



GRANBURY ★ TEXAS

GROWING PAINS

PLEASE SEE PAGE | A5

Hood County News

MORE THAN A NEWSPAPER | A HOOD COUNTY LEGEND SINCE 1886

[SATURDAY, June 24, 2023]

Published Saturday

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City fire marshal rules cause of Nutt fire 'undetermined'

BY KATHY CRUZ
Senior Staff Writer

What caused the historic Nutt House Hotel to catch fire in the early morning hours of Thursday, March 2 remains a mystery even after an investigation by Granbury Fire Marshal Kevin Jones.

The Hood County News obtained a copy of Jones' 16-page report through open records.

The hotel on the southeastern corner of the square, built in 1893, was just weeks from reopening after a lengthy remodel by owner Cindy Thrash Nobles when it sustained severe damage due to fire.

Nobles is a descendant of Granbury's first mayor, Patrick H. Thrash.

According to Jones' report, Kim Williams spotted the fire while on her way to work and phoned 911.

Multiple fire departments from across the county helped battle the blaze, which was determined to have started on the second floor where painters had been working the day before.

Based upon interviews conducted by Jones, a painter had painted one door upstairs and another had worked to install a wainscot wall in the middle of the cross hall.

Jones stated in his report that

"nothing of any evidentiary value was located on the first floor" and indicated that the same was true of the second floor.

The fire marshal wrote that he collected samples of wood cove base and floor area that were burned through and sent the materials to Armstrong Labs in Arlington for testing.

He said he received a report from the lab on April 5.

"The report advised that the debris was negative for ignitable liquids," he wrote. "With the findings from the lab and no other evidentiary products found the fire has been ruled as undetermined in the cause of the fire."

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EMBRACE SUMMER VIBES

MARY VINSON | HOOD COUNTY NEWS FILE PHOTO

Enjoying the waves at Granbury City Beach.

Vehicle tag drive-up window to open

BY KATHY CRUZ
Senior Staff Writer

The new drive-up window for the Tax Assessor-Collector's office that was approved by the Hood County Commissioners Court a year ago is set to open on Monday, June 26, according to Tax Assessor-Collector Andrea Ferguson.

The drive-through lane will be between Annex 1 and Annex 3. Services offered at the window will be vehicle registrations and replacements as well as handicap placards.

The Tax Assessor-Collector's office is at Annex 1, 1410 W. Pearl St., where early voting takes place. Annex 3 is at 1414 W. Pearl St.

Ferguson said that patrons will pull into the parking lot from Deputy Larry Miller Drive and route between the two buildings where the drive-up window has been installed at Annex 3. After leaving the window, they will pull out in front of Annex 3.

A covering for the window to protect against inclement weather has not yet been installed, but Ferguson said she hopes to have it in place soon. She said the drive-up window will open on June 26 regardless.

The window will be open from 8 a.m. to 4 p.m., with a one-hour lunch break between noon and 1 p.m.

Ferguson expressed appreciation that her request for a drive-up window was granted.

"We are super excited, because it's going to help the county, since we're a retirement community," she said. "Also, it's going to help mothers with five children. They don't want to get out of a car. And (it will) help with the overflow in our office."

She continued, "One of the main reasons I decided to try to pull for this is when you see our community, our citizens, come in with wheelchairs or canes, and it's pouring down rain... It just really got to me."

Ferguson added a special thanks to the county's IT department and maintenance department.

"Those gentlemen worked so hard to help us get it completed, and I appreciate everything they did to help us get it done," she said.

kcruz@hcnews.com | 817-579-1886

Check out these fun city-owned amenities

BY ASHLEY INGE
Staff Writer

Sweet summertime is back, which means longer days, globs of sunscreen, delicious popsicles, and fun adventures out in the sun — but where do we go to enjoy our summer paradise?

For starters, the city of Granbury offers several outdoor amenities that are perfect for the sunny season.

GRANBURY SKATE PARK

According to the city's website, at approximately 6,000 square feet, the Granbury Skate Park is designed for enjoyment by skaters of all ages and skill levels.

Located at 1081 Crossland Road, the design takes the general shape of a triangle, consisting of three plaza lanes and a fully encapsulated bowl. The center of the triangle is a large landscaped area. The plaza elements include several rails and ledges, a four-stair set, bank to bank, and a quarter pipe.

The skate park bowl has three

pockets, with depths ranging from 3.5 to 5.5 feet. The metal skate park blends into concrete at the shallow section, which allows skaters to roll in to begin their runs.

"Skateboarding kind of ebbs and flows in its popularity," said Jeff Newpher, communications manager for the city of Granbury. "As goofy as it sounds, after the Winter Olympics and the X Games, you'll see a little bit of a spike after those international events where more people show up to the skate park."

The Granbury Skate Park is open from 5 a.m.-11 p.m.

"It's really an interesting place if that's what your interest is," Newpher said. "It's really cool that

Granbury has a place specifically for those types of activities."

GRANBURY DISC GOLF COURSE

Located in the same area as the Granbury Skate Park at 1100 Crossland Road, the Granbury Disc Golf Course sits on a beautiful 32-acre piece of land that consists of hills, creeks, natural draws, and three ponds that all come into play.

The course has 22 holes with multiple pin placements and all tee pads are concrete, according to the city's website.

"Granbury's Disc Golf Course is one of those hidden gems in Granbury," Newpher said. "What's

PLEASE SEE AMENITIES | A6



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Local, zone(s): 4 sections, 40 pages, plus supplements | State: 4 sections, 40 pages

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COMMUNITY BUSINESS



CHAMBER NEWS

Celebrate Independence Day with four days of spectacular events

BY HOLLY MARTIN

Granbury Chamber of Commerce
General Manager

Get ready for the ultimate Independence Day celebration as the Granbury Chamber of Commerce proudly presents the 49th Annual Fourth of July, Hometown Celebration! This highly anticipated event is set to take place over four exciting days, with an array of fun-filled activities and festivities for everyone to enjoy.

From July 1 through July 4th, the Historic Square of Granbury will come alive with vendors offering an impressive range of products and services. Whether you're looking for souvenirs, hand-made crafts, or delicious food, there will be something for everyone at this year's event. Take note that this year, the parade will begin at 9 a.m.

The highlight of the festivities is undoubtedly the 4th of July parade, a beloved tradition that will kick off the day's celebrations with a bang. Watch as colorful floats, marching bands, and community organizations come together to showcase their patriotic spirit and love for their country.

And as the sun sets on the evening of July 4th, the excitement will reach an all-time high with a breathtaking fireworks display that will light up the night sky over beautiful Lake Granbury.

So come and join us as we celebrate America's independence in true Granbury style! With so much to see and do, this is an event that you won't want to miss. Mark your calendars now for the 49th Annual Fourth of July, Hometown Celebration!

We would also like to extend our heartfelt gratitude to our generous sponsors for their commitment to our community and their dedication to ensuring a memorable and joyous event for all. Thank you to our Presenting Stars & Stripes Sponsors: City of Granbury, Visit Granbury, Hood County and H-E-B and to our Sparkler Sponsors: Lake Granbury Medical Center, Lakeside Physicians and Tri County Electric Co-op!

If you'd love to join our volunteer team and be a part of the action at Granbury's signature event, please call 817-573-1622 or email holly@granburychamber.com.

4TH OF JULY FESTIVAL SCHEDULE

July 1

10 a.m. - 5 p.m. Visit Granbury's Historic downtown with artisan vendors around the courthouse.

JULY 2

10 a.m. - 5 p.m. Visit Granbury's Historic downtown with artisan vendors around the courthouse.

JULY 3

10 a.m. - 5 p.m. Visit Granbury's Historic downtown with artisan vendors around the courthouse.

JULY 4TH

9 a.m. - 4 p.m. Visit Granbury's Historic downtown with artisan vendors around the courthouse.

PARADE

9 a.m. Start your day off with Granbury's famous parade. Beginning at Granbury High School and ending around the downtown square, the parade stretches over 2 miles long, allowing for plenty of viewing opportunities.

FIREWORKS

Keep your eyes on the sky for the Granbury fireworks, beginning at dusk (typically around 9:45 p.m.). The fireworks are shot off over the lake, directly behind the Pearl Street Bridge and can be seen all over the Historic Small Town.

Texas leads nation in jobs growth

Staff Reports

For the first time in history, the Texas seasonally adjusted civilian labor force crossed the 15 million threshold, adding 49,000 people over the month to reach 15,009,300 in May.

Though the unemployment rate increased slightly to 4.1%, the number of employed also reached a new record high at nearly 14.4 million. Texas' total nonfarm employment increased by 51,000 positions over the month — adding more jobs than any other state — to reach a 20th consecutive series-high job count at 13,918,700 total nonfarm jobs and achieved 27 consecutive months of growth. Since May 2022, Lone Star State employment grew by 529,800 positions — outpacing every state in the nation by number and percentage of jobs added.

"With a record-breaking 15 million Texans in the civilian labor force, the Lone Star State is a great place for employers and job seekers alike," TWC Chairman Bryan Daniel said. "And the 687,000 job openings reported by Texas employers represent even greater opportunity for Texans and the Texas

economy."

Texas outpaced the nation for jobs added over the month and over the year, with a 4% annual growth from May 2022 to May 2023, compared to the nation's 2.7%. Professional and Business Services led all major industries with a monthly addition of 21,500 jobs, followed by Trade, Transportation and Utilities with 11,800 positions. Mining and Logging notched 7,000 jobs, a 3.3% gain over the month.

"One of the many strengths of Texas employers is the ability to lead the nation when it comes to job creation, innovation, and industry standards," TWC Commissioner Representing Employers Aaron Demerson said. "In addition, Texas continues to stand out with the most Fortune 500 companies in the nation calling the Lone Star State home."

The Midland Metropolitan Statistical Area (MSA) reached the lowest unemployment rate among Texas MSAs with a not seasonally adjusted rate of 2.6% in May, followed by both Amarillo and College Station-Bryan at 3.2%, then both Lubbock and Odessa at 3.4%. "This is a big milestone —

15 million people who want to offer their skills to employers," TWC Commissioner Representing Labor Alberto Treviño III said. "TWC supports quality childcare and early learning, career and technical education, and adult education and literacy opportunities to obtain or enhance those skills."

Employment estimates released by TWC are produced in cooperation with the U.S. Department of Labor's Bureau of Labor Statistics. All estimates are subject to revision. To access this and more employment data, visit TexasLMI.com online.

Texas Gov. Greg Abbott also celebrated the strength of the growing Texas workforce and the state's robust jobs economy following the release of May employment data showing Texas again smashing all previous records for total jobs, total Texans employed, and total Texas labor force. Texas has now added more than 2.1 million jobs under Abbott's leadership.

"Texas' robust economy stands apart as a model for the nation," Abbott said. "Not only are more Texans working than ever before, Texas leads the

nation for jobs added over the last 12 months. Texas has also smashed the record for total jobs 20 months in a row, proof that jobs grow and people prosper where free enterprise flourishes. With the Texas labor force now surpassing 15 million people and larger than the population in 46 states, we truly are building an even stronger Texas of tomorrow."

May employment data released by the Texas Workforce Commission and the Bureau of Labor Statistics shows Texas again setting new record highs:

Texas reaches a new high for total jobs at 13,918,700 as employers added 51,000 nonfarm jobs over the month.

Texas reaches a new high for Texans working, including employed and self-employed, at 14,393,000.

Texas reaches a new high with the largest labor force ever in the state's history at 15,009,300.

Texas again leads the nation for job creation over the last 12 months, adding 529,800 jobs and growing at a 4.0% annual rate, well above the annual growth rate for the nation as a whole of 2.7%.

COMMUNITY BUSINESS

RIBBON CUTTINGS



Texas Title - Granbury, located at 201 East Pearl St., Suite B 102-103. Ribbon Cutting for the Year Anniversary (occurred on April 13). Texas Title Team.

COURTESY PHOTO

PLEASE SEE
RIBBON CUTTINGS | A11

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FROM MY FRONT PORCH

Stepping up, showing humility in a big-league sort of way



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.

Many of you may remember the name David Freese. A native Texan born in Corpus Christi, David had one of the most memorable and historic World Series games in history in 2011 playing for St. Louis against our Texas Rangers. In game six, with Texas leading 7-5, and leading the series by 3 games to 2, Freese came to bat in the bottom of the ninth inning with two out and two men on base. With a two-strike count, Freese hit a two-run double to tie the game and send it to extra innings. In the 11th inning of the same game, and again with two strikes, Freese hit a game-winning walk-off solo home run to center field and sent the World Series to a seventh game — which the Cardinals won, capturing their 11th World Series title. For his efforts Freese was named the World Series Most Valuable Player.

Freese went on to have a successful career. With a career batting average of .277, he was voted to the all-star team, played with the Los Angeles Angels, Pittsburgh

Pirates, and Los Angeles Dodgers. Since retirement from the game, he has made his home in Austin.

Baseball in St. Louis is like a religion. It is hard to go to a restau-

rant, store, or bar within a 100-mile radius of the stadium, where the ball game is not playing on a radio or TV. For generations, families and friends have planned their vacations around a trip to the ballpark to catch the Cardinals play a game. The supporters are fanatical, and players are idolized. At the conclusion of their playing days, the best of the best become part of team history by being voted into the Cardinals Hall of Fame.

Unlike some such entities, the Cardinals Hall of Fame is voted on by the fans and not solely by the sportswriters nor simply selected by the ownership of the team. Hence, the men who are enshrined have a special place in the history of the team and the hearts of the fans. The list of players includes all-time baseball greats like Stan Musial, Bob Gibson, Lou Brock, Joe Medwick, and Rogers Hornsby.

The past few weeks an election was held, and the fans of St. Louis cast their votes. When the results were announced, David Freese had been selected to join the other

legendary Cardinal players in the Hall.

Now comes the most amazing “at bat” David Freese will ever have. On Saturday, June 17, it was announced that he turned down the honor of admission in the Hall!

David grew up in suburban St. Louis and like all his friends and neighbors, loved and worshiped the Cardinals. When he was young, he wore the number 45 like his hero Bob Gibson. The greatest thrill of his life was to take the field wearing the Cardinal uniform, representing the city and the legacy of the players who came before him.

So why did he refuse to accept the honor of joining the Hall? Simply put, he did not think his performances and credentials were worthy of being included with the players he would join in the Hall. He did not feel deserving. While he thanked the fans for their devotion and support, he felt his inclusion would diminish the accomplishments of those who had gone before him.

David announced, “The Cardinals and the entire city have always had my back in every way. I’m forever grateful to be part of such an amazing organization and fan base, then, now, and in the future.” In short, Freese told the Cardinals that while he was honored and humbled by the fans, he simply did not feel deserving.

In today’s world of “it is all about me,” and where some professional athletes seem to care little about anything other than recognition, ego fulfillment, and money, David Freese stands alone. He is a shining example of humility and respect for the game he loves. In my book, he should be voted into the human being Hall of Fame, on the first ballot.

Thought for the day: true humility is not thinking less of yourself; it is thinking of yourself less.

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

sam@hcnews.com / 817-573-7066, ext. 260

Folks around town

Johnny J. Henard
Say hello to our neighbor, Johnny J. Hanard!

Johnny still works some, and has been a US Army cook, welder, auctioneer, real state agent (and much more), says the self-proclaimed Jack of all trades. Johnny has loved living in Hood County for the past 28 years, mainly because of the people, “You just never know who you are going to run into. Such interesting folks, from every walk of life live here. Everyone is different, but in so many ways, we’re all alike,” he said. Johnny enjoys meeting many of these interesting folks at the Hood County YMCA and the Senior Center, and reading about them in the Hood County News. Johnny is a dedicated reader of the Hood County News. In fact, he tells us it’s one of his biggest enjoyments.

MARY VINSON | HOOD COUNTY NEWS

Eagle rescinds stalking claim against city attorney after lawsuit threat

BY KATHY CRUZ
Senior Staff Writer

Hood County Precinct 4 Commissioner Dave Eagle has sent letters by certified mail to Granbury City Attorney Jeremy SoRelle, Mayor Jim Jarratt, and members of the City Council clarifying, correcting, and retracting claims he made in a letter to city officials in which he accused SoRelle of “stalking” him.

Eagle’s retraction letter, dated June 1, was in response to a demand letter from SoRelle dated May 3 in which SoRelle threatened to sue the county elected official for “defamatory statements” that constituted both libel and slander under the Texas Civil Practice and Remedies Code.

Eagle had 30 days upon receipt of the letter to respond or risk a lawsuit.

The episode began when Eagle sent a letter dated Feb. 14 by certified mail to city leaders threatening possible legal action due to SoRelle’s alleged stalking and harassment of him.

The letter accused SoRelle of taking a photograph out-

side the courthouse on the afternoon of Feb. 2 when county offices were closed due to winter weather.

Eagle, whose office is in the courthouse, was there that day with his friend Nathan Criswell, who he said had brought a hammer at his request to break up ice on the courthouse steps.

A photo of Criswell leaving the courthouse appeared later that day on the Hood County Killer Whale Facebook page along with a post from “Leroy Phoenix” speculating on why the two were there on a day when county offices were closed. Criticisms of Eagle, Criswell, and others involved in local politics appear frequently on that Facebook page.

Eagle’s letter referred to SoRelle as a “rogue employee” and accused him of being Phoenix.

SoRelle is not an employee of the city. The city contracts with him for legal services.

SoRelle works for the Hyde Law Firm. The firm’s owner, Paul Hyde, also owns the Hyde Media Group, which owns the Hood County News.

Criswell filed a report with the Sheriff’s Office after the courthouse incident listing himself as the “complainant” and Eagle as the “subject.” The Sheriff’s Office determined that no crime occurred.

EAGLE RETRACTS

For “clarification,” Eagle explained in his June 1 letter that evidence at the time led him to believe that SoRelle “could very well have been” the person who posts on Facebook under the name “Leroy Phoenix.”

The Hood County News obtained a copy of the June 1 letter through open records.

By way of “correction and retraction,” Eagle’s one-and-a-half-page letter states, “Some weeks later, it was determined that someone else was posing as ‘Leroy Phoenix,’ not you. Based on this later-discovered information, I was incorrect in my opinion that you were ‘Leroy Phoenix’ and I hereby retract any statement I may have made about you that implied or suggested or accused you of being one and

the same as ‘Leroy Phoenix.’ It follows that if you were not acting as the fake anonymous Facebook character that goes by the name ‘Leroy Phoenix,’ then you could not have been the one who was stalking and harassing me.”

SORELLE RESPONDS

In an email to the HCN, SoRelle indicated that he is satisfied with Eagle’s response.

“Of course, I expected some level of diversion in a veiled attempt to justify his rationale for the ludicrous allegations made against me,” he wrote. “However, at the end of the day, Mr. Eagle’s correction and retraction meets the requirements of the law.”

He further stated, in part, “In the future, I would hope that Mr. Eagle, or anyone for that matter, would take the time to engage in actual fact finding before relying on unjustified inferences, or imaginary social media commentary for the basis of personal attacks on others.”

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City investing millions in under-the-radar infrastructure

BY KATHY CRUZ
Senior Staff Writer

The fact that Granbury city officials are working to keep up with the community’s growth isn’t just evidenced by the new wastewater treatment plant that will be built on the east side of town or the \$13 million police station that opened last year on NE Loop 567.

Millions of dollars are being invested in infrastructure that might not be visible to

most of the public or might easily escape notice.

Examples of such projects were listed on the final page of the 88-page Budget Workshop book for fiscal year 2023-2024 that was prepared by city staff. Projects on that list are either underway, or about to be.

The list contains 25 projects that involve wastewater treatment, drainage, engineering, water and electrical lines, and more.

Two projects, street im-

provements for Old Acton Highway at Calinco and a remodel and upgrade of Granbury City Hall, are being funded through the General Fund. The other infrastructure initiatives are funded through 2016, 2018, and 2022 bonds, as well as the Airport Fund and American Rescue Plan Act (ARPA) money.

“That’s tens of millions of dollars, maybe \$100 million, I haven’t added it up,” City Manager Chris Coffman

told the Hood County News. “These are, I’m going to call them ‘Plain Jane Projects.’ People don’t say, ‘Ooh,’ because they’re going in the ground. Like, there’s a water line that runs around the Loop. I’m proud of that, but nobody sees it.”

Coffman said he expects the projects on the list to be completed over the next three years.

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10 a.m. Wednesday

OUR MISSION: The Hood County News shall provide news and insights to our readers through the independent and impartial presentation of information that educates, enriches and entertains. We are proud to be a community newspaper committed to the people we serve.

CALENDAR

SATURDAY, JUNE 24

GRANBURY GATSBY invites the public to meet some of the many artists and vendors that make Granbury's Gatsby what it is. The event includes live music, food vendors and local car clubs. Located at 3135 Fall Creek Highway from 9 a.m. to 3 p.m. For more information call 817-910-8118.

is located at 303 W. Bridge Street in Granbury.

THURSDAY, JUNE 29

MARINE CORPS League Detachment 1297 Meeting monthly the last Thursday of each month at the American Legion Hall 3409 Davis Rd. Granbury, Tx. 76049. Chow is at 18:00 meeting at 19:00. Marines, FMF Navy Corpsman/Navy Chaplains Memberships available. Associate memberships also available. All hands welcome. Next meeting is June 29th. Semper Fidelis. 682-498-3250

SUNDAY, JUNE 25

FIRST PRESBYTERIAN Church Choir and Director, Priscilla Allen, are presenting an OLD FASHIONED HYMN SING on Sunday, June 25, 2023 at 5 p.m. Those present can call out their favorite hymns to sing. The Choir will present Favorites, Spirituals and Gospel Songs. To honor Juneteenth, the choir and soloist, Suzanne Walshe, will perform "Give Me Jesus". There will be Food and Beverages afterwards in the Friendship Hall. The church

JULY

MONDAY, JULY 10

TEXAS DEMOCRATIC Women of Hood County monthly meeting. Program: Meet the Juneteenth Essay Contest winners. 11:00 a.m. Spring Creek Barbeque, 317 E. Hwy 377. For information, call 254-716-5195.

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.



HCNEWS.COM

Tolar to hold first fireworks show, community event ahead of July 4th

BY KATHY CRUZ
Senior Staff Writer

For the first time, the city of Tolar and the Tolar Economic Development Corporation are planning a Fourth of July-related fireworks show and community gathering.

The celebration will not be on the July 4th holiday, which falls on a Tuesday this year, but rather on Saturday, July 1.

The event will be from 5-10 p.m. at Rattler Ranch Driving Range, 412 Red Bud Lane. Parking will be free.

According to City Administrator Michelle Burdette, there will be food vendors and bounce houses.

She said that radio stations K Hits 95.5 FM and 92.1 Hank FM will be "doing live spots" during the festivities. When the sun goes down,

there will be fireworks. Burdette advised that attendees bring lawn chairs, blankets, and coolers.

For updated information, visit the city of Tolar Facebook page.

kacruz@hcnews.com | 817-579-1886

County vote heralds upcoming July 4th festival

BY KATHY CRUZ
Senior Staff Writer

A vote that took place at the Hood County Commissioners Court's regular meeting on Tuesday, June 13, was what traditionally has heralded the coming of what Chamber of Commerce President and CEO Brian Bondy says is one of the biggest annual events in the region: Granbury's Hometown 4th of July Festival.

Sponsored by the chamber, along with Visit Granbury, the city of Granbury, and H-E-B, the festival will take place over four days: Saturday, July 1, through Tuesday, July 4.

The unanimous vote at Commissioners Court was to authorize County Judge Ron Massingill to sign the city's event application approving use of the parking lot at the courthouse.

In introducing the agenda item, Massingill stated, "That's something we do every year. It's something that's very special here to Hood County and Granbury."

The parking lot will close to the public at noon on Friday, June 30 so that arti-



MARY VINSON | HOOD COUNTY NEWS FILE PHOTO

Granbury Chamber of Commerce sponsors the annual pyrotechnics over Lake Granbury, an enjoyable way to finish the Fourth of July celebration.

san vendors can begin setting up. It will remain closed to the public until 8 p.m. on July 4.

From July 1-3, Saturday-Monday, vendor hours will be from 10 a.m. to 5 p.m.

Hours on Independence Day will be 9 a.m. to 4 p.m.

Tuesday, July 4, will begin with the Granbury 4th of

July Parade, with floats and other participants heading toward the square from Granbury High School. The parade will wind around the square, providing a two-mile route for the hordes of spectators who line the streets every year.

At dusk that evening, which typically is around

9:45 p.m., the chamber's famous fireworks show will kick off from directly behind the Pearl Street bridge. The colorful pyrotechnic display is visible throughout much of the community.

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GROWING PAINS — PART SIX

From The Second City to a second career, comedic realtor Alex Peters comes home

BY KATHY CRUZ
Senior Staff Writer

These days when Denise Huber instructs a new member orientation class for the Granbury Association of Realtors, chances are good the class size will be considerably larger than the 5-10 average it used to be. Numbers fluctuate, but in February, it was 25.

It's not necessarily that all those realtors are selling properties just in Hood County. They can sell properties anywhere. But when it comes to finding their own home, many are choosing Granbury.

According to Huber, in mid-2021 there were 430 realtors in Hood County. By comparison, there were just 20 in Somervell County. At the end of May this year, there were 452.

The lake community's appeal is part of what draws them to Hood County, but the COVID-19 pandemic added new layers. According to Huber, "quite a few" people have been moving here from places such as California and Colorado because of the politics there and how long the shut-downs dragged on. Another factor is that some who worked in industries most affected by the pandemic, such as restaurants and cosmetology, left those jobs for what they hope will be a more promising future: selling real estate.

When Huber instructed an orientation class in September 2020, one of the 26 newly minted realtors in attendance was Alex Peters. The now 40-year-old's story

is similar with those Huber described.

Alex didn't move to Granbury, he moved back to Granbury. He didn't relocate from California or Colorado, but rather from Chicago. He did so after his bartending job dried up.

Like many young people, Alex had left his hometown to chase a dream. His was the stereotypical one about fame and seeing one's name in lights. He almost caught that dream.

All Alex Peters ever wanted to be, was funny.

"I enjoy making people laugh," he said. "I mean, I'm the short, chubby kid, and that was the way to get girls to notice me. I wasn't very good at sports and I'm not tall and gorgeous. If you're going to get people to notice you, you use what you've got, and I was fairly quick witted."

Literally the class clown (he was voted such in middle school), he graduated from Granbury High School during a very unfunny year: 2001, when 9/11 happened. He enrolled in classes at the University of North Texas.

"I was more concerned with hanging out with the fraternity boys and partying



DAVID MONTESINO | HOOD COUNTY NEWS

With a promising career in comedy ahead of him, Alex Peters thought he had left Granbury behind. That was before the pandemic. Today, he and his wife Mollie are a husband-and-wife team at Peerless Realty Group and he is no longer looking under his sofa cushions for coins.

than I was actual schooling, which is something I regret, but you can't go back in time and change it," he said.

Alex's mom paid for him to take classes with the Fort Worth comedy troupe Four Day Weekend. Things really clicked for Alex there. He realized that he was far better suited for classes in comedy improv than for Philosophy or Modern Physics. Comedy was his gift and his passion. "I loved it. And I figured, you know, this is my path," Alex said. "I sold everything I had, including my truck, and took off for Chicago with a suitcase."

The Windy City was home

to Alex's beloved Aunt Franny, but its main appeal was that it is also home to the famed improvisational comedy enterprise The Second City. Founded in December 1959, the venue has launched many top comedians. When Saturday Night Live debuted in 1975, The Second City became the springboard for such SNL alumni as John Belushi, Gilda Radner, Dan Aykroyd, and Bill Murray.

In the mid-1980s, The Second City Training Center opened. Students have included Steve Carell, Stephen Colbert, and more SNL talent, including Tina Fey, Amy Poehler, Chris Farley, Mike Myers, and Cecily Strong.

Students must audition to be accepted and must continue to audition to stay there. The class clown from Granbury made the cut. The year was 2005, or 2006.

After living for a bit with Aunt Franny, who is now deceased, Alex got his own place. He paid \$500 per month to live in someone's attic. Since it was just a couple of blocks away from the bar where he worked, near Wrigley Field, Alex got by OK without a vehicle.

Alex made friends and had some roommates. Still, he remembers "dark, dark winters where I was scrounging for change in my couch to buy a can of Van Camp's beans."

More time passed and Alex's success at the Training Center netted him "an actual agent." He did some writing for an online satire magazine and started his own online comedy production company.

Bartending is what paid the bills, though, and when the Cubs won the World Series in 2016, Alex scored some good tips during a night of celebration. One of them came from a co-worker.

"One of the waitresses came up and said, 'You know, Mollie has a crush on you,'" Alex said, remembering that night. "And I said, 'You're drunk. That type of girl would never go for me.'"

But Alex was exactly the type of guy that appealed to pretty Mollie Heath. The fact that she is two inches taller than Alex was of no consequence to her.

That night, when there was no cab or Uber to be found in a city full of tipsy celebrants and Alex's '97 Ford F-150 was nothing but a memory, Alex walked Mollie home.

"We just talked and talked and haven't stopped talking since," he said.

In 2020 the pandemic hit. Comedians don't typically make a lot of money on their way up, and bartenders can't make any money at all if bars are closed.

Alex's mom suggested that he move back home. Maybe try his hand at real estate for a while.

When Alex moved back to Granbury in May 2020, he wasn't alone. He brought Mollie with him.

In November of that year, with the pandemic still running its course, the couple married in a small backyard ceremony. They now work as a husband-and-wife team at Peerless Realty Group.

The equipment Alex once used for his comedy pro-

duction company is now stored inside the house that he never thought he would have the money to buy, a home that he shares with Mollie and their yellow Lab, Maleficent. Mal, as Alex and Mollie call her, loves to be taken for walks along the city's bucolic Moments in Time Hike and Bike Trail.

It is a happy life. A good life. The way Alex sees it, he may not be making people laugh as much as he once did, but he is making them smile, and that, too, is rewarding.

"Right now, my dreams are just working on the backyard and taking walks," he said of returning to his roots. "I can throw on my headphones and listen to some '90s music without having to worry if anyone is going to come to our show on Friday or how am I going to pay the rent next month or are the Cubs going to be so bad that no one's going to come to the stadium and I'm not going to be able to pay my bills. I like the way my life is now. I wouldn't change it."

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Going forward, Growing Pains will continue on a monthly basis.



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RACE DAY SCHEDULE

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Packets will be available for pick up on June 29, 5PM-7PM & June 30, 2PM-4PM at the YMCA

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Tidwell Field – GHS parking lot behind the high school, next to the airport off Howard Clemmons Rd., Granbury, TX

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City of Granbury eyes purchase of firefighting units

BY KATHY CRUZ
Senior Staff Writer

The city of Granbury is looking to beef up and update its firefighting apparatuses, but that effort has been complicated to some extent by lengthy backorders and budgeting protocols.

Three fire apparatuses have been requested for use by the Granbury Volunteer Fire Department: a 107-foot ladder truck, with an estimated cost of \$1.5 million; a squad truck, estimated to cost \$420,000; and a rescue truck projected to cost \$1.1 million. Total cost would be over \$3 million.

City Manager Chris Coffman told the Hood County News that for now the city is considering a lease purchase for two of those vehicles, the ladder truck and the squad truck.

He noted that the squad truck, which is smaller, is easier to navigate in traffic and can more easily fit into "tighter spots."

Coffman stated, "We do a lot of runs where it doesn't take a whole big pumper truck, and so it's more efficient and a little easier to get around in the heavy traffic."

Due to backorders, it could take two years, or even two-and-a-half years, to get the

ladder truck, he said.

Because of that, Coffman is researching whether the city can legally include it in the budget to be adopted by the City Council in September.

"If you put it in the budget, you're kind of saying, hey, we're going to buy that this year," he stated. "So, I'm trying to make sure that our accounting principles aren't in conflict with how we go about that. The other option is just to earmark reserve funds for it and issue a purchase order."

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How to stay safe during excessive heat events

Submitted item

What is a heat wave? A heat wave is a period of abnormally hot weather generally lasting more than two days. Heat waves can occur with or without high humidity. They have potential to cover a large area, exposing a large number of people to hazardous heat. Heat can be very taxing on the body; check out the heat-related illnesses that can occur.

Extreme heat also impacts our infrastructure — from transportation to utilities to clean water and agriculture. High heat can deteriorate and buckle pavement, warp or buckle railway tracks, and exceed certain types of aircraft operational limits. Electricity usage increases as air conditioning and refrigeration units in homes and offices work harder to keep indoors cooler. Transmission capacity across electric lines is reduced during high temperatures, further straining the electrical grid. Water resources are also strained as conventional power plants require large quantities of water for cooling and crops may need increased water consumption, and people increase water consumption to stay hydrated and cool. Heat can have lasting impacts as crops may be damaged, reducing production — which leads to short supply and or increased cost to farmers and consumers.

Stay Informed: Monitor local radio and television (including NOAA Weather Radio), internet and social media for information and updates.

OUTDOOR ACTIVITIES

- Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Those particularly vulnerable to heat such as children, infants, older adults (especially those who have preexisting diseases, take certain medications, living alone or with limited mobility), those with chronic medical conditions, and pregnant women should stay in the coolest available place, not necessarily indoors.
- Dress for summer. Wear lightweight, loose-fitting, light-colored clothing to reflect heat and sunlight.
- Minimize direct exposure to the sun. Sunburn reduces your body's ability to



MARY VINSON | HOOD COUNTY NEWS

Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day.

dissipate heat.

EATING AND DRINKING

- Eat light, cool, easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Don't leave it sitting in the sun. Meats and dairy products can spoil quickly in hot weather.
- Drink plenty of water (not very cold, non-alcoholic and decaffeinated fluids, even if you don't feel thirsty. If you are on a fluid-restrictive

diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.

- Do not take salt tablets unless specified by a physician.

COOLING DOWN

- Use air conditioners or spend time in air-conditioned locations such as malls and libraries.
- Use portable electric fans to exhaust hot air from rooms or draw in cooler air.

- Do not direct the flow of portable electric fans toward yourself when room temperature is hotter than 90°F. The dry blowing air will dehydrate you faster, endangering your health.
- Take a cool bath or shower.

CHECK ON OTHERS

- Check on older, sick, or frail people who may need help responding to the heat. Each year, dozens of children and untold numbers of

pets left in parked vehicles die from hyperthermia. Keep your children, disabled adults, and pets safe during tumultuous heat waves.

- Don't leave valuable electronic equipment, such as cell phones and GPS units, sitting in hot cars.
- Make sure rooms are well vented if you are using volatile chemicals.
- For more heat health tips, go to the Centers for Disease Control and Prevention website.

Heat related illnesses

Submitted item

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses. The Centers for Disease Control and Prevention (CDC) provides a list of warning signs and symptoms of heat illness and recommended first aid steps. Some of these symptoms and steps are listed below.

HEAT CRAMPS

Heat cramps may be the first sign of heat-related illness and may lead to heat exhaustion or stroke.

- **Symptoms:** Painful muscle cramps and spasms usually in legs and abdomen and heavy sweating.
- **First Aid:** Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water unless the person complains of nausea, then stop giving water. Seek immediate medical attention if cramps last longer than 1 hour.

HEAT EXHAUSTION

- **Symptoms:** Heavy sweating, weakness or tiredness, cool, pale, clammy skin; fast, weak pulse, mus-

COURTESY GRAPHIC

Cutline

cle cramps, dizziness, nausea or vomiting, headache, fainting.

- **First Aid:** Move person to a cooler environment, preferably a well air-condi-

tioned room. Loosen clothing. Apply cool, wet cloths or have person sit in a cool bath. Offer sips of water. Seek immediate medical attention if the person vom-

its, symptoms worsen or last longer than 1 hour

HEAT STROKE

- **Symptoms:** Throbbing

headache, confusion, nausea, dizziness, body temperature above 103°F, hot, red, dry or damp skin, rapid and strong pulse, fainting, loss of consciousness.

- **First Aid:** Call 911 or get the victim to a hospital immediately. Heat stroke is a severe medical emergency. Delay can be fatal. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool cloths or bath. Use fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures. Do NOT give fluids.

Using a fan to blow air in someone's direction may actually make them hotter if heat index temperatures are above the 90s. For more information on all of these heat related illnesses, see the Centers for Disease Control and Prevention website site.

AMENITIES FROM PAGE A6

so unique about it is that it's kind of famous regionally amongst disc golfers. They'll have tournaments here. It's just something that has gained popularity regionally, not just in Granbury, but (our course) is one of the higher rated courses in the area."

The course has both open and wooded holes, and features a good variety of hole distances as well, from 205 feet to more than 590 feet.

The Granbury Disc Golf Course is open from 5 a.m.-11 p.m.

GRANBURY CITY BEACH PARK

Granbury City Beach Park is located in the heart of town at 621 E. Pearl St. on Lake Granbury.

Featuring a splash park, a variety of beach rentals, and thatched roof picnic pavilions, the city beach offers a perfect place for summer activity.

"When I was in temporary housing when I first moved to Granbury, I had a view of the beach, and I was just amazed that not only did we have a beautiful sunrise almost every morning, but it was over the lake and the beach," Newpher said. "That's just such a rare commodity for a city in Texas and for a city the size of Granbury as well."

Beachside Toys & Takeout operates out of the Tiki Hut located on the beach, ac-

ording to the city's website. Beachside Toys & Takeout offers rentals for kayaks, paddle boards, tubes, bicycles, and surreys, while also offering a variety of refreshing snacks.

The life jacket loaner station is also a permanent unmanned station stocked with free life jackets for visitors to borrow.

According to the city website, a new addition to the beach this summer is the city's friendly beach monitors. Wearing neon vests with the city logo on the back, the beach monitors are easy to spot if you need assistance at the beach. The beach monitors are there to make sure everyone is following the rules and help beach visitors with questions. If necessary, beach monitors are prepared to alert the police to handle rule-breaking at the beach.

"The city takes pride and upkeep of the beach," Newpher said. "When I lived in a place where I overlooked the beach, there were city employees out there using all kinds of different tools to keep it clean, to rake it, and to make it look nice. We rely on residents and visitors to do their part to clean up as well, but you know, there's wildlife there and occasionally, they will show up after our cleanup crews have been through. Unfortunately, the wildlife doesn't clean up after itself very often, but the people do and certainly the city staff are out there on a very regular basis, making



MARY VINSON | HOOD COUNTY NEWS FILE PHOTO

Skating into sunset at the Granbury Skate Park.

that sand and beach area (spotless for attendees)."

Admission to the beach is free, and is open from 8 a.m.-8 p.m., or subsequent to sunset, whichever is later.

"I would encourage every-

one to go, even if all you do is kick your shoes off, walk into the sand and have a seat under the covered pavilions," Newpher added. "You can enjoy it without even getting in the water."

GRANBURY CITY POOL

The Dana Vollmer Municipal Swim Center is a public pool facility. According to the city web-

site, the 4,280 square-foot pool contains 196,000-gallons of water, and ranges from four to 12 feet deep. The pool has six 75-foot swimming lanes, a water slide, and a shaded kiddie splash area for toddlers.

Pool hours are 11 a.m.-7 p.m. on Tuesday, 11 a.m.-6 p.m. on Wednesday, 11 a.m.-7 p.m. Thursday through Saturday, and 1-6 p.m. on Sunday. The pool is closed on Mondays.

The pool will remain open this season until July 30.

Although there are still several other summer activities available in Hood County put on by other businesses and organizations, these city-owned amenities are definitely a great place to start.

"The city isn't trying to be the provider for everything that your kid could do in-between the last day of school and the first day of school," Newpher added. "There are so many other recreational places like, church activities, clubs, and athletics. The city can provide skate parks, disc golf courses, beaches, and pools, but there's so many other things that other groups provide that we're OK with not being the only way to get your kids engaged in fun activities during the summer."

For more information on city summer activities, visit granbury.org online.

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VETERANS VOICE

Veterans Administration updates may positively affect your eligibility



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.

If you applied for Pension Aid and Attendance or Survivor Pension Aid and Attendance in the past but were denied or you didn't consider applying at all because your assets were too high, you may want to take another look at applying again or starting a claim.

The VA allows veterans and surviving spouses up to \$150,538 in assets not including your home. Your total household income minus non-reimbursed medical expenses still have to fall below the pension rate and the VA will reimburse up to that rate, which can be found online at www.va.gov/pension/veterans-pension-rates/. Survivor Pension rates can be found at www.va.gov/pension/survivors-pension-rates/.

Non-Service-Connected Pension is generally for veterans who are unable to work, have limited means and served on active duty at least 90 days with one day during wartime. VA Pension is offset by Social Security and other income, so if you are a veteran with limited means, served on active duty during wartime and your total income is below the pension rate, I encourage you to contact our office for a consultation.

The VA health care system has changed its application as well. In the past they asked for income, assets and non-reimbursed medical and education expenses, then revised to exclude assets, and now you may elect not to report income if you agree to copays. If you were denied enrollment in the past or now have a service-connected condition even if it is rated at 0%, I encourage you contact our office to apply again.

Enrollment in the VA health care system does not cover spouses or dependent children, however if you are a veteran rated at 100% permanent and total, your dependents are eligible for enrollment in CHAMP-VA even if they have other health coverage.

If you were denied enrollment or you are enrolled in the VA Health Care System but were denied payment for a service outside of the VA system for treatment for



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Navy Electrician's Mate 1st Class Phillip Elledge, left, from Tyler, and Aviation Machinist's Mate 1st Class Daniel Parsley, from Granbury, conduct maintenance on a jet engine in the hangar bay of the aircraft carrier USS Nimitz (CVN 68). Nimitz is in U.S. 7th Fleet conducting routine operations. 7th Fleet is the Navy's largest forward-deployed numbered fleet, and routinely interacts and operates with allies and partners in preserving a free and open Indo-Pacific region.

a condition that could be considered life threatening, the VA offers claimants an opportunity to file an appeal the same way it would if you were challenging a disability rating decision.

Veterans enrolled in the VA Health Care system should get a physical

through the VA at least once a year and seek treatment for conditions even if minor at least once in 24 months to keep your enrollment active. Veterans who allow their enrollment to lapse could face big medical bills if they need lifesaving emergency treatment through outside

facilities. Make sure if you need life-saving emergency treatment, you inform the VA immediately and advise the treatment facility to send a copy of your medical treatment record and the bill to DALLAS VA MEDICAL CENTER, ATTN: Fee Services, 4500 S. Lancaster Rd., Dallas

TX, 75216. Our office will be closed Monday and Tuesday July 3-4, and Thursday and Friday July 27-28, 2023. Feel free to email me with questions or to schedule an appointment.

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Public Notices

Application has been made with the Texas Alcoholic Beverage Commission for an original Wine and Malt Beverage Retailer's Off-Premise Permit (BQ) for HAMI TRADE, INC. dba J MART at 4505 E US HWY 377, GRANBURY, HOOD COUNTY, TEXAS, 76049. HARBOL BHANDARI (President) AMRIT BABU KATTEL (Secretary & Treasurer)

Due to unforeseen repairs, the Hood County Brush Yard will be closed beginning June 15, 2023, until further notice. Updates to this closure and repairs will be provided on the Hood County Website, Hood County Facebook page, and the Hood County News as received by the repair facility.

Invitation to Bid
The City of Granbury is soliciting sealed proposals from qualified vendors for an Exterior Siding and trim Repair Work for various city buildings. Sealed proposals must be received no later than 2:00pm Central Standard Time on Tuesday, July 11th, 2023, at the following address:
City of Granbury Municipal Service Center
Attn: Purchasing Department/ Christy Russell
"RFP NO. 22-23-07 Exterior Siding and Trim Repair Work"
401 N. Park Street
Granbury, TX 76048

Any proposals received after the closing date and hour will not be accepted and will be returned. The City reserves the right to reject any and/or all proposals.
Specific information regarding this Bid shall be requested from Christy Russell, Purchasing Manager, at 817-570-7030 or crussell@granbury.org. The documents may be obtained from the City of Granbury website or by emailing the purchasing department at purchasing@granbury.org starting on Tuesday June 20, 2022 at 1:00pm.

Notice of Public Sale pursuant to Chapter 59 of Texas property code to satisfy a landlord's lien. Sale to be held for Honeycrisp Self Storage - Tolar at 205 Tolar Cemetery Rd., Tolar, TX 76476 on storageauctions.com starting on June 24, 2023 at 9:00am CST and ending on, July 3, 2023 at 9am CST. Cleanup deposit is required. Seller reserves the right to withdraw the property at any time before the sale. Unit items sold to the highest bidder. Property includes the contents of spaces of the following tenant and is primarily household items and furniture.
Jennifer McDonald

Public Notices**9020**

NOTICE OF PUBLIC HEARING
The following Public Hearings will be considered by the PLANNING & ZONING COMMISSION of the City of Granbury on Monday, July 10, 2023, at 6:00 p.m. The Public Hearings will also be considered by the GRANBURY CITY COUNCIL on Tuesday, August 1, 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.

- PL-2022-05, Request of Vaquero Acton Highway Partners, LP to Final Plat a 1.403-acre tract of the Joshua Minett Survey, Abs. #353 as Lot 1, Block 1 Vaquero Acton Pl. The property is addressed as 5640 Acton Hwy.
- 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.
- 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.
- 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.
- 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 1-15, 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.
- PL-2022-29, Request of CRB Asset Management to Replat Lot 1 Block 1 of Enterprise Addition as Lot 1R, Block 1 Enterprise Addition. The property is located south of Old Granbury Road, approximately 135 feet east of Opal Ct.
- Z-2023-02, Request of Tryon Development Corp. to rezone a 15.147-acre tract of the Milam County School Land Survey, Abs. #348 from Planned Development [PD] to Residential - 7,000 [R-7]. The property is located at the southwest corner of the intersection of Nettie Baccus Rd. and Loop 567.
- PL-2023-04, Request of Tryon Development Corp. to Preliminary Plat a 15.147-acre tract of the Milam County School Land Survey, Abs. #348 as Lots 1-23, Block 1; Lots 1-27, Block 2 and Lots 1-15, Block 3 of the Bella Vista Addition. The property is located at the southwest corner of the intersection of Nettie Baccus Rd. and Loop 567.
- SUP-2021-12, Request of Mary Ann Williamson for a Specific Use Permit to allow Single Family, Attached in a Central Business District (CBD) zoning district. The property is addressed as 210 E. Ewell St.
- PL-2021-10, Request of Mary Ann Williamson to Replat a 0.549-acre tract of the Milam County School Land Survey, Abs. #903, known as a part of Block 8 of the Barton Addn. as Lots 6R-11R, Block 8 of the Barton Addition. The property is addressed as 210 E. Ewell St.
- PL-2023-08, Request of Lyndell Smith to Replat Lots C-D of Royal Oaks Addition as Lot C-R of Royal Oaks Addition. The property is addressed as 5310 Acton Highway and 2620 Oaks Dr.
- PL-2023-10, Request of Mary M. Pike, to Minor Plat a 5.468-acre tract of the Joshua Minett Survey, Abs. 352 as Lot 1 and 2, Block 1 of the Pike Addition. The property is addressed as 5464, 5466, 5468, and 5470 Acton Hwy.
- Request of Jason Britt for voluntary annexation of a 155.098-acre tract of the of the Joshua Minett Abs. No. 351 & J. Campbell Land Survey, Abs. No 123 to expand the City of Granbury extraterritorial and city boundary jurisdiction for the purpose of with municipal City Code, Zoning, and Subdivision and applicable regulations, as authorized in Texas Local Government Code 212.003. The property is located at and west of 2200 Fall Creek Hwy.
- CP-2023-03, Request of Legends Land Development, LLC to amend the Future Thoroughfare Plan by relocating a proposed C2U street from the south side of 2400 Fall Creek Hwy. (approximately) north approximately 900 feet on Fall Creek Hwy.
- Z 2023-05, Request of Legends Land Development, LLC to rezone a 155.098-acre tract of the Joshua Minett Abs. No. 351 & J. Campbell Land Survey, Abs. No 123, from unzoned property to Heavy Commercial [HC], Townhome [TH], Patio Homes [PH], and Residential - 7,000 [R-7] zoning districts. The property is located at and west of 2200 Fall Creek Hwy.
- PL-2023-01, Request of Legends Land Development, LLC, to Preliminary Plat a 155.098-acre tract of the of the Joshua Minett Abs. No. 351 & J. Campbell Land Survey, Abs. No 123, as Lots 1-21 Block 1, Lots 1-35 Block 2, Lots 1-99 Block 3, Lots 1-25 Block 4, Lots 1-16 Block 5, Lots 1-7 Block 6, Lots 1-38 Block 7, Lots 1-14 Block 8, Lots 1-13 Block 9, Lots 1 and 2 Block 10, Lots 1-16 Block 11, Lots 1-13 Block 12, Lots 1-26 Block 13, Lots 1-26 Block 14, Lots 1-5 Block 15, Lots 1-16 Block 16, Lots 1-9 Block 17, Lots 1-28 Block 18, Lots 1-15 Block 19, Lots 1-18 Block 20, Lots 1-12 Block 21, Lots 1-65 Block 22, Lots 1-33 Block 23, Lots 1-35 Block 24, Lots 1-8 Block 25, Lots 1-4 Block 26 and HOA Lots 1 X-7X of LEGACY Ranch. The property is located at and west of 2200 Fall Creek Hwy.
- O-2023-01, Request of the City of Granbury to amend select sections of the City of Granbury Zoning Ordinance. Amendments proposed are to Article 1, Section 1.8 Classification of New & Unlisted Uses, And Section 1.10. Certificates of Occupancy & Compliance; Article 2, Section 2.1 Board of Adjustment; Section 2.3.B Public Hearing and Notice; and Article 3 Nonconformities Section 3.1 Nonconforming Uses & Structures. The general purpose of this amendment is to clean-up confusing language, offer administrative actions, and ease the usability of the Zoning Ordinance administration.
- PL-2022-01, Request of AMA Granbury Ranch and Cattle, LLC to Final Plat a 121.224 acre tract in the Milam County School Land Survey, Abstract #348 and the Robert Alway Survey, Abstract #4 as Lots 1-45, Block 1; Lots 1-10, Block 2; Lots 1-11, Block 3; Lots 1-16, Block 4; Lots 1-31, Block 5; Lots 1-24, Block 6; Lots 1-23, Block 7; Lot 1-20, Block 8; Lots 1-7, Block 9; Lots 1- 18, Block 10; Lots 1-17, Block 11; Lots 1-17, Block 12; Lots 1-14, Block 13; Lots 1- 10, Block 14; Lots 1-26, Block 15; Lots 1-30, Block 16; Lot 1, Block 17 and Lot 1, and Common Area 1-4 of the Crucis Creek Addition. The property is located on the north side of W. Loop 567, southwest of Camp Crucis Ct.
- PL-2023-05, Request of Lake Granbury Medical Center, to Final Plat a 13.058 acre tract of the Jeremiah Campbell Survey Abs. No.122 as Lot 1 Block 1 of the Martin Coleman Addition. The property is located southeast of the intersection of US Hwy 377 and Fall Creek Hwy.
- PL-2023-13 Request of Pious D'Souza to Replat Lot 2, Block 1 of Southtown Center Addition as Lots 2R and Lot 2R1, Block 1 of Southtown Center Addition. The property is located South of N. Plaza Drive and West of Harbor Lakes Dr.
- PL-2023-14 Request of James and Susan Flood to Replat Lots 20 and 21, Block 7 of the De Cordova Ranch Addition as Lot 21R, Block 7 of the De Cordova Ranch Addition. The property is located north of Legend Trail and East of De Cordova Ranch Rd.
- SUP-2023-16, Request of Juanita Couch for a Specific Use Permit to allow a short-term rental, residential, unhosted, with two (2) bedrooms in a Residential - 7,000 zoning district. The property is addressed as 510 W Doyle St.
- SUP-2023-17 Request of Additech Inc for a Specific Use Permit to add a self-contained DEF dispensing unit behind a fuel center in a Light Commercial zoning district. The property is addressed as 3905 E Hwy 377.
- Z-2023-06 Request of Tony Calloway to rezone a 3.74 acre tract of Milam County School Survey Abs. No. 348 from Heavy Commercial to Planned Development/Heavy Commercial. The property is located north of East Moore St and east of FM Hwy 51.
- SUP-2023-18 Request of Texas Tires for a Specific Use Permit to allow the operation of an Auto Repair, Minor business in a Light Commercial zoning district and to allow daily outdoor display of wheels and tires. The property is addressed as 2106 E Hwy 377.
- Z-2023-07, Request of Cathy Casey and Jim Leitch to amend the existing Planned Development/R-10 zoning, adopted Ord. # 19-57 to refine and clarify the operation of the existing Bed & Breakfast, Hosted uses on the site. The property is addressed as 205 and 221 W Doyle St.

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

CITATION BY PUBLICATION

THE STATE OF TEXAS: To all persons interested in the Estates of RICHARD MARTIN WILLIAMSON, Cause No. P09937, County Court of Hood County, Texas.

TERESA LYNN WILLIAMSON 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 RICHARD MARTIN WILLIAMSON, 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 21st day of June 2023.

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

ORDINANCE NO. 23-41
AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF GRANBURY, TEXAS, AMENDING THE GENERAL, UTILITY, TOURISM AND FLEET FUNDS FOR FISCAL YEAR 2022-2023.

ORDINANCE NO. 23-42
AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF GRANBURY, TEXAS, AMENDING THE UTILITY FUND FOR FISCAL YEAR 2022-2023.

These ordinances are on file in the Office of the City Secretary, 116 W Bridge St. and can be seen in its entirety during normal business hours.

CITATION BY PUBLICATION

THE STATE OF TEXAS: To all persons interested in the Estates of CAESAR GREGORY HERNANDEZ, Cause No. P10100, County Court of Hood County, Texas.

GASPAR L. HERNANDEZ JR. 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 CAESAR GREGORY HERNANDEZ, 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 20th day of June 2023.

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

CITATION BY PUBLICATION
THE STATE OF TEXAS: To all persons interested in the Estates of EDITH LAREE PROFFITT, Cause No. P10099, County Court of Hood County, Texas.

NANCY NEIGHBORS 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 EDITH LAREE PROFFITT, 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 20th day of June 2023.

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

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EVENTS

Bluegrass on Ballard, Wylie, TX, Sat., June 24, Historic Downtown Wylie on Ballard Ave. Free event. Car Show 4-9 p.m., Arts & Crafts 10 a.m.-9 p.m., Music 1-9 p.m. Pre-register for car show at DiscoverWylie.com. More info for arts and crafts vendors at WylieTexas.gov.

NARO - National Association of Royalty Owners Convention, July 26-29, San Antonio, Learn How To Better Manage Your Minerals. Over 19 sessions: 'Mineral Law 101', 'How To Read Surveys & Plats', 'Property Transfers & Estate Planning', 'Operators: Friends or Enemies?' Register online: WWW.NARO-US.ORG/EVENT-5151387. Call to register: (918) 794-1660.

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Hood County News

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9031

Public Notices

CITATION BY PUBLICATION - TRC 109 & 114 STATE OF TEXAS CAUSE NO. C2023049

LEWIS DEAN WILLIAMS, vs. STROUD'S CREEK, LAND COMPANY, L.P., ET AL IN THE 355TH DISTRICT COURT HOOD COUNTY, TEXAS TO: UNKNOWN OR MISSING PARTNERS, HEIRS, OFFICERS, AND ASSIGNS OF STROUD'S CREEK LAND COMPANY, L.P., a Texas limited liability partnership, if living, and if any or all of the above-named Defendants be deceased, the unknown heir of each or all of the said above named or described deceased persons; and, the unknown owner or owners of the property described herein. Defendant, Greeting: NOTICE TO DEFENDANT: "You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 am on the Monday next following the expiration of 42 days after the date this citation was issued, a default judgment may be taken against you." You are hereby commanded to appear by filing a written answer to the Plaintiff's Petition at or before 10:00 o'clock A.M. on the Monday next after the expiration of 42 days after the date of the issuance of this citation the same being MONDAY the 10TH day of JULY 2023, before the Honorable BRYAN T. BUFKIN 355th Judicial District Court of Hood County, Texas, at the Hood County Justice Center of said County in Granbury, Texas. Said Plaintiff's Petition was filed in said court, on the 14TH day of FEBRUARY, A.D. 2023, in the above-entitled cause. A brief statement of the nature of this suit is as follows, to wit: THE ORIGINAL PETITION IS A SUIT FOR CIVIL, REAL PROPERTY, as is more fully shown by Plaintiff's Petition on file in this suit, the nature of which suit is PLAINTIFF'S ORIGINAL PETITION BEING a 1.102 acre tract of land situated in the S. Watkins Survey, Abstract Number 575, Hood County, Texas and being a portion of Stroud Creek Estates, a subdivision in Hood County according to the plat thereof recorded in Slide A38B, Plat Records, Hood County, Texas and being more particularly described by metes and bounds as follows; BEGINNING at a 5/8 inch iron rod with cap stamped "RPLS 5696" found at the southwest corner of that called 0.620 acre tract described by deed to Lewis Dean Williams, recorded in Volume 2303, Page 19, Deed Records, Hood County, Texas, said iron rod also being the southeast corner of Lot 7, Block 1, Stroud Creek Estates, a subdivision in Hood County according to the plat thereof recorded in Volume 1, Page 39, Plat Records, Hood County, Texas; THENCE South 31 degrees 26 minutes 54 seconds East, 158.72 feet to a 5/8 inch iron rod with cap stamped "MAN-HARD" set in the north line of Block 6, of said Stroud Creek Estates; THENCE South 51 degrees 27 minutes 35 seconds West, 290.82 feet along the north line of said Block 6 to a 5/8 inch iron rod with cap stamped "MAN-HARD" set; THENCE North 21 degrees 59 minutes 51 seconds West, 198.49 feet, departing said north line of Block 6 to a 1/2 inch iron rod found at the southwest corner of said Lot 7; THENCE North 58 degrees 48 minutes 43 seconds East, 256.00 feet along the south line of said Lot 7 to the POINT OF BEGINNING and containing 47,984 square feet or 1.102 acres of land, more or less. and alternatively for declaratory relief concerning such property. BEING a 0.724 acre tract of land situated in the S. Watkins Survey, Abstract Number 575, Hood County, Texas and being a portion of Stroud Creek Estates, a subdivision in Hood County according to the plat thereof recorded in Volume 1, Page 39, Plat Records, Hood County, Texas; THENCE along the south line of said called 0.620 acre tract the following calls: North 65 degrees 34 minutes 54 seconds East, 61.13 feet to a 5/8 inch iron rod with cap stamped "REALSEARCH" found; North 54 degrees 49 minutes 30 seconds East, 103.41 feet to a 5/8 inch iron rod with cap stamped "REALSEARCH" found; North 68 degrees 39 minutes 18 seconds East, 80.99 feet to a 5/8 inch iron rod with cap stamped "REALSEARCH" found at the southeast corner of said called 0.620 acre tract; THENCE South 13 degrees 44 minutes 02 seconds East, 124.03 feet to a 1/2 inch iron rod found at the northeast corner of Block 6, of said Stroud Creek Estates; THENCE South 51 degrees 27 minutes 35 seconds West, 207.45 feet along the north line of said Block 6 to a 5/8 inch iron rod with cap stamped "MAN-HARD" set; THENCE North 31 degrees 26 minutes 54 seconds West, 158.72 feet, departing said north line of Block 6 to the POINT OF BEGINNING and containing 31,554 square feet or 0.724 acres of land, more or less. Issued and given under my hand and the seal of said Court, at office in Granbury, Texas, this the 11 day of MAY, 2023. Attorney for Plaintiff(s): MARK B DEWITT, P.O. BOX 1274 GRANBURY, TX 76049. WITNESS:TONNA L. NEWMAN, CLERK OF THE 355TH DISTRICT COURT OF HOOD By Susan Ashmore, Deputy

9031

Public Notices

CITATION BY PUBLICATION -TRC 109 & 114 STATE OF TEXAS CAUSE NO. C2023042

WILLIAM DEWITT MCCLARAN AND MELDA C MCCLARAN V 355TH DISTRICT COURT OF HOOD COUNTY, TEXAS TO: THE UNKNOWN OR MISSING PARTNERS, HEIRS, OFFICERS, AND ASSIGNS OF STROUD'S CREEK LAND COMPANY, L.P. Greeting DEFENDANT: NOTICE TO DEFENDANT: "You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10:00 am on the Monday next following the expiration of 42 days after the date this citation was issued, a default judgment may be taken against you." You are hereby commanded to appear by filing a written answer to the Plaintiff's Petition at or before 10:00 o'clock A.M. on the Monday next after the expiration of 42 days after the date of the issuance of this citation the same being MONDAY the 3RD day of JULY 2023, before the Honorable BRYAN T. BUFKIN 355th Judicial District Court of Hood County, Texas, at the Hood County Justice Center of said County in Granbury, Texas. Said Plaintiff's Petition was filed in said court, on the 27TH day of JANUARY, A.O. 2023, in the above-entitled cause. A brief statement of the nature of this suit is as follows, to wit: THE ORIGINAL PETITION IS A SUIT FOR CIVIL, CIVIL CASE - OTHER, as is more fully shown by Plaintiff's Petition on file in this suit, the nature of which suit is PLAINTIFF'S ORIGINAL PETITION ON BEING a 1,238 acre tract of land situated in the S. Watkins Survey, Abstract Number 575, Hood County, Texas and being a portion of Stroud Creek Estates, a subdivision in Hood County according to the plat thereof recorded in Slide A-38B, Plat Records, Hood County, Texas and being more particularly described by metes and bounds as follows; BEGINNING at a 1/2 inch iron rod found at the southwest corner of Lot 7, Block 1, Stroud Creek Estates, a subdivision in Hood County according to the plat thereof recorded in Volume 1, Page 39, Plat Records, Hood County, Texas, said iron rod also being the southeast corner of Lot 6 of said Block I; THENCE South 21 degrees 59 minutes 51 seconds East, 198.49 feet to a 5/8 inch iron rod with cap stamped "MAN HARD" set in the north line of Block 6, of said Stroud Creek Estates; THENCE South 51 degrees 27 minutes 35 seconds West, 290.80 feet along the north line of said Block 6 to a 1/2 inch iron rod found at the southeast corner of that called 2.2315 acre tract of land described by deed to Beau Gonzales, recorded in County Clerk's File Number 2019-0008005, Deed Records, Hood County, Texas; THENCE North 32 degrees 51 minutes 58 seconds West, 160.77 feet, departing said north line of Block 6 and along the east line of said called 2.2315 acre tract to a 1/2 inch iron rod found at the southwest corner of said Lot 6, said iron rod also being the northeast corner of said called 2.2315 acre tract; THENCE North 46 degrees 14 minutes 17 seconds East, 332.80 feet along the south line of said Lot 6 to the POINT OF BEGINNING and containing 53,936 square feet or 1.238 acres of land, more or less. Issued and given under my hand and the seal of said Court, at office in Granbury, Texas, this the 16th day of May 2023. WITNESS: TONNA TRUMBLE HITT, CLERK OF THE 355TH DISTRICT COURT OF HOOD COUNTY, TEXAS. By Cami Roybal, Deputy

PUBLIC SALES

Granbury 76048

Garage Sales 76048

PEOPLE HELPING PEOPLE Rummage Room Open Tues & Thurs, 8am-2pm, First Sat. of the month 9am -1pm 306 Kings Plaza. 817-573-7801.

New Beginnings Resale Shoppe & Boutique

MISSION GRANBURY 817-964-3445 1204 Water's Edge Dr., (Across from the Movie Theatre) #heretohelp Shop: Mon.-Fri. 9am - 5pm Sat. 10am - 4pm Donate: Wed.-Sat. 10am-3pm

GARAGE SALE: GRANBURY 112 N Cherry Ln- 6/23-6/24 starting at 7 am. Plus size clothes, beauty products, home decor, furniture, etc.

GARAGE SALE: GRANBURY 2640 Andrews Court- 6/23-6/24 8 am to 12 pm Furniture, mowers, generator, tools, rugs, refrigerator, household items. Lots of Ann Taylor Loft Medium 6-8. Young lady boutique clothing Small. Couch purses.

ESTATE SALE BY CARING TRANSITIONS: GRANBURY 501 Holly Hills Cemetery Rd.- NEXT WEEK, 6/28-7/1. MEGA SALE! 60 years of treasures! Primitives, yard art, hunting, fishing, rustic, taxidermy, crafts, Christmas, tools. Elephants, elephants, elephants. Even more elephants! Mowers, yard equip, sports, games, media, pottery. Over 500 photos and hours at estatesales.net, search 'Years of Adventure.' Make plans to be there!

Granbury 76049

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MOVING SALE 2 Qu comforter sets, new Qu bed linens still in pkg, ladies handbags and sz 6.5 shoes & boots, Bissell rug cleaner, clothes steamer, dorm room icebox, portable TV, incline treadmill, 1 book shelf and armoire. Too many things to list. All prices negotiable! Daily, noon-7pm. Text/call (512)466-4206 or come look or email mikegov.1969@gmail.com. 617 Aqua Vista Dr

ESTATE SALE: GRANBURY 800 Shady Grove Drive- Estate/Garage Sale: Huge multi-family sale - Saturday June 24th only! Items include antiques, furniture, kitchen items, housewares, Elvis memorabilia, train collectables, roosters, cookbooks, and much, much more! Sale begins at 8am - no early birds please. Saturday June 24

GARAGE SALE: GRANBURY 3209 White Horse drive- ONE DAY ONLY.....SAT JUNE 24 0700-1200 woman's clothes, shoes like new; woman's nike's, furniture, bathroom and bedroom sets, a lot of farmhouse decorations, kids clothes, name brand shoes, a lot more!!!! Saturday June 24

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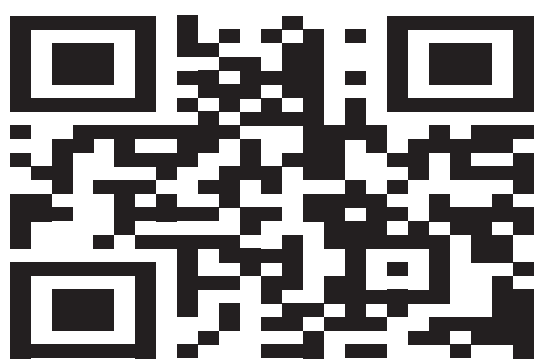
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RIBBON CUTTINGS



TOP RIGHT: Paradise Pools, located at 3906 East Hwy 377. Ribbon Cutting for the Grand Opening. Owners: Brent and Liberty Virgin

TOP LEFT: El Chico Café, located at 1151 E. US Hwy 377 Suite 110. Ribbon Cutting for the Grand Re-Opening. Owner: Kevin Milson

AT LEFT: ChiroHabit PLLC, Located at 211 East Bridge Street. Ribbon Cutting to celebrate their 1 Year Anniversary (occurred on April 19th). Owners: Dr. John and Janet Guisti

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- Donations can be made on our website www.missiongranbury.org. Click on the sun emblem. You can also mail or drop off a check at our Resource Center located at 3611 Plaza East Court, Granbury, Texas 76049.

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WHAT THE NRCS CAN DO FOR YOU

COURTESY PHOTOS

NRCS can help you develop a conservation plan based on your land management goals that will include maps, soils information, and any other pertinent information that can help you protect and maximize your land's resources.

“Helping people help the land.”

From Staff Reports

The Natural Resources Conservation Service (NRCS) is a federal agency under the United States Department of Agriculture (USDA). NRCS has local field office employees that work directly with farmers and ranchers to provide technical expertise and sometimes even financial assistance on conservation and management of natural resources.

NRCS works with farmers and ranchers to provide one-on-one personalized advice to find the best solutions for their business goals. They also provide land management recommendations and alternatives for farmers and ranchers to consider implementing if they choose. Their assistance is also free.

NRCS provides recommendations on the management and conservation of the natural resources found on your land. For example, if you are trying to improve your land for grazing, NRCS can offer recommendations on proper seedbed preparation, planting dates,

planting rates, application of soil amendments and fertilizer management, control of weeds and rotational grazing. They can also visit with you on your land and talk to you about any agricultural concern you may have.

NRCS can help you develop a conservation plan based on your land management goals that will include maps, soils information, and any other pertinent information that can help you protect and maximize your land's resources.

If there is funding for some of the conservation practices you are planning to install, then our staff will discuss these opportunities



NRCS are soil scientists, engineers, and rangeland management specialists that understand natural resources and how they interact.

with you. Financial assistance applications are taken year-round, but funding is only available during certain periods of the year based on the funding provided through the Farm Bill to USDA.

NRCS are soil scientists, engineers, and rangeland management specialists that understand natural resources and how they interact, but sometimes that terminology gets confusing. Never be afraid to ask your NRCS representative to explain something in a different way so you can understand it. But for starters here are a few of their commonly used terms explained:

Technical Assistance refers to

If you are trying to improve your land for grazing, NRCS can offer recommendations on proper seedbed preparation, planting dates, planting rates, application of soil amendments and fertilizer management, control of weeds and rotational grazing.

personalized advice and information based on the latest science and research to help farmers and ranchers make informed decisions. Technical assistance might help determining the best grasses to plant, where to install a live-stock pond or options to improve soil health.

Financial Assistance refers to monetary help or aid NRCS can provide to establish conservation practices. Financial assistance comes from the conservation programs funded through the Farm Bill.

Conservation Practice is a land management tool that is designed to prevent or reduce soil erosion, prevent, or reduce non-point source water pollution, or achieve or maintain compliance with soil and water conservation standards.

Conservation Plan is a document that identifies the conservation objectives related to soil, water, animals, plants, air, energy, and

human interaction on a farmer or rancher's property. It is written in a clear, step-by-step format that meets each farmer or rancher's needs and goals. Farmers and ranchers choose options that suit their circumstances and time schedule. This plan is free and implemented on a voluntary basis.

Natural Resources are materials from the earth that are used to support life like soil, air, water, plants, and animals.

Examples of conservation practices include high tunnels, range planting, brush management, live-stock pipeline, cover crops, and nutrient management.

If you would like to know more about working with the NRCS, you can contact NRCS staff in the county where your land is located by going to www.farmers.gov/working-with-us/service-center-locator.



The Chisholm Trail 100 Club is off to a strong start in Hood County

BY STACIE NEU

The Chisholm Trail 100 club has obtained endorsements from Sheriff Roger Deeds, Police Chief Mitch Galvan, Fire Chiefs Ron Becker and Matt Hohon, and other volunteer fire chiefs, in their relentless efforts to support local first responders who face injury or sacrifice their lives in the line of duty.

The CT100 Club extends both financial and moral support to the families of these exceptional heroes, providing a crucial lifeline during their time of need.

At the helm of the CT100 Club's operations in Hood County stands Greg Tyler, a distinguished profes-

sional retired from an impressive career in federal law enforcement that resulted in a deep commitment to the club's noble mission. With the unwavering support of the entire board of directors, the CT100 Club continues to make a significant impact within the community.

Boosted by the support of numerous local businesses and dedicated volunteers, the CT100 Club is poised to take their contributions to new heights in Hood County. As the club propels forward, a membership drive is currently underway, running through the end of July. Keep your eyes peeled for their float in the upcoming 4th of July parade. And

while reveling in the festivities, make sure to pay a visit to their tent on Granbury Square over the 4th of July weekend.

The CT100 Club will once again host their Honoring Hood's Heroes Motor Festival at Hewlett Park on September 9, from 1 p.m. to 5 p.m. During the event local fire departments will demonstrate the heroic use of the Jaws of Life in extracting individuals from vehicles. The festival will also offer live music, a multitude of vendors, a Jeep RTI competition, fabulous raffle prizes, and a breathtaking array of stunning cars and Jeeps. It will be a family event that combines entertainment and education.

By becoming a member of the CT100 Club, you too can support our local first responders. Supporting these admirable individuals has never been easier. Simply visit the online membership portal at <https://www.ct100.org> or drop by the CT100 tent on the Granbury Square over the 4th of July weekend. Let us unite as a community and show our deep appreciation for the heroes who protect and serve us every day.

The CT100 Club is on a relentless mission to uplift and support our local first responders, fostering a sense of unity and gratitude within our community. Join us in making a difference and be part of this extraordinary endeavor.

The Chisholm Trail 100 Club is a 501(c)(3) organization that provides financial and personal support to the families of first responders who are injured or killed in the line of duty.

The club covers first responders, which includes police, sheriff, state troopers, fire, EMT's, Brazos River Authority officers, and more. The scope is fairly large.

We are working very hard to support the mission of the club, and to help educate and unify our community through fun, family-friendly events.

OBITUARIES

Dorothy Laverne Dorskocil Kaulfus

May 16, 1928 - June 12, 2023

Dorothy Laverne Dorskocil Kaulfus was born May 16, 1928 at Clarkson, Texas. She was a graduate of Cameron High School. She married Bruno Williams Kaulfus on June 3, 1951 at Trinity Lutheran Church in Ft. Worth. Dorothy was happily married for 51 years.

Dorothy had been an active member of the Lutheran Church all her life, having served on various committees. She was one of the Charter Members of Emanuel Lutheran Church in Granbury, Texas. She was an active member of Thrivent Financial for Lutherans. She was also active in the Granbury Opera House Guild, Granbury Newcomers and a volunteer for various Granbury Community projects. She was a member of Beta Sigma Phi where she earned the Order of Rose Degree and awarded, "Girl of the Year," two consecutive years. Dorothy served on numerous P.T.A. and P.T.O. committees in the Ft. Worth area and various parts of West Texas. Her hobbies included oil painting, china painting, cooking, gardening and playing bridge.

Dorothy was a loving mother, wife, sister, grandmother, great grandmother, aunt and friend. She was a caring person who always was willing to lend a helping hand. She loved cooking for others and would surprise you with your favorite dish or dessert.

Dorothy, age 95, passed away peacefully June 12, 2023 in Prosper, Texas.

Dorothy was preceded in death by her loving husband of 51 years, Bruno Kaulfus, her parents Amos & Mary Dorskocil, her daughter, Sandra (Sandy)



McCarty, son-in-law, Dennis McCarty, two brothers, Amos Dorskocil, Jr. and Leonard Dorskocil.

Dorothy is survived by her son Daniel Kaulfus and his wife Tere of Bellevue, WA; daughter Carolyn Williams and husband James (Jamey) Williams of Prosper, Texas; two sisters - Bernice Williams of Prosper, Texas & Joseph Hassenfratz of Prosper, Texas; seven Grandchildren - Cortney Davenport, Denay Moor, Harlan Williams, Logan Williams, Christopher Kaulfus, Olivia Kaulfus, Stephen Kaulfus; twelve Great Grandchildren - Mark and Max Davenport, Presley, Jax, Jordan, Cameron and Hayes Williams, Eliza and Lily Williams, Dylan, Drew and Mac Moor; numerous nieces and nephews.

Memorials may be given to Emmanuel Lutheran Church Memorial for Bruno Kaulfus or Shanley House, Granbury, Texas.

Family will receive friends from 9:30 AM until service time, Saturday, June 17, 2023, Wiley Funeral Home Chapel, Granbury. Service: 10:00 AM, Saturday, June 17, 2023, Wiley Funeral Home Chapel, Granbury. Burial will follow at Holly Hills Memorial Park under the direction of Wiley Funeral Home.

Lynn Ellen Dischinger

May 9, 1959 - May 28, 2023

Lynn Ellen Dischinger, 64, died peacefully at home after a courageous battle with cancer on May 28, 2023, in Granbury, Tx. She was born in Red Bank, NJ.

Lynn met her husband Daniel Dischinger on the army base in Killeen, TX. They were soon married and had their only child, Dana Allen. Dan and Lynn were happily married for 42 years. Lynn was blessed to be a homemaker most of her life to raise their beautiful daughter. Lynn had a heart of gold and was a very giving person. She spent many years volunteering her time for several organizations. Lynn would do anything in her power for anyone. Everyone that met Lynn would fall in love with her due to her beautiful spirit. Lynn was blessed with three amazing grandchildren and three great-grandchildren.

Lynn was survived by her husband Daniel Dischinger; daughter Dana



Allen; two grandchildren (Brandon Allen, Destiny and husband Devlin Dumas); three great-grandchildren Evan, Delilah and Presley; parents Joan and Bill Potter; mother-in-law Muriel Dischinger; five brothers and three sisters; numerous nieces and nephews and even her dog Chevy.

Lynn was preceded in death by her father William Oviatt; father-in-law Bill Dischinger; brother Keith Oviatt; grandson Kyle Allen, and nephew Paul Robb.

Michael Kip McGovern

July 19, 1956 - June 12, 2023

Michael Kip McGovern, age 66, of Granbury, Texas passed away on June 12, 2023.

Celebration of Life will be held, 2-4 p.m., Saturday, July 8, 2023, at the family's home.

Mike was born in Wayne, Michigan in 1956 to Albert Rye McGovern (d) and Theresa Garred McGovern (d). His family later moved to the Mobile, Alabama area before relocating to the suburbs of Chicago, Illinois. Life led him to Texas where he eventually retired. For most of his adult career, he worked in the roller industry. It gave him the opportunity to do that which he loved most—meeting new and interesting people and solving problems. He made many life-long friends from this time in his life.

Mike loved to golf and especially loved the trade outing golf tournaments. Many lies and laughs were shared in the "19th hole". His next love was motorcycles. He was very active in the local Harley Owners Group. He was Activities Director, Assistant Director, and then became a Road Captain leading many wonderful rides. He followed up the motorcy-



cles with a triple black convertible Corvette which was followed by a Mercedes triple black convertible. He did love to go fast.

Mike is survived by his spouse, Linda McGovern; son, Michael E. McGovern; son, Sean A. McGovern; grandsons, Patrick, and Liam McGovern; sister and brother-in-law, Debbie and Perry Lewis; brother and sister-in-law, Denis and Beata McGovern, plus many aunts, uncles, cousins, nieces, nephews, great-nieces and nephews. Mike was beloved by his very large extended family and friends and will be dearly missed by all who crossed his path.

In lieu of flowers please donate to the Ronald McDonald House.

Donnie Gene Sellers

January 26, 1946 - June 13, 2023

Donnie Gene Sellers, beloved husband, father and grandfather passed away on June 13, 2023 at the age of 77 in Burleson, Tx. He is preceded in death by his brother Tommy, his mother Helen and his father Thomas.

Donnie was born in Lake Jackson, TX on January 26, 1946. He graduated from Brazosport High School where he played football.

Don is survived by his wife Linda, his daughter Tamara and her husband David Tindol and their children: Nick, Natalie and Hanna; his daughter Brenda and her husband Sean Forbes and their children: Jack, Ryan and Charlie.

Donnie also embraced his role as stepfather to Linda's boys, Austin and Travis Cheney and their families.

He was a member of Granbury Baptist Church and later Pecan Baptist Church. The Lord was very important to Donnie. He loved putting on his cowboy boots and going dancing and getting up the next morning and worshipping the Lord. Donnie and Linda spent years coordinating meals at funerals and for ill members of the



congregation.

Donnie obtained his MBA Degree from the University of Texas at Arlington and spent time teaching at Sul Ross State University in Uvalde.

Professionally, Donnie dedicated 38 years to Williamson-Dickie where he retired as head of engineering.

Donnie loved boats, fishing and deer hunting. He loved sitting on his back porch watching the boats on Lake Granbury and playing with his dog, Sam.

There will be a celebration of Donnie's life on Wednesday, June 28 at 11 a.m. at Wiley Funeral Home in Granbury. Family and friends are invited to attend.

PLEASE SEE **OBITS** | A14

Janyce Valea Sledge

October 2, 1938 - June 17, 2023

Janyce Valea Sledge (Guyger, Bradberry) was born in Brownwood, TX, October 2, 1938, to Hix and Madeline Guyger. She grew up and lived many years in Dublin, TX, and spent the last years of her life in Granbury, TX.

Janyce worked for the Hood County Clerk's office for many years. After that, she worked as a legal secretary for the Richard Hattox law firm in Granbury until she retired just a couple of years ago.

She was preceded in death by her husband, Bill Sledge, of Granbury.

She is survived by her sister, Becky, and husband, Joey Adams, of Breckenridge, TX; three sons, Charlie and his wife Susan



Bradberry of Dublin, David and his wife Rebecca Bradberry of Dublin and Paul Bradberry of Dublin; a daughter, Amy, and her husband, Terry Miller, of Dublin; seven grandchildren; four great-grandchildren; and many nieces, nephews and friends.

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. Wednesday for the Saturday paper. Deadlines are subject to change during holidays.



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by Charley & Guy Orbison
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ACROSS

- chewy movie candy
- TXism: "get your ducks in _ _"
- Austin has "Art-O-_" annually
- Palestine AM radio
- TX Willie's is 90
- chicken fried steak & Bar-B-Q in Texas
- Rockport is "where the fun never _"
- TXism for "mean man" (2 wds.)
- TX Kenny Rogers' "Love or Something Like _" (1978)
- TX Buck Owens' "I've _ Tiger By the Tail" (1964)
- a player for the Spurs or Cowboys
- "_ Brothers Band" recorded "Down in Texas '71"
- directed by TX King Vidor: "Passage" (1940)
- TXism: "news wrangler" (abbr.)
- select
- TXism for "old man"
- rub out writing
- TXism: "tit out for _" (departed)
- TX Tanya's 1st hit: "Dawn"
- U.S. Army post in San Antonio: " _ Houston"
- Houston's Olajuwon initials, before "Hakeem"
- Pecos AM radio
- this Cesar made Astros 40-man roster in 2023
- TXism: " _ a skunk" (intoxicated)
- seeing organ
- TXism: "brains _ _ box" (computer)
- TXism: "dot _ _ and cross the t's"
- opposite of "anode"
- Jewish snack food
- Texas-based TGI Fridays has restaurants in _ wan
- TXism: "the tail _" (last)
- oil "weights" standard
- TX-born Roddenberry wrote script for 1971 film "Pretty Maids All in _"
- incaviglia who played for Rangers & Astros
- rented
- "each" abbr.
- oil or gas additive
- Ozona newspaper
- "Deaf" Smith's given name
- TXism: "he could _ eagle"
- (good cowboy)
- summer necessity in Texas (abbr.)
- TX Lucy, the original Southern Belle (init.)
- Texas singer "Meat _"
- sullen, sulky
- _ _ dog (homeless)
- snuggle
- TX Ely who was TV's "Tarzan"
- TXism: " _ many irons in the fire"
- "Star Trek" fan
- assumed name
- TX Steve Miller's "Living in the _"
- Hitler follower
- Fort Worth "Coliseum" name before it was "Cowtown" (2 wds.)
- pool hall shout: " _ em"
- "oh dear" (hyp.)
- Beatty of "Big Bad John" with TX Dean
- poker stakes
- Houston's 2nd wife, Rogers

DOWN

- TXism: " _ _ the bottom of a well"
- easternmost city in Texas
- TXism: "Sunday go _ _ clothes"
- TX Steve Forrest old TV series
- city that put Cowboys out of playoffs in 2023 (abbr.)
- TXism for "miser"

ETFs can spell opportunity

CHAD CARROLL
Edward Jones
Financial Adviser



Carroll

Mutual funds offer investors a chance to own shares in dozens of companies, as well as bonds, government securities and other investments. But you might be able to broaden your portfolio further by owning another type of fund — an exchange-traded fund (ETF).

An ETF, like a mutual fund, can own an array of investments, including stocks, bonds and other securities. Many ETFs are passively managed in that they track the performance of a specific index, such as the S&P 500. In this respect, they differ from

most mutual funds, which tend to be actively managed — that is, the fund managers are free to buy and sell individual securities within the fund.

Another difference between ETFs and mutual funds is that ETFs are traded like stocks, so shares are bought and sold throughout the day based on the current market price, whereas mutual funds are traded just once a day, at a price calculated at the end of the trading day. Whether this ability to make intra-day trades is meaningful to you will likely depend on how active you are in managing your

own investments.

For some people, the main attraction of ETFs is their tax advantages. Because many ETFs are index funds, they generally do much less buying and selling than actively managed funds — and fewer sales mean fewer taxable capital gains. These ETFs are somewhat similar to index mutual funds, which are also considered to be tax-efficient, as opposed to actively managed funds, which constantly buy and sell investments, passing on taxable capital gains to you throughout the life of the fund. (Keep in mind, though, that mutual funds that trade frequently may still be appropriate for your financial strategy. While

taxes are one element to consider when evaluating mutual funds, or any investment, other factors, such as growth potential and ability to diversify your portfolio, are also important.)

ETFs typically also have lower operating costs than mutual funds, resulting in lower overall fees. Part of the reason for these lower costs is that actively managed mutual funds, by definition, usually have larger management teams devoted to researching, buying and selling securities. By contrast, passively managed ETFs may have leaner, less-costly management structures.

But while most ETFs may share the same basic operat-

ing model, many types are available. You can invest in equity ETFs, which may track stocks in a particular industry or an index of equities (S&P 500, Dow Jones Industrial Average, and so on), or you can purchase fixed-income ETFs, which invest in bonds. ETFs are also available for currencies and commodities.

Of course, as with all investments, ETF investing does involve risk. Your principal and investment return will fluctuate in value, so when you redeem your ETF, it may be worth more or less than the original investment. Also, liquidity may be an issue. Some ETFs may be more difficult to sell than other

investments, which could be a problem if you need the money quickly. And because it's so easy to move in and out of ETFs, you might be tempted to "overtrade" rather than following an appropriate long-term investment strategy.

A financial professional can evaluate your situation and help you determine whether ETFs are suitable for your needs. At a minimum, they represent another investment opportunity that may prove useful as you work toward your financial goals.

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OBITS

FROM PAGE A14

Rowena Bernice Collins

September 2, 1937 - May 30, 2023

Rowena Bernice Collins, 85, passed away peacefully on Tuesday, May 30, 2023 with her family lovingly by her side.

She was born September 2, 1937 in Apache, Oklahoma to Ralph and Martha Kopepassah Oliver.

Rowena married the love of her life, Doyle E. Collins, in Lawton, Oklahoma on April 25, 1955. Together they raised six children here in Granbury. A devoted wife, mother, grandmother, and friend, she loved unconditionally and would go out of her way to help anyone in need. She was a wonderful living example to everyone she knew through her actions and patient words. She was a wonderful cook, always preparing more than enough and everyone's favorite dish. She never stood on ceremony but rather, she would insist that family and friends come to her table at their leisure, where she always lovingly greeted them as if they were the only ones who mattered. She loved holiday gatherings, grandkids birthday parties, sewing, the game show channel and all night "Yahtzee-athons". Rowena studied her bible every day. Her greatest accomplishment was that she taught her family to love the Lord with all their hearts.

Rowena was also very



proud member of the Kiowa Tribe of Oklahoma. She was one of the few elders within the tribe. She knew the language and the traditions and of course how to prepare delicious Indian fry bread.

Rowena was preceded in death by her husband, Doyle E. Collins, and was survived by her six children, Doyle G. Collins, Shonda R. Collins, Rowena E. West (Tom), Edwin B. Collins, Ralph V. Collins (Amber), and Olivia D. Bardeen (Richard), 14 grandchildren, 15 great-grandchildren, and two great-great-grandchildren whom she loved sooo much.

Her favorite scripture was:

"We are confident, I say, and willing rather to be absent from the body, and to be present with Lord"

2 Corinthians 5:8

Funeral services were held on Saturday, June 3, 2023, at Wiley Funeral Home Chapel in Granbury.

GISD STUDENT POPULATION SURGE

As a proud Pirate and a former student of Granbury Independent School District, I have recently returned to my hometown from Baylor University to work as a Communications Intern for GISD. However, upon my return, I have been alarmed by the significant increase in student enrollment within the district since my graduation in 2020. The influx of students has become a cause for concern, as it threatens the close-knit community atmosphere that Granbury has long been cherished for.

I recently learned that Granbury ISD is in the process of strategic planning and will likely be considering adding additional schools to meet our community's growth. Reflecting on my own educational journey, I can distinctly recall the extreme contrast between my early years at Acton Elementary and Acton Middle School, where classrooms and hallways were far from overcrowded. However, upon entering Granbury High School in 2016, I was taken aback by the sheer volume of students flooding the hallways and classrooms. Navigating the hallways during the passing period felt like maneuvering through the busy streets of New York City during Christmas time. The likelihood of walking with-

out bumping into another student seemed nothing short of a miracle.

When considering potential universities to attend after high school, I placed significant importance on class sizes and the sense of individuality I would be able to maintain. The fear of becoming just another face in a sea of students weighed heavily on my mind. Fortunately, my decision to enroll at Baylor University, particularly within the smaller Professional Writing and Rhetoric department, proved to be the right choice. In classes ranging from 10 to 20 students, the exchange of ideas and intimate discussions fostered a vibrant and stimulating learning environment. I can't imagine the experience of being confined to a lecture hall with hundreds of students.

Looking into the data from Granbury ISD between 2018 and 2023, I cannot help but feel a deep concern for the diminishing personal connections between teachers and students within our classrooms in the coming years. As a student at Granbury High School, I remember the chaotic nature of passing periods. Personal space was non-existent as we jostled and squeezed our way through the halls, desperately trying to reach our classes on time. Regrettably, the Fall 2022 Demographic Report reveals a further 3.1% increase in student en-

rollment since then.

Without implementing effective changes, our small-town atmosphere within Granbury School District runs the risk of transforming into an impersonal urban environment. To preserve the essence of Granbury as a tight-knit community, we must take proactive steps to create additional schools within the district, recognizing that this process may require significant time and resources. Expediting our efforts to achieve this goal is essential in maintaining the unique educational experience and reducing the stress burden on both students and teachers.

The urgency to establish new schools within the district is to be able to provide students with a quality education while preserving the small-town values that have defined Granbury for generations. By doing so, we can ensure that each student receives the attention, support, and individualized education they deserve. It will also alleviate the rising pressure on teachers, allowing them to focus on cultivating meaningful connections and providing the best possible instruction to their students.

Granbury has long been renowned for its warm, welcoming, and close-knit community spirit. It is up to us to safeguard these qualities by addressing the escalating student population and

taking the necessary steps to maintain the small-town charm that we all know and love. Let us work together to ensure that the Granbury School District continues to foster an environment where every student is valued, heard, and provided with the educational foundation they need to thrive. Community members can get updates on the district's plans for growth, as well as other district news by following Granbury ISD on social media or visiting the district website at www.granburyisd.org.

Morgan Garner
Granbury

GUIDELINES FOR LETTERS TO THE EDITOR

Email letters to sam@hcnews.com. Letters must include author's first and last name, and home address. Specific address will not be published.

Writers are limited to one letter every 30 days.

Letters should be 500 words or less. All letters are subject to editing. All submissions to the Hood County News will become the property of the Hood County News. Letters to the Editor will appear in the Saturday edition of the Hood County News.

Questions: Call 817-573-7066 or contact Publisher Sam Houston.

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WORKIN' AT THE CAR WASH

GHS Stowaways give away free car washes for Father's Day

BY ASHLEY INGE
Staff Writer

The Granbury High School Stowaways Drill Team set the bar for a clean car on Sunday, June 18, when the 37th line hosted a free car wash for Father's Day at Chick-Fil-A.

"The team wanted to give back to our community and provide this service on such a special day," said Stowaways Director Shelby Sargent.

Although the car washes were free, the team did accept donations — raising a total of \$1,226 during the three-hour event.

"(Those funds) will help our team buy new uniforms for the 2023-2024 school year," Sargent said. "Such a blessing."

She said the team washed close to 100 cars, with the girls utilizing a system that they created to divvy up the workload.

"They divided themselves up and kept a rotation of stations, so every 30 minutes or so they would rotate from

holding signs, to washing the car, rinsing the cars, and drying the cars — all while dancing and laughing in the process," Sargent said. "Everyone worked so well together and contributed the entire time."

Sargent added that she is thankful to the staff at Granbury Chick-Fil-A for allowing the team to use their parking lot and water for their car wash.

"Each girl worked hard and did everything in their power to make it a fun, successful, and top-notch event," she added. "Thank you to everyone who came out and supported."

ashley@hcnews.com | 817-573-1243



COURTESY OF GHS STOWAWAYS

The Stowaways 37th Line poses with soapy sponges as they prepare for the three-hour free car washing event on Sunday, June 18.



PRCAC educator stresses importance of school-based child safety programs

BY ASHLEY INGE
Staff Writer

Our children's safety is our number one priority as parents — and the people at the Paluxy River Children's Advocacy Center understand that better than anyone.

Every year, the PRCAC presents a program to schools in Hood County, touching on topics like bully-

ing, digital safety, and child abuse.

"Statistics tell us that one in 10 children will be sexually abused by their 18th birthday," said Traci Cooper-Ives, director of education and community engagement at PRCAC. "We also know that over 90% of the time, the people who hurt kids are someone they know, love, and trust. Children must learn about this topic since it is so prevalent, so Texas requires that specific objectives be taught to keep kids safe beginning in kindergarten through 12th grade."

She explained that objectives for each grade level are written in the Texas Essential Knowledge and Skills (TEKS), and that schools are required to provide this education to their students.

For years, Cooper-Ives has seamlessly presented on

these topics in schools, with only a few students sitting out of the presentations every year.

However, with the recent passing of Senate Bill (SB) 9 in 2021, there are additional steps that must be taken now before a child safety presentation can take place in schools — meaning that even more students are missing out on vital safety education.

The steps below explain what every child safety educator must do now before presenting to schools, according to SB-9:

1. Educators must present what they would like to teach in the district to the local SHAC (Student Health Advisory Committee).

2. SHAC makes a recommendation to the school board.

PLEASE SEE PRCAC | B2

Paluxy River Children's Advocacy Center staff members Ashton Martinez, left, Cynthia Pigg, middle, and Traci Cooper-Ives, right, pose with Happy Bear. Happy Bear is a child-friendly interactive 30-minute skit for pre-K through first grade that teaches children how to recognize safe and unsafe situations.

COURTESY OF TRACI COOPER-IVES

GISD board approves 3% pay raise, \$15 minimum wage increase

BY ASHLEY INGE
Staff Writer

The Granbury ISD board of trustees voted to give a 3% pay raise to all current staff and raise the minimum wage to \$15, during its monthly meeting on June 13.

Emmett Whitefield, GISD's chief financial officer, explained during the meeting that the average increase to teacher and librarian salaries would equal \$1,850, which is equivalent to a 3% raise for other employees.

In addition, the district also increased hourly wages for bus drivers to \$18 an hour, and bus driver leads to \$19 an hour.

Whitefield concluded his report, explaining that all pay schedules have also been adjusted — bringing all district pay grades above \$15 an hour.

"When we sat down and had this

conversation, we decided we would take care of our low-end employees first," GISD Superintendent Jeremy Glenn explained during the meeting. "We have people that are making \$10 or \$12 an hour. We feel like with 14% inflation hitting the country, we needed to make sure those individuals were taken care of first. So, we're taking our minimum wage up to \$15, which is a pretty substantial cost considering we have 1,200 employees."

Glenn explained that with Granbury ISD being 10% behind other schools in the area in pay scale, the district is at a disadvantage as staff will eventually depart to pursue higher-paying jobs.

"What burdens us is the 3% raise for everybody else, knowing that likely even with this legislative session not seeing an increase in the basic allotment, those districts that are 10% or more ahead of us will

likely give at least a 3% (raise) which is going to continue to keep us at a disadvantage in recruiting staff," he said.

Glenn said that the district still has some ESSER (Elementary and Secondary School Emergency Relief) funds left over following COVID-19, but that the funds are almost depleted.

"We're going to divide what money that is (left over) equally amongst our teachers in a retention stipend to thank those individuals who've stayed with Granbury ISD, but we've done that three times now over the last three years with our federal money trying to take care of our staff," he said. "That money will be exhausted at the end of this year, so we've got to look at something more long term to take care of our staff."

Board President Barbara Herrington said that the biggest let-

down is not seeing any funds from the state's \$33 billion surplus that was announced in January.

"When they were talking about pulling (those funds into) tax relief or taxpayers across this state putting it into teacher salaries, I thought, 'Yes,'" Herrington said. "Well, my letters to my legislators and my governor have not been too nice, because if they didn't intend to do that, they shouldn't have promised it in January. All of us got our hopes up that we would be able to do something really good for teachers this year, and they just popped that bubble bigger than life."

"I've been down in Austin three times during this last legislative session, completely frustrated with the legislature for not putting up for our teachers, not only in Granbury, but statewide," said Board Member Billy Wimberly. "It's

a travesty. I would not vote down any increase, but we need to get more and we'll keep working on this for our teachers to try and get them more pay."

The board unanimously approved salary increases for 12-month employees for the 2023-24 academic year.

"We've wrung our hands over this watching the legislative session play out the last few months," Glenn added. "It's disheartening to say the least, to see the state with a \$33 billion surplus, and districts like Granbury didn't even see a small increase in the basic allotment. But certainly, there's an opportunity for things to change."

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COURTESY PHOTO

Andrew Walters

Andrew Walters returns to Granbury High School to inspire through music

BY MICKY SHEARON

Special to the Hood County News

The halls of Granbury High School will soon be filled with the harmonious melodies of Andrew Walters, a talented vocalist and dedicated educator returning to his alma mater to teach choir and music this fall. His journey has come full circle as he takes on the role of a teacher in the very place that shaped his passion for music.

After graduating from Granbury High School in 2019, Walters embarked on a musical adventure at Texas Christian University, where he earned a Bachelor of Music Education degree with a Vocal Concentration. Reflecting on his time as a student at Granbury High School, Andrew recalled his fondest memories, including the thrilling playoff runs with the GHS baseball team, captivating performances in musicals, and being part of one of the finest choral programs in Texas.

Beyond his high school experiences, Walters deeply appreciates the close-knit community of Granbury. From managing the local Granbury Chicken Express to attending captivating musicals at the Granbury Opera House, his roots in this town run deep. He also found fulfillment in leading worship in the Granbury Church of Christ Youth Ministry and cherishing opening days at the Hood County Youth Baseball Association.

Returning to his alma mater as a teacher is a dream come true for Walters. "It's kind of hard to believe. It's almost fictitious," he shared with a smile. "While at TCU, I learned a lot about choral music and observed a lot of choirs, and realized how good I had it at Granbury High School. I had so much pride in attending concerts as an alumnus. I would always bring my TCU friends to show off the choir concerts, the facilities at GHS, and the town of Granbury itself. In the back of my mind, I always thought it would be fun to work back at home, and when the opportunity arose, I jumped on it as fast as I could."

Walters is excited to give back to the school and community that nurtured his talents and work alongside his father, Randall, the head choir director at Acton Middle School.

When asked about his inspiration to pursue a career in teaching music, Walters credited

PLEASE SEE **WALTERS** | B3

Arlington heads to West Point Academy



PHOTOS COURTESY OF ASHTON ARLINGTON

Ashton Arlington at the United States Military Academy at West Point on my Official Visit in 2022.

BY EDEN GILBREATH

Special to the Hood County News

Recent Granbury High School graduate Ashton Arlington will be attending the United States Military Academy at West Point this fall. Actually, "BEAST" for Arlington begins on Monday, June 26 at 0600. BEAST is the "boot camp" training of West Point education — the moniker used because you will be a "beast" when you complete the training.

Robert E. Lee is an ancestor of Arlington and, to the best knowledge of family members, the last one in their family to attend West Point until now.

Five-year-old Arlington never imagined a future at West Point, and even 14-year-old Arlington couldn't quite imagine that future.

"Mr. Brister, my Texas History teacher at Acton Middle School, was my inspiration to join MCJROTC," Arlington said. "He spoke to



Ashton Arlington placing 3rd in the Hood County Stock Show, her first year showing cattle (2021).

PLEASE SEE **ARLINGTON** | B3

PRCAC

FROM PAGE B1

3. The school board must approve.

4. Educators must offer two open parent meetings where the curriculum is shared.

5. A letter must be sent home to parents 14 days before the presentation.

6. Parents must send written consent for their child to be in the presentation.

Cooper-Ives said that the recent bill has made her job more challenging — especially knowing that more and more students every year are missing out on education that can keep them safe.

"It made everything more difficult because, until recently, I could talk to a school counselor, and we could discuss different op-

tions to teach the objectives that Texas sets forth," she said.

Cooper-Ives explained that with the addition of a mandatory consent letter, many students won't ever receive this education, either forgetting to give the letter to their parents or a parent's refusal to sign the consent form.

"People that abuse their kids may receive that letter and say 'Oh, my kid will be absent that day,' or 'No, they can't be in the presentation,'" she explained.

"But then there's another issue that I noticed this year that I'm concerned about. Parents may receive the letter and think we're teaching sex education, which we're not, or afraid we're teaching human sexuality or gender identities, which we are not."

AGE-APPROPRIATE PRESENTATIONS

Cooper-Ives said that each presentation is designed according to the grade and age level, meaning that children in first grade will not be taught the same curriculum as those in high school.

For example, children in pre-K through first grade learn about welcome and unwelcome touches from Happy Bear.

Happy Bear is a child-friendly interactive 30-minute skit that teaches children: the basics of recognizing, resisting, and reporting child abuse; what welcome and unwelcome touches are; what steps to take if they experience an unwelcome touch; and who safe adults are and the importance of telling a safe adult if they are in an unsafe situation.

"The skit includes Happy Bear going to swim prac-

tice," Cooper-Ives explained. "Kids are asked what they wear when they go swimming. We tell them that the parts of their body that are covered by their bathing suit are private. This leads to 'If anyone touches you where your bathing suit covers, it is an unwelcome touch.' It is important to note that we do not name body parts. We simply talk about the private parts of our bodies."

The curriculum for 2nd through 12th grade covers all forms of child victimization, and it varies by grade level. Topics of instruction include safety awareness, safe adults, types of abuse, red flags, bullying, cyberbullying, and sex trafficking in the grades for older students.

"It is the best curriculum to meet the requirements of Senate Bill-9 and Texas

Essential Knowledge and Skills," Cooper-Ives said.

She encourages parents and families to go to The Monique Burr Foundation online at mbfprevention-education.org and look up "Child and Teen safety matters" to learn more about these types of presentations.

"A parent once told me they heard what we were presenting and thought, 'I don't want my child to be scared.' Well, that doesn't make it not happen," Cooper-Ives said. "In today's climate, I think when people see somebody is coming in to teach their kids about a sensitive topic, they just want to say, 'Nope, I don't want to take the risk,' when they're really putting their kids at risk by not doing it."

She added that she is more than happy to talk to any parent or guardian who has

questions or concerns about the presentations.

"I want to communicate what we're doing and what we're not doing," she said. "If you are a parent of a Hood County student, when you see this letter, please sign it. We want to provide your kids information that will help them stay safe. My hope is to put parents' minds at ease, so they know what we're doing is a good thing."

She added that parents should also keep their eyes out for the parent presentations that will be offered at the beginning of the school year.

For more information, email Cooper-Ives at traci@paluxyrivercac.org.

ashley@hcnews.com / 817-573-1243

MONDAY - THURSDAY DAILY SPECIALS!

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Amateur Radio Field Day will focus on skill, service, science

By Staff Reports

The Hood County Amateur Radio Club will be participating in the National Amateur Radio Field Day exercise to take place June 24-25 at the Reunion Grounds in Granbury.

During Field Day, ham amateurs from across North America have established temporary ham radio stations in public locations in order to showcase the science and skill of amateur radio. The event began in 1933.

Open to the public, Field Day will take place on Saturday June 24 from 1 p.m. to around 8 p.m. and on Sunday, June 25 from 8 a.m. to 4 p.m.

Field Day is a showcase for how amateur radio works reliably under any conditions from almost any location to create an independent communications network.

"Ham radio functions completely independent of the internet or cell phone infrastructure, can interface with laptops or smartphones, and can be set up almost anywhere in minutes. That's the beauty of amateur radio during communications outage," Bob

Inderbitzen, NQ1R, spokesperson for ARRL, said in a statement. "In today's electronic do-it-yourself environment, ham radio remains one of the best ways for people to learn about electronics, physics, meteorology, and numerous other scientific disciplines, and is a huge asset to any community during disasters or emergencies if the standard communication infrastructure goes down."

Anyone may become a licensed Amateur Radio Operator. There are more than 725,000 licensed hams in the United States from nine to 100 years old. The Hood County Amateur Radio Club provides the following services to Hood County:

- SKYWARN - When the National Weather Service issues a warning or when requested by the Hood County Emergency Operations Manager, they activate SKYWARN Radio



COURTESY PHOTO

Did you know? The term "ham" was at first a derisive term used in professional wired telegraphy during the 19th century to mock operators with poor Morse code-sending skills ("ham-fisted"). The Amateur Radio community began to reclaim the word and by the mid-20th century it had lost its negative meaning. Although not an acronym, it is often mistakenly written as a backronym, with "HAM" in capital letters.

Net to provide NWS with current accurate reports on conditions.

- RACES (Radio Amateur Civil Emergency Services) - Provides communication support to supplement and back up Hood County Emergency

Communications.

- Damage reporting specialists - A team of trained specialists who assist Hood County in directing first responders to the most critical areas after a significant event. If necessary, they will provide first aid.

- Charitable events - Provide communications support for a number of charitable events such as the Blazin' Saddle 75, which benefits Texas EMS and Step-Up-4-Seniors, which benefits Meals on Wheels and the Hood County Senior

Center. For more information about Field Day or amateur radio, contact Tom Hyde, NK5H, or visit www.arrl.org/what-is-ham-radio online.

WALTERS

FROM PAGE B2

Kendra Fisher, his choral teacher at GHS. "My decision to teach music was influenced by Kendra Fisher," Walters said. "Going into my senior year, I knew I wanted to study music, but it wasn't until the spring of my senior year that I realized my love for teaching and that I wanted to share my passion for music with students like Fisher had done with me."

With his own teaching philosophy firmly in place, Andrew intends to impart to his students his profound belief that music is meant to be heard, performed, felt, and lived by all.

Walters acknowledges the vulnerability of singing and said that teaching high school students presents some unique challenges.

"While some might not understand this, singing is vulnerable," said Walters. "To share your voice takes

extreme courage, especially for students going through adolescence, where their voices are constantly changing. With social media crippling the mental health of our students, many students struggle to share their true selves, but to win a student's trust and have them share the most vulnerable part of themselves fulfills any music teacher."

Walters indicated that he hopes to instill valuable life lessons in his students,

some of which he learned from his former GHS high school baseball coach, Brad Eppler. "I want to instill focus, character, and commitment in my students," Walters said.

Walters said he believes that the culmination of these attributes leads to excellence in all endeavors, both in the classroom and out.

One poignant moment during Walters' student teaching profoundly impacted him.

"At one of my student teaching placements, I had one student that really struggled with their mental health," Walters recalled. "They didn't feel supported at home and felt they had no friends at school. On the last day of my student teaching placement, the student walked up to me and told me, 'Thank you for the impact you made on my life. There were times this year when I only went to school because I knew you would be there to make me feel

welcome.' This interaction affirmed Walters' belief in the profound impact he can make on students' lives.

Walters said he looks forward to learning from his mentor, Fisher, and his other colleagues.

"I am a lifelong learner," said Walters. "While I am being hired to teach students at GHS, I am also there to learn from my hero, Kendra Fisher, and many other colleagues that can help mold me into the best teacher I can be."

ARLINGTON

FROM PAGE B2

the students about the benefits of joining the MCJROTC (Marine Corps Junior Reserve Officer Training Corps), but I didn't want to, initially."

A tour of the high school — where middle school students get a glimpse into the Career and Technical Education Program (CTE) as well as the MCJROTC program — changed Arlington's mind.

"I met the cadets and saw the careers that a military career could offer," she said.

Arlington decided it would be MCJROTC for her.

"The summer after my eighth-grade year, I participated in rifle camp (hosted each year for incoming freshmen) and won," she said.

That fall after school began Arlington tried out for the rifle team and garnered

a spot.

She would go on to be the only rifle team member to be on the first-place National Team all four years of her high school career. Arlington received the Junior Distinguished Badge in 2021, placed fourth in nationals for the 2020-2021 season in the individual division, as well as being on the first-place team.

For the 2021-2022 season besides being on the first-place team, she won third in individual. She was also top 15 in the nation for the American Legion Nationals in 2022. Arlington was on the first-place team at the MCJROTC Service Championship in 2023 and fifth place individual. This year also brought first place team at the JROTC All-Service Championship and second place individual, missing first place by .1 point.

Arlington credits her dad, Evan Arlington, for raising her and her twin sisters, Alex and Lexi Arlington, (2022 Granbury High School graduates) with a hard work ethic.

"Hard work is part of our culture in my family," Arlington said. "My Dad didn't have much growing up. He wanted to push us to be the best we could be so that we could achieve our dreams."

Even with the demands of MCJROTC, Arlington kept up her commitment to Future Farmers of America (FFA) all four years of high school keeping chickens, cattle and pigs, sometimes as many as six steers of her own.

"I had been in Future Farmers of America since eighth grade, (and) it was fun, hard work but fun," she said. "But I had help. My sisters and my dad."

All three Arlington girls were in FFA.

Where other colleges begin recruiting athletes their junior year, military academies begin recruiting during the sophomore year of high school and that was when Arlington was approached.

"The academy process is a lot longer. Sarah Folsom and I were invited to tour West Point," Arlington said. "They flew us to New York in November of my sophomore year."

"My training for the academy began my sophomore year. I would wake up at 4 a.m. to work out and arrive at school at 6:30 a.m. for rifle practice. After school was rifle practice again, which went until 7 or 7:30 p.m., then home to take care of the animals, which was two or three hours a night, then homework would finally begin around 10 p.m."

Arlington also took All Advanced Placement, Dual Credit and Honors courses

wherever they were offered to be prepared academically.

"The main thing they are looking for is time management, because if you can manage your time, you can do anything," she said. "They like to see high intellectual course load. Perseverance, being able to get through. Being physically fit."

This hard work ethic will serve her well at West Point, where even football games are taken seriously and ca-

dets are in uniform and are required to stand during games as there are cadets on the field. Summers will not be the three-month break of other students but rather a three-week leave.

Balancing studies, FFA and MCJROTC at Granbury High School, Arlington initially thought Criminal Justice in the CTE department would

PLEASE SEE **ARLINGTON** | B4

PETS OF THE WEEK

Buddy is a male Doberman mix. He is approximately 5-6 years old and weighs about 55 pounds. Buddy is playful and very social. Special adoption fee of \$250. The adoption fee includes sterilization, rabies vaccination, the first round of vaccines, pyrantel dewormer, and a HomeAgain microchip.

Sammy is a neutered male domestic shorthair cat. He is approximately 8 years old. Sammy is friendly and thrives on attention. His adoption fee is \$25. The adoption fee includes his rabies vaccination, the first round of vaccines, pyrantel dewormer, and a HomeAgain microchip.

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SUDOKU

Solution for the puzzle on June 17 (Puzzle 35).

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

Puzzle by websudoku.com

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

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June is National Pet Preparedness Month

Commissioner Dawn Buckingham encourages Texans to prepare pets, livestock for natural disasters

Submitted item

In observance of National Pet Preparedness Month, Texas Land Commissioner Dawn Buckingham, M.D., is encouraging Texans to include pets and livestock in their emergency plans and build a separate emergency kit for their animals. Hurricane season began June 1, and the Texas General Land Office (GLO) continues to remind coastal and inland Texans to know their risk, purchase flood insurance, protect their home, safeguard documents, and prepare emergency supplies and an evacuation route.

Having evacuation plans and an emergency kit ready for your animals is one less thing you have to worry about when a storm is bearing down on your community," Commissioner Buckingham said. "Knowing they're prepared means you'll have more time to protect your family and home. During hurricane season, every minute counts."

The GLO encourages all Texans to prepare for hurricane season by preparing an evacuation "go bag" for their pets, including the following:



COURTESY PHOTO

The GLO encourages all Texans to prepare for hurricane season by preparing an evacuation "go bag" for their pets

Each pet should have enough food and water to last them at least 3-7 days. Don't forget to change out their food every 2 days.

If daily medication is required for your animal, be sure to have enough for at least two weeks and store them in an airtight container. In case of any injury to your pet, be sure to include a first-aid kit. Include the

animal's health and vaccinations record book with other documents.

Bring copies of your animal's registration papers, adoption information, or other records for each pet. Include pictures of your pets individually with you. This will help reunite you if your pet gets lost during an evacuation.

Make sure your pet is mi-

crochipped, which provides the best chance for efficient reunification if you get separated during a disaster.

You can begin preparing your livestock and horses for a natural disaster by maintaining an inventory, making sure animals have some type of identification, and planning evacuation arrangements.

ARLINTON

FROM PAGE B3

be her path.

"I took psychology and forensics, but as time went on, I saw that my true interest was military intelligence," she said. "My major at the academy will be Defense and Strategic Studies. All the minors are of an engineering discipline, and I will study two foreign languages. You choose a strategic and a non-strategic language. I am choosing Persian and German. There are many to choose from: Chinese, Portuguese, Russian, many. There are opportunities to travel to practice the languages. I hope I get that opportunity. You have to be chosen."

Graduates of the military academy are required

to serve active duty for five years after academy and three years reserve. Arlington plans to be career military.

Arlington was celebrated with other plebes at a send-off at Texas Senator John Cornyn's office on Memorial Day.

"I feel the way I was raised and JROTC prepared me for the challenges of West Point. I am a little nervous but what I look forward to most of all is getting the opportunity to take on these challenges with other plebes. The people that will turn into my brothers and sisters," she said. "I feel my dad's words apply, 'Without risk there is no reward.' Without taking risks I would not have joined ROTC and tried hard things. I wouldn't be where I am now."

Arlington said her dad is very excited for her.

"Probably the most excited of anyone," she said. But he's not alone.

"Immediately, she shined four years ago when she joined our program as a high school freshman," said Lt. Col. Scott Casey, Senior Marine Instructor at Granbury High School. "She is a natural-born leader and committed to whatever she puts her mind to, and in this case, she will be very successful at West Point as a student, athlete, and soldier - we cannot wait to see what her future holds."

COURTESY OF ASHTON ARLINGTON

Ashton Arlington at the United States Military Academy at West Point on my Official Visit in 2022.



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SPORTS Roundup

Tolar linemen competing in Abilene

Today, some of the best high school linemen in the state of Texas will be gathering at Hardin-Simmons University in Abilene for the State Lineman Challenge. High school athletes from across the state compete to win this prestigious event.

And, of course, when you have one of the best football teams in the state, it makes sense your program will have linemen participating — such as the Tolar Rattlers have.

The Tolar team in Abilene consists of Oakley Saffer, Reid Baugh, M.J. Johnson, Drew Cooper, Cash Clark, Sam Stewart, Peyton Brown, Cutter Cain, Hunter Michels, Zane Graham, Toby Combs and Ethan Tidwell.

Of course, not everyone participating in the competition, which includes speed events, is a bonafide lineman. For example, Brown was one of the nation's top running backs in 2022 as the Rattlers had their best season ever, finishing 13-1 and reaching the 2A Division I state quarterfinals.

And, of course, Brown has given credit to his linemen for accumulating his eye-popping numbers (2,777 yards, 49 touchdowns)

The Tolar linemen qualified by finishing second in their regional competition, also in Abilene, on May 27, finishing as the runner-up team by two points. The competition features a number of strongman events, such as bench press, tire throws, med ball throw, sled push, power drive and a massive tractor tire flip. There are also speed events like an obstacle course, farmers walk, and dumbbell stack. "This is to name a few events. However, you have to be able to adjust because events could be added or changed once you get there," Rattlers line coach Lance LeFevre said.

Out of 17 schools entered in the qualifier, Tolar won obstacle course, medicine ball throw, dumbbell stack, and power drive.

MULLINS HONORED BY THSCA

Tolar Rattlers head football coach Jeremy Mullins was named the Region 3 Coach of the Year in Class 2A football by the Texas High School Coaches Association. The THSCA regions are different from University

Interscholastic League regions, in which Tolar is in Region 2.

Mullins guided the Rattlers to their best season in program history in 2022. They finished 13-1, were ranked in the state's top 10 all season and advanced to the Class 2A Division I quarterfinals.

FORMER PIRATE COACHES RECOGNIZED

Two former Granbury coaches were also named THSCA Coaches of the Year in their respective sports. Casey Pacheco won in Class 5A Region 3 for swimming and diving at Abilene Wylie, while Tyson Stewart won for Class 4A Region 8 tennis at Boerne.

SEALS SWIMMING

Granbury SEALS Meet Saturday, June 17
Top individual finishers (Distances in yards)

Team scores

Female: SEALS, 1,392; Ridglea Pool Association, 867; Mineral Wells Moccasins, 308; Stephenville Swim Squad, 180.
Male: SEALS, 1,767; RPA, 852; Mineral Wells, 280; Stephenville, 88.

Female

6-Under
Eliana Sanchez, first in 25 free, 25.38; first in 50 free, 58.89; second in 25 back, 29.51.
Camille Vazquez, third in 25 free, 27.54; first in 25 back, 28.91.

8-Under

Madeline Baysinger, first in 25 back, 25.08; first in 25 butterfly, 33.44; first in 25 free, 25.83.
Leah Citzler, first in 50 free, 37.92.
Addy Limon, first in 50 free, 1:14.05.

Rory Stephan, second in 25 back, 27.24; first in 25 breast, 35.17; second in 25 free, 27.67.

9-10

Ellie Uribe, second in 25 butterfly, 35.37.



PHOTOS BY MARY VINSON | HOOD COUNTY NEWS

From the get-go, Granbury SEAL Madeline Basinger swam way ahead of her Father's Day Meet competitors to earn first place honors in the 25 yd butterfly the girls 8 and under.

11-12

Harper Fox, third in 100 free, 1:14.58; second in 50 back, 40.08; first in 50 breast, 43.92.
Lilli McKelvy, first in 50 back, 38.27.

Annabel Ross, first in 50 butterfly, 40.25; second in 100 IM, 1:32.84.
Charlotte Sorrells, first in 100 free, 1:12.31; first in 50 free, 31.78.

13-14

Abigail Beatty, second in 50 breast, 44.49.
Bailey Stone, third in 100 free, 1:09.94; second in 100 IM, 1:25.84.
Autum Stuart, second in 100 free, 1:06.18; first in 50 free, 29.62; first in 200 free, 2:25.47.

Hannah Ward, first in 100 free, 1:05.68; first in 50 back, 35.28; second in 50 free, 29.66.

15-17

Bethany Crowe, first in 100 free, 58.69; second in 50 free, 27.21; first in 200 free, 2:12.28.

Rayah Gifford, first in 50 butterfly, 28.77; first in 50 free, 26.59; first in 100 IM, 1:08.95.

Jina Kim, first in 50 breast, 36.41; third in 100 IM, 1:14.35.
Bailey McDermott, second in 50 butterfly, 33.11.

Aimee Palmer, second in 50 breast, 37.27; second in 100 IM, 1:13.96.

Elise Ward, third in 100 free, 1:06.66; third in 50 breast, 42.35.

25-Over

Tristy Stuart, first in 100

free, 1:10.81; first in 50 butterfly, 39.30; first in 100 IM, 1:22.24.

Male

6-Under
Jeremiah Sorrells, first in 25 free, 33.07.

8-Under

Davis Moore, third in 50 free, 50.20; second in 25 back, 28.51; third in 25 free, 23.24.
Cutter Plash, second in 25 butterfly, 42.66.

9-10

Asher Beatty, third in 25 back, 22.71; first in 25 breast, 24.56.
Zane Frasier, third in 50 free, 42.49; third in 25 free, 20.83.

Parson Hitt, second in 25 butterfly, 23.97; first in 25 free, 18.67; third in 100 IM, 1:55.97.

Jameson Plash, third in 25 butterfly, 28.10; second in 25 free, 19.59.

Mason Prince, first in 25 back, 19.64; first in 25 butterfly, 17.68; first in 100 IM, 1:29.75.

John Stone, first in 50 free, 37.12; second in 100 IM, 1:35.86.

11-12

Kyle Brawner, first in 50 back, 34.32.
Cameron Brinkman, third in 100 free, 1:26.44; third in 50 breast, 52.78.

Ben Burton, third in 50 butterfly, 1:37.22.
Tyler Citzler, second in 50 butterfly, 51.50.

Aiden Gifford, first in 100 free, 1:11.06; second in 50 back, 35.92; third in 50 free, 32.11.

Connor Spence, first in 50 butterfly, 39.50.
Jude Ward, second in 50 free, 30.80; first in 100 IM, 1:16.81.

13-14

Logan Crowe, second in 100 free, 1:01.01; second in 50 free, 28.82; first in 200 free, 2:24.71.

Andy Debello, first in 50 breast, 38.92; third in 50 free, 29.49; first in 100 individual medley, 1:15.58.

Sean Kim, first in 100 free, 58.90; first in 50 butterfly, 27.55; first in 50 free, 28.00.

15-17

Heath Crowe, second in 100 free, 59.37; third in 50 breast, 27.28; first in 200 free, 2:08.82.

Zane Herndon, first in 50 breast, 30.87; second in 50 butterfly, 28.02; second in 100 IM, 1:04.80.

Colby Parker, third in 100 free, 1:03.35; second in 50 free, 27.06.

Lee Stuart, second in 50 breast, 32.35; first in 100 IM, 1:03.75; second in 200 free, 2:12.11.

Cameron Ward, first in 100 free, 56.47; third in 50 butterfly, 28.12; third in 100 IM, 1:05.72.

18-24

Tyler McDermott, first in 50 breast, 30.91; first in 50 free, 25.86.

Brady Porter, first in 100 free, 56.97; first in 100 IM, 1:08.40.

25-Over

Patrick Steenberge, first in 100 free, 1:43.97; second in 50 free, 37.75.

Relays

Female

8-Under

100 free: Sailor Winters, Addison Limon, Vivian Floyd, Rory Stephan, 2:16.87.

11-12

200 medley: 3. Annabel Ross, Harper Fox, Charlotte Sorrells, Kaia Boulware, 2:41.87.

200 free: 2. Lilli McKelvy, Fynlee Gomas, Selah Taylor, Charlotte Sorrells, 2:38.29.

13-14

200 medley: Bailey Stone, Abigail Beatty, Hannah Ward, Autum Stuart, 2:22.52.

15-17

200 medley: Elise Ward, Bethany Crowe, Rayah Gifford, Jina Kim, 2:10.70.

Male

8-Under

100 free: 3. Jason Conn, Austin Conn, Elijah Obrien, Jeremiah Sorrells, 2:37.70.

9-10

100 medley: 1. John Stone, Asher Beatty, Mason Prince, Jaxon McKelvy, 1:28.30.

100 free: 1. Zane Frasier, Parson Hitt, Dipson Thapaliya, Jameson Plash, 1:34.31.

11-12

200 medley: 3. Aiden Gifford, Jude Ward, Kyle Brawner, Connor Spence, 2:25.57.

200 free: 1. Jonah Beauchamp, Cameron Brinkman, Tyler Citzler, Benjamin Burton, 2:39.45.

13-14

200 medley: 2. Andrew Debello, Logan Crowe, Sean Kim, Andrew Tompkins, 2:17.20.

15-17

200 medley: 1. Heath Crowe, Zane Herndon, Cameron Ward, Leander Stuart, 1:56.85.

Mixed

15-17

200 free: 1. Remi Chastain, Bailey McDermott, Colby Parker, Cameron Ward, 1:50.55.

18-Over

200 free: 2. Tyler McDermott, Brady Porter, Tristand Stuart, Aimee Palmer, 1:52.51.



The SEALS Father's Day Meet held Saturday June 17 was a success with dads, brothers, granddads, and coaches participating in Dad Relays held at the Hood County YMCA pool.

MARY VINSON | HOOD COUNTY NEWS

TARLETON STATE UNIVERSITY™

Texans add 12th women's basketball player, UK native Anya McKenzie

TSU Sports Information

STEPHENVILLE – Tarleton State University's women's basketball head coach Bill Brock has wasted no time in revamping the roster since joining the Texans. On May 31, he announced a 12th new addition to Tarleton's 2023-24 roster.

The Texans signed 6-2 forward Anya McKenzie, who played the last three years for Ipswich Basketball Club, an elite basketball academy in the United Kingdom. The club team worked in conjunction with her high school, Copleston High School.

This past season in the Women's Elite Academy Basketball League (WEABL), McKenzie averaged 3.9 points, 5.0 rebounds and 1.1 steals in 12.0 minutes per game across seven contests. She also played in the top division of the Women's National Basketball League (WNBL) this past year, averaging 2 points and 3.3 rebounds in 10.2 minutes

across 19 games.

Upon arrival at Tarleton, McKenzie will pursue a degree in legal studies.

The Luton, U.K. native, is the fifth player born outside the United States that Brock has signed this offseason.

McKenzie joins post player Faith Acker from Winnsboro High School, guard Miannah Little from McLennan Community College, stretch-four Andjela Bigovic from Cochise College, forward Lexi Bull from Wyoming, post Vitória Carvalho from South Plains College, guard Gosia Byczkowska from Howard College, guard Jakoriah Long from Blinn College, post play-



PHOTO COURTESY OF TARLETON SPORTS INFORMATION

er Dyamon Griggs from Midwestern State, guard Karyn Sanford from the University of Albany, and guard Nykesha Sanders from Paris Junior College,

and guard Teresa Maggio from IUPUI as the players signed since Brock was introduced as the head coach of the Texans in late March.

Tarleton State University has signed 6-2 forward Anya McKenzie to play basketball starting next season. McKenzie played the last three years for Ipswich Basketball Club, an elite basketball academy in the United Kingdom. The club team worked in conjunction with her high school, Copleston High School.

Tarleton signs Eastern Illinois standout pitcher

TSU Sports Information

STEPHENVILLE — Another experienced NCAA Division I pitcher will transfer to Tarleton State University, as the Texans signed Alexa Rehmeier from Eastern Illinois University, the team announced on June 14.

Rehmeier appeared in 58 games the last two seasons for the Panthers. In her Panthers' career she accumulated 19 wins and two saves in 196 innings. She threw 11 complete games and three shutouts. She notched 32 starts and a 3.46 ERA.

This season, the hurler twirled seven wins and one save while striking out 58 batters. In 12 starts, the right-hander tossed three

complete games and a shutout. She held opposing hitters to a .215 average, her best mark as a Panther.

As a freshman in 2022, Rehmeier broke into the collegiate ranks. She was named a NFCA/Easton All-America Scholar-Athlete, tabbed to the All-OVC Newcomer Team and awarded the OVC Academic Medal of Honor. She led the Panthers with 12 wins and recorded 102 strikeouts in 113.2 innings in the circle. She threw eight complete games and two shutouts. Against IUPUI, the freshman notched a season-high 12 strikeouts in eight innings. She was named OVC Pitcher of the Week during the season.

The Jefferson City,

Missouri, native, enjoyed a successful prep career at Heliath Catholic High School. She was a two-time all-state, all-region, all-district and all-conference selection. During her senior year she spun a pair of perfect games. In 2019, she helped guide her team to the 2019 Missouri Class 3 state championship. Throughout her prep career she surpassed 40 wins and 465 strikeouts while boasting a sub-1.15 ERA.

Outside of softball, Rehmeier was named academic all-state and was a member of National Honor Society.

Rehmeier intends to pursue her undergraduate degree in finance at Tarleton.



PHOTO COURTESY OF TARLETON SPORTS INFORMATION

Softball pitcher Alexa Rehmeier has signed to play for Tarleton State University after transferring from Eastern Illinois University.

Tarleton, Fossil Rim Wildlife Center expand partnership

TSU Marketing & Communications

STEPHENVILLE — Tarleton State University and Fossil Rim Wildlife Center, Inc. have agreed to strengthen their ongoing partnership by expanding student internships, collaborative research, community education activities, professional development and cooperative programming for faculty and staff.

A new faculty-in-residence from the Department of Wildlife and Natural Resources will be based at the facility near Glen Rose in Somervell County, offering on-site classes and programming in zoo animal care and management. A national search for the position is underway.

"This collaboration extends our educational mis-

sion beyond the walls of the traditional classroom," Tarleton President Dr. James Hurlley said. "Together we can forge immersive experiences for our students that ignite an appreciation for wildlife conservation and nurture a commitment to environmental sustainability."

"We are excited about the opportunity this will bring the center and our visitors," Fossil Rim Executive Director Dan Simon added. "Fossil Rim is truly a unique wildlife park. At 1,800 acres we can manage animals in herds, reinforcing their natural behavior while allowing visitors to see them up close. Increasing internships, research and programming will further our mission of conservation."

The collaboration will have a lasting impact on

students across various programs within the College of Agriculture and Natural Resource Sciences, including agriculture communications, zoo animal care and management, and range management, increasing their skills to address the challenges of wildlife conservation in the 21st century.

With the expanded partnership and their shared commitment to wildlife preservation and education, Tarleton and Fossil Rim are poised to make a significant difference in the world of wildlife conservation, shaping the future of environmental stewardship and inspiring generations to come. For more information on Fossil Rim Wildlife Center, go to <https://fossilrim.org>; or for Tarleton State, go to <https://tarleton.edu>.

Texans sign Menlo College women's golf transfer Lou Deltombe

TSU Sports Information

STEPHENVILLE – The Texans have signed a highly ranked French golfer who played last season at Menlo College, Tarleton's Women's Golf announced Monday. Lou Deltombe joins Tarleton for 2023-24 after playing one season with the Oaks in the Golden State Athletic Conference.

Her best performance came at the Claremont Challenge in San Dimas, California, where she shot +6 for ninth place, leading off with a career-best round of even-par (72).

"Lou brings a lot of depth and experience into our lineup," Tarleton State's women's golf head coach Isabel Jimenez said. "During her junior career she competed in great events all across France, both team and individual formats, which has prepared

her for collegiate competition. What most attracted me to Lou is her competitive character and her clear goals. She comes to Tarleton with the goal of becoming the best golfer she can be, while helping her team succeed in the WAC and beyond.

"Lou is also a great student, something I highly value during the recruiting process," Jimenez added. "I have no doubt she will help our team in progressing both on and off the course."

Deltombe is from La Chapelle-sur-Erdre, France, where she attended Le Pôle Erdre et Cens. Before leaving France for the United States, Deltombe was ranked No. 69 in the country as an individual. Deltombe will pursue a degree in business analytics upon arrival at Tarleton State University.



PHOTO COURTESY OF TARLETON SPORTS INFORMATION

Tarleton State University has signed a highly ranked French golfer who played last season at Menlo College, Lou Deltombe. She played one season with the Oaks in the Golden State Athletic Conference.

I'VE BEEN THINKING

Rest assured: CPAP machines can help relieve sleep apnea issues

CAROL GOODMAN HEIZER



Carol Goodman Heizer is an author who moved to Hood County from Louisville, Kentucky in 2019. She has had short stories and articles published in six editions of "Chicken Soup for the Soul" books. Her column for the Hood County News will appear every two weeks. She was a public school teacher for 17 years, earlier in her professional career.

The role of sleep is being better understood by the medical community, and we now know there are proven health benefits from getting adequate rest. Most adults are advised to get between 7 and 9 hours of sleep each night.

No one would question the fact that the brain controls the body and functions on oxygen. But approximately 164 million people (half the population) in the United States suffer from Obstructive Sleep Apnea (OSA). It is a sleep disorder caused by the collapse of the airway in the back of the nose, mouth, and throat during sleep. It falls under the umbrella of Chronic Obstructive Pulmonary Disease (COPD). It is a term used to describe progressive lung diseases - including emphysema and chronic bronchitis that kills approximately three million people each year around the world.

This is a serious problem and should not be taken lightly, so what are the symptoms of this condition? Primarily, if individuals experience snoring, choking, or gasping during sleep, stopped breathing during sleep, and fatigue or sleepiness during the daytime - they are experiencing it. This daytime struggle manifests itself from being edgy at the least to "everything irritates me" to a "walking and talking zombie" at the most.

Exactly what is OSA? It is a chronic condition that can cause poor quality sleep and affect one's overall mood. It can also raise the risk of serious health problems such as: high blood pressure - if left untreated, 45% of OSA patients who do not have high blood pressure will develop it within four years; heart disease - as many as 80% of these patients have OSA; stroke - 55% of these patients have OSA, and 84% of brainstem strokes are associated with sleep apnea; Type 2 diabetes - 24% to 86% of these patients have OSA; cardiovascular death - these patients have five times the risk of dying from heart problems than those without sleep apnea; and depression - there is a higher rate among OSA patients than in the general population. Obviously, such problems can affect your general health and increase the risk of death. When a person's oxygen saturation level drops to 78% or less, these patients' risk of death is increased by 80%.

And what about those automobile rides home after a long day of work (accompan-



Approximately 164 million people (half the population) in the United States suffer from Obstructive Sleep Apnea (OSA)—a sleep disorder caused by the collapse of the airway in the back of the nose, mouth, and throat during sleep.

COURTESY PHOTO

nied by poor sleep the night before)? Or even an afternoon drive in the country for relaxation? Estimates reveal that drowsy drivers cause more than 100,000 police-reported auto accidents and more than 1,500 deaths every year.

There are two side effects of poor sleep that most people do not consider. First, a lack of sleep increases hunger and cravings, especially for high carb and fat junk foods. The average person suffering from poor sleep quality generally takes in 22% more calories the following day. Second, a lack of sleep makes you fat. Poor sleep leads to a slower metabolism and (combined with the increased cravings), creates the perfect formula

for weight gain. One study showed that just five nights of poor sleep generally leads to a one-and-a-half-pound weight gain. Imagine what a prolonged period of poor sleep can do to one's waistline!

Additional side effects of poor sleep can lead to the following: an older-looking appearance because the skin cannot adequately recover from sun exposure; distraction and forgetfulness because the brain's lymphatic system (that clears out neurotoxic waste) is most active during sleep; bad decisions and self-destructive behavior, leading to irritability, moodiness, and anger, which make everything more difficult - particularly in today's stressful world.

This had been the bad news. But there is good news. Sleep apnea can be treated effectively. It is the ultimate defense. It can stop, and even reverse, damage already present. But early detection and treatment is a "must." The longer it continues, the worse the damage.


Many sleep apnea patients use the CPAP (Continuous Positive Airway Pressure) machine that sends a constant flow of airway pressure to your throat to help your airway stay open during sleep. It effectively treats the spontaneous pauses in breathing associated with sleep apnea.

If all other treatments have failed in treating the sleep apnea, the newest procedure is the surgical procedure


known as the Inspire implant that operates on a similar principle as a pacemaker. However, instead of working to regulate heart rate, the Inspire works to make breathing regular. Talk to your pulmonologist about this procedure.

In conclusion, if you suspect you or your bed partner have OSA or sleep apnea, talk to your general practitioner or sleep medicine specialist (often referred to as Defenders of Sleep) immediately. Your life and health can depend on it!

cgheizer@gmail.com



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BOOK REVIEW

'Thinking with Your Hands': A serious book that can enhance communication

BY TERRI SCHLICHENMEYER

It's about thiiiiiiiiis big. Admit it: you can barely read those four words without wanting to use your hands. Pointing, wringing, raising and lowering, you probably even use your hands to give directions over the phone. Most of the time, your gestures emphasize your words and most of the time, people understand you but what are you not saying aloud? In the new book "Thinking with Your Hands" by Susan Goldin-Meadow, you'll see.

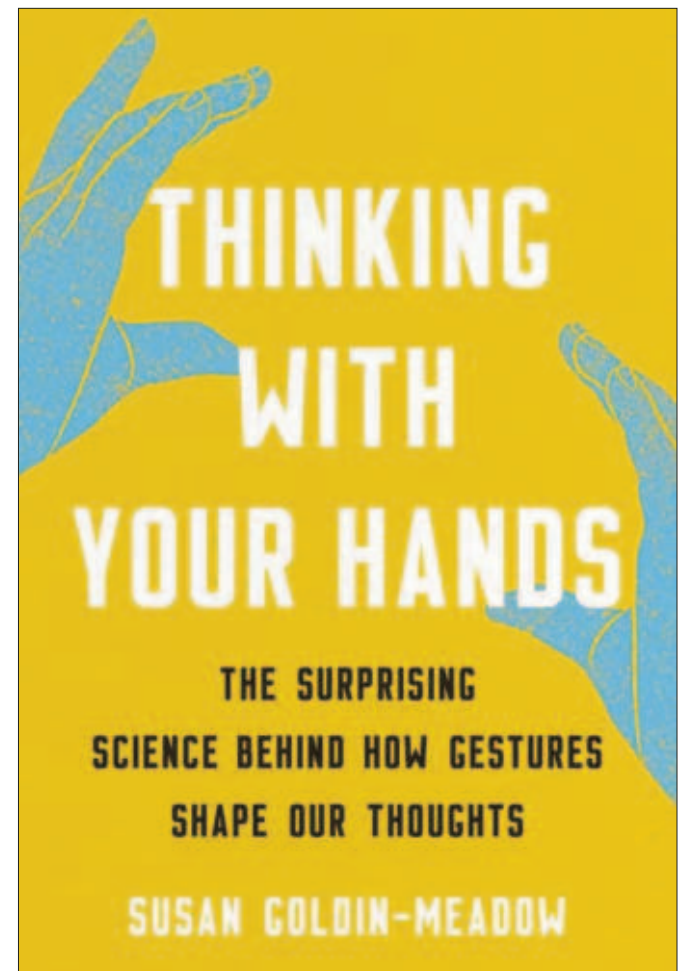
Ask anyone to describe opening a jar of pickles and if you couldn't hear them, you could still understand the gist of their actions. But that person described the process by speaking out loud - so why did they also gesture?

Overall, and not surprisingly, we use gestures for many things: to understand one another, to help us remember and maintain our train of thought, and to keep a listener's attention. If you're savvy, says Goldin-Meadow, you can also tell when someone's misleading or lying, even if they aren't consciously doing it. "Reading" someone's hands can help to read their mind.

This, she says, is important information for parents.

As a researcher, Goldin-Meadow learned that deaf children who are either too young to learn ASL or are not taught it for other reasons use gestures to communicate. She discovered that using "homesigns" are intuitive, and that gestures are used around the world to communicate with others. Even blind people use gestures when they talk.

Kids should be encouraged to use gestures to figure out problems, tell stories, and communicate when they don't have the words. If used properly, gestures can expand your child's vocabulary and they can influence the meaning of words. Gestures can alert an attentive parent



COURTESY PHOTO

"Thinking with Your Hands: The Surprising Science Behind How Gestures Shape Our Thoughts" by Susan Goldin-Meadow C.2023, BASIC BOOKS. \$30.00. 272 PAGES

to language delays or other cognitive problems, and they can let parents know when children are struggling with a particular idea or subject. In these ways, Goldin-Meadow warns parents of one thing: be sure your gestures adhere closely to your thoughts. Your kids are watching...

The very first thing you'll notice when you browse through "Thinking with Your Hands" is that it's very science-y. Clinical, almost. This is a serious book.

The second thing you'll notice is how quickly you'll be drawn into it.

Author Susan Goldin-Meadow uses laboratory evidence to back up her research and drawings to make things easier to grasp. This helps to lessen the clinical

aspects of her book, making it more accessible, which is a good thing: for supervisors, parents, and those who work with small children especially, there's a lot of book to scale before getting to the immediately-usable parts and any help you can get will keep you from setting this book aside.

If you can refrain from that, you'll find that this book can enhance the communication you share with other adults - strangers, acquaintances, friends or family - and it will boost what you talk about with your child, even if he or she is fully articulate. Just remember, "Thinking with Your Hands" is quite disciplined but if you need to say something important, this book is big.

FORWARD TRAINING CENTER

Ladies only: July 26 soiree will be great time to get your Sparkle on!

BY KATY OFFUTT



Katy Offutt is executive director of Forward Training Center of Hood County. Her community leadership roles include: Help Ministry coordinator, Stonewater Church; alumnus and past president, Leadership Granbury; vice president, Granbury Housing Authority; president, Public Facility Corporation; Nominating Committee chair, LGMA; and volunteer with Ada Carey Center.

Donna Sullivan, owner of Signature Beauty Bar and Fashions, knows Sparkle and Shine. She adds the perfect "Signature Statement" to any outfit and any occasion.

Donna is celebrating Signature's sixth anniversary and giving back to the community by supporting Forward Training Center (FTC) with a generous donation from the proceeds of the event. She and her friends at Bella Rosa and Diamond A Ranch have joined forces to bring awareness to FTC.

The Sparkle & Shine Soiree will be held at Diamond A Ranch on Wednesday, July 26 at 5:30 p.m. It promises to be a fun event packed full of treats and surprises and an explosive Fashion Show finale. Wearing lots of bling is a must to attend, so purchase your tickets now by calling 817-219-9899 or dropping by Signature Beauty Bar. If you attended

last year, you would already know what a fabulous event this would be and be prepared for a surprise entirely new production.

Donna had a dream, to own the perfect salon where a woman who had a special event could come in and receive head-to-toe pampering, put on a new outfit, and have a limo pick them up out front to whisk them away. Fast forward 30 years and following a relocation from Florida to Granbury, she is now living that dream (minus the limo part). She overcame many challenges to arrive here and credits her family's support for now being here in Granbury.

Donna's entry into the philanthropic world began



COURTESY PHOTO

Pictured from left to right is Signature's Beauty Team, Owner Donna Sullivan, Karen Sparks, Denise More, Karen Richardson, Lindsey Womack, Kathryn McSpadden, and Della Weber.

when her sister was diagnosed with breast cancer. She became aware that many single working moms earned just enough income to exclude them from outside help financially for life-

saving chemotherapy treatments. They had to choose between treatments or paying bills. Seeing this need, Donna facilitated raising more than \$300,000, and 100% was paid toward bills

for nine single moms to access needed oncology care. Donna proudly claims "I love Forward because I was raised to help others give a hand up and always put others first, and that is

how I live my life. I am passionate about helping others and giving back to my community."

Underneath the beauty and glam is a woman of amazing generosity.

As an entrepreneur, Donna credits her success to championing a team of associates for Signature's success. She understands how challenging it can be to assemble the right team.

FTC is a valuable commodity impacting community businesses and potential students by offering no-cost student job skills training and IT training to raise a skilled workforce of youths and adults meeting the needs of the employers. Likewise, graduates can find long-term sustainable careers and entry into higher-paying jobs. FTC encourages people to discover their dream job by participating in the center's myriad of classes. We are located at 600 W. Pearl St. in Granbury.

A favorite quote from Donna is, "Failure is not an option and I truly believe if you think you can succeed, you can."

katy@forwardtrainingcenter.org | 817-219-5655

HCN Junior

WORLD Music DAY JUNE 21

COLOR Time

World Music Day

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

O	S	O	P	R	A	N	O	M	N
K	K	X	T	E	M	P	O	O	R
M	U	S	I	C	Z	E	T	J	X
S	C	V	C	T	R	E	B	L	E
F	C	E	L	L	O	L	Z	U	Q
I	N	S	T	R	U	M	E	N	T
I	A	M	H	T	Y	H	R	E	Y
U	B	U	W	Z	A	L	N	U	Z
X	U	W	P	K	G	O	F	W	B
P	T	Z	T	T	R	F	L	X	R

Music Instrument	Note Tempo	Tenor Rhythm
Cello	Treble	
Tuba	Soprano	

World Music Day is a very special day that happens once a year where people all over the world celebrate the magic of music!

On this day, musicians and music lovers come together to play, sing and dance to all kinds of music. It doesn't matter if the music is from your country or another country, if it's fast or slow, or if it's played on a guitar or drums - everyone can enjoy it!

There are concerts and performances happening in lots of different places, like parks, streets, and music venues. You might see people playing music on instruments like guitars, pianos, drums, or even just using their voices to sing.

The best part about World Music Day is that it's a day to celebrate how music can bring people together from all around the world. It doesn't matter what language you speak or where you come from, music is something that we can all enjoy and understand.

So, World Music Day is a day to celebrate the joy of music and to appreciate all the different sounds and rhythms that make it so special.

HEALTH FACT:

THERAPY INVOLVING THIS ACTIVITY CAN ENHANCE COMMUNICATION AND COPING AND HELP PEOPLE BETTER EXPRESS THEIR FEELINGS.

Did you know?

THERE ARE FOUR MAIN CLEFS USED IN MODERN MUSIC: TREBLE, BASS, ALTO, AND TENOR.

PEOPLE FACT:

THIS INSTRUMENT IS OFTEN INTRODUCED TO YOUNG CHILDREN IN SCHOOL MUSIC CLASSES.

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WE COVER YOU



COURTESY OF MINERAL WELLS CHAMBER OF COMMERCE

Visitors have no shortage of exploring opportunities at the Mineral Wells Fossil Park, listed as one of the state's top "under the radar" activities.

Looking for something different? Try these day trip destinations

BY RICK MAUCH

Special to the Hood County News

Ah, sweet summer. School is out. Kids are home. Now is the time to explore and find a little extra fun.

Of course, there's always the family vacation. Where is the destination this year? The Bahamas? Europe? Maybe somewhere stateside, such as New York or sunny California?

But then, with that comes hotels, airfare dining out several times a day for the better part of a week or more - and not to mention all the surprising little incidentals that pop up, like souvenirs for all those at home waiting to hear stories of your adventure.

Next thing you know, you're taking out a second mortgage to pay for that "trip of a lifetime."

Who said getting away has to include a long, expensive trip? Locally and all over North Texas is entertainment galore, from great live theater and music to world-class museums and some of the finest dining to be found.

But if you're looking for something a little different, or "under the radar," if you will, keep reading. There are a plethora of such places right here in Granbury and not too far away.

You might not find them on a list of major attractions, but they are worth a trip to see.

Here's a list of some of the more unique and interesting getaway opportunities — and most are free or cost very little, so you can also grab a bite at that special little spot that everyone in town says you simply must try.

So go have fun! Starting out at home...

GRANBURY

Ghosts and Legends Tour
Every Friday and Saturday night at 7 and 9:15 p.m., you'll have a chance to see some of

COURTESY OF THE BILLY THE KID MUSEUM

Locals in Hico tell the story of "Brushy Bill" Roberts, whom many believe was really the legendary outlaw Billy the Kid.

Learn about his history and much more about the old West and outlaws at the Billy the Kid Museum.



than 6,000 dolls, including celebrity look-a-like dolls such as Marilyn Monroe, Clark Gable, Prince William and his bride the Duchess of Cambridge; GI Joe figures; Girl Scout dolls, and Madame Alexander's Little Women dolls, and much more. It boasts an uncanny resemblance to a life-sized doll house. Admission \$10 adults, \$7 for ages 12 and under. Contact 817-894-5194.

Hood County Jail and Museum

Built in 1885 and operated as the Hood County Jail from 1886 to 1978, this building served as the only jail for both city and county prisoners. Throughout the years, records indicate that sheriffs, city marshals, or deputies actually lived downstairs, depending on the needs of the individuals. The second floor has three rooms; the gallows, the single cell (used for women and folks deemed insane), and the main cell. Admission \$5 for ages 13 and up, \$250 for ages 6-12, and 5 and under free. Contact 817-573-5135 or email at old-jailmuseum@gmail.com.

BURLESON

Halbert Farm Kunekune pigs
Established in 2013, they were one of the first Kunekune breeders in Texas. They specialize in Kunekune pigs and piglets, a friendly and docile

grazing pig from New Zealand. They also raise miniature Zebus, Salmon Faverolle Chickens, sell Farm Fresh Eggs, and do Airbnb Animal Experiences. All the pigs know how to sit and visitors can feed them treats, give them belly rubs, and see how special they are. They also offer an age 10 and up one-hour tour called Meet the Kunekune Pigs. Contact halbertfarm@gmail.com or 682-582-0781.

CLEBURNE

Gone with the Wind Remembered Museum

One of the most comprehensive and extensive collections of GWTW memorabilia in the world can be found here. Vicky Lynn Rogers has been collecting these items for more than 30 years. There are a number of original one-of-a-kind pieces as well as items that are extremely rare, including one of the most iconic costume pieces from the movie, the mourning bonnet worn by Scarlett O'Hara. Adults, general admission, \$10; seniors and group rate, \$7. Children \$5, strollers free. Contact 817-517-3897.

FORT WORTH

Inspiration Alley at The Foundry District — In the heart of Fort Worth's Cultural District is five acres of mid-

PLEASE SEE **TRIP** | C7

Great Outdoor Scavenger Hunt is back with new category — GASP!

From Staff Reports

This summer, Texas Parks & Wildlife magazine kicks off its fourth annual Great Outdoor Scavenger Hunt (GOSH). Participants can choose from 35 locations in seven regions for chances to win prizes from Buc-ee's, Whole Earth Provisions Co., the Texas Historical Commission and more.

Participants must travel to various locations regionally or statewide, take selfies and post them with the hashtag #GOSH2023. This year's contest offers a new category as well - Grand Adventures in State Parks (GASP), added to commemorate 100 years of Texas State Parks.

"We're blown away by the popularity of GOSH," Publication Manager Nathan Adams said. "This year's competition is the biggest yet, and offers a fun way to discover history, wildlife, parks, waterways and quirky attractions."

GOSH 2023 ends at midnight on Labor Day, Sept. 4.

The challenge features seven regions: Dallas/Fort Worth, Central Texas, Houston, the Panhandle, South Texas, East Texas, and West Texas. Register on the GOSH 2023 website, find each spot, take a smiling selfie, and tag it with #GOSH2023 on Twitter, Instagram or the GOSH homepage. Here is a complete list of GOSH locations for 2023.

DALLAS-FORT WORTH REGION:

- Take a selfie in front of the statue of Dwight Eisenhower, the first president born in Texas.
- Cool off at Ray Roberts Lake State Park, which features sandy beaches and hidden coves. Snap your selfie knee-deep in the refreshing water.
- At Eagle Mountain Park, check out more than 5 miles of hiking trails; then take a rest from your hike and snap a selfie on one of the park's eight benches.
- Baseball fans will be intrigued by the little gem of Texas History at Majors Stadium, where Joe DiMaggio and the New York Yankees played an exhibition game in 1949. Snap a selfie in front of the Majors Stadium arch, one of the last remaining structures of the old ballpark.
- GASP challenge: take a picture of yourself fishing at one of the local state parks. Bonus if you are holding a fish you caught. Make sure to tag the park where you are fishing.
- Those who complete all activities in a particular region will receive a Buc-ee's logo hat and be entered into a drawing to win a regional prize pack, courtesy of our GOSH sponsors. Complete every statewide challenge in this year's GOSH and you'll be entered into a drawing to win one of four grand prizes courtesy of Whole Earth Provisions Co. and the Texas Historical Commission.

To register, go to the Gosh 2023 website at <https://woobox.com/qdsmqm?web=1&entry=1>.

Summer activities everyone can enjoy

BY EDEN GILBREATH

Special to the Hood County News

There is no shortage of activities for youth in Hood County during the summer. Local children look forward to returning to their favorite activities all year. From Vacation Bible School at multiple churches to 4-H and YMCA day camps to unique to Granbury activities like "Constitution Camp," fun abounds and it's not too late to get a spot.

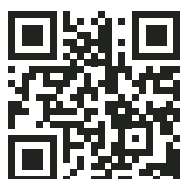
Granbury ISD offers both sports and robotics camps. The camps are taught and coached by GISD teachers and coaches and the skills they offer are outstanding. These camps are great introductions for those wanting to be introduced to a sport or activity but also great for polishing the skills of a sport or activity the child is already pursuing.

Local mom Jennifer Morrison said that her son loves the 4-H camps. They include fishing and animal husbandry but also STEM, cooking and sewing. Last year Robbie Morsson, age 10, attended a cooking camp. Robbie especially liked the games, and his favorite thing they cooked was peanut butter, drawing the response, "It was really good!"

The highlight of the 4-H Camp for Robbie was the opportunity for the students to "run their own restaurant." Their restaurant was named "The Clover Goat." Students served lunch to their own families doing everything from printing menus to cooking, serving and cleaning. Robbie proudly made the burgers.

PLEASE SEE **SUMMER** | C3

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Lakestone Terrace donates \$301 to Parkinson's Moving Day event



MARY VINSON | HOOD COUNTY NEWS

Lakestone Terrace Senior Living donated \$301 to Parkinson's Moving Day from proceeds raised during the annual car and craft show on May 19. Tom Domingos, far left, and Bob Stevens, far right, were the winners of the event's Best of Show award with their cars: a 1931 Model A Ford and a 1933 Buick. Also pictured is Mattie Mathis, second from left, Lakestone Lifestyle Director Molly James, middle, and Annette Bush, second from right.

BY ASHLEY INGE
Staff Writer

The Lakestone Terrace Senior Living Annual Car & Craft Show was a success, with the May 19 event raising more than \$300 for the Parkinson's Moving Day event.

PARKINSON'S MOVING DAY

According to movingday-walk.org, Parkinson's Moving Day is an inspiring and empowering annual fundraising walk event that unites people around the country living with Parkinson's disease (PD), their care partners, and loved ones to help beat PD.

Leading up to the event, participants and teams raise funds to help the Parkinson's Foundation provide everything people with Parkinson's need to live better, according to the website. The funds are used to help the foundation provide everything from lifesaving resources, to de-

livering quality care to more than 196,700 people living with Parkinson's, to improving Parkinson's treatments through research.

Proceeds from Lakestone's car show event totaling \$301 were donated to the Parkinson's Moving Day event, which is set for 9 a.m. on Saturday, Oct. 21, at the University of Texas at Arlington's Maverick Stadium.

Annette Bush — who holds the Hood County Parkinson's group meeting every month at Lakestone with Mattie Mathis — explained that during the Parkinson's Moving Day event, attendees will

walk around the field for one mile, with booths set up periodically to help educate participants about Parkinson's.

"(Individuals with) Parkinson's need to get out and have group interaction," she said. "It's a movement disorder type of disease that there is no cure for and being able to put money towards research (is amazing), and it makes us feel very comfortable that other people want to come and help us."

"Lakestone is a proud supporter of the cause," said Lakestone Lifestyle Director Molly James. "It's volunteers like these (Bush and Mathis) who make us proud to be a

part of Hood County."

CAR SHOW

The Lakestone car show kicked off on May 19, with door prizes, hamburger baskets, and entertainment from Hood County fiddle player Ridge Roberts.

Featuring a variety of 17 vendors and 29 cars, the event also fueled excitement from Lakestone car enthusiasts.

In fact, residents were so impressed with the classic cars that they couldn't pick a winner for the "Best of Show" award.

"The residents took a vote

and it was a straight-up tie," James said.

Instead of one winner, both Bob Stevens, owner of a 1933 Buick, and Tom Domingos, owner of a 1931 Model A Ford, took home the prestigious title together.

James added that she wanted to thank her staff for putting their best foot forward during the event.

"It was (an) all-hands-on-deck (effort) for the day (from) the Lakestone staff," she said. "That's a big Texas-sized 'Thanks.'"

ashley@hcnews.com / 817-573-1243

LONESTAR STREET ROD ASSOCIATION STATE RUN CAR SHOW

The Lone Star Street Rod Association brought nearly 450 rods to Hewlett Park on June 9, 10, and 11 for their 48th Annual State Run. The three-day event featured various activities with plenty of vendors on the grounds to accommodate crowds of interested attendees looking for a closer look at all the flashy competitors. There was no charge for spectators, and a free tram ran between Hewlett Park and Granbury Square.

PHOTOS BY MARY VINSON | HOOD COUNTY NEWS



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Elemental (PG)
Fri, Sun, Mon, Wed: 10:00AM, 11:00AM, 1:40PM, 4:20PM, 7:00PM, 9:40PM.
Sat: 10:00AM, 12:20PM, 3:00PM, 5:40PM, 8:20PM.
Tues: 10:00AM, 12:15PM, 2:50PM, 5:25PM, 8:00PM.
Thurs: 10:00AM, 1:30PM, 4:10PM, 6:50PM, 10:10PM

Indiana Jones and the Dial of Destiny (PG13)
Thurs: 3:00PM, 6:45PM, 9:30PM

No Hard Feelings (R)
Daily except Thurs: 11:30AM, 2:00PM, 4:30PM, 7:00PM, 9:30PM.
Thurs: 10:10AM, 12:20PM, 2:00PM, 4:30PM, 7:00PM, 10:20PM

Odd Hours, No Pay, Cool Hat (NR)
Sat: 10:00AM

Spider-Man: Across The Spider-Verse (PG)
Daily except Thurs: 12:40PM, 3:45PM, 6:50PM, 9:55PM.
Thurs: 10:00AM, 4:10PM, 9:35PM

The Emoji Movie - Kids' Summer Series (PG)
Tues, Thurs: 10:00AM

The Flash (PG13)
Daily except Tues, Thurs: 10:00AM, 1:10PM, 4:20PM, 7:30PM, 10:40PM.
Tues: 10:00AM, 12:15PM, 3:25PM, 6:35PM, 9:45PM.
Thurs: 12:40PM, 3:50PM, 7:00PM, 10:05PM

The Little Mermaid (PG)
Fri, Sun, Mon, Wed: 10:15AM, 1:20PM, 4:25PM, 7:30PM, 10:35PM.
Sat: 2:35PM, 5:40PM, 8:45PM.
Tues: 12:40PM, 3:45PM, 6:50PM, 9:55PM.
Thurs: 10:50AM, 1:05PM, 3:35PM, 7:15PM

The Little Mermaid - Sensory Friendly (PG)
Sat: 11:30AM

Transformers: Rise of the Beasts (PG13)
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GO PLAY

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 Henslee 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.

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.

BEGINNERS' CHAIR Yoga

45-minute Class. Tuesdays at 1:30 p.m. - Donations for Local Charities are accepted. Class will take place at Emmanuel Lutheran Church located at 2301 Fall Creek Hwy, 76049. For more information call 817-326-2201

WEDNESDAYS

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

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.

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

THE GRANBURY Disc Golf Club has Mini tournaments every Thursday at 5:30 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.

SATURDAYS

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.

SUNDAYS

THE GRANBURY Disc Golf Club has Mini tournaments every Sunday 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.

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.



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.

SUMMER FROM PAGE C1

The Aranda family members, who now live in California, always looked forward to the award-winning "Constitution Camp" which is a free, non-political weeklong day camp hosted by the Elizabeth Crockett Chapter of the Daughters of the American Revolution. Eila Aranda exclaimed to her mom Tessa, "Constitution Camp! It's my favorite thing all summer! I wish we could be in town for it this year." "Constitution

Camp" this year will take place June 19-23 from 9 a.m. to 12:30 p.m. daily.

William Bartula, age 12, is looking forward to the Annual Summer Workshops sponsored by the Lake Granbury Art Association. The day workshops have taken place for decades at the Shanley House Studio. They are taught by professional artists and present good foundational skills in both drawing and painting. This year's workshops will take place June 26-29 from 9:30 a.m. to 11:30 a.m., registration begins at 9 a.m. The YMCA offers spe-

cialty day camps for both sports and various interests. Camps take place across the Metroplex, but specific to Hood County are an art camp, culinary camp, cheer camp, gamer camp, lego camp, STEM camp, pastry camp, reptile camp, acting camp, STEM and swim camp, "slime" and also an all sports camp.

Parents raved when discussing Jubilee Acres. Local mom Taylor Mooney said, "Horsemanship/riding lessons at Jubilee Acres! We have taken lots of classes!" Other moms concur. Katherine Moreno said,

"EmmaCate loves it there!" Mom Jennifer Black said, "Olivia went there!" And mom Andrea Bartula said, "William took lessons and loved it."

Granbury ISD camps can be found on their granburyisd.org website. 4-H camps at hood.agrilife.org. "Constitution Camp" information found at constitutioncamp.org. Call Linda Christianson for LGAA art workshops at 214-532-4743. For YMCA camps go to ymcafw.org. For Jubilee Acres is at jubileeacres-granbury.com online, or call 817-559-0699.

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HOOD OUTDOORS

Learn key points to catching live shad



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.

How do you catch live bait? Where do you catch them? How do you throw a cast net? How do you keep them alive? These are questions that I seem to get all year around. I purposely address this topic several times during the year in one fashion or another.

The key to catching them is to understand their habits and don't give up, as you will eventually find them. Once you do catch them, you will need to keep them alive, which is tricky as well — especially for the shad species.

There are two species of shad in our lake, namely gizzard and threadfin shad. Understanding the life cycle for both species will help you locate them and catch them. The gizzard shad can grow to up to 16 inches and is more tolerant of the heat and the cold. The threadfin shad grows to around 5 inches and is more sensitive to hot and cold and will tend to school in deeper water during the hottest and coldest days of the year. I generally will catch threadfins in deeper water during these times. Most of the year however, you can catch both these species in relatively shallow water.

In the hottest part of the summer, the bait will be in the creeks early and late when the water is slightly cooler. You can possibly catch them even in the hottest part of the day. When the water is hottest, you may have to move out to deeper water to catch them. Right now water temperatures are around 85 to 90 degrees in the creeks. You can also catch them at night.

Learning to throw a cast net can be frustrating if you don't have it mastered. Have someone show you how. Most guides will be glad to show you their method. There are many different throwing styles. Don't give up, as it will come in time. You can learn on a smaller net and then move up in size. I do recommend using the largest net allowed in Texas waters (7-foot radius). A larger net will catch more bait and your time throwing will be reduced once you have mastered the toss.

Keeping shad alive is another chore that can be made relatively simple. There are many expensive tanks that can be purchased with instructions. If they are too expensive, a smooth, white round barrel or trash can that will hold 20 to 40 gallons of water can be used (the more water the better). A small floating airhead aerator (12-volt pump that draws air into the discharge stream) is available at most sports stores.

Once you have caught your bait in this heat right now, you may want to cool your tank slightly by using frozen sealed containers (1/2 gallon or larger). Cooling the water a few degrees will allow the water to hold more oxygen and your bait will survive longer. Don't overcool, as



Pictured, from left, are John Faulkner, Tim Matthews and Dominic Ochoa with their limit of striped bass to 8 pounds caught on Lake Granbury this last weekend.

COURTESY OF MIKE ACOSTA

the colder bait will die due to thermal shock when you put them in the warm lake. I also add ammonia neutralizer (Amquel or Ammo-lock) to negate the effects of their own waste. A pint size container of ammonia neutralizer is available at Pet Smart for about \$15, and will treat 1,000 gallons. I also add about a cup of stock salt (non-iodized salt) per 20 gallons of water. This helps to protect their slime coat and acts as a mild sedative. The stock salt is available at any feed store and is less than \$10 for a 50-pound sack.

Everything eats shad except for some carp species, so having the fish's desired bait available should help you put fish in the boat. See you on the water.

HOOD COUNTY FISHING REPORT

Lake Granbury water temperatures are soaring with the heat. Lake temperatures are in the middle 80s and near 90 in the back of creeks. Striped bass continues to be good early to 11 lbs and late on live bait and downrigging jigs. The best striped bass action is on

the lower ends. Blue catfish are good on cut bait fished on the upper ends and near Decordova Subdivision. The lake is stratified, and a thermocline is present around 15 feet down on most main lake areas. White bass are good on slabs and small minnows. Some surface schooling near Decordova and near Indian Harbor. Crappie action is fair to good near bridge pilings and submerged timber on jigs and small minnows. Largemouth bass are good near creek entrances and in the back of slough early on and are better as the

sun comes up near shaded docks. Soft plastics fished near docks is producing good blacks to 6lbs.

OTHER AREAS

On other reservoirs, Lake Whitney and Possum Kingdom Lake continue to boast on limits of striped bass on live shad. Proctor sand bass are good by the island. Good crappie catches are being reported on Lake Benbrook.

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

THE IDLE AMERICAN

Coaching life: Where mats don't welcome ...



BY DON NEWBURY

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

Before football coaches have gone any distance in the minefield-laden careers they've chosen, they learn that the welcome mat — so warmly extended before their first game — often is jerked away before there's time to leave a footprint.

Finally deciding to accompany his wife to Europe after breaking promises to do so for decades, one old coach had run plumb out of excuses. After all, they had reached retirement years with reasonable health, enough money and plenty of time.

With a shaky hand, creaking bones and weakening enthusiasm now "coughed up" with a wheeze, the old mentor signed the check for a turnkey vacation. It covered all charges for plane tickets, hotels, meals and guided bus tours. Had he known there'd be such a rude welcome at the first hotel stop, he might have canceled the whole deal.

The sign out front was light years short of welcom-

ing. It was — the old coach felt — insulting, demeaning and in all ways off-putting. The message seemed clear, written in big block letters actually intended for motor coach drivers: NO FOOTBALL COACHES ALLOWED.

The aged mentor couldn't have been more offended if a panhandler had grabbed his wallet and skeddaddled. His throat tightened as he registered a protest.

The seasoned guide was ready for the barrage, probably having made similar explanations many times for befuddled football coaches.

He said that in Europe, soccer is almost as popular as football is in the U.S., and is, in fact, often called football by Europeans. He explained that many fans — traveling out of town in motor coaches to attend games — often leave hotel rooms in ruins, particularly after losses. "Many hotels decided it wasn't worth it to host such groups, choosing simply to display signs

which clearly warned drivers of motor coaches filled with rugby fans to pass on by."

The tour guide explained that in Europe, most folks refer to buses as "coaches." He said it is not to be taken literally by any individual, "particularly on my bus," he whined. "NO FOOTBALL COACHES ALLOWED" is really for drivers of motor coaches delivering rowdy fans."

No matter how much the tour guide tried to mollify, the old coach found it difficult to settle down.

Stomach churning, he thought sleep might help.

Not so. He dreamed negatively of his career that was heavy on the loss side.

He dreamed of trudging from the stadium after the final whistle of an 0-10 season, and unintentionally jostled a fan exiting on crutches.

"No offense. No offense," the coach apologized. "You got that right," the fan snapped, "And your defense ain't any better."

Memories continued to surface. At one new job, reporters and photographers crowded the press confer-



COURTESY PHOTO

A final thought from the old mentor was the likelihood that most fans will be with you all the way — win or tie.

ence, hailing the new coach who was to be the savior of a team that usually finished dead last in the half of the standings that made the top half possible.

"I am fired with enthusiasm as I take this job," he gushed. "You can quote me on that."

Things didn't go well. After the 0-10 season, he stumbled through his final interview, remembering that when he took the job, he was "fired with enthu-

siasm." He opined that he was leaving the same way, "fired with enthusiasm!"

He also remembered one stop where the "quarterback club" was a weapon, not an organization.

Also dredged from memory was the recommendation of a fellow coach. "Early on, I was warned that in coaching, I should never own a home that didn't have wheels on it," the coach said. "So, I decided to spend

my entire career living in a mobile home, always ready to move to the next place. It is important to remember that fans will name a street after you one day and chase you down it the next."

A final thought from the old mentor was the likelihood that most fans will be with you all the way — win or tie.

newbury@speakerdoc.com

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Hot Time in Sim City

I just can't get enough of bossing people around



BY JENNIFER HARRISON

My opinions on computer gaming and some of my favorite games. I've been playing games on the home computer since the days of the Trash 80. I love indie, open-world, unique, puzzle, and resource games. The cake is a lie.

I've been a big fan of the Sims franchise since I encountered the first game by Sid Meier, 1989's "Sim City." If you think micro-managing a city is a bunch of fun, then "Sim City" is for you. The game is built on an isometric grid. Zone your city for residential, commercial, and industrial, put down your roads, place a power plant and run your electrical grid to your city to power it. And don't forget the water supply!

The real challenge of "Sim City" was always to not build too quickly. Because it's a resource game, you need resources to fund the building of your city. You can't build too much, because you're spending money to maintain these structures. It has to match the number of people moving into your city or the city will stagnate. Put down industrial zones, so people will start building businesses, and residential, so they'll live near their jobs. Don't forget the police stations, fire stations, health clinics, and oh no, those people want schools for their kids. Do you pick a coal power plant that produces lots of electricity, but also lots of pollution? Or do you put down a bunch of wind turbines that will need to be replaced in 20 years?

As the years went by, Sim City got more complicated. "Sim City 4," released in 2003, was the last 'good' Sim City game. It allowed you to terraform an entire region, joining bodies of water and landmasses together across a region. Each city was a standalone economy, but could be joined with other cities to make a region-wide economy of commerce. Unfortunately as the game got more complex, it required more and more time to play it, and nobody had that kind of time any more. "Sim City 5" was released and we all hated it — it tried to create an easier Sim City experience, but instead took away all of the stuff we liked about the game in the first place.

To play "Sim City 4" now, you need an older PC running on Windows XP. The kiddo loves playing it on my old laptop, although sometimes



Sim City 4 gameplay.

I think he just plays it to turn on disaster mode and watch an alien invasion or a volcano eruption.

Fortunately people like me who loved Sim City went to make other games. If you're looking for a build-your-own city game, there's lots of them out there. Some are a time investment, while others are more casual.

Here's a list of my personal favorite Sim City-type games:

CITIES SKYLINES

This is a full-on city building game, very much like Sim City, but better. Handy guides allow you to line up your structures and roads instead of just counting the blocks. You get a refund when demolishing infrastructure. You'll provide power, clean water, road systems, zoning, city services, waste management and sewage control. Along with keeping the citizens happy, you have full control over taxes, city management, ordinances and laws. You can terraform using the map editor by importing grayscale images. Regular gameplay is similar to Sim City, but without the complex building of regions. You can purchase more land



PHOTO COURTESY PARADOX INTERACTIVE

Cities: Skylines gameplay features more natural looking streets, cities, and even has weather patterns like rainfall.

and expand your city. One of the highlights of "Cities: Skylines" is the ability to pre-build highway elements like cloverleaves and overpasses.

TIMBERBORN

Like Sim City, but with beavers. In the world of "Timberborn," you're in a post-apocalyptic world. Droughts happen regularly. Your goal is to help your group of beavers survive by building dams, water barrels, farms, water wheels and pumps, and even eventually mills to produce planks, gears, paper and more. Just like with any other resource game, you must use your beavers' labor where it will do the most good in the shortest possible time. Your beavers' first priority should be storing water so they can make it through a drought. Farming is also extremely important and will provide food for your beavers to live longer.

MINI MOTORWAYS

Do you like all the road-

building in Sim City but wish that you didn't have to mess with the rest of it? Try "Mini Motorways." Your job is to build roads so that the citizens can get to their jobs and their homes. You've got surface streets, highways, roundabouts, and bridges to manipulate. The more efficient, the better.

BANISHED

This is a great game that seems to have been abandoned by its developer. You start with a group of settlers and a wagon of supplies, and your goal is to build a self-sufficient town. Modes range from extremely hard (Adam and Eve, only one hand tool and no clothing) to easy (storehouse of food and a town center already built). Challenges include building farms, raising cattle, maintaining beehives and fighting disease.

CIVILIZATION

I can't go without mentioning "Civilization," another epic series of games

by Sid Meier. "Civilization" starts with your choice of one of several cultures. Your job is to take that culture from the very first glimmers of 'civilization' to space exploration, a new world order, or world conquest. Explore your land and conquer or occupy areas to mine its resources and build farms. Expand your territory to include access to the ocean so you can build ships to explore other countries. There's even diplomacy when you encounter other cultures, or war if the diplomacy doesn't go so well. Like other resource games it can be a time suck — be prepared to spend several hours of gameplay before you reach the end of the game. But if you're like me you won't notice what time it is until you're yawning, looking at the clock, and realizing that it's midnight and you still have to go to work tomorrow. This game really deserves its own in-depth column, but I will say that I recommend it highly.

STELLARIS

"Civilization" in space. Instead of individual cultures, you have an entire Universe of solar systems and planets, some populated, some not. Using a system of alignment and beliefs, the beings inhabiting these planets will either be receptive to joining your alliance, while some will wage war with you instead. Some solar systems can be claimed by your empire, mined for resources, or used for their wormholes and ancient alien gateways. Scientific research unlocks better weapons, better ships, terraforming to make your planets more hospitable, and inventions to make your inhabitants happier. There are ancient alien civilizations and technologies you will discover. Unfortunately, much of this story content is locked behind a DLC wall. It is a very large game. Just a warning: A single game can be 60-70 hours of play time. You'll pick the speed that you want to play the game at, but as you expand your empire, you'll need to pause the game to manage several solar systems at once.

These are just a sampling of the types of games that I've played. There are so many out there, some better than others. We're in a golden age of gaming when it comes to playing resource-gathering city simulation games. It makes it hard to pick and choose which one to play next.

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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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Proverbs 3:5-6

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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.

Psalms 94:18-19

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10

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Romans 8:28

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DINNER IN WHITE FUNDRAISER BENEFITS SHANLEY PARK SCULPTURE GARDEN



Granbury Arts Alliance presents a \$6,000 check to the Shanley Park Association. Funds were raised during their Dinner in White event, which took place on June 2. The proceeds will go toward the sculpture of Dan Coates named Ranch Repose by Granbury Artist Mike Tabor. The Shanley organization has plans for a sculpture garden in the green space of their property.

SAM HOUSTON | HOOD COUNTY NEWS

TRIP

FROM PAGE C1

century industrial buildings that have been transformed into canvases of commerce, all anchored by Inspiration Alley, one of the most highly-regarded outdoor art installations in the state. It's an exhibition of inspiration, where fine art intersects with everyday life, and culture is uncovered in the most unexpected places. And it's free. Contact <https://foundryfw.com/>.

GLEN ROSE

Barnard's Mill and Art Museum — The mill started

as a water-powered grist-mill in 1860 then became a steam-powered burr mill. It was sold for \$10 and turned into a cotton gin in 1895, a health spa with mineral waters in 1943, a hospital and clinic in 1949, and today is a historical mill and art museum. Admission free, with donations welcome. Contact 972-965-4455 or barnard-smill@gmail.com.

HICO

Billy the Kid Museum — One of Texas' greatest legends is that of Ollie "Brushy Bill" Roberts, who claimed to be the famous outlaw Billy the Kid. Legend has it

that he lived out his final days in Hico, passing away in 1950. Not only will you learn all about Billy the Kid and his crazy tales, but it is also home to many authentic artifacts, and a must see if you have any interest in the old West and the stories surrounding the outlaws. Admission free, but donations are welcome. Contact 281-513-1603.

MINERAL WELLS

Fossil Park — For an absolutely free experience and the chance to see and collect well-preserved "Pennsylvanian Period" fossils with ease and abun-

dance, this is the place. These fossils have been dated to be just over 300 million years old. And yes, you may collect and take fossils out of the park. The park is a result of 20 years of erosion of the old city of Mineral Wells landfill's borrow pit, which was closed in the early 1990s. The erosion of the borrow pit has revealed fossils documenting ancient sea species of crinoids (sea lilies), echinoids (urchins), brachiopods, pelecypods (clams and oysters), bryozoans, corals, trilobites (arthropods), plants and even primitive sharks. Named a "Best Under the Radar Activity" by Texas

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POOLVILLE

Capernaum Studios — Whoever said there isn't much to do in Poolville never visited Capernaum Studios, a premiere location for period films with an emphasis on first century sets. They also offer modern day and early American sets. It was where the first season of the popular TV series "The Chosen" was filmed. Contact 817-341-7257 or capernaum@tammylaneproductions.com.

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PECAN PLANTATION BITS

Good catches snagged during annual Pecan youth fishing tournament

BY DIANE LONG



A Mississippi native who has been a Texas transplant for 28 years, Diane Long is a wife, mother and English teacher who has written Pecan Plantation Bits for 15 years cumulatively. She spends her time gathering neighborhood news and teaching students how to avoid passive voice.

The PAC staff hosted a favorite annual event last week when the youth fishing tournament took place at the pond on the No. 10 hole of Pecan's golf course. A solid crowd of young people along with generous adult volunteers baited hooks, reeled in lines, and weighed and recorded the catches. The temperate morning weather made the outing a most pleasant one.

The PAC calendar for the youngest residents of Pecan overflows with summer activities. Members may see a full viewing in "The Columns" as well as at the PAC front desk.

AUXILIARY FUNDRAISER

Today, Saturday, June 24, brings the much-anticipated Volunteer Fire Department/Emergency Medical Service Auxiliary's golf tournament fundraiser. Countless hours and numerous volunteers have been hard at work preparing for the festivities of the day as teams are set, and players are ready for the course. Pecaners do, however, still have a way to participate and support our emergency volunteers because raffle tickets will be available for purchase at the clubhouse pavilion until 4 p.m., at which time drawings will occur.

As Lana Robinson wrote, "Thousands of dollars' worth of prizes have been donated by generous businesses and individuals as an additional fundraising activity in connection with the 2023 Auxiliary golf tournament."

Robinson emphasizes how the Auxiliary thanks these prize donors and relies on

the sale of raffle tickets both to make the tournament a fun day as well as to achieve fundraising goals.

Prizes may be viewed and tickets bought until drawing time; winners do not have to be present to win. All proceeds from the day benefit Pecan's emergency service personnel.

ROAD UPDATE

Road work scheduled to begin last week is slightly delayed and currently holds a tentative start date of Monday, June 26. Residents will receive updates as they are available.

Folks will see crews first on Prospect Hill before moving to Brierfield, Bellechase, and Monticello. Completion of the work will provide smoother, improved streets in our community. Work will take several weeks to accomplish, and residents are asked to be patient and understanding during the construction schedule.

THEATER TIME

Missoula Children's Theater is coming to Pecan for its annual summer appearance, and this year's play of choice is Cinderella. Auditions will begin at 10



COURTESY PHOTO BY JOI KEAHEY

Pecan's youngest "fisher guys and gals" cast into the pond on the number 10 golf course hole and reeled in their catches. Congratulations to the successful anglers and thank you to the volunteers who made the day a success.

a.m. on Monday, June 26 at the PAC gym and are open to students entering first grade through 12th grade. Actors must be available for rehearsals for the entire week, both morning and afternoon, as well as for both performances on Saturday, July 1. Participation in this event is free, and attendees may sign up for audition times at the PAC: 817-573-7952.

PICNIC OUTING

Pecan's Widows and Widowers Club will meet again on Tuesday, June 27, and the location has moved to the EMS building located on Monticello Drive. The group has grown to approximately 40 members and invites fellow Pecan widows and widowers to join its next gathering.

The evening will begin with a reception at 5:30 p.m. followed by a picnic dinner at 6. Sloppy Joe sandwiches will be provided by Chef Jordan

Ray, and attendees will contribute sides and desserts. Guitarist Carolyn Troland will provide music and "campfire sing-along" tunes, and corn hole, golf disc toss, and Chutes and Ladders will complete the evening. Cool and casual dress is welcome.

Folks desiring more information about the group and its upcoming meeting should contact Caryl Mahaffey at caryl.mahaffey@charter.net. The club is open to all widows and widowers living in Pecan.

BREAKFAST CLUB

Pecan's Breakfast Club will meet again on Wednesday, June 28 with breakfast service beginning at 8 a.m. and the program at 9. Ben Anthony of Anthony Enterprises and Steve Guy, Project Manager for Patten Properties, will be present for an extended question and answer session. Reservations and breakfast

selections are due by noon on Tuesday, June 27. Call 817-573-2641.

GOLF PLAY

The golf pro shop announces that play on Independence Day, Tuesday, July 4, will follow the regular lottery plan. The LGA will not be on the course on that morning.

ART EVENT

Pecaners are anticipating the Pecan Plantation Art Guild's Fine Art Show 2023 coming up on Friday, July 14 from 5 to 9 p.m. and Saturday, July 15 from 10 a.m. to 6 p.m. in the Pecan clubhouse ballroom. The PPAG boasts a wealth of talent, and the show will provide neighbors an opportunity to admire the work of guild members.

ROYAL TIME

A "castle-full" of little princesses, all adorned in

gowns, tiaras, and jewels, occupied the clubhouse ballroom last week for Pecan's annual "Princess Tea Party." Approximately 50 royal ladies sipped tea from antique teacups, enjoyed tasty treats, and participated in songs, crafts, and story time with Kay Jones. Thank you to Joi Keahey, Janie Honea, Elizabeth Honea, and the PAC staff for making this event filled with "cuteness overload" happen.

GOOD SHOTS

Pecan's Archery/Air Gun Association held an archery camp earlier this month for the youngest shooters in our community, and the event was very much "on target." Loads of gratitude go to the volunteers and participants for making this happy gathering happen.

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inside YMCA HAS SOMETHING FOR THE ENTIRE FAMILY | GET KIDS ON A HEALTHY TRACK | REASONS TO VISIT A PRIMARY CARE PHYSICIAN | HEALTHY ACTIVITIES FOR KIDS OF ALL AGES | DOS AND DON'TS OF HEALTHY WEIGHT LOSS | HOW TO PAIR FOOD WITH EXERCISE | GET SERIOUS ABOUT STROKE | THE LINK BETWEEN STRESS AND CANCER | THE RISKS OF AN OVERLY SEDENTARY LIFESTYLE | WATERVIEW SENIOR RESIDENTS EXPERIENCE 'SECOND SHOT AT LIFE' | LAKESTONE TERRACE REDEFINES RETIREMENT WITH VIBRANT LIVING

YMCA has something for the entire family

Staff Reports

Since 2006, the Hood County YMCA has, as its goal, to not only serve the community but to also create community. To that end the Y offers many activities for families to choose from not only for the summer months but also year-round. The YMCA offers many amenities such as cardio and strength training equipment, free group exercise classes, Y playhouse, gymnasium, year-round indoor pool, seasonal outdoor pool and water park, indoor walking track, racquetball courts, pickleball, and locker rooms. Becoming a member of the YMCA opens the door to multiple program opportunities such as Group Swim Lessons, Private Swim Lessons, Summer Day Camp, Sports Camp, and more.



The YMCA offers free group exercise classes.

The Hood County Y offers both full-day and half-day specialty camps this summer. There are member and non-member rates, so everyone is welcome. The YMCA Hood County Summer

Day Camps began at the end of May and will run weekly until August 9, 2023. There are different camps offered each week, both full and half day. Hood County YMCA is open Monday through Thursday from 5 a.m. to 10



Among the amenities offered at the YMCA are both a year-round indoor heated pool and a seasonal outdoor pool and play area.

p.m., Friday from 5 a.m. to 9 p.m., Saturday from 7 a.m. to 5 p.m., and Sunday from 1 p.m. to 5 p.m. Y Playhouse is open from Monday through Thursday from 8 a.m. to 1 p.m. and 3 p.m. to 7:30 p.m.,

Friday from 8 a.m. to 1 p.m., and Saturday from 8 a.m. to 1 p.m. To become a member, check out schedules or events, as well as prices, please visit www.ymcafw.org/locations/hood-county.

The Hood County YMCA is located at 1475 James Road in Granbury. For more information, please call them at 817-573-7159.

Get kids on a healthy track

(MetroCreative Connection)

Childhood obesity is a serious medical issue affecting children around the world, but notably in North America. While the issue has been around for decades, the Centers for Disease Control and Prevention says American children and teenagers have witnessed a significant increase in weight gain since the COVID-19 pandemic began.

Younger school-aged children have been among the hardest hit during the pandemic. A study published in September 2021 found the percentage of obese chil-

dren and teens increased to 22 percent compared with 19 percent before the pandemic. The CDC looked at the BMI of study subjects between March 1, 2020 and November 30, 2020. One of the study's authors, Dr. Alyson Goodman of the CDC's National Center for Chronic Disease Prevention and Health Promotion, described the results as "substantial and alarming."

Being less physically active, overweight and eating the wrong foods can start children on a path toward problems that once were only considered conditions of adulthood, namely hyper-

tension, diabetes and high cholesterol, offers the Mayo Clinic. To reverse course, parents, guardians and educators can focus on helping children become more physically fit. The following are a few ways to do so.

ENCOURAGE PARTICIPATION

Sports practices, games, competitions, and other activities may keep children moving for an hour or more several days per week. However, the American Academy of Pediatrics states that only 25 percent of children get the



COURTESY PHOTO

Parents, guardians and educators can focus on helping children become more physically fit in various ways.

PLEASE SEE **KIDS** | D4

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Reasons to visit a primary care physician

(MetroCreative Connection)

It is vital to make personal health a priority. Despite that widely accepted truth, far too often people delay trips to see their doctors. The coronavirus pandemic only compounded this issue. An April 2020 report from Modern Healthcare found roughly one in three Americans delayed medical care as they coped with the financial loss and stress caused by COVID-19. A report from CTV indicated Canadian cancer diagnoses were down 16 percent from 2018 to 2020 due to closed facilities or fear of getting COVID-19 from medical offices.

Concerns about the pandemic are not the only reasons individuals may skip doctor visits. Some avoid going to the doctor due to fear of the unknown. Dr. Barbara Cox, a psychologist based in San Diego, told NBC News that it's common to feel reticent and anxious about going to the doctor. Around 3 percent of the population actually suffers from iatrophobia, the medical name for fear of doctors. Most just worry about getting bad news. A refresher course on

the benefits of visiting a primary care doctor may compel millions to schedule appointments and get back on top of their overall health.

CHRONIC DISEASE MANAGEMENT

An individual with a chronic disease, such as kidney disease, diabetes or hypertension, should consult with a doctor about the ideal frequency of visits and to coordinate medication and testing with specialists.

VACCINES AND SHOTS

Primary care providers (PCPs) offer routine vaccinations and can ensure that individuals are up-to-date on the immunizations they need to stay safe. Tetanus, diphtheria, shingles, pertussis, flu, and now COVID-19 vaccines are vital to overall health.

MEDICAL REFERRALS

A PCP can assess a health situation and refer a patient to the correct specialist if more extensive care is needed. However, many chronic conditions can be monitored and addressed by a PCP.

CANCER SCREENINGS

UW Medicine, which specializes in patient



COURTESY PHOTO

A refresher course on the benefits of visiting a primary care doctor may compel millions to schedule appointments.

care, research and physician training in Seattle, says most people will need a few cancer screenings as they age, including colonoscopies, Pap smears, mammograms, and other important diagnostic tests for cancer. PCPs are usually the first line of defense against cancer and can ensure patients receive the screenings they need.

NON-LIFE-THREATENING ILLNESSES OR INJURIES

Unless a situation is life-threatening or severe, thereby warranting a trip to the emergency room, most people can visit their PCPs for help treating a variety of conditions. When in doubt, individuals should first consult with their general practitioners about the right course of

treatment.

ROUTINE LAB WORK

Blood and urine tests often are part of annual well visit checks. Many PCP offices have phlebotomists on staff so that lab work can be conducted in the convenience of one place and then sent out for testing.

WORK OR SPORTS PHYSICALS

Certain employers require physical examinations, as do schools and recreational sports leagues. PCP offices are the place to go for these types of examinations, which are generally recommended annually.

Primary care physicians are often the first people to turn to for a bevy of health and wellness needs.

Healthy activities for kids of all ages

(MetroCreative Connection)

Children have a seemingly endless supply of energy. Channeling that energy into something positive can benefit kids' minds and bodies.

The American Academy of Pediatrics recommends various amounts of daily physical activity for children depending on their ages and abilities. Adhering to these recommendations is especially important in the wake of what many public health officials fear has become an epidemic of childhood obesity in many nations. For example, the United States-based Centers for Disease Control and Prevention reports that roughly 13.7 million children between the ages of two and 19 are presently obese. In Canada, the Childhood Obesity Foundation reports that childhood obesity rates have hovered around 12 percent for years.

Routine physical activity can help children maintain healthy weights, and it also pays dividends for youngsters' mental health. According to the American Psychological Association, children between the ages of six and 18 who exercise regularly tend to have lower levels of depression, stress and psychological distress. Those findings, part of a 2019 study published in the journal Sports Medicine, reflect the ways exercise affects the mind. And the mental benefits don't stop there, as the study also found that youngsters who are physically active also have higher levels of positive self-image, life satisfaction and psychological well-being.

The amount of physical activity children need each month depends on their age, and the AAP recommends the following age-based guidelines.

INFANTS

The AAP recommends infants get at least 30 minutes of tummy time and other interactive play throughout the day.

TODDLERS

Toddlers can be tough to keep

up with, and parents can channel that energy into something positive by ensuring their kids get at least three hours of physical activity every day. Free play outside and daily neighborhood walks are some examples of appropriate physical activities for children in this age group.

PRESCHOOLERS

Three-plus hours of physical activity, including one hour of moderate to vigorous exercise, is recommended for preschool-aged youngsters. Tumbling, throwing and catching are some of the activities recommended by the AAP.

ELEMENTARY SCHOOL STUDENTS

School-aged children need at least 60 minutes of physical activity on most days of the week. The AAP recommends giving children in this age group ample opportunities for free play but also notes that organized sports focused on fun can be great outlets for kids in elementary school. Parents can speak with their children's pediatricians about appropriate muscle/bone strengthening activities, which the AAP recommends three days a week for kids in this age group.

MIDDLE SCHOOL STUDENTS

Students in this age group need the same amount and types of exercise that elementary school students need. But the AAP advises parents to guide children toward physical activities that encourage socialization and to avoid having kids this age specialize in a single sport.

TEENAGERS

Teenagers need an hour or more of physical activity most days of the week. Muscle/bone strengthening activities should be included three days per week. Activities that encourage socialization and competition are beneficial to teenagers' development.

Physical activity can benefit kids in myriad ways and should be a vital component of their daily lives.

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Do's and don'ts of healthy weight loss

(MetroCreative Connection)

Maintaining a healthy weight promotes long-term health. Being overweight or obese are risk factors for various conditions, including type 2 diabetes and cardiovascular disease. The World Health Organization reports that the worldwide obesity rate has tripled since 1975. In 2016, more than 1.9 billion adults were overweight. Of these, more than 650 million were obese.

Health issues related to obesity are largely preventable. Losing weight in a healthy manner is essential for safe and lasting results. Individuals aspiring to lose weight can follow these guidelines on what to do and what not to do.

DO add lean protein sources to your diet. Healthline indicates the body burns calories when digesting and metabolizing protein, so a high-protein diet can help to shed up to 80 to 100 calories per day. Protein also helps you to feel full, reducing the propensity to overeat.

DON'T get hung up on numbers early on. The Centers for Disease Control and Prevention advises that even modest weight loss of 5 to 10 percent of your total body weight is bound to produce health benefits, such as improvements in blood sugar levels, cholesterol and blood pressure. Start small and gradually build up.

DO eat at least four servings of vegetables and three servings of fruits daily. Produce contains an abundance of vital nutrients and is often fiber-rich and low in calories, which helps you to feel full.

DON'T overlook the impact of beverages on weight loss. The calories in sugary beverages, including some all-natural fruit juices, can add up quickly. Stick to water, tea or other unsweetened beverages to help with weight loss.

DO get moving more. The Mayo Clinic notes that while it is possible to lose weight without exercise, getting moving can help burn off the excess calories you can't cut through diet alone. Exercise boosts metabolism and benefits mood and strengthens muscles and the cardiovascular system as well.

DON'T go shopping while hungry. If you do, you may make impulse buys that compromise healthy eating plans.

DO speak with a doctor if you are vetting diet and exercise plans. A healthcare professional can assist you by indicating if a particular diet or fitness routine is acceptable for your age, goals and current health status.

DON'T forget to track eating. Most healthy diets involve some sort of calorie-counting, whether they actually require you to document your intake or use a formula to attribute "points" or another measure related to what you eat. Writing or tracking the foods and beverages you consume will provide the most honest assessment of habits that could affect weight loss.

DO include foods you enjoy. Completely restricting access to occasional treats may cause you to resent healthy eating, which can derail weight loss goals. The principle of moderation can apply to healthy weight loss as long as you account for the more calorie-dense foods.

Losing weight in a healthy manner is achievable when you seek guidance and follow some time-tested techniques.

How to pair food with exercise

(MetroCreative Connection)

Food pairing is often discussed in terms of which wines best complement particular dishes. But pairing food with exercise merits consideration, as it can create the balance needed for overall health.

Food plays an important role in workouts, giving individuals the energy necessary to perform at their peak. Timing meals appropriately and knowing what to eat before or after a workout can make a difference.

CREATINE BENEFITS WEIGHT LIFTING

Creatine is an organic acid that is an important ingredient for short duration, high-intensity exercises, such as weight lifting. According to Kelly Pritchett, Ph.D., RDN, director of the nutrition graduate program and assistant professor of nutrition and exercise science at Central Washington University, foods rich in protein from meat, poultry and fish can help optimize stores of creatine. Creatine also may be found in foods

and beverages targeted to athletes, like protein shakes and snacks.

PRE-WORKOUT MIXES INCLUDE PROTEIN AND CARBOHYDRATES

A snack or mini meal one to three hours before a workout is ideal so that digestive issues don't occur during a workout when the body directs more blood to muscles than digestion. Food pairings that include a high quality carbohydrate, like whole grain bread or oatmeal, with a protein source, such as peanut butter or milk, can be key. Blood sugar will stay steady with whole grain carbs, and the protein will help you to feel full and avoid overeating after a workout.

GLUCOSE, GLYCOGEN AND RUNNING

Distance running or other exercises that require endurance, such as skating or biking, require ample energy stores. Although low-carbohydrate diets are popular for people looking to lose weight, they're not ideal for people who engage in endurance sports and need carbohydrates for energy, states Johns Hopkins Medicine. Endurance athletes need more carbs than those who aren't training. These activities use both glucose in the blood and glycogen, which is sugar stored in the liver and muscles. Eating plenty of healthy carbs helps bolster energy stores. Whole fruits and grains are good sources of carbohydrates.

BENEFITS OF BANANAS

For those with limited time to grab a bite before a workout, bananas might be the perfect option. According to WebMD, bananas have easily digestible carbs that will not weigh you down. The potassium in bananas also may help prevent muscle cramps

during and after workouts.

POWER UP WITH POTATOES

Potatoes are whole foods, meaning they contain a balance of all the essential amino acids, despite being low in whole protein. They're also rich in vitamin B6, which is critical to protein metabolism, says Mark Anthony, Ph.D., adjunct professor of science and nutrition at St. Edwards University, Austin. Potatoes also contain the right mix of sodium and potassium to maintain an electrolyte balance in the body.

RECOVER RIGHT

A mix of carbohydrates and lean proteins also is ideal for exercise recovery. Mix in good fats like avocado and olive oil. Carbs will help replenish depleted levels of glycogen and high-quality protein will help build and repair muscle. Don't forget to drink plenty of fluids to replace what was lost while working out.

Food and exercise go hand in hand. It's important to eat well to keep the body in top form.

KIDS

FROM PAGE D2

recommended 60 minutes of physical activity per day. Emphasize a fun activity with a focus on movement that produces shortness of breath, body warmth and sweat. These are indicators that the heart rate is really pumping.

USE EXERCISE AS A REWARD

Make exercise something kids can look forward to. Reward a job well done on a test with extra time biking

with friends or a hiking trip to a scenic national park. Kids will be begin to associate exercise with fun.

OFFER A VARIETY OF FOODS

Kids who eat a variety of foods are more likely to get the nutrients the body needs, according to Kids Health® by Nemours. These healthy foods should include at least five servings of fruits and vegetables a day, with an emphasis on vegetables.

LIMIT SCREEN TIME

Children may be inclined


to entertain themselves by heading for the television, mobile phone or tablet first, especially after a year-plus of being stuck indoors. But parents can make a concerted effort to limit kids' screen time in favor of more physically challenging pursuits.

TEACH HEALTHY EATING HABITS

A Harris Poll survey conducted on behalf of the American Psychological Association found that 61 percent of respondents age 18 and older reported

a median weight gain of 15 pounds during the pandemic. Teach children that weight loss is accomplished when more calories are burned than consumed. Pay attention to portion sizes and explain how beverages like fruit juices can be sneaky sources of extra calories.

Children may need a little extra help getting fit, especially if they gained weight during the pandemic. Teaching healthy habits now can help kids enjoy healthy futures.



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COURTESY PHOTO

A refresher course on the benefits of visiting a primary care doctor may compel millions to schedule appointments.

Get serious about stroke

(MetroCreative Connection)

Stroke is a serious medical condition and a leading cause of disability in North America. According to the American Stroke Association, stroke is the fifth leading cause of death in the United States. However, 80 percent of strokes are preventable.

Sometimes called a brain attack, or a cerebrovascular accident, a stroke happens when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts, according to the Centers for Disease Control and Prevention. This can deprive the brain of oxygen and cause brain cells to begin to die within minutes, warns the National Heart, Lung, and Blood Institute.

A stroke is a medical emergency. If someone is suspected of having a stroke, emergency personnel should be called immediately. Every minute counts when a person is suffering a stroke, and medical personnel can begin potentially

PLEASE SEE **STROKE** | D8

The link between stress and cancer



COURTESY PHOTO

A 2020 study from researchers at The Wistar Institute Cancer Center in Philadelphia found that a stress hormone triggered a reaction in immune cells that awakened dormant cancer cells.

(MetroCreative Connection)

Adults have an issue with stress. According to a survey from the American Psychological Association released in December 2022, more than one in four Americans indicated they expected to experience more stress at the start of 2023 than they had at the start of 2022. And it's not just Americans feeling the sting of stress, as the American Institute of Stress indicates 35 percent of individuals across 143 countries feel stressed out.

Stress is not always a bad thing. Roughly a decade ago, researchers at the University of California, Berkeley, discovered that acute stress in rats caused the stem cells in their brain to grow rapidly into new nerve cells that ultimately improved the animals' mental performance. However, chronic stress, which the APA characterizes as constant and persistent stress over an extended period of time, can have a

profoundly negative effect on overall health. And that negative effect includes a link to cancer, especially for survivors of the disease.

A 2020 study from researchers at The Wistar Institute Cancer Center in Philadelphia found that a stress hormone triggered a reaction in immune cells that awakened dormant cancer cells. Those cells eventually formed into tumors.

When discussing the link

between stress and cancer, it's important to note that many studies, including the one conducted by researchers at the Wistar Institute, have shown that stress and cancer can cause the disease to grow and spread in mice. The National Cancer Institute notes that studies have not identified a clear link between stress and cancer outcomes in humans. But researchers urge patience, noting that the Wistar Institute study is a significant step forward in studying the potential link between stress and cancer in humans. Further study in the coming years could very well identify a similar link in humans as the one already discovered in mice.

In the meantime, individuals are urged to take stress seriously and not simply accept it as a mere fact of twenty-first century life. And that's especially important for individuals who have been diagnosed with cancer, including those who are in treat-

ment and others who have successfully finished their treatment. According to City of Hope, one of just 52 NCI-designated comprehensive cancer centers in the United States, talking to others and relying on loved ones when receiving treatment; speaking with someone in a neutral position, such as a therapist; and exercising regularly are some of the ways to overcome chronic stress. City of Hope also notes the stress-reducing benefits of wellness practices such as meditation and yoga in regard to combating stress.

Chronic stress can have a lasting and negative impact on overall health. Though the link between chronic stress and cancer requires more study before researchers can reach a conclusion about such a connection, individuals are urged to embrace the many ways they can reduce chronic stress with a goal of living healthier, happier and, hopefully, cancer-free lives.

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The risks of an overly sedentary lifestyle

(MetroCreative Connection)

Health experts call it "sitting disease." It refers to when people spend more of their time behind a desk or steering wheel of a car or planted in front of a television than they do engaging in physical activity. According to the American Heart Association, sedentary jobs have increased by 83 percent since 1950, and technology has reduced many people's need to get up and move. Inactivity is taking a considerable toll on public health.

A study from the University of Cambridge equated inactivity with being obese. The Mayo Clinic advises that research has linked sedentary behavior to a host of health concerns, and found those who sat for more than eight

hours a day with no physical activity had a risk of dying similar to the risks of fatality linked to obesity and smoking. Increased blood pressure, high blood sugar, abnormal cholesterol levels, and excess body fat all can be attributed to inactivity.

Mental health can be adversely affected by a sedentary lifestyle as well. Australian researchers surveyed more than 3,300 government employees and found men who sat for more than six hours a day at work were 90 percent more likely to feel moderate psychological distress, such as restlessness, nervousness or hopelessness, than those who sat for less than three hours a day.

In addition, a sedentary lifestyle can significantly

increase a person's risk for various types of cancer. A German meta-analysis of 43 studies involving four million people indicated those who sit the most have higher propensities to develop colon cancer, endometrial cancer and lung cancer.

Johns Hopkins Medical Center says research shows that high levels of exercise at some point in the day can lessen some risk, but it's not entirely effective if most of the rest of the day a person is inactive. Risk for cardiovascular disease increases significantly for people who spend 10 hours or more sitting each day.

Various medical organizations recommend individuals get up and move at any opportunity to help reduce risks of inactivity. Erin Michos,

M.D., M.H.S., associate director of preventive cardiology at the Ciccarone Center for the Prevention of Heart Disease, advises people who are very sedentary to aim for 4,000 steps per day. Such individuals can then build up to a target of 10,000 steps daily.

The Mayo Clinic recommends these strategies to reduce the amount of time you spend sitting.

- Stand while talking on the phone or watching television
- Invest in a standing desk
- Get up from sitting every 30 minutes
- Walk at lunch or during meetings

Sedentary lifestyles can affect health in many negative ways. But there are various ways to get up and go over the course of a typical day.

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'A cruise ship on land'

Waterview senior residents experience 'second shot at life'

BY ASHLEY INGE
Staff Writer

Waterview the Point Independent Living may be a retirement community, but residents are still "living their best life," according to Lifestyle Director Brittany Ward.

"We cook their meals for them, we throw parties, we take them on trips to the grocery store — really, it's just like living in a nice hotel with everything you need right around you," she said.

Waterview, a Sagora Senior Living community, provides luxury, apartment-style living for those ages 55 and older.

Featuring beautiful lake-front views, a vivacious social scene, and chef-prepared restaurant-style dining, residents will want for nothing at Waterview.

"I kind of consider it like a cruise ship on land," Ward

said. "They have their social calendars planned for them."

As the lifestyle director, Ward hosts five activities a day for Waterview's 125 residents — everything from Bingo to book club.

"We have activities for people that like different things," she said. "Some people are gamers, some people play poker, some people like to swim, some people like to drink, and some people like to dance — we have something for everyone."

Ward said that the abundance of activities and parties coincide with the facility's



PHOTOS COURTESY OF JOY WILLIAMS

Waterview the Point Independent Living Lifestyle Director Brittany Ward describes the community as a 'cruise ship on land' with luxury, apartment-style living and a plethora of social opportunities.

motto to "just keep moving."

"We have welcome bars, happy hours, parties, all kinds of stuff just to keep them entertained," she said. "When people get bored and they just isolate in their apartment, they'll start to decline, so we try to keep them

up and going."

Waterview also provides transportation services to its residents for both individual needs and group field trips.

"We take them to museums, and we like to go to the shows and go shopping all the time," Ward said. "It's a very rich social scene, which is good because a lot of these people are widows or coming from a home where they've been by themselves for a couple of years and they're sad and they're lonely. So, to see people come here and then just like, bloom, it's beautiful — like they're getting a second shot at life."

The facility provides residents with their own weekly housekeeping services, while also providing a 24/7 concierge service.

"They're very taken care of here. They're kind of spoiled

if I'm being honest," Ward said, chuckling. "But in the best way."

Ward has only been the lifestyle director for nine months, but she has already found her home at Waterview.

"I've made such good relationships with so many different residents here. The whole community — residents and associates included — are like a big family," she said. "We all look out for each other, and we all check on each other. If someone that usually comes down for lunch, isn't there, someone will probably go to their door and check on them, so it's nice to have people around you that will do that."

Ward said the residents have "amazing stories," with many being veterans and "world travelers."

"A lot of them have had very exciting careers," she said. "We've had CEOs of companies, high-profile engineers, ranchers that had hundreds of cattle — all different kinds of people from all different types of lives."

She added that watching the romantic relationships between some of the residents is "the cutest."

"They'll walk around like teenagers again with like, butterflies in their belly; it's cool to watch," Ward said.

Waterview does not offer typical one-year leases for the residents, opting instead, to have everyone pay on a month-to-month basis.

"It's just like a month-to-month hotel," Ward said. "You can just pay for the month and then you could stay here. If you want to pay for the next month, you can. If you don't, you don't have to. If they want to leave, they give us a 30-day notice."

For more information about Waterview the Point Independent Living or to schedule a tour, visit waterviewthepoint.com online or call 817-776-4563.

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From Bingo to book club, shopping to swimming, Waterview the Point encourages resident to 'just keep moving.'



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BY ASHLEY INGE
Staff Writer

Lakestone Terrace Senior Living is changing lives — one resident at a time. A sister facility of Waterview the Point Independent Living, Lakestone is a Sagora Senior Living community for adults ages 55 and over.

With tenured team members, weekly housekeeping and linen services, restaurant-quality dining, and an on-site boat ramp, life has never been more convenient for residents.

"Sagora has a resident-first philosophy, and that is so important to me, because in this field, as the executive director, I pride myself on making sure these residents are happy," said Debbie Bryant, Lakestone executive director.

Featuring apartment-style living and spacious cottage-style homes, Lakestone has the perfect property for every resident.

"The cottages are free-standing. They're really cute," Bryant said. "They are like small homes, and they have garages so residents can have their cars with

them."

Lakestone currently has 108 residents, 17 cottages, and 86 apartments.

"Our end apartments have a patio on three sides, so you can see the lake from all three sides," Bryant explained. "They're very beautiful. They sit on the waterfront, and so do some of the cottages. All their utilities are covered. They get weekly housekeeping and 24-hour concierge here, so if they ever have a problem, all they have to do is call and we're here to help."

With the tagline of "re-defining retirement," Lakestone provides a copious amount of activities and trips for its residents — leaving no room for boredom.

"We have an exercise class, we have beanbag baseball, — which is their absolute favor-



PHOTOS COURTESY OF JOY WILLIAMS

Lakestone is a Sagora Senior Living community for adults ages 55 and over with tenured team members, weekly housekeeping and linen services, restaurant-quality dining, and an on-site boat ramp, and more.

ite — we have beachball volleyball where they sit down in chairs and play volleyball, and we put on Sagora Senior Games every year and they compete with different types of activities and we award them with medals," said Lakestone Lifestyle Director Molly James.

As far as amenities, Lakestone provides a full-service beauty salon and barber shop; a fitness room with machines and free weights; a movie theater; a game room for cards, bingo, and billiards; a gift shop; a chapel; and a library.

"It's a cruise ship without

the water," Bryant added.

Lakestone's newest amenity or "adventure" Bryant said, is the addition of pickleball courts.

"Day in and day out, we change a lot of lives," she said. "You see people that come here who are sad, lonely, and sit at home all day, but now that we've got them out of the dining room, they're excited to go to an activity; it's just very rewarding."

If a resident needs more care, staff members at Lakestone recommend them to Waterview — a facility that Bryant describes as being a

"little more upscale."

"We consider ourselves the lake living side," she explained. "We have a party barge. We go out for boat rides with the residents. We're just all about fun here."

Bryant explained that having great partners at Waterview — Lauren Gesell and Kandice Mobley — makes all the difference as executive director.

"We work as a great team, so we always are trying to do what's best for the resident," she said.

Operating under the same rental guidelines as

Waterview, Lakestone utilizes a month-to-month rental program, rather than year-long leases.

"At that age, life changes quickly, so we do month-to-month so we can help (residents) through those different changes," Bryant explained.

James added that through Lakestone's exercise class, she has been able to help residents who had lived a mostly sedentary lifestyle get back on their feet.

"We'll have them come here, and they literally can't stand up," she explained.

"Through my exercise program, I build strength and it's so rewarding for them to be able to get up and move again."

Working as the lifestyle director, James spends most of her time organizing games and activities for the residents to try to create a pleasurable experience at Lakestone.

She added, "I get to come to work every day and just do what I can to make somebody's life happier."

For more information about Lakestone Terrace Senior Living or to schedule a tour, visit lakestone-terrace.com online or call 817-774-4612.

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STROKE

FROM PAGE D5

life-saving treatment on the way to an emergency room.

SYMPTOMS OF STROKE

Sometimes symptoms of stroke can occur out of nowhere, and other times there may be subtle signs that something has been brewing. The Mayo Clinic says these are the most common signs of stroke.

- Trouble speaking and understanding what others

are saying. This may include slurred words or trouble understanding speech.

- Paralysis can occur in the face, arm or leg. Numbness or weakness also may occur. This often affects just one side of the body.

- Sometimes there is trouble seeing in one or both eyes, including blurry or blackened vision.

- Headaches will come on severely, and can be accompanied by vomiting, altered consciousness or dizziness.

- Someone having a stroke

may stumble or lose balance and experience coordination issues.

The National Stroke Association and other organizations use the acronym FAST to educate the public about detecting signs of stroke.

- F (Face): Ask the person to smile and look for drooping on one side.

- A (Arms): Have the person raise both arms and check to see if one arm drifts downward or cannot be raised.

- S (Speech): Ask the person to repeat a simple phrase and check for slurring or strange sounds.

- T (Time): Call 911 or emergency medical help immediately if any of these indicators are present.

TYPES OF STROKE

There are different types of stroke. Most strokes are ischemic strokes, says the CDC. Ischemic stroke occurs when a blood clot or other particles like fatty deposits block blood vessels to the

brain.

A hemorrhagic stroke happens when an artery in the brain leaks blood or ruptures. High blood pressure and aneurysms often are culprits in hemorrhagic stroke.

Transient ischemic attacks, also called mini-strokes, serve as warnings of a future stroke. Blood clots often cause these as well.

DIAGNOSING AND TREATING STROKE

Doctors will use various imaging techniques to check

for brain and blood vessel health if there is risk for stroke. Blood pressure and other general health assessments can give doctors an idea of potential risk factors for future stroke incidents.

If blood clots are present, doctors may use medication, stents and surgery to break up or address clots.

Stroke is a medical emergency. Individuals are urged to take stroke risk seriously and act promptly if symptoms are present.

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