, and it was fun fishing tournaments on different lakes with my sons.

Fishing tournaments can boost your knowledge at an accelerated rate. You can initially gain the knowledge of many fishing in one tournament. Another way to gain confidence on a body of water and to learn different techniques is to hire a guide. A good guide will impart his confidence in his present-

tations that you can take with you and build on. You will still need to practice to build your own confidence, but you will get there much quicker.

With confidence in your abilities, your patience when they are not biting will increase because you know that what you are using will eventually work. Over time you will develop confidence in several types of baits and presentations that will make you a more versatile angler. Another confidence builder is understanding the movements of the species you seek and the baitfish they feed on. This is knowledge of your surroundings. As the old saying goes "you become one with your environment." This is true, as you will develop that sixth sense. When your choices on the water continue to put fish in the boat, your confidence will increase. You will have a setback or two, but if you keep at it you will get better at it for sure.

## HOOD COUNTY FISHING REPORT

Water temperatures continue to rise with the mild winter we are having. Temperatures are close to the middle 50s and even warmer in the sloughs. Fishing continues to be excellent right now for many species on Lake Granbury. Two new records have been submitted this past week for blue catfish (49 pounds) and yellow catfish (53 pounds). Striped bass to 15 pounds are being caught mid-lake and above the railroad bridge. Numbers of striped



COURTESY OF MICHAEL ACOSTA

Roy Hutyra of Granbury caught this 54.31 pound potential Granbury Lake record flathead catfish while bass fishing with 12 pound test line using a Robo worm.

bass continue to be caught on the lower ends in 40 feet of water. Largemouth bass numbers are good on crankbaits and soft plastics on the warmer days as they move up with the baitfish. Some good sand bass reports are coming in near Tin Top. Good crappies catches continue on small jigs near deeper docks and standing timber. The big catfish are good on cut bait fished on shallow flats adjacent to the

creek/river channels.

## OTHER AREAS

Comanche Creek reservoir continues to be one of the most popular winter fishing spots in the state. Channel catfish limits are common on this power plant lake on cut bait and prepared baits. Largemouth bass limits are also common on most any shad imitation baits. I do not have a report on the tilapia.

On other area lakes, Lake Whitney continues to boast on limits of striped bass on swimbaits and jerk baits fished on the main lake near McCown Valley and in the river near Plowman Creek. Good crappie catches are being reported near Kimball bend.

michael.acosta@att.net / 254-396-4855

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# HEALTH

MIND & BODY



**BE HAPPY,  
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*Health is important for both mind and body. See inside for tips on mental health, diet, age and more.*

**C2-C8**

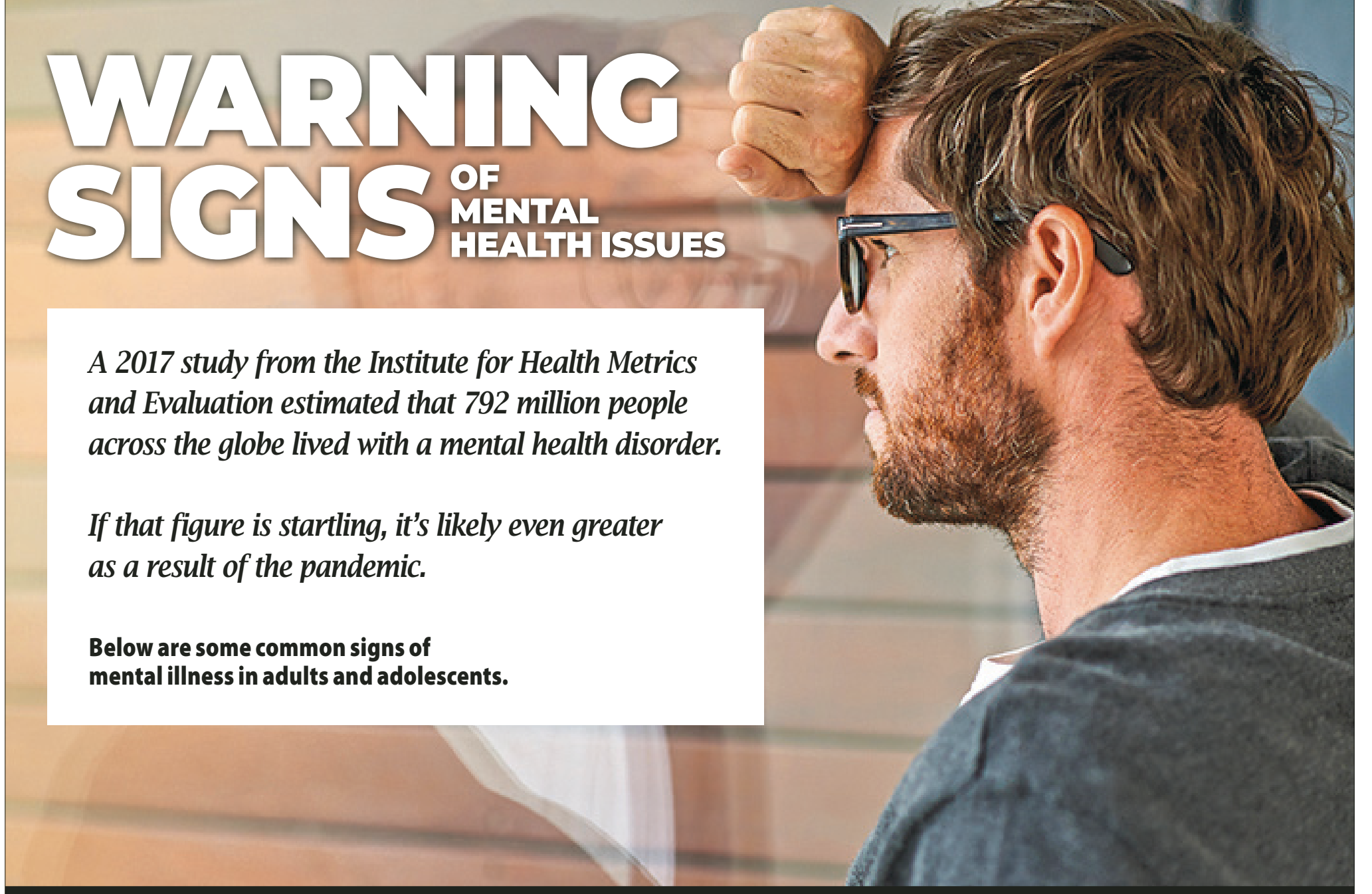
**inside** WARNING SIGNS OF MENTAL ILLNESS | DEALING WITH DEPRESSION  
| DIABETES AND DIET | DIET AND AGE | HEALTHIER MEALS MADE AT HOME  
| STAYING ACTIVE: FUN FOR SENIORS | HABITS THAT AFFECT COGNITIVE  
HEALTH | AGING GRACEFULLY WITH EVIDENCE-BASED MEDICINE | SET YOUR  
SIGHTS ON GLAUCOMA | HOW BLOOD TYPE CAN AFFECT YOUR HEALTH

# WARNING SIGNS OF MENTAL HEALTH ISSUES

*A 2017 study from the Institute for Health Metrics and Evaluation estimated that 792 million people across the globe lived with a mental health disorder.*

*If that figure is startling, it's likely even greater as a result of the pandemic.*

**Below are some common signs of mental illness in adults and adolescents.**



STOCK PHOTO COURTESY OF METROCREATIVE CONNECTION

*(MetroCreative Connection)*

Data from the Kaiser Family Foundation indicated that about four in 10 adults in the United States reported symptoms of anxiety or depressive disorder during the pandemic. That marked a significant uptick since the summer of 2019, when one in 10 adults reported such symptoms.

The pandemic undoubtedly posed significant challenges that affected the mental health of people across the globe. But those challenges won't necessarily go away if and when life returns to pre-pandemic normalcy. Nor is there any guarantee that new challenges that pose a threat to individuals' mental health won't arise in the years to come. That reality underscores the importance of learning to recognize signs

of mental illness in both adults and children.

The National Alliance on Mental Illness notes that each mental illness has its own symptoms, so anyone concerned about their own mental health or the health of a loved one can speak with a mental health professional for more information. In the meantime, the NAMI notes that these are some common signs of mental illness in adults and adolescents.

- Excessive worrying or fear
- Feeling excessively sad or low
- Feelings of confusion or difficulty concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or significant feelings of irritability or anger
- Avoiding friends and social activities
- Difficulty understanding or relating to other people
- Changes in sleeping habits or feelings of fatigue and low energy
- Changes in eating habits, such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucina-

tions, in which a person experiences and senses things that don't exist in objective reality)

- Inability to perceive changes in one's own feelings, behavior or personality. Some individuals experience a lack of insight known as anosognosia, which NAMI describes as unawareness of one's own mental health condition.
- Overconsumption of substances such as alcohol or drugs
- Multiple physical ailments without obvious causes, such as headaches, stomach aches and vague and ongoing aches and pains
- Suicidal thoughts
- Difficulties handling daily life, including an inability to carry out activities or handle problems and stress that arises each day

· An intense fear of weight gain or concern with appearance

Pre-adolescent children also can experience mental illness, which can manifest itself through these symptoms:

- Changes in academic performance
- Excessive worry or anxiety. Some children may fight with parents to avoid going to bed or school.
- Hyperactive behavior
- Frequent nightmares

Frequent disobedience or aggression

· Frequent temper tantrums

Individuals who are experiencing any of these symptoms or those who recognize them in loved ones, including children, are urged to contact a health care professional, including their general physicians, who may be able to recommend a mental health specialist. More information is available at

[www.nami.org](http://www.nami.org).

## YOU'RE NOT ALONE

**If you or someone you know is considering suicide, please contact:**

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# COGNITIVE HEALTH

## HOW TO PROTECT YOUR BRAIN LONG-TERM

*(MetroCreative Connection)*

Cognitive health is not something to take for granted. Although a certain level of memory loss can be expected as people age, when the ability to clearly think, learn and remember is compromised, those changes can affect an individual's ability to perform daily activities and should serve as a cause for concern.

Brain health should be a priority for everyone. The National Institute on Aging says brain health is an umbrella term that encompasses a host of factors, including:

- cognitive health, which is how well you think, learn and remember
- motor function, or how you make and control movements
- tactile function, which is how you feel sensations; and
- emotional function, or how emotions are interpreted and responded to.

Individuals can safeguard brain health — particularly cognitive health — by taking these steps.

PLEASE SEE BRAIN | C3



STOCK PHOTO COURTESY OF METROCREATIVE CONNECTION

# DEALING WITH DEPRESSION

*Depression is among the most common mental disorders in the world. According to a 2019 report from the Institute of Health Metrics and Evaluation, roughly 3.8 percent of the world's population is affected by depression. That percentage is higher among adults (5 percent) and even more so among adults 60 and over (5.7 percent).*

**One of the first steps toward overcoming depression is to learn how it can manifest itself.**



STOCK PHOTO COURTESY OF ENVATO.COM

(MetroCreative Connection)

Despite its prevalence, depression still carries a stigma, leaving many people to confront it in silence. However, over the last several years, public attitudes toward mental health have shifted, compelling millions of people to recognize the severity of the threat posed by mental health disorders like depression. That recognition has led various prominent public figures, such as comedian Jim Carrey, athlete Kevin Love and singer/actress Lady Gaga, to publicly acknowledge their own battles with depression.

Depression is nothing to be ashamed of, and recognition of that reality may compel millions of people to seek the help they need. One of the first steps toward overcoming depression is to learn how it can manifest itself. Though feelings of sadness are common in people with depression, according to ADA Health, depression is much more than a feeling of sadness, and its symptoms may be masked by physical complaints or substance abuse. That can make it hard to identify signs of depression, which underscores

the significance of learning to spot its symptoms. The National Institute of Mental Health notes that the following signs and symptoms could be indicative of depression if individuals have been experiencing them most of the day, nearly every day, for at least two weeks.

- Persistent sad, anxious, or "empty" mood
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration or restlessness
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or plea-

sure in hobbies or activities

- Decreased energy, fatigue or feeling "slowed down"
- Difficulty concentrating, remembering or making decisions
- Difficulty sleeping, early morning awakening or oversleeping
- Changes in appetite or unplanned weight changes
- Thoughts of death or suicide, or attempts at suicide
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause that do not ease with treatment

It's important that individuals experiencing these symptoms or those who witness them in loved ones avoid self-diagnosing their conditions or the condition of friends or family members. If any of these symptoms are present for two weeks or more, contact a physician immediately or urge a loved one to do so. More information about depression can be found at [www.nimh.nih.gov/health/topics/depression](http://www.nimh.nih.gov/health/topics/depression).



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## BRAIN

FROM PAGE C2

### BE MORE HEALTH-CONSCIOUS

Working with doctors, individuals can put their health first. This includes getting routine screenings, managing chronic health problems, limiting or avoid-

ing alcohol and nicotine products, and getting the recommended amount of sleep each night.

### MANAGE HIGH BLOOD PRESSURE

All chronic conditions cause long-term repercussions, but the NIA indicates that observational studies show having high blood pres-

sure in mid-life increases the risk of cognitive decline later in life. Lowering blood pressure lowers the risk for mild cognitive impairment and possibly dementia.

### CHALLENGE YOUR BRAIN

Harvard Medical School says nurturing social contacts, engaging in stimulating mental activities like reading and doing puzzles, seeing new places, and learning new things can help keep the brain in top form.

### MANAGE STRESS

Stress can take its toll on the body, and there is reason to believe that it may adversely affect cognitive health as well. Make every stride to reduce stress, whether that involves taking vacations, meditating, laughing with friends and family, or engaging in relaxing activities that relieve stress.

### GET ENOUGH VITAMIN D

Vitamin D is linked to a host health benefits, including its potential to promote a healthy brain. Individuals can get more time outdoors to get vitamin D naturally from the sun and eat foods rich in vitamin D. If doctors find that vitamin D levels are exceptionally low, supplementation can help.

### PAY ATTENTION TO HEARING LOSS

Certain hearing loss has been linked to cognitive decline, says Healthline. Researchers in Italy concluded that people with central hearing loss had a higher risk of mild cognitive impairment than those with no hearing loss or peripheral hearing loss. Individuals with central hearing loss are urged to speak to their physicians to determine if they can take preventive action to stave off further decline.

Cognitive health should be a priority. Adults can employ various strategies to reduce their risk of cognitive decline as they age.

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# DIABETES AND DIET

*The number of people living with diabetes has risen dramatically over the last four decades. According to the World Health Organization, between 1980 and 2014, the number of people with diabetes rose from 108 million to 422 million.*

**The dramatic spike in diabetes cases in such a short period of time highlights just how big a threat the disease poses to the health of people across the globe.**



STOCK PHOTO COURTESY OF ENVATO.COM

(MetroCreative Connection)

**T**he dramatic spike in diabetes cases in such a short period of time highlights just how big a threat the disease poses to the health of people across the globe. That makes now a perfect time to learn more about diabetes and what individuals can do to manage their disease.

**WHAT IS DIABETES?**

Diabetes is a chronic disease related to how the body produces or utilizes insulin, a hormone that regulates blood sugar. Diabetes occurs when the pancreas does not produce sufficient insulin or cannot effectively utilize the insulin it produces.

**WHAT IS THE DIFFERENCE BETWEEN TYPE 1 AND TYPE 2 DIABETES?**

The WHO notes that more than 95 percent of the people with diabetes have type 2 diabetes. According to the American Diabetes Association®, type 2 diabetes

occurs when the body does not use insulin properly, whereas type 1 occurs when the body does not produce insulin.

**CAN DIABETES BE MANAGED?**

It's important that individuals diagnosed with diabetes recognize that both types 1 and 2 can be managed. The ADA reports that diet and routine exercise are vital to managing type 2 diabetes. The ADA urges people who have recently been diagnosed with diabetes to speak with a registered dietitian nutritionist (RDN/RD) to find foods that are healthy and help them

feel satisfied at the end of a meal. Linger may compel people to make poor dietary choices that could make their condition worse. The ADA's "Nutrition Consensus Report," published in 2019, is a comprehensive review of 600 research articles over a five-year span conducted by a panel of scientists, doctors, endocrinologists, diabetes educators, and dietitians. That review emphasized the significance of working with an RDN, noting that recommendations about diet for diabetes patients must take factors specific to each individual, including their life circumstances and preferences, into consideration.

The review also noted that each person responds differently to different types of foods and diets, so there is no single diet that will work for all patients. Though there is no "one-size-fits-all" diet for people with diabetes, the ADA created the Diabetes Plate Method as a simple way to help people with diabetes create healthy meals. The method urges individuals to fill half their plate with nonstarchy vegetables, such as asparagus, broccoli, green beans, and salad greens. One-quarter of the plate should be filled with lean proteins such as chicken, lean beef (cuts like chuck, round or

sirloin), or fish (salmon, cod, tuna). Plant-based sources of protein also count, and these include beans, lentils, hummus, falafel, edamame, and tofu, among other foods. The final quarter of the plate should be reserved for foods that are higher in carbohydrates, such as whole grains (brown rice, quinoa, whole grain pastas), beans and legumes, or even fruits and dried fruit. More people than ever before are being diagnosed with diabetes. Diet plays a significant role in managing life with diabetes. More information can be found at diabetes.org.

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# DIET AND AGE

*The human body is a marvel. How the body transforms over the course of an individual's life is one of its more remarkable qualities, and those changes never cease, even as individuals near retirement age.*

**The following are some ways aging adults can use diet to combat age-related changes to their bodies.**



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(MetroCreative Connection)

**T**he changes associated with aging include physical transformations but also more subtle shifts the naked eye cannot see. For example, metabolism slows as individuals grow older, and aging also can lead to a decrease in bone density and muscle mass. These changes affect how men and women at or nearing retirement age should approach their diets in recognition of the various ways their nutritional needs change at this point in their lives. Any modifications to a diet should first be discussed with a physician, but the following are some ways aging adults can use diet to combat age-related changes to their bodies.

#### **PRIORITIZE PROTEIN**

The authors of a 2010 study published in the journal *Current Opinion in Nutrition and Metabolic Care* recommended that older adults consume between 25 and 30 grams of protein with each meal. The researchers behind the study concluded that such consumption could limit inactivity-mediated losses of muscle mass and function.

#### **OVERCOME REDUCED PRODUCTION OF VITAMIN D**

WebMD notes that people over 65 typically experience a decrease in natural production of vitamin D. Vitamin D is not naturally found in

many foods, so aging men and women may need to rely on supplementation to ensure their bodies get enough of it. Vitamin D helps with anti-inflammation, immune system support and muscle function, among other benefits. So it's vital that aging men and women find ways to get sufficient vitamin D.

#### **CONSUME AMPLE DIETARY FIBER**

The National Resource Center on Nutrition & Aging notes that fiber plays an important role in the health of older adults. Fiber has been linked with heart health, healthy digestion, feeling full, and preventing constipation, which the online

medical resource Healthline notes is a common health problem among the elderly. Though the NRCNA notes that older adults need slightly less fiber than their younger counterparts, it's still a vital component of a nutritious diet. The feeling of fullness that fiber consumption can provide also is significant, as it can ensure adults who aren't burning as many calories as they used to aren't overeating in order to feel satisfied. That can make it easier for such adults to maintain a healthy weight.

#### **MONITOR INTAKE OF VITAMIN B12**

The NRCNA notes that

vitamin B12 is involved in a host of important functions in the body, including nerve function and the formation of red blood cells. Vitamin B12 is most easily found in animal products, which many aging men and women must largely avoid due to other health concerns. In such instances, men and women can discuss supplementation with their physicians as well as alternative food sources of B12, such as fortified cereals, salmon and other items.

Bodily changes related to aging increase the likelihood that men and women will need to alter their diets in order to maintain their overall health.

# HEALTHIER MEALS MADE AT HOME

*Cooking foods at home is one of the simplest ways to gain greater control over personal health. Cooking at home is the easiest way to know precisely what you're putting into your body each day. Cooking your own meals also enables you to customize recipes so they align with any dietary restrictions or personal preferences you may have.*

**Increasing the amount of vegetables in one's diet is a simple and healthy modification.**



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(MetroCreative Connection)

**A**ccording to a 2021 survey by the consumer market research firm Hunter, 71 percent of people in the United States plan to continue cooking more at home after the pandemic ends. Increased creativity and confidence in the kitchen, as well as the fact that cooking at home helps to save money and enables one to eat healthier, is driving the ongoing increase in dining in.

When cooking at home, cooks can consider various tips to make meals that much healthier.

#### **INCREASE FIBER INTAKE**

Fiber improves bowel regularity and helps a person feel full between meals. High fiber foods also help stabilize blood sugar levels.

Two servings of fibrous foods at each meal and an additional fiber-rich snack each day can ensure your body is getting the fiber it needs.

#### **SLOW DOWN EATING**

The pace at which a person eats a meal can affect his or her overall health. Healthline reports that fast eaters are more likely to eat more and have higher body mass indexes than slow eaters.

#### **CHOOSE WHOLE GRAINS**

Choosing whole grain breads or cereals over re-

fined grains can make for a more nutritious diet. Whole grains are linked to a reduced risk for type 2 diabetes, heart disease and cancer.

#### **SWAP GREEK YOGURT FOR OTHER VARIETIES**

Greek yogurt contains up to twice as much protein as regular yogurt, providing roughly 10 grams per 3.5 ounces. Protein along with fiber helps a person feel fuller longer, which can manage appetite and reduce overeating. Greek yogurt also can replace mayonnaise or sour cream in cer-

tain recipes.

#### **ADD A VEGETABLE TO EVERY MEAL**

Vegetables are loaded with essential vitamins and minerals. Plus, they tend to be high in antioxidants that strengthen the immune system. Increase vegetable intake by eating vegetables with every meal.

#### **CHOOSE HEALTHY FATS**

While a person should minimize the amount of oils and other fats used during the cooking process, when it's necessary for a recipe, select the best fat possible.

Olive oil is a monounsaturated fat that is packed with antioxidant polyphenols. It is considered a heart-healthy oil, and it may promote a healthy brain and memory function.

Cut out sweetened beverages. Sodas and other sweetened drinks are leading sources of added sugar in diets. Opting for water or naturally sweetened fruit juices can improve overall health.

Small dietary changes can add up to big health benefits.

# STAYING ACTIVE FUN FOR SENIORS

*Physical activity is an important component of overall health. Health experts advise that exercise can increase lean body mass, prevent conditions like diabetes and cardiovascular disease, improve balance, and positively affect mental health/cognition. Exercise also can foster socialization with others, helping people overcome boredom and isolation.*

**As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles.**



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(MetroCreative Connection)

As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles.

There are plenty of entertaining ways to remain physically active that can accommodate any limitations a person may have. Explore these methods for staying active.

**EXPLORE SENIOR CENTER OFFERINGS**

Community senior centers often fill calendars with a vast array of activities, some of which can include physical activities. Hikes, walking tours, dances, and other activities all serve as entertaining ways to get out and about while meeting some fitness goals.

**GARDEN OR DO YARD WORK**

The Office of Disease Prevention and Health Promotions says adults should get 150 minutes of moderate exercise per week. Raking leaves, mowing the lawn, digging in flower beds, trimming bushes, and other outdoor tasks could help a person meet this quota in a way that doesn't seem like exercise at all.

**PLAY GAMES WITH GRANDCHILDREN**

Little kids may inspire older adults to be more active, as it can be difficult to keep up with those youngsters. Take infants or toddlers for walks or push them in strollers. Attach a child seat or towing carriage to a bicycle and ride around the neighborhood. Play games that require movement, such as hide-and-seek or Marco Polo in the pool. If it's snowing, have a snowball fight or make a snowman in the yard.

**TAKE UP A NEW HOBBY**

Find hobbies that incorporate physical activity. Perhaps learning to salsa dance or taking Zumba™ will be fun? Pickleball has caught on across the nation. The sport is a mix of tennis, racquetball and badminton that caters to all ages. Joining a bowling team is another way to get active and meet new people.

Physical activity is important at any age. Seniors can explore fun ways to stay in shape and be active to reap all the benefits of exercise.

## HABITS THAT AFFECT COGNITIVE HEALTH

Various changes to appearance and health are associated with aging. Issues such as diminished vision, waning muscle strength and gray hairs are among the more common and noticeable side effects of aging. Cognitive decline is another symptom often associated with aging, even if that needn't be the case.

Certain lifestyle choices can protect against cognitive decline and dementias. While there is no surefire way to prevent dementias, here are some good habits for maintaining cognitive function well into your golden years.

**EXERCISE FREQUENTLY**

Harvard Health reports that exercise, in addition to the many other benefits

it provides, may help improve cognitive function in people who have already experienced memory issues. Exercise may be particularly advantageous to people who carry the APOE4 gene variant, which makes people more susceptible to Alzheimer's. Speak with a doctor about how much exercise is needed and what is safe for your age.

**ENJOY VIDEO GAMES**

Playing a favorite video game may improve long-term cognitive function. Researchers at Cambridge Brain Sciences found study participants who played non-cognitive-training video games were associated with better performance in several cognitive domains, but only for younger (age 18 to

64) participants. Cognitive training games, on the other hand, were not associated with any cognitive improvement.

**STAY SOCIALLY ENGAGED**

According to a study published in the journal Experimental Aging Research, seniors who have high levels of social engagement also have better cognitive function. Getting together with friends, participating in a club, attending religious studies, and any other activity that gets you out with other people can help with cognitive function.

**EAT A HEALTHY DIET**

Eating a diverse array of healthy foods is benefi-

cial. Nutritious diets can help reduce the risk for illnesses that may affect cognitive ability. Eating well also helps keep the brain healthy. A Mediterranean diet appears to lower the risk or slow the progression of dementia in people who have the condition.

**GET HELP FOR SLEEP DISORDERS**

Lack of sleep can affect memory and learning. By getting help for sleep disorders, you may reduce your risk for cognitive issues. While it is not possible to prevent or cure cognitive conditions like dementias with lifestyle changes, certain behaviors can lower the risk of developing these illnesses or reduce their severity.

Data from the Centers for Disease Control and Prevention indicates that rates of anxiety and depression rose dramatically after the onset of COVID-19. According to the CDC, the range of average monthly percentages of adults in the United States reporting symptoms of anxiety between January and December of 2019 was 7.4 percent to 8.6 percent. Between April 2020, or roughly three weeks after the World Health Organization declared a global COVID-19 pandemic, and August 2021, the average submonthly percentages of U.S. residents reporting symptoms of anxiety was between 28.2 percent and 37.2 percent. That means the rate of anxiety rose by about four times between April 2020 and August 2021. A similar spike was prevalent among U.S. adults reporting symptoms of depression during that same period. Though percentages were between 5.9 and 7.5 percent between January and December 2019, they rose to between 20.2 and 31.1 percent between April 2020 and August 2021. These figures are important to keep in mind as the world tries to move on from the pandemic. Despite individuals' best efforts, rates of anxiety and depression could remain significantly higher than they were in 2019, underscoring the need for accessible education about each disorder.






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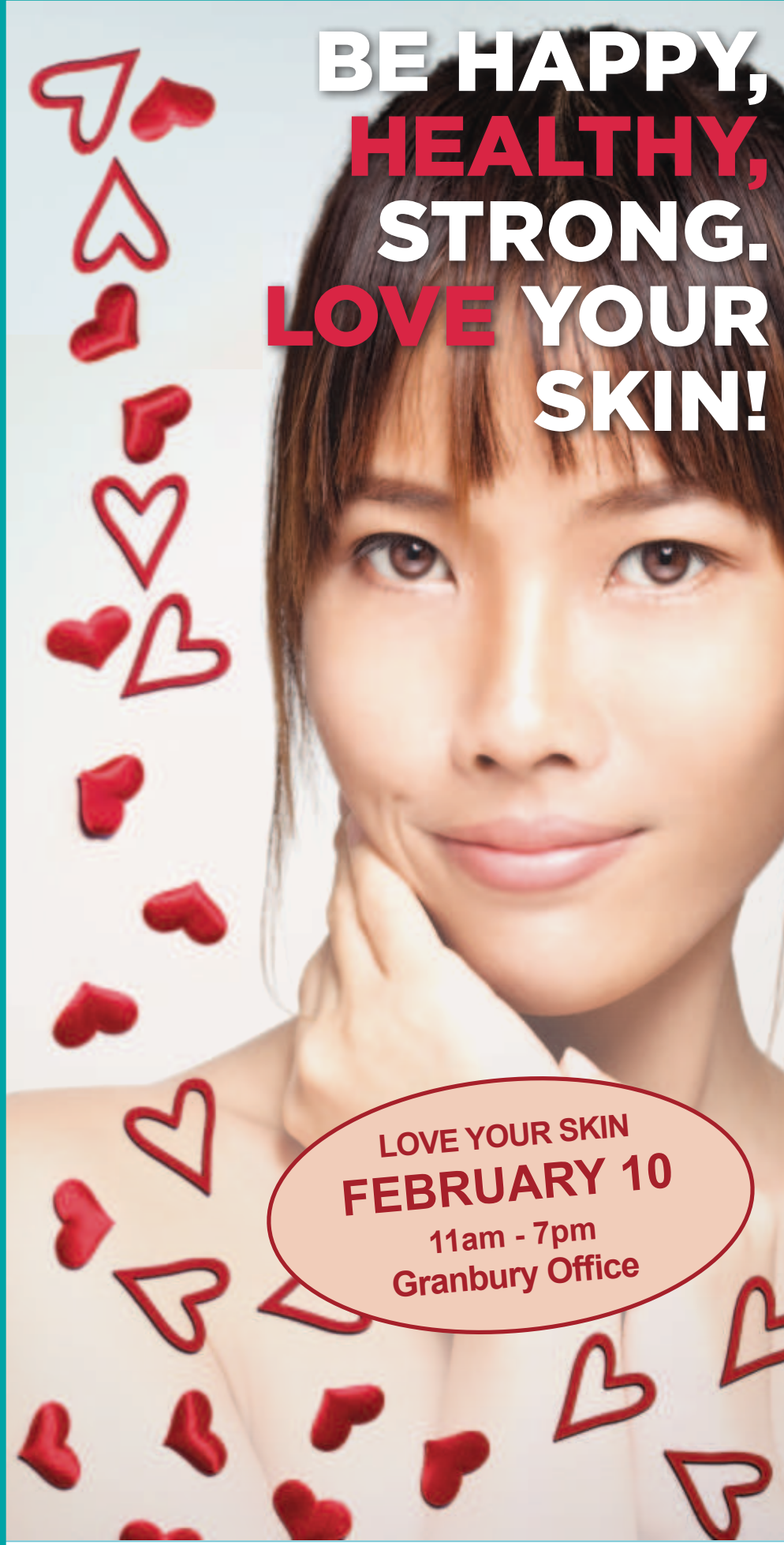



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**R**adiance Wellness Medi spa is redefining the concept of aging gracefully with evidence-based medicine. The practice does its best to scientifically research and evaluated all treatments prior to offering them to patients. Being your best self, looking healthy and feeling energized are within reach at any age. Maintaining a vibrant and healthy appearance is possible using science-based cutting-edge technologies and innovative procedures that marry the art and science of medicine. Along with living a healthy lifestyle, you can make choices to improve your health and appearance with state-of-the-art advances, medical grade skincare, FDA approved nonsurgical procedures, and laser assisted surgery. All the while under the supervision of a physician to maintain the utmost safety as possible.



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For 16 years, Dr. Carrie Morris has worked as an oculofacial and reconstructive surgeon, performing thousands of successful cosmetic and reconstructive surgeries of the face and eyelid, laser resurfacing, and laser liposuction of the body. Dr. Morris is the only board-certified oculofacial plastic surgeon in the surrounding five counties and the only physician that is board-certified in cosmetic laser surgery procedures in the Dallas-Fort Worth area. She has extensive expertise and experience in blepharoplasty ("eyelid lifts"), ptosis repair, brow lifts, neck lifts, CO2 laser resurfacing, Smartlipo laser liposuction, Femtouch, Botox, and filler injections.

The practice, Carrie Lynn Morris, MD, PLLC and Radiance Wellness Spa, continues to grow. Notably, Granbury residents voted Radiance Wellness Medispa "Best of Hood County" in 2022. Continuing their goals to deliver excellent care, they have added some new innovative services at both the Granbury and Southlake locations along with increased availability. Some of the new services include: Exosome and growth factor treatments, Keravive scalp hair growth treatments, areola repigmentation with permanent makeup for breast cancer survivors, and a new Ultrapulse Lumenis CO2 laser, which is even more effective than their current laser.

In order to optimize and maximize outcomes and minimize downtimes from procedures, they are now offering EXOE Exosome treatments. Exosomes are vesicles made by the body to communicate between cells. They help the exchange of proteins and growth factors, increase cell growth and blood supply, which improves healing. They create healthier cells, stimulate collagen production, decrease inflammation and scarring, and improve overall results and comfort while decreasing downtime. This can be paired with a facial, microneedling treatment, or laser resurfacing procedure, which their lead-Granbury esthetician, Olivia Forrest performs.

For those with resolutions to get slimmer, their Cynosure Smartlipo laser liposuction procedure not only removes fat via traditional liposuction; but also it tightens the skin following the removal of the fat. It melts fat via the heat prior to removal to make the process easier, minimizing bruising and swelling and discomfort. The results are permanent! Patients will notice about 50-75% improvement in fat reduction along with tightening of the skin, which is an added benefit over traditional liposuction.

Their new Lumenis Ultrapulse CO2 laser is the "platinum" standard in the laser resurfacing industry. It is the most powerful and effective CO2 laser in aesthetic medicine. It is a highly versatile device, offering 34 FDA-cleared dermatology and plastic surgery indications, and over 100 additional surgical indications. As a member of the AAFPRS, Dr. Morris volunteers her time to help veterans and victims of domestic violence who suffer from traumatic or burn scars using the Ultrapulse CO2 laser through the organization's Face to Face program. It treats wrinkles, scars, dark spots, stretch marks, precancerous skin lesions, bumps, and rhinophyma (enlarged nose due to rosacea).

The practice has recently launched the "Radiance Wellness Medispa App". This is accessed by scanning the QR code in the at-

tached ad or on the website. It is a rewards app for patients that is free. It rewards patients for visits and purchases, includes a free birthday gift and marketplace where patients can buy services (and soon products) via the app. It also has monthly memberships and the ability to finance services, if desired. The app is a centralized app, which maintains all aesthetic brand apps within the one app.

The medispa has added Kristin Flowers, CRNP, to its team. She is a certified nurse practitioner offering patients in Granbury more availability and special discount pricing for those desiring injectable services, such as Botox and hyaluronic acid fillers. Dr. Morris is now seeing patients on Mondays as well as every Friday. She operates at both Baylor Surgicare Granbury and Lake Granbury Medical Center. Both providers offer all brands of filler, including, Redensity, the new and only FDA approved filler for lines around the mouth.

Keravive scalp treatments are now offered to improve hair growth and thickness, which is beneficial to both men and women. Patients can supplement in office treatments with Revitalash shampoo and conditioner to improve hair thickness.

Another new addition to their team is Sharon Hindman, who has over 14 years experience in permanent makeup and microblading. She offers eyebrow, eyelid liner, lip, and areola repigmentation along with other areas of the face. In some circumstances, she is able to remove permanent makeup if a patient wants to make a change.

Radiance Wellness Medispa is now offering new, no interest long terms financing options for procedures and offers a 5% cash discount.

"There is no time like the present," when questioned about the right time to seek treatment. "Many treatments are preventative, so the earlier in life, the better, to avoid bigger problems in the future such as skin cancer."

Radiance Wellness Medispa's mission is to continue to be the premier medical spa in Hood and surrounding counties, offering the full spectrum of aesthetics that is customized and patient-centered including: medical grade skin care, minimally invasive procedures to help either prevent or address aging, and plastic and laser surgery both aesthetic and reconstructive. They have the leadership of Jessica Satterfield, office manager, to help them maintain this status.

If anyone would like to learn more about the services, Radiance Wellness Medispa is hosting a "Love Your Skin" Event on Friday, February 10th from 11:00am - 7:00pm, appointments available or walk-in from 5-7pm. There will be live demos, door prizes, event only specials, and \$25 HydrafacialMDs (by appointment).

For more information or to schedule an appointment, call 817-326-3134, text 817-435-4655, or email refreshedface@carriemorrismd.com. Individuals can also make an appointment on the website: radiancewellnessmedispa.com.



SCAN QR CODE TO VISIT RADIANCEWELLNESSMEDISPA.COM.

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# SET YOUR SIGHTS ON GLAUCOMA

*Eyesight often isn't fully appreciated until it begins to diminish. Starting in one's thirties, if not earlier, a person's vision may start to be less sharp. Items at a distance or up close may be more difficult to discern, and if prescription glasses or contacts are worn, that prescription may need to be adjusted more regularly. However, there are some eye conditions that are not entirely a result of aging. Glaucoma is one of them.*

**Glaucoma is a chronic, progressive eye disease that occurs when the optic nerve is damaged.**



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(MetroCreative Connection)

According to Johns Hopkins Medicine, glaucoma is a chronic, progressive eye disease that occurs when the optic nerve is damaged. Glaucoma is the leading cause of irreversible blindness and usually occurs when an abnormality in the eye's drainage system causes the aqueous humor fluid in the eye to build up, sometimes leading to excessive pressure that impacts the optic nerve. The optic nerve connects the retina with the brain, sending vision signals. Damage to the nerve can cause loss of eyesight. While pressure is largely to blame for glaucoma, glaucoma can occur even if eye pressure is normal.

Glaucoma is often a silent condition. The Mayo Clinic advises that many forms of glaucoma have no warning signs. With effects so gradual, no changes in vision may be noticed until the condition is in its later stages. This underscores the importance of getting regular eye examinations that will include measurements of the pressure in both eyes, says the Glaucoma Research Foundation. Glaucoma

caught early can be slowed down or even prevented before it becomes severe. Lifelong treatment and monitoring will be needed after diagnosis. There are different types of glaucoma. The most common is open-angle glaucoma, which occurs after the clogged fluid does not drain properly. Angle-closure glaucoma, also called closed-angle glaucoma, happens when the iris is very close to the drainage angle

in the eye and the iris blocks the drainage angle. This results in an acute glaucoma attack. Some people have normal tension glaucoma, in which eye pressure is in normal range but there are signs of glaucoma. These individuals' optic nerves may be more sensitive to pressure than others' and will have to be monitored. Certain people are at a greater risk for developing glaucoma than others. Individuals over 40; those

with a family history of glaucoma; people of African, Hispanic or Asian heritage; people with high eye pressure; those who have had an eye injury; and individuals who use long-term steroid medications are at increased risk. Other factors also affect glaucoma risk. Glaucoma should be discussed at routine eye wellness visits to prevent lasting vision damage.

## HOW BLOOD TYPE CAN AFFECT YOUR HEALTH

Most people do not give much thought to the blood running through their veins. However, it may pay to learn more about blood type, as it can affect your overall health in a variety of ways.

### WHAT IS BLOOD TYPE?

The American Red Cross says there are four main blood types, which are determined by the presence or absence of A and B antigens on the surfaces of red blood cells and the presence of antibodies in the blood plasma. Blood type is further affected by a protein called the Rh factor, which can be present (+) or absent (-). Here's a further breakdown:

Type A: Only the A antigen

on red cells (and B antibody in the plasma).

Type B: Only the B antigen on red cells (and A antibody in the plasma).

Type AB: Both A and B antigens on red cells (but neither A nor B antibodies in the plasma).

Type O: Neither A nor B antigens on red cells (but both A and B antibodies in the plasma).

### COVID-19

Studies examining how blood type affects overall health are ongoing, and such research garnered extra attention from the general public during the COVID-19 pandemic. Recent research indicates that blood type can

affect one's risk of contracting COVID-19 as well as the severity of symptoms. A key finding of the genetics company 23andme indicated that people with type O had lower incidences of COVID-19 positive tests. Evidence held even when researchers took into account age, sex, body mass index, and other factors. In a study published in March 2020, researchers in China found that "blood group A was associated with a higher risk for acquiring COVID-19 compared with non-A blood groups." Researchers at Columbia University reported similar risks associated with type A blood.

### HEART DISEASE

The protective nature of type O blood also applies to heart disease. WebMD reports that risk for coronary heart disease is lower among the O group as apposed to other types.

### STOMACH CANCER

Individuals with A, B and AB blood types are more likely to get stomach cancer. The link may lie in the presence of H. pylori infection, which tends to be more common in people with type A blood, according to Northwestern Medicine.

### STRESS

Northwestern also reports

that those with type A blood may have more trouble handling stress due to heightened levels of the stress hormone cortisol.

### KIDNEY STONES

More than five million people in Sweden were studied to determine the link be-

tween blood type and health risks. Those with type O and type B were more likely to get kidney stones.

Blood type can shed light on individuals' risk for various conditions, and researchers continue to study the link between blood type and overall health.



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