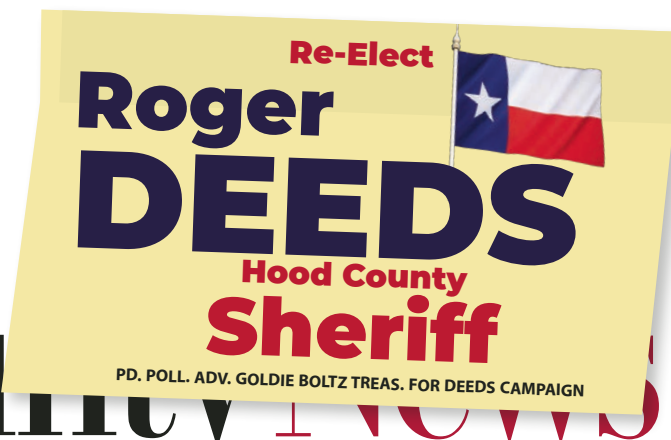




GRANBURY ★ TEXAS

Hood County NEWS

MORE THAN A NEWSPAPER | A HOOD COUNTY LEGEND SINCE 1886



[SATURDAY, January 27, 2024]

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Congressman Roger Williams meets with Hood County officials to discuss border security



EMILY NAVA | HOOD COUNTY NEWS

United States Congressman Roger Williams came to speak to local Hood County officials and brief them on border security on Jan. 23.

BY EMILY NAVA
Staff Writer
emily@hcnews.com

Granbury had a special visitor Jan. 23 when United States Congressman Roger Williams came to brief some Hood County officials on border security.

Williams met with Hood County Judge Ron Massingill, Hood County Sheriff Roger Deeds and Hood County Commissioner

Precinct 3 Jack Wilson. According to Williams, "the border is the number one issue in America, and not just at the border.

There are problems all over the state with this issue. Eventually they're going to work their way into Hood County."

On Jan. 23, he announced a new bill named the State of Texas Operational Protections Act, also known as the STOP Act. The bill, if passed, will give Texas the right to implement operational protections along the border and authorize the state to construct a physi-

cal border wall in areas where the border is not protected. The proposed bill would also allow reimbursement from the federal government.

"Certain sections of the southern border within the state of Texas lack sufficient protection, posing a significant threat to the safety and security of the state's residents," part of the bill reads. "Since 2021, there have

PLEASE SEE **WILLIAMS** | A2

SPECIAL SECTION INSIDE

Health: Mind & Body focuses on physical, emotional, spiritual and financial health.



Longtime Granbury PD detective retires



COURTESY OF GRANBURY PD

Detective Chris Cogdill of the Granbury Police Department retired on Jan. 19 after serving 25 years in law enforcement.

BY EMILY NAVA
Staff Writer
emily@hcnews.com

Detective Chris Cogdill officially retired from the Granbury Police Department after having served in law enforcement for 25 years.

Cogdill has lived in Granbury his entire life and is hanging up his badge after serving and protecting the community.

His love for law enforcement began at a young age after watching television shows about law enforcement — in particular the drama series "Adam-12." When he saw an advertisement for a law enforcement academy at Tarleton State University, he dove into the realm of law enforcement.

He quickly learned he enjoyed being in the academy and after four months of classes, he graduated from the program in 1992. This led to a visit with Rodney Jeanis, the Hood County sheriff at the time, who hired Cogdill as a reserve deputy. He served in that role for three years before accepting a full-time position in 1996 as a deputy.

Two years later, he applied for a position with the Granbury Police Department and scored the highest on the test out of about 20 applicants. On Dec. 15, 1998, he became a patrol officer for the city of Granbury.

In 2003, Cogdill was assigned to a narcotics task force and investigated cases involving narcotics. After two years with the task force, he was promoted to be a supervisor, but quickly realized he wanted to be back with the Granbury PD and returned as a patrol officer.

Cogdill promoted to the rank of corporal, and in 2007 became a detective, where he spent the rest of his law enforcement career.

One of his favorite aspects of the job was interrogat-

PLEASE SEE **RETIRE** | A6

Hood County Republican Women's Club hosts well-attended candidate forum

BY ASHLEY TERRY
Staff Writer
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The Wiley Center was packed to capacity last week as several community members braved the cold for the Hood County Republican Women's Club candidate forum Jan. 17.

As the venue quickly filled up, it was soon standing room only as residents eagerly waited to learn more about the candidates running for Hood County Chair and Hood County Precinct Chair.

Richard Hattox, husband of Republican Women's Club President Mary Hattox, served as a guest speaker

and honored the late Shirley Hooks for her contributions to the community and to the Republican Party.

"One of the few people that approached me when I started in politics and asked me to remain and be a Republican was Shirley Hooks," Richard said. "Mary and just a few people got together and really made Granbury what it is. The Southerns — what I call the old nine — families here in town all got together. We were on the county boards, Mission Granbury, Opera House, and all the historic preservation on this square. All the things that these families are doing, Shirley

and Bill Hooks contributed to what we do here today. They made Granbury what it is, so pray for her family, pray for the good work she did, and use Ms. Hooks as a real example of what loving your community, loving your school, loving your home, loving your town, loving your county really is. We will miss Shirley and we should all be like Shirley Hooks."

He also honored past president Cheryl Troxel, who recently lost her husband, Gerald.

As Clint Head, candidate for Justice of the Peace Precinct 1 and Morris Duree, candidate for Precinct 1 Commissioner, were both

serving as sponsors for the current building, they were each given three minutes to introduce themselves and explain why they were seeking office.

CLINT HEAD — JUSTICE OF THE PEACE PRECINCT 1

Head, current development director and lifelong resident of Hood County, came up to the podium and explained that he has had a dream of serving as Justice of the Peace since his youth.

"The role was not just a title to me — it is a pledge to serve our home that has given me so much, and yes,

PLEASE SEE **FORUM** | A2



138TH YEAR, NO. 3

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

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Clint HEAD

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For Hood County Justice of the Peace Precinct 1

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A SERVANT'S HEART

COMMUNITY BUSINESS

CHAMBER NEWS



Engage with Democracy

Granbury Chamber of Commerce hosts candidate forum for Hood County primary election

Chamber Message

To promote civic engagement and informed voting, the Granbury Chamber of Commerce is set to host a candidate forum Monday, Feb. 5, from 6-8 p.m. at the Lake Granbury Conference Center. This event holds particular significance as it serves as a crucial platform for voters to interact with candidates vying for positions in the upcoming Hood County primary election March 5.

We are zeroing in on candidates running for the positions of County Commissioner in Precincts 1 and 3, as well as Hood County Sheriff. These roles are vital in shaping the policies and governance that directly impact the residents and businesses of our community. The Chamber's candidate forum provides an invaluable opportunity for businesses and residents to gain insights into the visions, priorities and proposed policies of the candidates.

Residents are encouraged to attend and participate in the forum by submitting questions for candidates before the forum. The link to submit questions can be found on the Chamber website at www.granburychamber.com. Dr. Eric Morrow, associate professor for government, legal studies and philosophy at Tarleton State University, will serve as moderator for the evening to introduce the candidates, start the dialogue and keep the discussion moving.

Residents interested in attending the candidate forum can simply show up at the Lake Granbury Conference Center Monday, Feb. 5. Doors open at 5:30 p.m. and the forum will start at 6 p.m.; the forum will also be livestreamed on the Chamber's Facebook page.

As the Hood County primary election March 5 draws near, this forum presents an opportunity for voters to learn more about the candidates running for office to help them make informed decisions when casting their ballots. As a reminder, the last day to register to vote is Monday, Feb. 5 and early voting begins Tuesday, Feb. 20 at the Hood County Annex 1 meeting room at 1410 W. Pearl St.

BOARD MEMBER SPOTLIGHT

BOARD MEMBER SPOTLIGHT
Sam Houston

Business:
Hood County News

Time as an Board Member:
2 years

Hood County News
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COURTESY GRAPHIC

Board Member Spotlight: Sam Houston. We are thankful for our amazing Board Member, Sam Houston, with Hood County News. Sam has been a Board Member for two years! When asked why he likes being a Board Member, he replied "I love being on the board because I know through its efforts the Chamber improves the lives of our citizens and also improves the business climate of our community." Fun Fact: Sam loves horses and all things cowboy! Thank you, Sam for being a Granbury r of the Granbury Chamber of Commerce!

CHAMBER SUPERSTAR

CHAMBER SUPERSTAR

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"The Celebration Capital of Texas!"

Locals live here because Granbury is alive with events and activities year-round. Visitors travel to Granbury to Celebrate everything!

granbury CHAMBER

COURTESY GRAPHIC

Chamber Superstar: Visit Granbury. "The Celebration Capital of Texas! Locals live here because Granbury is alive with events and activities year-round. Visitors travel to Granbury to celebrate everything!"

MEMBER SPOTLIGHT

granbury CHAMBER

Member Spotlight

GRANBURY LASER & Medical Aesthetics

Granbury Laser and Medical Aesthetics

"Our team of talented and experienced medical and aesthetic professionals combine advances in medical technology and our expertise to help your aesthetic dreams come true."

COURTESY GRAPHIC

Member Spotlight: Granbury Laser and Medical Aesthetics. "We believe that everyone is naturally beautiful and unique, but we also understand that most people have insecurities that can hold them back in their life. Our purpose is to enhance your natural beauty and to give you the confidence that you need and deserve. Our team of talented and experienced medical and aesthetic professionals combine advances in medical technology and our expertise to help your aesthetic dreams come true." Thank you for joining the Granbury Chamber of Commerce!

MEMBER SPOTLIGHT

granbury CHAMBER

Member Spotlight

Senior Placement Consulting

"At Senior Placement Consulting, I am dedicated to ensuring the well-being, happiness, and comfort of your loved ones as they embark on their senior living journey."

COURTESY GRAPHIC

Member Spotlight: Senior Placement Consulting. "One Stop Shopping for Placement of Seniors... Together, we'll create a positive and fulfilling living environment tailored to their unique needs and preferences. Your loved one's happiness and quality of life are my top priorities, and I'm here to support you every step of the way. Welcome to a brighter, more comfortable future with Senior Placement Consulting." Thank you for joining the Granbury Chamber of Commerce!

WILLIAMS FROM PAGE A1

been over 6.7 million illegal crossings at the southern border, which have impacted Texans throughout the state. The governor of Texas must have the capability to act and defend the state from the ongoing invasion at the southern border."

Williams noted the biggest issue at the border is the amount of people coming. He added the immigrants are not only from Mexico but from Russia, China and many other places as well.

"It's not that we're against people trying to pursue the American dream, but what we want is for them to do it legally. They need to go through the ports and not between them," Williams said during the briefing. "The first decision they

make to come to America should not be to break the law, it should be to adhere to the law. That's all we're asking."

Williams shared his thoughts about the Biden administration, noting the border issue is something the administration has ignored.

"This is a bill that will get a lot of support, but it won't get support from President (Joseph) Biden," Williams said during the briefing. "It's a good bill and we're all for protecting our country. It really should be a bipartisan thing. There should be no agreement made."

To stay updated on Williams' actions, learn more about him, or contact him, visit his website at williams.house.gov.



EMILY NAVA | HOOD COUNTY NEWS

Pictured is Hood County Sheriff Roger Deeds, Congressman Roger Williams, Hood County Judge Ron Massingill, and Hood County Commissioner of Precinct 3 Jack Wilson at a meeting on Jan. 23.

FORUM FROM PAGE A1

I'm prepared to take a pay cut because serving justice and our community is worth that sacrifice," Head said, during the meeting. "My promise is simple. Let my actions and my abilities speak for themselves. Engage me, challenge me, and through our conversations you will see the core of who I am and what I stand for."

He went on to say his background in navigating the intricacies of restric-

tions, regulations and local government code equips him with the precise knowledge and expertise to handle the cases that come before him as Justice of the Peace.

"I'm here to ask for more than your vote," Head said. "I'm here to ask for your trust and support. It's not about winning an election; it's about ensuring that justice in Hood County is in the hands that value fairness over politics, service over self-interest, and community over individual gain."

MORRIS DUREE – PRECINCT 1 COMMISSIONER

Duree has been a Hood County resident for about 50 years. He and his wife, Mandy, have five children and two grandsons. He said his real claim to fame is that he is the father of 11-year-old triplets. He added that his children and grandchildren are the reason why he's running for Precinct 1 Commissioner.

"My children and grandchildren, they're gonna be here for a long period of time," he said. "I love it here. I just want to be a part of

helping make sure that our growth is handled in a responsible manner."

He said the large concerns in the area are the highways, water, taxes and the growing need for first responders.

"Our sheriff's department, fire departments, EMS, the hospital, these are all things that we have a lot of potential issues growing, and we need to be thinking — not reactive, but proactive — in how we handle those things," Duree said. "Sometimes it's a tough decision between what our

wants and our needs are, but I want to make sure that we are taking care of our needs as a priority, and then looking at that future and laying the groundwork for those kids and grandkids. I appreciate your vote."

Chris Davis, vice president of programs, announced the Hood County Republican Women's Club would then allow each of the Hood County Precinct Chair and Hood County Chair candidates to speak for one minute each about their candidacy.

"What these people do is

they promote Republican principles within the county to make sure that we keep Hood County red," Davis said. "The county runs the jail, and the county runs the elections, so it's a very important level of government. The precinct chairs in Hood County are going to be the people in your neighborhoods who turn out the vote for the Republican candidates."

With 16 precincts in Hood County, several candidates are running unopposed, like Precinct 101 (Terry McNew),

PLEASE SEE **FORUM** | A5

FROM MY FRONT PORCH

Without a map, how would you know where you were going?



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

In 1856, William Rand opened a printing shop in Chicago and two years later hired an Irish immigrant named Andrew McNally to work in his shop. The shop became very prosperous, and in 1859 was hired to run the Chicago Tribune's entire printing operation. By 1868 the two men established Rand McNally Co. By 1873, the company made its first map included within its Railroad Guide. By 1904, Rand McNally published its first road map and by 1917 had started number-

ing highways. In addition to creating maps with numbered roads, Rand McNally also erected many of the actual highway road signs. This system was eventually adopted by state and federal highway authorities and is how and why highways are numbered.

The oil companies quickly took an interest in road maps, urging Americans to explore the world outside their own backyards, thus creating a need to buy gas to make the trip. By 1920 Rand McNally began publishing

maps for Gulf Oil Company, which were distributed free of charge at its service stations. Until the invention of the GPS system, Rand McNally maps were how Americans found their way.

I remember as a youth seeing a collection of maps in the glove box of my dad's automobile. There was a map of the city in which we lived, of the state where we resided, and a couple of maps of the surrounding states. The maps were folded very neatly and concisely and waited in their assigned spot until such a time they were needed.

Of course, on those occasions when dad needed some directional assistance when he was driving, he would ask mom to open a map and give him instructions on how

to reach our destination. It didn't take long before my two sisters, who were sitting in the backseat of the car with me, realized opening that glove box and unfolding a map was a sure-fire recipe for comedy.

Mom would copiously peer over the map, seeking to find the best route, while Dad would be firing questions at her in an almost machine gun-like fashion. Mom would get flustered, unable to answer the questions fast enough to suit him. Dad's blood pressure and voice would noticeably rise as indicated by his red face and the bulging veins on his forehead. The entire encounter usually resulted in Dad grabbing the map out of mom's hands so he could try and examine the map for himself,

all while trying to navigate the car down the road.

My favorite part would be seeing dad hand the map back to Mom, all while muttering under his breath inaudible comments about my mother's map reading skills. Who could forget the sound of her attempting to fold the map back into its precision format, getting flustered and basically cramming the map into the glove box in a shape more like a softball rather than a map? For Mom, it usually led to her turning her body in the car seat, so her shoulders were facing out the window and away from the direction of dad. I found a "map event" was usually followed by periods of silence in the car, and I feel pretty sure led to further discussion outside of the hear-

ing of us children.

When I am driving and need directions, I merely speak into my phone and ask. In just a matter of seconds a voice is telling me where to turn, how much further I must go, and letting me know my estimated time of arrival. It is one of the many blessings of the internet and sure makes life a lot simpler. On the other hand, asking Siri for directions will never be as memorable or entertaining as watching my folks.

Thought for the day: Why is it we don't worry about a compass until we're lost in a wilderness of our own making?

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

Folks around town



COURTESY PHOTO

Diego Guerrero

Say hello to our neighbor, Diego Guerrero!

Diego Guerrero is the oldest of three siblings and has lived in Granbury for about 20 years. He works as an electrician and co-owns a mobile auto detailing business called "First Due Detailing" with his good friend and business partner Kalob Patino. Aside from his work, Diego is also a volunteer firefighter and training lieutenant with the Granbury Volunteer Fire Department, where he has served for almost six years.

In his free time, Diego enjoys hanging out with his friends and family, working out at the gym, hiking, doing anything outdoors, and taking road trips. He also loves to play guitar.

What Diego likes most about living in Granbury is the friendly people and the small-town feeling while still having plenty of things to do nearby. He also appreciates the friendly and hard-working staff at Hood County News. He also had the pleasure of working with the printing press crew alongside his co-workers at Integrity First Home Services. Diego found it interesting to learn how everything works and functions.

Governor announces Medicaid extended coverage for postpartum

Staff Reports

Gov. Greg Abbott and the Texas Health and Human Services Commission (HHSC) announced the Centers for Medicare & Medicaid Services (CMS) has approved Texas' request to extend Medicaid and Children's Health Insurance Program (CHIP) coverage from two to 12 months after pregnancy.

"This past regular legislative session, I was proud to sign a crucial bipartisan law that extends postpartum coverage for Texas mothers from two to 12 months," said Gov. Abbott in a press release. "With Texas' application approved by CMS, this postpartum extension will help Texas

mothers receive high-quality healthcare across our great state. I thank the Texas Health and Human Services Commission, Senator Lois Kolkhorst and Representative Toni Rose for their work to ensure this critical postpartum extension is available to new mothers in need across Texas."

"I thank Gov. Abbott and the Texas Legislature for standing by our families," said HHS Executive Commissioner Cecile Erwin Young in a press release. "Twelve months of postpartum coverage will help mothers across this state gain access to high-quality healthcare."

Last year, Gov. Abbott signed House Bill 12 into

law, which extended Medicaid and CHIP postpartum coverage from two to 12 months. The law will take effect March 1, 2024. Under the state plan amendments, anyone enrolled in Medicaid or CHIP who is pregnant or becomes pregnant will be automatically enrolled for 12 months of postpartum coverage. Services covered by Medicaid and CHIP include prenatal doctor visits, prenatal vitamins, labor and delivery, and postpartum checkups.

Coverage will be automatically reinstated for individuals who are not current Medicaid or CHIP recipients, but who were enrolled in Medicaid or CHIP in Texas while pregnant and are still

within their 12-month postpartum period, as long as they are still residents of Texas. Their coverage will be reinstated for the remainder of their 12-month postpartum period.

Women who are enrolled in Healthy Texas Women who are still within their 12-month postpartum period will be transitioned back to full-coverage Medicaid or CHIP for the remainder of their 12-month postpartum period.

Texas projects approximately 137,000 women will benefit from 12-months postpartum coverage in fiscal year 2025. To apply for Medicaid or CHIP, call 2-1-1 and choose Option 2 or visit YourTexasBenefits.com.

Texas Workforce Commission launches new app

Staff Reports

The Texas Workforce Commission (TWC) has launched a new mobile app to help Texans explore potential career pathways and discover step-by-step resources to achieve their goals. With the launch of MyTXCareer app, job seekers can now find personalized occupation matches and recommended career paths based on their skills, interests and experience.

"The continued growth of Texas' record-breaking economy creates opportunities for Texans to advance their careers," said TWC Chairman Bryan Daniel in a press release. "The

MyTXCareer app will be an important tool for Texans to discover potential career paths and match to a job opportunity with a Texas employer."

MyTXCareer app is a free resource designed to guide users to potential careers through three easy steps: browse occupations, explore pathways, and get support. While browsing occupations, users can view the average salary for the position, job demand, and position descriptions.

"The MyTXCareer app will help Texans unlock potential opportunities and discover career pathways in high-demand industries," said TWC Commissioner

Representing Labor Alberto Treviño III in a press release. "I encourage job seekers and people wanting a career change to download the app and begin to build the skills needed for a new career in the Lone Star state."

Users can take a career personality quiz and add their career goals, education, work experience and skills. The app provides several possible career paths and information about resources and training. Users can request more information, which will connect them with their local Workforce Solutions office and TWC's TX Credential Connect team.

"The launch of

MyTXCareer app is great news for Texas employers because it helps them hire people who are passionate about what they do in the best state in the nation," said TWC Commissioner Representing Employers Joe Esparza in a press release. "This is one of the many innovative services TWC provides to make sure skilled workers are available for Texas employers who need them."

MyTXCareer is available for download in the App Store and on Google Play for iOS and Android mobile phones. The application is provided free to users and does not include advertising or in-app purchases.

CORRECTION

In a story titled "First Hospital District Board meeting..." published in the Jan. 20 edition of the Hood County News, we incorrectly quoted the board's president, Christy Massey, as saying the only options available are to tax residents either one cent, one-and-a-half cents, or two cents. In fact, Massey said those were the three least impactful options; other options are available for the board to consider. The HCN regrets the error.

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10 a.m. Wednesday

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Sheriff: DeCordova Ranch shooting call results in 'spoofing' hoax

From Staff Reports

The Hood County Sheriff's Office and other local agencies responded to a report of an alleged shooting in DeCordova Ranch Monday, Jan. 22, which turned out to be a hoax. According to the HCSO's social media, police responded to the 3800 block of Legend Trail for a shooting call about 10:13 a.m. However, after arriving on scene, it was quickly determined to be a false call, also known as "swatting." "Swatting" is a term used to

describe the action of making hoax phone calls to report serious crimes to emergency services. People who carry out a so-called swatting prank call aim to fool emergency services into sending a Special Weapons and Tactics (SWAT) team to respond to the supposed emergency, according to fortinet.com. At 10:28 a.m., a Facebook post was made on Hood County Breaking News in which a resident asked what had taken place as they

saw "six sheriffs pull in quick" at DeCordova Ranch. A comment (which has since been deleted) made by one poster claimed an adolescent had shot and killed their parents. "It was a spoofing call (not real)," Hood County Sheriff Roger Deeds told the HCN. "The deputies went out and made contact with a female and her young kids and a couple dogs. The deputies cleared the home to make sure no one was inside and questioned the female."

Deeds added the HCSO is currently trying to trace the caller to Bellevue, Washington, but is unsure if they will be able to locate them. The HCSO added the information about the spoofing call was posted on social media to "stop any rumors" as the office had already been notified that false information was being spread at local schools. No other information is available as the incident remains under investigation.

POLICE BLOTTER

Granbury Police Department Criminal Activity Report



MARY VINSON | HOOD COUNTY NEWS

The following is a breakdown of activity reported through the Granbury Police Department during the period of Jan. 16 - Jan. 22. While there were many incidents, this is a partial list of more significant activity.

- JAN. 16**
1:26 p.m.: forgery reported on Hayloft Lane
11:30 p.m.: suspicious activity reported on E. Pearl Street
Two minor accidents and 33 traffic stops were reported this day
- JAN. 17**
8:01 a.m.: lost property reported on S. Morgan Street
9:15 a.m.: suspicious activity reported on Andrews Court
10:25 a.m.: theft reported on E. U.S. Hwy. 377
3:04 p.m.: theft reported on E. U.S. Hwy. 377
5:10 p.m.: harassment reported on Shady Grove Court
6:49 p.m.: theft of property re-

- ported on S. Morgan Street
Two minor accidents and 29 traffic stops were reported on this day
- JAN. 18**
9:05 a.m.: theft over \$100 and under \$750 reported on N.E. Loop 567
10:35 a.m.: hit-and-run accident reported on E. U.S. Hwy. 377
11:53 a.m.: felony possession of marijuana reported on W. Pearl Street
10:40 a.m.: runaway located on W. Pearl Street
2:15 p.m.: theft reported on N. Plaza Drive
2:26 p.m.: threat reported on N. Plaza Drive
Three minor accidents and 32 traffic stops were reported on this day
- JAN. 19**
5:50 a.m.: theft of a vehicle reported on Kemah Court
9:51 a.m.: hit-and-run accident reported on E. U.S. Hwy. 377

- 4:53 p.m.: found property reported on Smart Strike Trail
5:53 p.m.: theft of property reported on E. U.S. Hwy. 377
7:10 p.m. theft of property reported on E. U.S. Hwy. 377
7:11 p.m. possession of a controlled substance reported on E. U.S. Hwy. 377
Two major accidents, two minor accidents, two warrant services and 11 traffic stops were reported this day
- JAN. 20**
6:18 a.m.: public intoxication reported on N. Plaza Drive
8:09 a.m.: theft reported on S. Morgan Street
1:26 p.m.: suspicious activity reported on Elizabeth Avenue
1:01 p.m.: hit-and-run accident reported on E. U.S. Hwy. 377
4:21 p.m.: reckless driving reported on E. U.S. Hwy. 377
7:27 p.m.: theft under \$100 reported on S. Morgan Street
Two major accidents, one minor accident and 31 traffic stops were reported on this day

- JAN. 21**
12:37 a.m.: suspicious activity reported on S. Houston Street
11:29 a.m.: criminal trespassing reported on E. U.S. Hwy. 377
11:32 a.m.: theft under \$100 reported on S. Morgan Street
11:44 a.m.: theft under \$100 reported on E. U.S. Hwy. 377
5:11 p.m.: theft reported on S. Morgan Street
6:36 p.m.: criminal trespass reported on Parkwood Lane
** 19 traffic stops were reported this day**
- Jan. 22
9:51 a.m.: drug paraphernalia possession reported on S. Morgan Street
11:01 a.m.: possession of a controlled substance reported on W. Pearl Street
1:33 p.m.: suspicious person or circumstance reported on N. Houston Street
5:33 p.m.: reckless driving reported on Dean Court
One minor accident and 21 traffic stops were reported on this day

CALENDAR

ONGOING

FORWARD TRAINING
Center "Beginner Typing Skills" class. Call 817-573-6677 or email info@forwardtrainingcenter.org

SATURDAY, JAN. 27

OPEN HEARTS Sanctuary offers a free Holistic Fair from noon-6 p.m. located at 616 Fall Creek Hwy., Granbury. There will be psychic readings, energetic clearing and protection, psychic gift activations, crystals, candles, potions, amulets, spiritual guidance, life coaching and Reiki sessions.

TUESDAY, FEB. 6

OPERA GUILD of Granbury monthly meeting at DeCordova Country Club, 5301 Country Club Dr. The Opera Guild is an all-volunteer organization whose mission is to support the Granbury Opera House and its allied arts. Check in and social 1-11 a.m. Entertainment by Bobby Ray Adams. The short business meeting is at 11:30 a.m. The \$18 optional lunch will be pork medallions, roasted potatoes, broccoli, house salad, apple crisp and coffee/tea/water. Reservations are required by Friday, Feb. 2 at granburyog@gmail.org or call 817-776-2898. General membership is \$25 for single and \$35 for joint, business membership is \$35.

MONDAY, FEB. 12

TEXAS DEMOCRATIC WOMEN of Hood County monthly meeting. Guest speaker: Hannah Bohm, Democratic candidate for State Representative, District 59. 11 a.m., Spring Creek Barbeque, 317 E. U.S. Hwy. 377, Granbury. Details 254-716-5195.

THE NORTH Central Texas Civil War Roundtable will meet at 6:30 p.m. at Spring Creek Bar-B-Que, 317 E. U.S. Hwy. 377. Program by Kraig McNutter, director of the Center for the Study of the American Civil War in Franklin, Tennessee. Subject will be the Battle of Franklin. Visitors are welcome and there is no charge for first time attendees. For more information visit ncent-excwr.com or call David Wells 817-579-5769 or Bill Dyess 817-326-8216.

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.

ZED by Duane M. Abel



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COURTESY OF GRANBURY PD

The Granbury Police Department celebrated and honored longtime detective Chris Cogdill after he retired on Jan. 19.

RETIRE

FROM PAGE A1

ing suspects and pulling out those needed confessions. He also shared a memory of an elderly widow who had been robbed and was devastated after jewelry her husband had given her was stolen. Cogdill made it his mission to get that jewelry back for the woman; when he found it, she was thrilled.

Cogdill even met his wife of 23 years, Angie, through his job. She was a dispatcher and he had heard her voice on the radio and realized he needed to meet her. The two met

and soon after they married and now have two children.

Cogdill's son is currently in college studying criminal justice with plans to follow in his father's footsteps after he graduates in May.

"All of a sudden, I woke up and I'm 58 years old," Cogdill said. "It just became time for me to retire and pass the torch so to speak."

A retirement party to celebrate Cogdill, and the training room at the Granbury PD was full of well-wishers. He shared feelings of thankfulness and humbleness after seeing the number of people who showed up for him.

"The toughest part is leaving some

of my coworkers. I've become really close with them and some of them more so than my own family," Cogdill shared. "It's very difficult to leave them, but I'm very thankful. Sometimes we fought like brothers, sometimes we loved like brothers. We always knew that when things got serious, we could count on each other. All the calls and everything I've been involved with, it wasn't just me, it was the entire team. As far as the criminal investigations division at Granbury PD, there's not anything we couldn't handle as a team."

Cogdill said it meant a lot to him to be able to see so many people in the department grow as well as his

co-workers being able to see his kids grow.

He shared that he is grateful to have retired from Granbury PD since it is "one of the best departments out there."

"I just feel very fortunate to have spent my career there. That department has top-of-the-line equipment with guys that are very well trained. I vividly remember my interview getting that job saying, 'I'm going to retire from here' and then one day here I am."

He also shared his gratitude for the community and the amount of support the town gives law enforcement.

"I don't know of a more supportive community toward law enforcement. It just seems like they go above and beyond for us and we're extremely lucky how we're treated by the community," Cogdill said.

Now that he is retired, he plans to take more trips with Angie and travel to different states and national parks. He also plans to spend more time with both his kids and grandkids.

The two biggest lessons he learned from serving for 25 years are to not judge a book by its cover, and to remember that respect gets respect.

FORUM

FROM PAGE A2

Precinct 103 (Tina Lawrence), Precinct 105 (David C. Cooke), and Precinct 408 (Melanie Graft). The candidates for Precinct 107 (Roger Gaines and Lee McKellar) were not present during the forum.

PRECINCT 112

As Precinct 112 candidates Orville Johnson and Laura Tuttle were not present at the meeting, Robert Granger was asked to give his reasons on why he is running.

Granger graduated from Glen Rose High School in 1978 and moved to Granbury in 1979. As a Republican voter, he said he believes the Republican Party should be reaching out and encouraging more people to vote — especially the younger generation.

"We've got high school seniors that are fixing to be out voting and they're my equal," he said. "I think we need to support these kids. I think we need to reach out and get as many voters into this Republican Party as we possibly can. Our country needs us, our state needs us, and our county needs us."

PRECINCT 202

For Precinct 202, candidates Craig Mayberry and Zeb Ullom were not able to be present during the meeting, so they asked their wives to speak for them.

Denise Mayberry, speaking on behalf of her husband, Craig, said the pair moved to Granbury in 2007. Craig has 30 years of experience as a registered pharmacist, and he believes in "standing up and speaking the truth in spite of opposition."

"He's not going to back down," Denise said. "He's an unwavering conservative. He believes in the constitution and all of the platform components of the Republican Party, which are very important. He believes in true common sense, and we need to bring that back. He upholds all the traditional values, and he would appreciate your vote."

Alison Ullom, speaking on behalf of her husband, Zeb, explained that he shares the same values as the Republican Party when it comes to life beginning in the womb and "two genders instead of 94." She said Zeb also believes in supporting the military, strengthening the border, supporting education and authorizing our freedom to bear arms.

"He is running because he wants to help the HCRP (Hood County Republican Party) vet and endorse candidates who have values and experience that align with the values and needs of Hood County and not Austin," Alison said. "He is running to restore the faith in the local party that so many residents here have lost because the Republican Party of Hood County should be a respected organization that picks true leaders."

PRECINCT 211

Precinct 211 has three candidates: Ericka Grim, Paula McDonald, and Shannon Wolf. Grim



PHOTOS BY ASHLEY TERRY | HOOD COUNTY NEWS

Republican Party Chair candidate Zach Maxwell said he is a family man and it's one of the reasons why he's a Republican — because of the strong family values.



Republican Party Chair candidate Greg Harrell said the reason he is running for Hood County Republican Chair is because he believes it's a service position that must be filled.

was not present and had previously revealed she will not campaign for the position.

McDonald graduated from Granbury High School a year before Duree in 1978. She says she still "bleeds purple and gold" and that she was wearing purple to honor Hooks as it was her favorite color. Since she moved back to Granbury eight years ago, McDonald said she has been deeply involved in the community and the school district.

"I have a child in the school district, so I am deeply involved," she said. "We love Hood County. We love what we do in our businesses on the square. I am here because of my love for the county and my involvement — and I've pledged to do

a great job as your elected precinct chair for 211."

Wolf said she is running for Precinct Chair 211 because the position involves serving others. She explained she served as a missionary in Budapest, Hungary and has been a pastor's wife for the last 30 years. She is also a tenured professor at the seminary where she teaches master's-level and doctoral-level students on how to care for people who are hurt or deeply wounded.

"I served the state of Texas by being on the task force for anti human trafficking," Wolf said. "Matter of fact, I was one of the founding members on our attorney general's task force. I specialize in child

victims. Recently, I have served the United States as an expert witness in trafficking trials for children. I help put traffickers away. I want to serve my community in a different way."

PRECINCT 216

Tim Bolton and Jim Lilly are both running for Precinct Chair 216. Lilly was not present during the meeting.

Bolton said he is Amendment 10, Amendment 2, and Amendment 1 — adding he's "not going to call you by your preferred pronoun." He also considers himself a patriot and a "statriot."

"I am Genesis 1 and Genesis 2, and that God created the male

and female. I'm Psalm 139, fearfully and wonderfully made. I'm Matthew, Mark, Luke, John and Paul. I'm John, Paul, George and Ringo," he jokingly added, making a Beatles reference. He went on to include a "Seinfeld" reference, saying he is also "George, Jerry, Elaine and Kramer."

PRECINCT 218

Precinct 218 includes candidates Clinton Helton and Matt Westlund.

Helton described himself as having a "constitution conservative passion" to working with other patriotic Republicans to preserve liberty in Hood County.

"If I'm elected, I will work hard to keep Precinct 218 voters informed on critical issues, and I will work hard to get out that vote to keep Texas — especially Hood County — red," Helton said.

As Matt Westlund was not present, his wife, Sharee, chose to speak on his behalf. Westlund is driven to be a voice of unity and represent the constituents for Precinct 218 and Hood County as a whole "with stability and dignity to restore the rights and principles that make our party strong," according to his wife.

Sharee Westlund said there are also three major takeaways from the Precinct Chairman's Handbook and the Texas GOP platform: grow the Republican Party, register and encourage voter turnout, and grow opportunities for voters in the precinct. Sharee added that Matt "vows to promote a unity of community."

PRECINCT 310

Candidates Brian Gaffin and Zane Hatch are running for Precinct 310. Since Gaffin was not present, Sharee Westlund also chose to speak for him during the forum.

Gaffin grew up in Granbury in DeCordova where he had his first job as a busboy at 11 years old. He has had businesses in both construction and architecture for 36 years. He graduated from Granbury High School in 1979 and from Texas Tech University in Lubbock in 1984. Gaffin is a Rotarian, a Paul Harris fellow, and is a member of the Acton Methodist Church where he became the project architect on the primary sanctuary at just 24 years old.

"He wants to help add stability and strength to the Republican Party by working as a team to help vet and elect strong candidates for every elected position," Sharee Westlund said. "It is time to elect a new leadership that will not encourage unvetted candidates to run against qualified candidates, effectively slugging the voters of the Republican Party, making them appear to be indecisive and weak, therefore making the Democratic Party appear to be cohesive." Hatch said he never thought he would be "standing here" as he had no desire to be a part of politics. However, he said he has learned a lot since the "election was stolen," and he took a deep dive.

"I love this community," he said. "I've been here since my dad

PLEASE SEE **FORUM** | A6



ASHLEY TERRY | HOOD COUNTY NEWS

Richard Hattox, husband of Republican Women's Club President Mary Hattox, served as a guest speaker and honored the late Shirley Hooks for her contributions to the community and to the Republican Party.



ASHLEY TERRY | HOOD COUNTY NEWS

Clint Head, candidate for Justice of the Peace Precinct 1, said he has had a dream of serving as Justice of the Peace since his youth.



ASHLEY TERRY | HOOD COUNTY NEWS

Morris Duree, candidate for Precinct 1 Commissioner, said that his children and grandchildren are the reason why he's running for candidacy.

FORUM

FROM PAGE A5

passed away, and I just want to be involved, so I appreciate your vote, but most importantly, I just want to say, I really want us to talk to each other instead of about each other. I really want to work together."

PRECINCT 313

Earl Erdmann is the incumbent running for Precinct Chair 313 against Stephen Erickson, who had to work during the forum.

Erdmann began by introducing the phrase, "Houston, we have a problem," followed by "Hood County has a problem." He said the Republican Party is divided but he believes the problem can be fixed by putting "quality candidates in the precinct chairs."

"If we do this, we can reunite the Republican Party," he said. "We can once again walk the streets of Hood County with our heads up high and proud, and we can be in the news for all the right reasons."

PRECINCT 314

Gary Merritt and Bret Deason are the current candidates for Precinct 314.

Merritt has been a resident of Hood County for 40 years. He said Hood County is at a crossroads, adding that we must be more attentive to important issues and have better communications.

"The members of Precinct 314, all I've got to say is, I am your neighbor, I am your voice, and I will be your voice," Merritt said.

Deason said he moved to Granbury 18 years ago and is a business owner. He serves on multiple boards and says he is actively involved in the community.

"I'm running because we need a change," he said. "We need a change in the voice of the Republican Party that actually attracts people to our party and not detracts people from it as well, too. It's time to unite the Republican Party, and let's work together to grow our club, and grow the Republican Party — not only here, but across Texas as well, too. I appreciate your vote."

PRECINCT 317

Candidates for Precinct 317 include incumbent Cathy Hays and Jason Gore.

Hays moved to Granbury in 2007. She said she never realized how important local politics was until about 20 years ago and that's when she decided to get involved. She has been precinct chair of 317 for six years and said it has been "eye-opening."

"I am a constitutional conservative," Hays said. "I've always voted along the lines of the Constitution, and I will continue to do so. I don't run as one thing and then turn around and vote as another. I won't ever do that. I will always vote according to the Constitution."

As candidate Jason Gore was not present during the forum, his wife, Courtney, spoke on his behalf. She said Jason is grateful for the opportunity to be able to serve the residents of 317. He first decided to run because he saw a need for good information to get out to the voters.

"He knows how to build relationships and network, and he plans to bring those skills to the Republican



Republican Party Chair candidate Melanie Jensen said she has been in a leadership role since she was 23 years old.

Party to help grow and unite the Republican Party and get the people out to vote," Courtney said.

PRECINCT 404

Precinct 404 candidates are Mark Jackson and Alejandra Munoz. As both Jackson and Munoz could not be at the forum, Melanie Graft — who is running unopposed for Precinct 408 — chose to speak on

ity and perspective to review financial proposals and make frequent recommendations to the people of Hood County," Sharee Westlund said, speaking for Jackson. "If you've grown tired of a local Republican Party that does not use a balanced approach when it comes to your needs and does not give you fact-based information, then vote for me on March 5 so that we can begin

COUNTY CHAIR

After all of the precinct candidates were announced, Davis then went on to announce the candidates for county chair: Greg Harrell, Melanie Jensen, and Zach Maxwell.

Harrell said the reason he is running for Hood County Republican Chair is because he believes it's a service position that must be filled. He said he feels he is uniquely

dren in has no doubt attracted many newcomers, and I see this as an opportunity to rally behind other like-minded conservatives to further the Republican ideals and policies and grow the party as a whole. And I am asking for your support."

Maxwell said he is a family man and it's one of the reasons why he's a Republican — because of the strong family values. He said he has

Republican National Lawyers Association, and has been involved in national and state election training.

Thomas is also a U.S. Navy veteran and served on the Duncanville City Council. When she lived in Dallas County, she served as a committee woman for Texas Senate District 23 and served on numerous committees, along with serving as chairman at the state convention.

She began by talking about the Grassroots Club, the sustaining membership organization for the Republican Party of Texas.

"In the English, common law tradition, there are callings, those are things that God calls you into," she said. "In politics, we are called grassroots. Those are the guys that go knock on the door, and they call on legislators that come to events and that host events. Those are callings, those are those people that God put in that place. We all have our lane to stay in."

Thomas then launched into the history of the Grassroots Club and all the bills that were passed within the last few years.

"Here's what you need to do. Meet with your legislators, thank them for what they've done, ask them what their focus is and their priorities are, pay attention to your platforms and your resolutions committees, create a resolution and get it in the process," she said. "Now's the time."

For more information about the Grassroots Club, contact Thomas at 214-73-2682 or email Leslie.Thomasq@gmail.com.

MARCH PRIMARY

Residents will soon be able to vote for the Hood County Precinct Chair and County Chair on Election Day, March 5.

Early voting will take place Monday, Feb. 21 through Friday, March 1. The last day to register to vote in this election is Monday, Feb. 5.

"What these (precinct chairs) do is they promote Republican principles within the county to make sure that we keep Hood County red. The county runs the jail, and the county runs the elections, so it's a very important level of government. The precinct chairs in Hood County are going to be the people in your neighborhoods who turn out the vote for the Republican candidates."

CHRIS DAVIS

Vice president of programs for the Hood County Republican Women's Club

Munoz' behalf, while Sharee Westlund spoke for Jackson.

Graft said Munoz is a conservative Republican and has been a Granbury resident for 35 years. Munoz wants to protect the American values and keep Republicans informed of important voting matters and dates.

"She's a political ambassador dedicated to the preservation of the fundamentals of the Declaration of Independence and Constitution, and she says voting is important and she wants to ensure that voters are registered and every vote counts," Graft said.

Jackson is running for Precinct Chair 404 because he "values and respects the rights of all individuals of Hood County." His focus will be on local needs coordinated with sound consistent and efficient delivery of government services while also holding fast to fiscally conservative values.

"With over 30 years and specialized service in the banking industry and an MBA in corporate finance and present experience as a CFO, I have the unique abil-

a positive change for our community."

PRECINCT 409

Precinct 409 candidates are Bradley Yarborough and Rachel Reed — both of whom were not present, but Sharee Westlund also chose to speak for Yarborough.

Yarborough has been a Granbury resident for 35 years and was a 1996 graduate of Granbury High School. For the last six years, he has been actively involved in several local and national charities, including Rancho Brazos Community Centers and St. Jude Children's Research Hospital. In the last two years, Yarborough has been more involved in local politics, and has seen a need for change in the Hood County Republican Party.

"He feels that the party has been pushing Austin values onto Granbury residents, and it's time to bring back our local values which make Granbury so great," Westlund said, speaking for Yarborough. "It's time to start supporting our local schools and residents, and he would appreciate your vote."

qualified to do the job as he has served as a leader in the corporate world and was part of the executive team that helped put together the Union Pacific and the Southern Pacific railroads.

"My task and my promise to you will be to be a Republican that you're never concerned about, that you're never ashamed of, that will respect each and every one of you in this room," Harrell said. "I will listen, and I will make all of you proud Republicans. Thank you for your vote."

Jensen moved to Hood County 25 years ago with her husband and three children. Soon after they moved to Granbury, they started their second towing business and opened Willie and Dick's Grill in 2005. She said she has been in a leadership role since she was about 23 years old.

"The experience that I have gained doing business in the service industry and in hospitality, I feel well-equipped for this position," she said. "The community that I found so fitting to raise our children and now our grandchild-

a long history of fighting for conservative values and serving with the Republican Party. Maxwell said he has also been to every convention since 2014 and that he was actually a committeeman on the Senate District 22 platform, where he helped write the current platform.

"I want to unite the Republican Party. I think it's important as a community that's so strong and so conservative that we need to come together and stop all the nonsense back and forth and come together and unite," he said.

GUEST SPEAKER – LESLIE THOMAS

Davis then ended the candidate forum and introduced guest speaker Leslie Thomas, the new state Republican executive committee member for District 22.

Thomas, a Blum resident, is a member of Blum First Baptist Church and has been a B.E.S.T (Boosting, Engineering, Science and Technology) robotics coach. She's a member of the State Bar of Texas, the



COURTESY PHOTO

A recent comprehensive survey by Signs.com, involving over 800 employees, sheds light on the behaviors employees find most objectionable in their managers.

The top ten managerial behaviors to avoid

BY MICKY SHEARON

Special to the Hood County News

In the dynamic world of corporate culture, the relationship between an employee and their manager is pivotal. A recent comprehensive survey by Signs.com, involving over 800 employees, sheds light on the behaviors employees find most objectionable in their managers. This article delves into those behaviors, offering insights into what makes or breaks the delicate balance of workplace harmony.

PLAYING FAVORITES

A dangerous game

The survey reveals a startling truth: the most detested managerial behavior is favoritism. A staggering 82% of male respondents and an even higher 92% of female respondents find this behavior unacceptable. This discrepancy suggests that women, who often face latent and explicit workplace discrimination, are more sensitive to the nuances of favoritism. The practice not only undermines team morale but also hampers objective decision-making, leading to a toxic work environment.

THE THREAT OF JOB SECURITY

A psychological tactic gone wrong

Equally abhorred is the tactic of making informal threats to fire employees. This approach, deemed unac-

ceptable by 82% of men and 84% of women, is a misguided attempt at motivation. Instead of fostering a culture of growth and development, such threats create an atmosphere of fear and uncertainty, which can be counterproductive to employee engagement and productivity.

MISUSE OF COMPANY RESOURCES

A breach of trust

The misuse of company funds for personal expenses is frowned upon by nearly 80% of men and 85% of women. This behavior not only constitutes a breach of ethical standards but also erodes the trust between employees and management. When managers engage in such practices, it sends a message of double standards and lack of integrity, potentially leading to a decline in employee morale and loyalty.

INAPPROPRIATE ADVANCES

The #metoo effect

In the wake of movements like #MeToo, over 80% of respondents, irrespective of gender, find romantic advances by a manager toward a colleague unacceptable. This reflects a growing awareness and intolerance of sexual misconduct and inappropriate power dynamics in the workplace. Such behavior not only jeopardizes the professional environment but also can have serious legal implications for the organization.

PUBLIC CRITICISM AND CREDIT APPROPRIATION

Eroding respect

Discussing an employee's poor performance in public or taking credit for others' work are behaviors that significantly impact employee self-esteem and respect for management. While these actions are deemed more acceptable than romantic advances, they are still highly objectionable, indicating a need for managers to foster a culture of respect and recognition.

TIME MANAGEMENT

A reflection of respect

The survey highlights the importance of respecting employees' time. Three-quarters of men and 81% of women object to last-minute meeting cancellations, while tardiness upsets 77% of men and 79%

of women. These behaviors signal a lack of regard for employees' contributions and can lead to feelings of undervaluation.

CONCLUSION: THE PATH TO EFFECTIVE MANAGEMENT

The findings of this survey are a wake-up call for managers and organizations alike. The key to effective management lies not just in achieving targets but in nurturing a work environment based on respect, integrity and fairness. Managers who recognize and avoid these toxic behaviors can foster a more engaged, productive and loyal workforce, ultimately driving the organization toward greater success.

In conclusion, understanding and addressing these critical issues can transform the landscape of management, making it more humane, equitable and efficient. As the corporate world evolves, so must the approach to management, ensuring it is in tune with the needs and expectations of a diverse and dynamic workforce.



COURTESY PHOTO

Making informal threats to fire employees is a tactic abhorred by 82% of men and 84% of women.

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PHOTOS BY EMILY NAVA | HOOD COUNTY NEWS

Pictured left to right is Ashley Maxwell, Rundee Smith, Cynthia Pigg and Paola Chaves Reyes at a human trafficking event presented by the Paluxy River Children's Advocacy Center on Jan. 18.

Paluxy River Children's Advocacy Center hosts informative human trafficking event to spread awareness

BY EMILY NAVA
Staff Writer
emily@hcnews.com

The Paluxy River Children's Advocacy Center hosted an informational event to spread awareness regarding human trafficking and particularly child trafficking Jan. 18 at the Acton Methodist Church as part of Human Trafficking Awareness Month.

Trafficking is known as the illegal movement of people, typically for the purposes of forced labor or sexual exploitation for anything of value.

This event featured different speakers including Pete Wilkerson, child exploitation unit investigator with Hood County's District Attorney's Office; Ashton Martinez, director of education and engagement at the Paluxy River Children's Advocacy Center (PRCAC); and Ashley Maxwell, a survivor of human traffick-

ing. The event also featured a panel that included representatives from Unbound Now, including Paola Chavez Reyes and Rundee Smith as well as Cynthia Pigg, a community education specialist at the PRCAC.

"This is one of those issues that a lot of people ignore or pretend it doesn't exist," said Barry Robinson, pastor of Acton Methodist Church.

Wilkerson, who has been in law enforcement for over 40 years, works in the child

exploitation unit where he investigates cases that deal with child sex crimes and child deaths across Hood County.

Wilkerson said the sad part is that the unit is extremely busy every day, not only with child sex abuse in the county, but also with child trafficking.

"Child trafficking in Hood County happens every day," Wilkerson added. "Since the revamping of the trafficking statutes, I've filed two charges for child trafficking."

Wilkerson shared the horrendous stories of child trafficking including girls aged 12, 14, and 15, all in Hood County. Each of the stories involved older men using young females for sexual abuse.

After these trafficking stories were told, the audience was able to learn more in depth about child trafficking from Martinez, including

PLEASE SEE PRCAC | A13



A human trafficking event was put on by the Paluxy River Children's Advocacy Center on Jan. 18 that took place at the Acton Methodist Church.

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OBITUARIES

Theda Deaver

January 5, 1934 - January 7, 2024

Theda Jan Reeder Deaver, age 90, soared to heaven to meet her Lord and Jesus as well as her family and friends that passed before her. After a long illness, she passed away in her home surrounded by her loving family. All was well with her soul, and softly and tenderly she went to the garden alone. Born on Jan. 5, 1934, to Albert Jackson (Jack) Reeder and Mollie Mae Hatchett Reeder, Theda was the last of eight children, and the only one born in a hospital. Theda was raised on a wheat and cotton farm in Cooperton Valley located in Southwestern Oklahoma. Her name "Theda Jan" was given to her by her eldest brother, Ryvers, and her sister-in-law, Helen. Her brother was a huge fan of Theda Bara, an American silent film and stage actress; the "Jan" came from the month of January which came from the Roman god Janus, god of new beginnings.

Theda's formative years on the farm gave her a sense of loving her home with the Wichita mountains as her backdrop and landscape. She passed along that sense of a loving home to her four children. She attended all 12 years in the Cooperton Valley Schools and graduated high school in 1952.

Theda married Bobby G. Reese on Jan. 24, 1951. To this union four children were born: Darla, Reeder, Dana, and Dawn. She and her husband Bob raised their children on the farm until 1966 when they moved to Gotebo, Oklahoma, 12 miles north of the farm.

Theda enrolled in LVN school at Cameron College in Lawton, Oklahoma, in 1962, and graduated in 1963. She worked several years as a nurse in Hobart and Carnegie Hospitals before returning to Cameron State University to complete her RN degree and worked in nursing until the early 1980s in Irving and Grapevine, Texas. She took a job for Clinical Data out of Boston selling heart monitors in the Southwest United States. While living in Irving, she met James Deaver, lovingly referred to as "Jim Bear." Jim and Theda married in 1986 in Dallas, Texas. She then retired from her sales rep



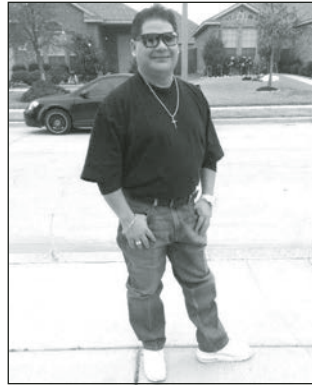
job and nursing and became Jim's right-hand lady in photography by running the desk, bookings, and all-around gofer for Jim at his Dickens Photography Studio in Dallas. In 1994 Theda and Jim moved to Granbury and commuted for several years to the studio in Dallas. Theda and Jim remained married until Jim's death on Sept. 23, 2022. Theda was preceded in death by her husband James Rolla Deaver, her parents, Jack and Mae Reeder, three brothers and sisters-in-law, three sisters and four brothers-in-law: Ryvers and Helen Reeder, Jack II and Vivian Reeder, Lloyd and Addie Reeder, Wilson and Edith Lester, Herschel and Roma McKee, and Joe and Neville Hancock. Also, preceding her in death was her brother-in-law Robert Adams, two grandsons Jeremy Dunn and Jacob Dunn, plus four nephews, and the father of her children, Bob Reese.

Survivors include her three daughters and one son: Darla Reese Dunn and husband Rickie Dunn, Dana B. Reese, Susan Dawn Law and partner Vernon Knapp, Reeder Reese and wife, Tammy Reese; stepchildren, Jay Deaver and wife Vicki and Paula and Julian Thorne and step-granddaughter Eve Thorne. Five grandchildren survive Grandma Theda: Travis Reese and wife Krista Reese, Adam Reese, Jan-Margarete Dunn Tenery and husband Justin Tenery, Levi Law and wife Emily, and Austin Law and partner Chelsey Couch. Theda is also survived by nine great-grandchildren and one great-great-granddaughter. Lastly, and certainly just as important, Theda is survived by her sister Neta Reeder Adams of Wichita, Kansas.

Service: First Presbyterian Church of Granbury, Saturday, Jan. 27 at 2 p.m.

Paul Ayala

March 1, 1966 - January 6, 2024



BEDFORD - Paul Ayala, 57, passed away on Saturday, Jan. 6, 2024.

Visitation: 6 to 8 p.m. Thursday, Jan. 25, 2024, in Mount Olivet Chapel.

Paul Ayala was born on March 1, 1966, to parents Mr. and Mrs. Johnny Ayala. He was the fourth child and an identical twin (a surprise to his parents!) He went to school in Fort Worth and graduated from Castleberry High School where he proudly played the trumpet in the Lion Band.

Paul helped his family build and open, Don Ayala's Mexican Restaurant in Acton, Texas, where he helped to create and perfect the BEST margarita. A lifelong Texas sports fan, he could always be found cheering on each team, especially the Dallas Cowboys! An avid amateur weather forecaster, he always made sure his girls knew when bad weather was coming and was prepared for it. A member of UAW Local 218, he spent 27 years working alongside many friends at Bell Helicopter Textron.

His infectious laugh, ability to shoot the breeze, creased, razor sharp, ultra starched jeans and blindingly white "Don't Step on My" tennis shoes will be missed by many.

Paul was preceded in death by Johnny Ayala (father); Angelita Ayala (mother); Michael Ayala (brother); and Debra Garcia (sister.)

He leaves behind to cherish his memory daughters, Anna (Jake), Alexis (Ashley), Arissa, and Anjelica (Daniel); twin brother, Peter (Stephanie); and a whole host of nieces, nephews, aunts, uncles, cousins, and friends.

Henry Ray Randall Sr

December 11, 1946 - January 18, 2024

The service was held at 11 a.m., Tuesday, Jan. 23, 2024 at Wiley Funeral Home Chapel with burial following at Tolar Cemetery. Visitation service was held from 10 to 11 a.m. at the funeral home. Services under the direction of Wiley Funeral Home, Granbury.

Henry married Tonya Pearl Wood on July 2, 1965. He loved his family with all his heart and could always be seen sitting outside or inside in his chair with his favorite dog MickLoven.

Henry worked at Southern and Union Pacific for 30 years and was a mechanic his whole life. He was preceded in death by

his parents, H A Randall and Lydia and four brothers Bobby, Chocky, James and Tommy.

Henry was survived by his loving wife Tonya: sisters: Shirley Moore and Francis, sons: Henry Ray Randall, Jr and his wife Jennifer, and Morris Trevor Randall and his wife Lana, grandkids: Justin Periman, Sabrina Everette, Corinna Randall, Marissa Collins, Staci Randall, Rachael Ross, Caleb Randall and Noah Randall, great-grandkids: Amanda Periman, Allison Zoeman, Cannon Everette, Zoey Periman, Grayson Everette, Barron Everette, and Payton Periman.

Jean Perry Stump

June 18, 1945 - January 11, 2024



Jean Perry Stump, age 78 of Granbury, Texas, passed away Jan. 11, 2024. Jean was born June 18, 1945. She was raised by parents Bill and Irma Perry of Grand Prairie, Texas.

Jean graduated from Grand Prairie High School and completed her Associate Degree in mental health at Tarrant County Community College. She worked at Bell Helicopter, TWA Airlines as a gate agent, Braniff Airlines, American Airlines, and enjoyed modeling part-time as a petite clothes model.

Jean enjoyed her hobbies, she was an artist and enjoyed traveling the world with her husband, Jack.

Jean is survived by her loving husband of over 54 years Jack H. Stump, son Jason B. Stump and wife Casey Stump of Arlington, Texas, and grandchildren Logan Stump, Holden Stump, and Morgan Elise

Stump. Jean is preceded in death by her parents Bill and Irma Perry, and son Craig H. Stump.

Jean will be best remembered for her beautiful sweet smile and kind words for everyone.

Visitation: 6 to 8 p.m. on Jan. 22, 2024. Funeral service: 2 p.m., Jan. 23, 2024 at Bluebonnet Hills Funeral Home, 5725 Colleyville Blvd, Colleyville, Texas 76034.

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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ACROSS
1 get away!
5 lightweight helmet
6 TX George H.W. Bush alma mater
7 TX Jim Reeves hit: "I Losing You"
8 TX Roy Orbison sang Traveling Wilburys tune: "Not Alone ___ More"
9 long, heavy curtains
15 Houston Museum of Fine ___
16 "Red River Shootout" award (2 wds.)
19 AL West city with Houston & Arlington
21 deeply love
22 TXism: "happy as a kid sitting ___ Claus' lap"
27 female sheep
28 valuable things
29 "painful ___ in a tight shoe"
30 this Floridian Kathy beat TX Zina Garrison in 1984
32 first word in "Cowtown" (abbr.)
33 TXism: "he's ___ own mind" (ego)
36 TXism: "___ thru the wringer & hung out to dry" (tired)
37 I.M. ___ designed Dallas City Hall
38 area beyond suburbia
39 TX A.C. Greene or TX Larry L. King
41 bolo, e.g. (2 wds.)

DOWN
11 money maker for the Azle News, e.g.
12 TXism: "two ___" (alike)
13 TX Gene Tierney 1950 film: "Where the Sidewalk ___"
14 Mule ___ TX
15 TXism: "got as much chance as ___ a packing plant"
16 ___ Rose, TX
17 annual event in Sunset Valley, TX
18 COVID advice: "___ Treat it. Beat it."
20 a carbon copy
22 ___ "Bum" Phillips

42 suddenly bright stars
45 action needed for "4th and long" in football
46 fed. ID no.
47 what TX George Foreman did to practice
48 TX Stuart Hamblen song: "This ___ House"
49 Hispanic heritage book: "___ Texas"
52 Rio Grande early name: "Rio ___ Palmas"

53 NBA rim hanger
54 golf accessory
55 speed measure in inches (abbr.)

11 ___ is more"
34 'tween N and NNE on a compass rose
35 boot camp sgt.
37 TXism: "___ overcoat" (coffin)
40 archaic term for Christmas
43 ___ piece is an opinion column
44 TX Jack who created the MPAA film rating system
50 actor Warren in "Texas-based film "Tough Enough"
51 jeans inventor (init.)

How can business owners plan for an exit?

TAYLOR MOBLY
Edward Jones
Financial Adviser



Taylor Mobly But you'll especially need to plan for the mechanics of your exit — that is, just how you're going to sell or transfer ownership of it. Essentially, you have three main options:

INTERNAL SALE OR TRANSFER

You could sell or transfer your business to someone affiliated with the company, such as a family member, business partner or even a group of employees. The

advantages of this method are that you'll have greater control over the timing of your exit, and you'll be able to provide greater continuity for your employees, clients and suppliers. One potential disadvantage is that your net sales proceeds may be less than what you'd get from selling the business to an unrelated third party.

EXTERNAL SALE OR TRANSFER

The biggest benefit of selling or transferring your business to an unrelated third party is that you can potentially maximize your net sales proceeds. But you'll need to consider some tradeoffs, too. For one thing, a sale to

an outside person or business usually requires a long and possibly expensive due diligence process. Also, you'll have less control over the timing of your exit than you would if you sold the business to an internal source.

LIQUIDATION

If you liquidated your business by selling all your assets and shutting down operations, you could end up with far fewer net proceeds than if you sold the business to an internal or external source. However, you could raise cash pretty quickly. But if you chose to liquidate or dissolve your business, it could potentially be disruptive for

your employees, clients and suppliers.

Because everyone's situation is different, there's no clear-cut formula for deciding which of these exit options is right for you. And it isn't simply a matter of numbers, either, because you'll need to consider some intangible factors, too. How will your family be affected by your choice? How would you feel if your business was in someone else's hands, or no longer existed? You'll need to work out these issues, along with the financial ones, before you decide on your business exit strategy.

Fortunately, you don't have to go it alone. You may want

to consult your financial, legal and tax advisors, and possibly work with a commercial banker and a business evaluation expert. By drawing on several sources of expertise, you can feel more confident that you'll make a decision that's appropriate for your needs.

One final suggestion: Don't wait too long before you begin putting together your exit strategy. Time goes fast — and when the time comes for you to say goodbye to your business, you'll want to be prepared.

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EVERY DAY
ALCOHOLICS ANONYMOUS. Do you or someone you know have a problem with alcohol? Meetings daily at 10 a.m., noon and 7 p.m. at 1205 Lipan Hwy., Granbury.

ACTON 12-STEP Group. Meeting daily at 7 p.m. 3609 Acton Highway (behind Madison Park).

EVERY SATURDAY
WOMEN'S WAY Out AA-Alcoholics Anonymous. Closed discussion for women only. Meets every Saturday at 10 a.m. at 301 W. Bridge St. For more information call 317-772-8124.

EVERY SUNDAY
STARTING A New Life is a grief support group for those who have lost a loved one through death. This includes the loss of a spouse, child, parent, sibling or close friend. For the past 26 years this group has helped people work through their grief process. If you, or someone you know, is suffering from the

loss of a loved one, come or bring them to our next session that began March 19. We are Christian-based, non-denominational and welcome all who are suffering. We meet 3-5 p.m. on Sundays in the parish hall of St. Frances Cabrini Catholic Church. For more information, call Ben Bradley at 575-706-5703 or Sherry Bingham at 817-657-0822.

EVERY MONDAY
PROMISES AL-ANON group meets every Monday at 6 p.m. First Presbyterian Church, fellowship hall, west entrance, 303 W. Bridge St.

EVERY TUESDAY
PUNCHIN' PARKINSON'S in Granbury. 12:30-1:30 p.m. A non-contact boxing and fitness program designed for people with Parkinson's Disease. First Christian Church, 2109 W. U.S. Highway 377 (next door to Tractor Supply).

GRIEF SHARE 14-WEEK seminar Sept 13. to Dec. 13, 6:30-8 p.m. Presented by

StoneWater Church, Granbury, this program is a support group designed to help rebuild lives. Book for course, \$20, "Finding hope after the loss of a loved one." Register: GriefShare.StoneWaterChurch.com or call 817-579-9175.

PEDALING FOR Parkinson's hosted by the Hood County YMCA will be from 1 to 2 p.m. at 1475 James Road. The program is led by a certified group fitness instructor and consists of a pre- and post-fitness evaluation, and 45-minute spin/cycling session. Program will last 12 weeks. For more information call 817-624-9791 or e-mail communityhealth@ymcafw.org.

EVERY THURSDAY
TAKE OFF Pounds Sensibly (TOPS). 8:45-10:45 a.m. Lakeside Baptist Church, room 133C, 500 W. Bluebonnet Dr. Maximum weight scale: 400 pounds.

GRIEF SHARE RECOVERY seminar and support recov-

ery seminar and support group meets at 10 a.m. at Interim Hospice, 1314 Paluxy Drive, Suite 200. Childcare is not provided. Fee for Griefshare workbook is \$15. Details: 817-573-7474.

RE ENGAGE marriage enrichment meets every Thursday at 6:30 p.m. at StoneWater Church in Granbury. For more information email paige.kitchens@stonewaterchurch.com

EVERY FRIDAY
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FIRST MONDAY
ALZHEIMER'S SUPPORT Group, join others to share concerns, 10 a.m. at Acton Methodist Church, 3433 Fall Creek Highway. Details: 817-326-2355.

FIRST TUESDAY
ALZHEIMER'S CAREGIVERS support group, 10:30-11:30 a.m. in the 1894 Building at Acton Baptist Church, 3500 Fall Creek Highway. For caregivers, family members, friends and anyone in the community. Details: 817-326-4693.

SECOND SATURDAY
GRIEF SUPPORT group for anyone grieving a loss in their life. This is an informal gathering over breakfast. Please join us for conversation and community, location varies. Call for info: Amy Dwight at 817-894-2449 or Danny Dwight at 817-219-9833.

THIRD MONDAY
ALZHEIMER'S SUPPORT Group, join others to share concerns, 10 a.m. at Acton Methodist Church, 3433 Fall Creek Highway. Details: 817-326-2355.

THIRD TUESDAY
ALZHEIMER'S CAREGIVERS support group, 10:30-11:30 a.m. in the 1894 Build-

ing at Acton Baptist Church, 3500 Fall Creek Highway. For caregivers, family members, friends and anyone in the community. Details: 817-326-4693.

FOURTH TUESDAY
PARKINSON'S SUPPORT Group, 1 p.m. at Lakestone Terrace, 916 E. U.S. Highway 377. Open for those with Parkinson's and their families wanting to understand more about this disease. Details: 817-999-1470.

FOURTH SATURDAY
GRIEF SUPPORT group for anyone grieving a loss in their life. This is an informal gathering over breakfast. Please join us for conversation and community. Location varies. Call for info: Amy Dwight at 817-894-2449, or Danny Dwight at 817-219-9833



SUPPORT SYSTEM calendar will feature recurring activities that provide group support and are open to the public. These items will run each Wednesday. Submit Support System listings to calendar@hcnews.com and include the day, date, time and location - including street address.

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Habitat for Humanity of Hood County

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S-1674

Millie Hoffman turns 100

Beauty queen advises keeping a sense of humor

BY EDEN DUNCAN GILBREATH
 Special to the Hood County News
 eden@hcnews.com

On Saturday, Jan. 13, Millie Deboer Hoffman celebrated one hundred years on this earth. She was surrounded by family and friends for the celebration at her home at the Courtyards of Granbury.

Millie was born Jan. 13, 1924, in Kansas. She was an only child but was very close to a cousin growing up. Millie's father died when she was school-aged, and her mother remarried. Millie was very close to her stepdad.

As a young lady, Millie was noticed for her beauty and won multiple beauty contests. When Millie met her husband Ruel, he was smitten for her and she for him. Ruel was a star athlete in about every sport but especially baseball. He played for a traveling baseball league and served in the armed services during World War II. Throughout their time apart Millie and Ruel sent one another letters. They stayed sweethearts until Ruel's death in 2004. Their marriage spanned over 60 years from July 1942 until Ruel's death.

You don't arrive at your 100th birthday without some choice stories to tell. Chief among those stories is the time Millie's husband Ruel won a house. Millie complained that the hous-

ing market was awful, and then one night, Ruel was late coming home. Very late. Perhaps there was poker involved. Millie was not pleased. When Ruel got home he quickly laid down the deed to a house on the table and said, "before you start in on me, I won you a house!" Of course, he was forgiven immediately. This was very good news for a struggling young family, and off to Midland they went.

In Midland, Ruel became a paint contractor, owning his own business. After raising their sons Cliff and Bill, Millie decided to get a job in the 1970s when it was oil boom time and the economy was very robust. She was hired by Julian Gold's designer boutique where she enjoyed a long and satisfying career employing her sense of style to assist customers in finding just the right look. Customers would sip wine as Millie would make suggestions to add to their wardrobe.

It goes without saying Millie has suffered a lot of



Millie celebrates her 100th birthday with friends and family at the Courtyards.

joy and a lot of loss in her 100 years. Last year was particularly hard for Millie as she lost her son, Bill, her nephew, Don Hoffman, and her daughter-in-law, Brenda Hoffman (Cliff's wife).

"I never thought about turning 100 until I was 99 and then I started thinking about it!" Millie said. She says her favorite activity has changed through the years. Her favorite now is sleep. And she does enjoy church on TV on Sundays. A perk of growing older? "Everyone treats you well," shares Millie. "I've always been independent but being 'babied' is nice. I don't like being less agile."

The best thing about aging is the focus it brings to life. "I no longer have any desire for material things. I used to want things for my home or a new outfit. Now I just want to be close with my loved ones." She particularly enjoys time with small children. "Just the joy of being around them, watching their fascination with the world."

"We all need to relax and not pressure ourselves," is the advice Millie would give to those younger than herself. "Take help with a smile and don't feel guilty about what you can't do." And most of all, "Keep a sense of humor."

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Gilmer Home Auction - Gilmer, TX: 105 Oasis Street, 4BR 3BA 2,438+/-SF home on 0.41+/-AC. Open to the public 1-4 p.m. Sun., Feb. 11. Bid Online Feb. 19 - 21 at auctionnetwork.com. 800-801-8003, williamsauction.com/TXHomes.

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NOTICES

Notices

BASEBALL SEASON IS GETTING CLOSE! A Fantasy Baseball League is forming in Granbury and Hood County. If you are interested in joining a fantasy baseball league for the 2024 season, please contact Mark for details: Email: GBFantasyBaseball@gmail.com

Public Notices

LEGAL AD
Application has been made with the Texas Alcoholic Beverage Commission for a package store permit by Sargun Sandhu, LLC to be located at 2305 Lipan Hwy, Granbury, Hood County, Texas. Officer of said corporation is Gurdatar Sandhu, Member.

PUBLIC NOTICE
Pursuant to Chapter 59, Texas Property Code, Guardbox Storage in Granbury, which is located at 1400 Weatherford Hwy., Granbury, TX 76048, will hold a public auction of property being sold to satisfy a landlord's lien online at www.StorageTreasures.com. The auction will end on or around 11:00 A.M. on February 5, 2024. Property will be sold to the highest bidder. A \$100.00 cash deposit for removal and cleanup will be required. Seller reserves the right to withdraw property from sale. Property being sold includes contents in spaces of the following tenants: Claude Tackitt-TV, tools
Contact Guardbox Storage-Granbury 817-573-2416

NOTICE OF PUBLIC SALE
Pursuant to Chapter 59 Texas Property Code, DONE Storage, located at 4508 Old Granbury Road, Granbury, TX 76049 will begin an online auction at www.LockerFox.com of contents to satisfy a landlord's lien. The sale will begin online on February 3, 2024.

Unit contents will be sold as-is to the highest bidder for cash only. Cleanup deposit is required. Contents must be removed from the property within 72 hours of the winning bid. Seller reserves the right to reject any bid or withdraw the property at any time before the sale. All units contain household items unless additional items are noted. Contents from the following tenants will be sold: Fern Bailey, Cole Ingram, Brandy Mata.

CITATION BY PUBLICATION
THE STATE OF TEXAS: To all persons interested in the Estate of William Ellsworth Shackleton III, Cause No. P10277, County Court of Hood County, Texas.

Sandra S. Otto in the above numbered and entitled estate filed an Application for Probate of Will as Muni-ment of Title After Four Years in the said Estate of William Ellsworth Shackleton III, deceased.

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 on this the 19th day of January 2024
Katie Lang
Hood County Clerk
P.O. Box 339
Hood County, Texas 76048
By /s/ Jamie Barfield, Deputy

NOTICE TO CREDITORS OF THE ESTATE OF RUTH ELLEN LING, Deceased
Notice is hereby given that Letters Testamentary upon the Estate of RUTH ELLEN LING, Deceased, were granted to the undersigned on January 10, 2024 by the County Court of Hood County, Texas. All persons having claims against said estate are hereby required to present the same to Robert Grant at 2305 Upton Ln, Flower Mound, Texas within the time prescribed by law.
Executor of the Estate of RUTH ELLEN LING, Deceased. CAUSE NO. P10216

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Public Notices

NOTICE TO CREDITORS OF THE ESTATE OF TERRY LEE MANN, Deceased
Notice is hereby given that Letters of Independent Administration upon the Estate of TERRY LEE MANN, Deceased, were granted to the undersigned on January 10, 2024 by the County Court of Hood County, Texas. All persons having claims against said estate are hereby required to present the same to Ann Bosworth Mann at 13619 Holiday Estates Ct., Granbury, TX 76049 within the time prescribed by law. Independent Administrator of the Estate of TERRY LEE MANN, Deceased. CAUSE NO. P10109

Granbury Independent School District is soliciting proposals for RFP 2024-23 for Facilities and Maintenance Contracted Services.
Bid proposals are available online on https://granbury.ionwave.net. The bids are open immediately and will close 02/15/24.

Please contact purchasing office at 817-408-4087.

NOTICE OF PUBLIC SALE
Pursuant to Chapter 59, Texas Property Code, Store House Storage Granbury which is located at 3726 FM 4 in Granbury, TX 76049 will hold a public online auction to satisfy a landlord's lien. The sale will be held at www.StorageAuctions.com and will end at 10:00am on 2/16/2024. Tenant Info: Jessica Hallmark, 5x7 unit.

NOTICE TO CREDITORS
Notice is hereby given that original Letters of Independent Administration for the Estate of AGUSTIN JAIME MARTINEZ, Deceased, were issued on January 10, 2024, in Cause No. P10231, pending in the County Court of Hood County, Texas, to: CRUZ MANUEL MARTINEZ.

All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law.

c/o: Steven G. Kuban
Attorney at Law
107 E. Pearl St.
Granbury, Texas 76048
DATED the 19th day of January, 2024.
Steven G. Kuban
Attorney for Cruz Manuel Martinez
State Bar No.: 24078807
107 E. Pearl St.
Granbury, Texas 76048
Telephone: (817) 573-8872
Facsimile: (817) 579-1651
E-mail: skuban@kubanfirm.com

LEGAL AD
A public hearing will be held on Tuesday, February 13, 2024, at 9 a.m. during the Hood County Commissioners' Court in the Central Jury Room of the Ralph H. Walton Jr. Justice Center, 1200 West Pearl Street, Granbury, Texas 76048. The Commissioners' Court will meet to discuss, consider, and take appropriate action on the updates and/or revisions to Section II, Subdivision Regulations, to Section 1.6.

NOTICE OF PUBLIC AUCTION Property of James J Piersante: Furniture, Firepit, Frig, AC, Misc. items. Being sold to satisfy landlord's lien. Sale to highest cash bidder, 10am, 2/16/24, Mini Max Self Storage, 3713 Weatherford Hwy. Granbury TX 76049. 817-279-6300. MITCHUT@YAHOO.COM

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

SOUTH OAKS ESTATES, LOTS 8R-1 & 10R-1

The Hood County Commissioners' Court will meet to consider the application and to hear any protest to the revision on Tuesday, February 27th, 2024, at 9 a.m. in the Central Jury Room of the Ralph H. Walton Jr. Justice Center, 1200 West Pearl Street, Granbury, Texas 76048.

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

RANCHO BRAZOS, LOTS 48R & 50R

The Hood County Commissioners' Court will meet to consider the application and to hear any protest to the revision on Tuesday, February 27th, 2024, at 9 a.m. in the Central Jury Room of the Ralph H. Walton Jr. Justice Center, 1200 West Pearl Street, Granbury, Texas 76048.

Public Notices

TEXAS COMMISSION ON ENVIRONMENTAL QUALITY



NOTICE OF RECEIPT OF APPLICATION AND INTENT TO OBTAIN WATER QUALITY PERMIT RENEWAL

PERMIT NO. WQ0014147001

APPLICATION. Aqua Texas, Inc., 1106 Clayton Lane, Suite 400W, Austin, Texas 78723, has applied to the Texas Commission on Environmental Quality (TCEQ) to renew Texas Pollutant Discharge Elimination System (TPDES) Permit No. WQ0014147001 (EPA I.D. No. TX0120243) to authorize the discharge of treated wastewater at a volume not to exceed a daily average flow of 220,000 gallons per day. The domestic wastewater treatment facility is located at 7407 Mistletoe Trail, near the City of Granbury, in Hood County, Texas 76048. The discharge route is from the plant site to an unnamed tributary, thence to the Brazos River Below Lake Granbury. TCEQ received this application on November 27, 2023. The permit application will be available for viewing and copying at Hood County Library, 222 North Travis Street, Granbury, Texas prior to the date this notice is published in the newspaper. This link to an electronic map of the site or facility's general location is provided as a public courtesy and not part of the application or notice. For the exact location, refer to the application.
<https://gisweb.tceq.texas.gov/LocationMapper/?marker=-97.71888,32.37111&level=18>

ALTERNATIVE LANGUAGE NOTICE. Alternative language notice in Spanish is available at <https://www.tceq.texas.gov/permitting/wastewater/plain-language-summaries-and-public-notices>. El aviso de idioma alternativo en español está disponible en <https://www.tceq.texas.gov/permitting/wastewater/plain-language-summaries-and-public-notices>.

ADDITIONAL NOTICE. TCEQ's Executive Director has determined the application is administratively complete and will conduct a technical review of the application. After technical review of the application is complete, the Executive Director may prepare a draft permit and will issue a preliminary decision on the application. **Notice of the Application and Preliminary Decision will be published and mailed to those who are on the county-wide mailing list and to those who are on the mailing list for this application. That notice will contain the deadline for submitting public comments.**

PUBLIC COMMENT / PUBLIC MEETING. You may submit public comments or request a public meeting on this application. The purpose of a public meeting is to provide the opportunity to submit comments or to ask questions about the application. TCEQ will hold a public meeting if the Executive Director determines that there is a significant degree of public interest in the application or if requested by a local legislator. A public meeting is not a contested case hearing.

OPPORTUNITY FOR A CONTESTED CASE HEARING. After the deadline for submitting public comments, the Executive Director will consider all timely comments and prepare a response to all relevant and material, or significant public comments. **Unless the application is directly referred for a contested case hearing, the response to comments, and the Executive Director's decision on the application, will be mailed to everyone who submitted public comments and to those persons who are on the mailing list for this application. If comments are received, the mailing will also provide instructions for requesting reconsideration of the Executive Director's decision and for requesting a contested case hearing.** A contested case hearing is a legal proceeding similar to a civil trial in state district court.

TO REQUEST A CONTESTED CASE HEARING, YOU MUST INCLUDE THE FOLLOWING ITEMS IN YOUR REQUEST: your name, address, phone number; applicant's name and proposed permit number; the location and distance of your property/activities relative to the proposed facility; a specific description of how you would be adversely affected by the facility in a way not common to the general public; a list of all disputed issues of fact that you submit during the comment period and, the statement "[I/we] request a contested case hearing." If the request for contested case hearing is filed on behalf of a group or association, the request must designate the group's representative for receiving future correspondence; identify by name and physical address an individual member of the group who would be adversely affected by the proposed facility or activity; provide the information discussed above regarding the affected member's location and distance from the facility or activity; explain how and why the member would be affected; and explain how the interests the group seeks to protect are relevant to the group's purpose.

Following the close of all applicable comment and request periods, the Executive Director will forward the application and any requests for reconsideration or for a contested case hearing to the TCEQ Commissioners for their consideration at a scheduled Commission meeting.

The Commission may only grant a request for a contested case hearing on issues the requestor submitted in their timely comments that were not subsequently withdrawn. **If a hearing is granted, the subject of a hearing will be limited to disputed issues of fact or mixed questions of fact and law relating to relevant and material water quality concerns submitted during the comment period. TCEQ may act on an application to renew a permit for discharge of wastewater without providing an opportunity for a contested case hearing if certain criteria are met.**

MAILING LIST. If you submit public comments, a request for a contested case hearing or a reconsideration of the Executive Director's decision, you will be added to the mailing list for this specific application to receive future public notices mailed by the Office of the Chief Clerk. In addition, you may request to be placed on: (1) the permanent mailing list for a specific applicant name and permit number; and/or (2) the mailing list for a specific county. If you wish to be placed on the permanent and/or the county mailing list, clearly specify which list(s) and send your request to TCEQ Office of the Chief Clerk at the address below.

INFORMATION AVAILABLE ONLINE. For details about the status of the application, visit the Commissioners' Integrated Database at www.tceq.texas.gov/goto/cid. Search the database using the permit number for this application, which is provided at the top of this notice.

AGENCY CONTACTS AND INFORMATION. Public comments and requests must be submitted either electronically at <https://www14.tceq.texas.gov/epic/eComment/>, or in writing to the Texas Commission on Environmental Quality, Office of the Chief Clerk, MC-105, P.O. Box 13087, Austin, Texas 78711-3087. Please be aware that any contact information you provide, including your name, phone number, email address, and physical address will become part of the agency's public record. For more information about this permit application or the permitting process, please call the TCEQ Public Education Program, Toll Free, at 1-800-687-4040 or visit their website at www.tceq.texas.gov/goto/pep. Si desea información en Español, puede llamar al 1-800-687-4040.

Further information may also be obtained from Aqua Texas, Inc. at the address stated above or by calling Mr. Scot Foltz, Environmental Compliance Manager, at 512-990-4400, extension 56101.

Issuance Date: January 19, 2024

Request for Proposal

The City of Granbury is accepting proposals from Firms/Individuals to conduct a Real Estate Market Analysis for the City.

The RFP is available from the City of Granbury upon request, or by downloading a copy from the City's website at www.granbury.org/purchasing under "Current Bids & Requests". Eight (8) copies of proposal and one (1) electronic copy of proposal on a flash drive should be submitted by 2:00 P.M. (Local Time) on February 22, 2024, to the following address and clearly labeled accordingly:

Request of Proposals RFP 23-24-01 Real Estate Market Analysis

Mailing Address: City of Granbury Attn: Purchasing Department P.O. Box 969 Granbury, TX 76048	Physical Address for drop-off: City of Granbury Attn: Purchasing Department 116 West Bridge Street Granbury, TX 76048
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Any proposals received after the closing date and hour will not be accepted and will not be returned. Proposals for Real Estate Market Analysis services will be reviewed separately, ranked, and a recommendation made to the City Council at regular council meeting. The City reserves the right to reject any and/or all proposals. All questions regarding this proposal should be emailed to crussell@granbury.org.

Public Notices

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

ROLLING CREEK RANCH, PHASE 3, LOT 228R

The Hood County Commissioners' Court will meet to consider the application and to hear any protest to the revision on Tuesday, February 27th, 2024, at 9 a.m. in the Central Jury Room of the Ralph H. Walton Jr. Justice Center, 1200 West Pearl Street, Granbury, Texas 76048.

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ar, it must have been difficult Monday
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PRCAC

FROM PAGE A8

signs and tactics.

"It's the second-fastest growing criminal activity," Martinez said during the event. "There are approximately 79,000 victims in the state of Texas."

Martinez said victims are typically targeted and followed for a period of time before "tricking them" into captivity. The perpetrator often forms relationships with the victim, making the victim feel more comfortable and open. She added that often these traffickers are "meeting the needs" of a victim who is vulnerable, such as providing a place to stay, money, a significant other and much more. Traffickers will then use manipulation tactics to make the victim too afraid to leave, such as making them feel guilty, unwanted, etc.

Martinez also shared the importance of online safety and being careful about choosing online friends. Often these traffickers find their victims through social media.

"Ninety percent of the time these are not kidnapping situations," Martinez said. "We need to change our mindset when we think of how these human trafficking situations happen. Online sex trafficking is increasingly becoming the norm."

Martinez said it would be hard to recognize victims of trafficking in brief passages, but it is important to always pay attention to those around you who you are with often. Some signs someone is being trafficked can include major changes in mood or behavior, changes in physical appearance, not having a set living space, unexplained absences from typical outings, self-isolation, and much more. Martinez added some changes will be subtle and it is incredibly important to pay attention to those around you.

One thing that often leads to sex trafficking is "sex-tortion," where someone is



EMILY NAVA | HOOD COUNTY NEWS

Pete Wilkerson, Child Exploitation Unit Investigator with the Hood County District Attorney's Office shared stories of human trafficking that have happened in Hood County.

threatened or blackmailed to send sexual images, or they will share sexual images of the victim with the public. This can happen to anyone of any age but happens most often to youth.

"We see now that the number of extortions has almost doubled from 2021 to 2022 as far as reports," Martinez shared. "Like traffickers, these extortioners are patient. This is also a money-making industry because they can sell their collected images."

Martinez told the audience it is important to become aware of the capabilities of artificial intelligence when it comes to creating these fake images of someone that look real.

Martinez also shared that people often associate sex-tortion with females, but revealed it does happen to males, too.

"In 2022, 18 boys took their own lives because of sex-tortion in the United States, because they were fearful of what could happen," Martinez told attendees.

She then shared some information from the National Center for Missing and Exploited Children (NCMEC).

"In 2022, its cyber tip line got over 32 million reports in the United States," Martinez shared. "Of those, 49,000 were deemed urgent, meaning when they were investigated, they were immediately



EMILY NAVA | HOOD COUNTY NEWS

Margaret Cohenour, LCSW, Executive Director at the Paluxy River Children's Advocacy Center spoke at the human trafficking event on Jan. 18 to bring awareness and education to the community.

escalated to local law enforcement because those children were in immediate danger. That's about 134 reports a day that needed immediate attention. Those were just the ones reported."

Maxwell shared her personal story to raise awareness and let the attendees know that trafficking can happen right in one's own family.

She shared firsthand her account of her adopted father abusing her adopted mother. At the age of 13, she found a hole in her bathroom wall where she discovered her father had been watching her while she was in the shower.

Her parents divorced, and when she was 15 years old, her mother "pimped her out



EMILY NAVA | HOOD COUNTY NEWS

Ashely Maxwell shared her story of abuse and sexual exploitation at a human trafficking event to raise awareness and bring forward education.

she became pregnant at the age of 15 and was reported to Child Protective Services (CPS) after neighbors were concerned of potential abuse. The CPS case was closed before Maxwell was ever offered the chance to speak. Maxwell noted her mother had pushed her to get pregnant since the age of 13 and told her that her "baby clock" was ticking, so her mom was thrilled when she became pregnant.

She was soon forced to marry a 24-year-old man her mother had found online; Maxwell was still just 15.

"Timing does matter. I survived long enough to age out of it," Maxwell shared. "It is a privilege to age but what is not a privilege is to be exploited because of your age." Maxwell is now remarried with four children and lives in Granbury. She is set to obtain her real estate broker's license in the spring and is set to become the youngest broker in Texas.

"If one action had been different by either a trusted adult or more questions would have been asked during that time in my life, my entire life could have been altered. It is our duty as a community to say something and do something if you suspect something is happening," Maxwell said. "No version of help is small. When we do our part by listening and attending events like you

are today, we can go out into our communities to make a difference."

Next came an opportunity for the panelists to answer some questions regarding trafficking. Some of the advice given for protecting your child includes having an open relationship built on trust as well as monitoring their social media. The panelists recommended to be a good example for their children when it comes to online safety as well as becoming educated and staying up-to-date with the changing digital age.

The panelists shared how to "be there" for survivors of trafficking, including staying patient and present. They noted it is important not to push survivors, but to let them come to you and share what they are willing to.

The public can help prevent human trafficking by talking to local law enforcement and volunteering with local resources and centers, the panel said. As important as involvement by the public is education, and sharing knowledge with loved ones, the panel said.

For concerns of online exploitation and abuse call 1-800-843-5678 or use the online reporting tool at report.cybertip.org. To report suspected child abuse, call the Texas Child Abuse Hotline at 1-800-252-5900 and to report suspected human/sex trafficking call 1-888-373-7888. If a child is in immediate danger, call 911.

To contact the Hood County Child Exploitation Unit, contact Wilkerson at 682-279-4368, Katie Baron at 940-445-0104, or Dan Bradshaw at 682-279-4391.

"Education is power. This power should empower you. The way you make a difference is spotting those red flags and educating your realm of influence," Martinez said during the event. "How bright does a candle shine in a dark room — bright. That's what you can be to the dark world that we're talking about."

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- **WILLS AND BEQUESTS** – Bequests as part of an estate that designate Mission Granbury may reduce estate taxes.
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- **Individuals** can make a qualified charitable distribution of up to \$100,000 from their IRAs. It must go directly from the IRA account to the charitable organization. The direct distribution to charity would not be included in taxable income.

Wishing you joy and peace in the New Year



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Thank You

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BY PAM KNIEPER

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

Just in case you missed it, Texans recently got a huge increase in the homestead exemption for school taxes. According to the Texas State Comptroller's website, property tax bills, as outlined in Senate Bill (SB) 2, will be based on the value adjusted for:

- An increase in the residence homestead exemption for school districts from \$40,000 to \$100,000.
- Compressed school district tax rates by an additional \$0.107 for the 2023-2024 tax year.
- An adjustment to the tax limitation (commonly called a tax ceiling or tax freeze) for an individual who is aged 65 or older or disabled related to the increase in the residence homestead from \$25,000 to \$40,000 and from \$40,000 to \$100,000, as well as ongoing adjustments based on any future increase in the residence homestead exemption.
- A temporary three-year "circuit breaker" limitation on the appraised value of real property, other than residence homesteads or property subject to special appraisal, of 20% of the appraised value of the proper-

ty in the prior year plus the value attributable to new improvements.

To qualify, the home's owner must be an individual (for example: not a corporation or other business entity) and use the home as his or her principal residence.

I am not an expert on property taxes, but I have seen and thoroughly enjoyed the reduction in my property tax liability as a result of the increase in the homestead exemption for school taxes, and I want to be sure all you new and/or first-time homebuyers understand this does not automatically happen. You **MUST** apply for it. That is why I am asking the question: Have you completed your homestead exemption form?

It was not part of the contract paperwork or the mortgage documents and it is not something you



COURTESY PHOTO

Texans recently got a huge increase in the homestead exemption for school taxes.

signed at the closing table. Filing for your homestead exemption must be done separately. It is a one-time application that will provide you with the homestead exemption until you sell your home and purchase a new one. However, a new application is required when a property owner's residence

homestead is changed.

The Hood County Appraisal District's website has a wealth of information on this subject including the paperwork you need to complete in order to apply for the homestead exemption. So please make sure you do this for your home after your purchase.

Research economist Lynn Krebs with the Texas Real Estate Research Center at Texas A&M University was recently quoted as saying: "Total potential savings depends on home value and exemptions applied. However, for a typical homestead valued at say \$350,000, total savings

should be about \$1,000."

If you have questions or comments about this article or about real estate in general, please give us a call at 817-210-0456 or contact us online at www.WeSellGranbury.com. We love talking about real estate and we would love to talk to you.

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GHS dancer Shines on and off stage

BY EMILY NAVA
Staff Writer
emily@hcnews.com

A Granbury High School drill team dancer was named a top finalist for a highly sought-after scholarship to help an academic career after high school.

Senior Drill Team Captain Abigail Boyd was named a Texas Dance Educators Association Academic (TDEA) Scholarship winner at a recent All-State convention that took place Jan. 10-13 in Houston. There are a total of 259 All-State dancers across Texas. These dancers get to attend the TDEA convention as well as learn a dance from a master choreographer. Each school across the state is allowed to bring one dancer.

"I was very grateful to be chosen (as an All-State dancer). When we got there, we put together a dance with all 259 dancers that lasts about four minutes," Boyd said. "We worked for about eight hours a day on this dance and then got to perform it. It was amazing and probably unlike any other opportunity I will get in a while. It was really inspiring to be able to be in a room with all like-minded people that are hard working. It was just a really

cool experience."

Since Boyd was seeking the academic scholarship, her application not only required her to have outstanding academics but heavy involvement in school, as well. She also had to go through further evaluation to be awarded the scholarship.

When she heard the news she was named a scholarship finalist, she was shocked and thrilled.

"I was so excited, and it was unexpected because it had been a while since I had submitted my application and so I wasn't expecting it," Boyd told the HCN. "College is expensive and so I'm really thankful to be given the opportunity to have people help me out with the cost."

Boyd, who has been part of the drill team at GHS since she was a freshman, plans on pursuing dance as a minor in college with a major in architecture. She reminisced on her growth throughout high school and is thankful for her leadership role as captain.

"It's been a great leadership experience for me because I get to learn about my teammates in a new way that many might not get to, and it's been really helpful to learn about leadership and

it will be something that will help me in the future. I'm really glad I get to be captain," she expressed.

Not only was she juggling academics on top of dance, but her freshman, sophomore and junior years Boyd was also a member of the marching band.

"She is a great young lady and does not like to give herself accolades, but she has grown so much since she has got here," Shelby Sargent, GHS Stowaways Drill Team director and Pirate dance educator said. "She is super dedicated to everything she puts her mind to and everything that she pushes for."

Sargent has a special connection to the TDEA convention due to her also being an All-State member and scholarship finalist during her time in high school.

"To be in that director position and to have seen it from that point of view and get to share that with (Boyd) was a really great experience," Sargent said.

Boyd is looking forward to her favorite part of the year — the team's upcoming competition season, where the team will compete in three different competitions.



COURTESY PHOTO

Granbury High School Senior Abigail Boyd was awarded an academic scholarship at the All-State convention that took place in Houston Jan. 10 to Jan. 13.



COURTESY PHOTO

Pictured left to right is Assistant Director and GISD Middle School Dance teacher Emily Trammel, Abigail Boyd, and GHS Stowaways Drill Team Director and Pirate Dance Educator Shelby Sargent at the TDEA convention in Houston.



COURTESY PHOTO

Abigail Boyd was named an All-State dancer that participated in the TDEA convention.



COURTESY PHOTO

Senne Imel and her senior brother Merritt, both of whom play basketball for Tolar High School.

Imel Siblings push, support each other

BY RICK MAUCH
Special to the Hood County News

Like many siblings, there is a rivalry between junior Senne Imel and her senior brother Merritt, both of whom play basketball for Tolar High School.

Merritt won the most recent contest, becoming the first to reach 1,000 points in his high school career. He passed that plateau Jan. 12 against rival Lipan.

But he only narrowly bested Senne to that goal. In fact, it's possible that by the time this article is published, she will join him with more than 1,000 points of her own.

"It's a very big accomplishment for me, and she'll get there soon, which will be great also," Merritt said.

"We have a very competitive household. He can beat me, I don't care," Senne said

with a smile.

Then, when it was suggested that perhaps the next big competition should be which one scores the most points in their high school career, she grinned big and said, "I never really thought about that — that's a good one."

HELPING WITH RECOVERY

While Merritt is a year ahead of her in school, they are actually both in their third seasons as Merritt missed his freshman season with an elbow injury. In fact, Senne played a key role in helping him recover.

"Senne definitely helped by being competitive on and off the court," Merritt said, noting his appreciation for her pushing him in his time of trial.

"He was very dedicated to coming back," she said. "I wanted him to get back. He needed to get back on the

court."

MULTIPLE SPORTS

While they both lead their teams in basketball, Senne and Merritt excel in other sports as well. She is a standout in softball, track (relays, high jump) and volleyball.

Merritt also plays baseball and runs track, running the open 200 and 400 races. He played key roles in helping the Rattlers to the best basketball and baseball seasons in school history, reaching the 2A regional finals in both sports.

"It was the happiest I've ever felt in my life," Merritt said. "The whole town of Tolar was at every game. It was so exciting."

Senne had a similar experience this past volleyball season as the Lady Rattlers, likewise, had their best season ever, reaching the regional finals. After, she was chosen

for the Texas Girls Coaches Association All-Star Match this coming summer.

Also, playing shortstop, she was a key part of the Lady Rattlers softball team being state-ranked throughout the 2023 season.

"Softball was exciting, for sure. We only lost one senior, so we're going to be good again and we are excited about the coming season," she said.

And, of course, both are excited about this basketball season which seems to be on a course for both to lead their teams back to the postseason.

"We were really young last year. Coach (Ericka) Halfmann brought a new energy to the team," Senne said, praising the new coach.

Halfmann had equal praise for Senne and her brother.

PLEASE SEE IMEL | B2

Oaks Woods School presents two awards

From Staff Reports

Granbury ISD's Customer Care Team presented recognition awards at Oak Woods School Monday, Jan. 22.

Chelsey Pinksa was awarded the Customer Care Award and was described by Principal Chelsey Gibson as having a "heart of gold and a gentle spirit."

"She is always looking for ways to serve and take care of our teachers," Gibson said. "Each month she plans, leads and sets up all the

many ways to show love and support for our teachers. If you need something in a pinch, she's there to help and organize. She leads the Stonewater Serves team for Oak Woods and has done a wonderful job with this group."

Blake Marion was awarded the Super Fan Award, with Gibson adding that he always talks positively about Oak Woods School, "whether he is here in the building or out in the community."

"He speaks very highly of our school," Gibson said. "You can often find Blake out front helping to open car doors and greet our students in the morning. He is very involved in other GISD committees and groups that serve our students and staff."

Granbury ISD thanks Brightworks Car Wash and First National Bank for their partnership and gift cards presented to the recognition award recipients.



COURTESY GRANBURY ISD

Granbury ISD's Customer Care Team presented recognition awards at Oak Woods School on Monday, Jan. 22.



PHOTO BY LAYTH TAYLOR | HOOD COUNTY NEWS

Merritt Imel shooting a free throw at the Jan. 5 game

IMEL

FROM PAGE B1

“Senne and Merritt are the same on and off the court. Their discipline and work ethic starts at home and it carries over into the classroom and onto the court,” she said. “We are really lucky to have these two on the court at the same time.”

PARENTAL INFLUENCE

Senne and Merritt inherited athletic abilities from their parents. Their dad played college basketball at Mesa State College in Colorado. Their mom was a cheerleader at Kansas State University.

“Our dad got us into the game at a young age (third grade). We liked it, he got us on a team and coached us, and we kept playing in high school,” Senne said.

Merritt said with a chuckle having their father for a coach was both “good and bad,” then putting more emphasis on the good.

“The good coaches are tough on you. They make you better,” he said. “Our dad does that. He knew our

potential.”

Merritt said “does” because their dad still competes against them 1-on-1. Also, the whole family regularly goes to the gym together.

“He knows the game and what you need to be at that (higher) level,” Merritt said.

“Both of these kids are a product of great parents that have instilled an amazing work ethic in Merritt and Senne,” Rattlers coach Scott Richardson said. “Their work ethic is contagious throughout our program from open gym to expectations. It also connects our boys and girls basketball programs, and that makes basketball even more fun as we cheer for each other.”

NEXT PHASE

With Merritt set to graduate and Senne having another year to go, they will no longer be Tolar schoolmates after this school year. Being solid A/B students, moving on to a good college won’t be a problem for either, especially since both want to play sports in college. Merritt wants to play basketball and Senne is still decid-



PHOTO BY LAYTH TAYLOR | HOOD COUNTY NEWS

Senne Imel working past the DeLeon defense at the Jan. 5 game

ing between basketball and softball.

They will, however, continue to do all they can to help each other with homework.

“She helps me with English and I help her with math,” Merritt said.

Merritt said he plans to study accounting in college. Senne is leaning toward studying to become an ultra-

sound technician, she said.

And while it will happen, the day when they no longer go to the same school is something they aren’t letting themselves focus on.

“I try not to think about that,” Senne said. “We know it’s coming, though.”

NCTA Basketball



COURTESY OF BENEDICTE' DJONTU

NCTA defeated Parker Tarrant County Home School one of top ranked home school teams in the state of Texas 51-42 at home Friday night. Freshmen Diego Landon finished with a game high 19 points and Sophomore Erik Montilla and Nikita Kolontayev chipped in 15 and 11 as well to lead NCTA to victory.

NCTA students commits to Ava Maria University

COURTESY PHOTOS

NCTA student Sava Cadjenovic signed with Ava Maria University in Florida for soccer.



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AMS student named champion in 2024 GISD and Area 18 Spelling Bee

From Staff Reports

Acton Middle School student Titus Cave was named the 2024 Granbury ISD and Area 18 Spelling Bee champion.

Cave, who was also last year's district and area spelling bee winner, advances to the TCU College of Education Regional Spelling Bee Tuesday, March 5.

Brawner Elementary School's Caden Williamson was named this year's runner-up.

BELOW ARE THE SEVEN GRANBURY ISD CAMPUS WINNERS:

- Aubrey Walker - Acton Elementary School
- Jayde Tribble - Nettie

- Baccus Elementary School
- Caden Williamson - Brawner Elementary School
- Kate Daniels - Oak Woods School
- Ryan Crawford - STEAM Academy at Mambrino

- Titus Cave - Acton Middle School
- Hunter Yates - Granbury Middle School



COURTESY GRANBURY ISD
Seven GISD students were named winners for their campus in the 2024 Granbury ISD and Area 18 Spelling Bee. Winners, in no particular order, are Aubrey Walker, Jayde Tribble, Caden Williamson, Kate Daniels, Ryan Crawford, Titus Cave and Hunter Yates..



COURTESY GRANBURY ISD
Acton Middle School student Titus Cave, right, was named the 2024 Granbury ISD and Area 18 Spelling Bee champion, while Brawner Elementary School's Caden Williamson was also named as this year's runner-up.

HOOD COUNTY OUTDOORS

Fishing ups and downs



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.

Any angler knows you are not going to catch fish all the time. Even the professionals who have them figured out occasionally get skunked. That is part of fishing. However, if you have the time to spend on the water it may be a good idea to keep working that presentation until hopefully the fish do decide to feed.

Trying to locate active fish will have you burning fuel, but that is the best answer. Keep working the lake until you find a pattern. It is possible to find active fish in another location in the water body you are fishing. If they are not biting at the time, it is probably a good time to go scouting. If however, you know there are fish in a general location, you may consider waiting them out or returning to that spot at a later time.

The recent severe cold snap had a big impact on the fishing. In my experience with a drastic change in temperature, it may be prudent to wait a few days for the fish to get acclimated to their environment.

Following the moon does not give you any guarantee as I mentioned earlier, but it is good to know when these times are. It may help you establish a pattern or you may plan your day around it. Charts of the moon

phases are available from many sources. They even make watches that will keep you in tune with the moon phases and peak feeding times. If you don't have one of these charts or watches or you didn't check before you went out, it is relatively simple to remember when the approximate best times are. The major or peak feeding time is when the moon is directly overhead and the second peak or minor feeding time is when the moon is underneath on the other side of the planet. During a full moon, the major is around midnight and the minor is around noon. During a new moon the opposite is true; the peak is at noon and the secondary peak around midnight. A quarter moon (which is actually a half moon) that is overhead during the morning will have the major in the morning and the minor will be around dusk. A quarter moon overhead near dusk indicates a peak

feeding time around dusk and a secondary peak in the morning. This should help you approximate the feeding times according to the moon without any charts. These major and minor feeding times move about an hour each day as the moon gets larger or smaller. There are also other factors that are used to predict best feeding times. For example, if the moon is overhead at sunrise, that peak may be better than others.

I know with sand bass, many times you need to wait during the winter season for the sun to come up and warm the water some, which may have nothing to do with the moon phases. This can also be a good rule with black bass fishing especially on those colder days. In many cases during the winter, the afternoon bite can be better than the morning bite due to the heating of the day.

Finding active sand bass most anytime of the year may be where you find the bigger striped bass and/or hybrid striped bass looking for an easy meal. This happens quite often. It can also be smaller stripers/hybrids feeding and the bigger ones will not be far behind. As always, look where the baitfish are holding. Right now the water temperature is in the low 40s and the majority of the baitfish are in deep water.

It has been said many times that patience is part of fishing and it truly is. However, even though we



COURTESY PHOTO
Mike Watkins (local catfish guide) on the left had Jeremy Long and his son Abe Long out fishing Granbury last weekend. Abe caught a new youth record 38.82lb Blue Catfish.

know we have to wait at times for the fish to cooperate, we never really want to wait too awful long.

HOOD COUNTY FISHING REPORT

Granbury water temperatures are in the lower 40s and the water level is close to full pool. Fishing reports for most species were slower due to the colder weather with better reports coming for those fishing in the afternoon. There have been some good catches of

really large blue and yellow catfish close to 40 pounds on the upper ends on cut bait. Striped bass and white bass are fair on jigs worked in deeper water mid-lake; look for the birds. Black bass continue to be fair to good on soft plastics fished near deeper docks and flats just off the main channel. Crappie reports are mixed, but best reports are coming from Water's Edge to Bentwater on submerged timber using small crappie jigs and/or minnows.

Comanche Creek (formerly Squaw Creek) Reservoir is still attracting a large number of bass anglers looking for that warmer power plant water. Temperatures on Squaw Creek vary from the 60s to 70s depending on where you are on the lake. Fish are good on soft plastics fished near structure (under water ridges and humps). Eater-sized channel catfish limits continue to be taken on prepared baits. I do not have a tilapia report for Squaw Creek this week.

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SUDOKU

Solution for the puzzle on Jan. 20 (Puzzle 66).

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

Puzzle by websudoku.com

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

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A new beginning

Youth find support and rehabilitation at Lake Granbury Youth Services

BY EDEN DUNCAN GILBREATH

Special to the Hood County News
eden@hcnews.com

Under the leadership of Rite of Passage, Lake Granbury Youth Services (LGYS) offers a chance for teens to course correct. These teens have found some trouble navigating the rough waters of adolescence. Through the choices they have made they have found themselves at odds with the laws of the state of Texas and other states and have thus become part of the legal system.

Centers like LGYS — a certified secure residential treatment program that is licensed by the Juvenile Justice System — have been part of the Texas legal system for many decades. Rite of Passage is the private company that runs the facility. It provides comprehensive services and resources, using evidence-based principles to address the issues these young people struggle with.

LGYS has a core management team in place and dedicated employees who are committed to improving the lives of youth, families and communities.

“Some are in detention awaiting court dates and others are in the post-adjudication program,” said Chris Harvey, director of Lake Granbury Youth Services.

Harvey explains further, “This is a diversion program to deter them from going further into the Juvenile Justice System.”

There are many types of trauma among these youth which would precipitate admission in the program.

Many have complex trauma and/or co-occurring disorders such as severe abandonment or family dysfunction. There are grief and loss issues as well as psychiatric needs. Some are victims of sexual abuse and/or trafficking.

The facility where LGYS is housed in Hood County was purchased in 2014 by Rite of Passage. It is complete with all the safety and security measures necessary. The facility is home to a Texas-approved charter school called Lone Star Success Academy and the residents there are called students. They attend the same classes required by other Texas schools within the walls of the facility.

Rite of Passage operates multiple facilities in Texas. The Hood County location houses around 40 students, though the capacity is closer to 95. There are approximately 10-12 counties currently represented at LGYS by the students there.

When students are accepted into the program, they are all given a full physical exam, along with dental and vision screenings. Full medical care includes routine and emergency care as well as medication management, labs and x-rays when needed and prescription management. All students receive psychiatric care, and any learning challenges are addressed at the facility as well.

Students at LGYS have full days. Rite of Passage has designed a tight schedule offering the young people both structure and discipline but also relationship and trust building, with healthy adult examples to follow. “We do a lot of good stuff for our students,” said Chris Harvey, program director at LGYS.

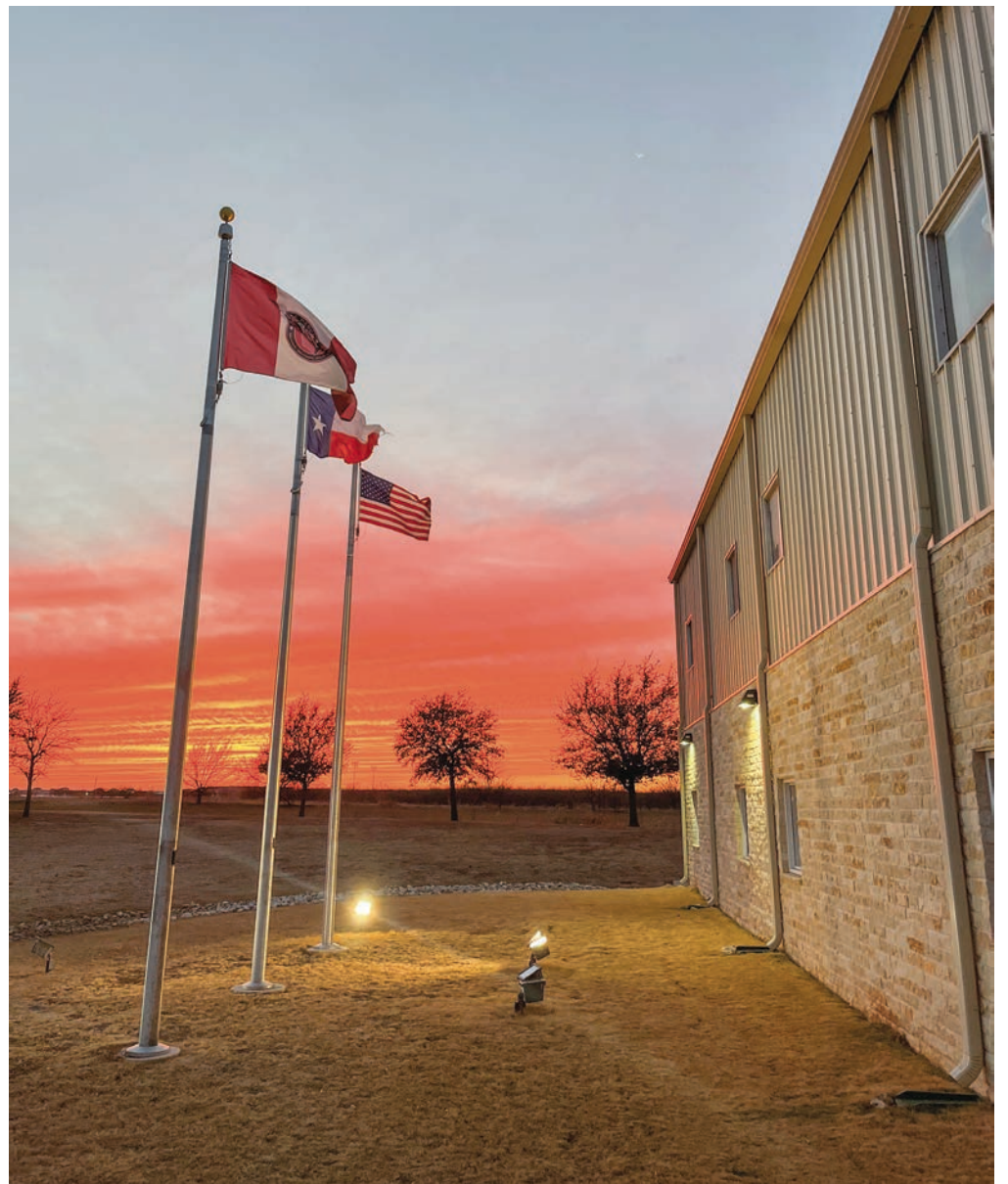
She continued, “We would like to tell people who we are and what we do.”

Both weekdays and weekends have a tight schedule to follow. Weekdays revolve around the school day. Wake up is at 6:30 a.m., with breakfast and chores followed by hours of class. Lunch and structured leisure time are followed by groups including skill development, treatment groups and aggression replacement therapy, then it's back to regular classes until dinner. After school is basketball, or clubs such as cooking club. Later comes homework and team meetings before an early lights out at 8 p.m.

The weekend schedule is similarly busy, starting with an early wake-up followed by room inspections and laundry, then breakfast and deep cleaning. More training, manual work, lunch and structured recreation are next. Then it's PSD groups, outdoor recreation, homework, phone calls, dinner and more meetings. Structured recreation is until bedtime at 8:45 p.m.

“We stress the social aspect here and create a sense of normalcy. They learn a lot of skills. We have a basketball team, life skill groups, leadership groups, CrossFit, handyman classes, a cooking club and more vocations. They participate in hands-on learning in science and more,” said Harvey.

Room inspections are at least once a day and can happen at any time. Students are expected to have their few belongings neatly placed in a tub provided to each student. Each dorm room consists of a bed and a metal toilet. Some rooms have showers and others shower down the hall in community



COURTESY PHOTO

The sunset at Lake Granbury Youth Services

showers. Rooms are stark and designed with safety in mind. Self-harm is a reality for some of these students so their environment must be safe for them.

When students are selected for the center, they are given a portfolio. This portfolio is called an “I-VALIDATE” portfolio. It will be where all the students’ achievements and goals met are recorded.

“We build their treatment plan, their personal and education goals. We identify their risk factors and protective factors to keep them focused on treatment

goals,” shared Harvey. “Our kids keep these folders the entire time they are here, and whenever they accomplish something, it's added to their folder.”

I-VALIDATE is an acronym for the nine-fold goals under Rite of Passage. “I” stands for the individualized treatment plan. “V” denotes the vocational training students receive. “A” represents the activities they participate in, and “L” is for the life skills they learn. The second “I” takes note of individual strengths and skills. “D” is for demonstrated behavior change. Aftercare services

are represented by the “A” and the “T” is the treatment students receive. “E” is for the element of education.

Graduates give a speech upon graduation that not only highlights their accomplishments but serves to inspire other students not as far along on their journey.

“When they leave here, we strive to ensure our students are enrolled (in middle school, high school or college), employed or enlisted. We have support put in place to try to assure their success as they continue on their journey,” said Harvey.

Lady Pirates Squash the Hornets

PHOTOS BY LAYTH TAYLOR | HOOD COUNTY NEWS

Lady Pirates traveled to Azle Friday Jan. 19 to play the Lady Hornets. Granbury came out on top with a score of 49-31





Pirates traveled to Azle Friday Jan. 19 to play the Hornets. Granbury came out on top with a score of 67-54. See B7 For more photos

LAYTH TAYLOR | HOOD COUNTY NEWS

Former Lady Pirate joins TCU roster Lipan boys avoid upset on road

BY RICK MAUCH

Special to the Hood County News

When Ella Hamlin graduated from Granbury High, she left a strong legacy with the Lady Pirates basketball team. However, her initial plans were to not play the sport in college.

She has now changed her mind and has joined the TCU Lady Frogs roster as a preferred walk-on. She received an invitation to join the team from head coach Mark Campbell following open try-outs Jan. 18 and 19.

The 5-foot-9 freshman guard led the Lady Pirates to the second round of the Class 5A playoffs in each of her final three seasons. She was named District Offensive Player of the Year in both 2022 and 2023.

She scored more than 1,500 points in her four seasons for Granbury, including a career-high 42 against Lovelady as a senior.

"Ella Hamlin was one of the greatest players I have had. I was sad when she decided not to play college basketball, but the Lord works in mysterious ways," Lady Pirates coach Alan Thorpe said. "One day you're a student and the next day you're playing ball for a top (NCAA) Division I program."

The opportunity was created for Hamlin after the Lady Frogs had to forfeit a couple of recent games because a rash of injuries cut the roster short.

LIPAN BOYS BASKETBALL

The Indians (23-4, 7-0 in District 11-2A), ranked No. 1 in the state in Class 2A, traveled to No. 15 Poolville Tuesday, Jan. 23. The Monarchs had their sights set on an upset, but the Indians escaped with a 37-33 overtime victory.

Court Gaylor led Lipan with 18 points, including making five of six clutch free throws in the extra period. The Indians were 8-of-10 at the foul line in the game, including 6-of-8 in OT, while Poolville was 0-of-2, both at attempts in overtime.

Darius Steed added nine points for Lipan.

Previously, Lipan shot 54% from 3-point range and 53% from 2-point range, along with a 9-of-10 performance at the free throw line to down visiting DeLeon 56-

37 Jan. 19. It also enjoyed a 28-17 rebound advantage, including 12-6 on offensive boards.

Gaylor paced the win with 18 points and six steals, with Steed right behind with 17 points and eight rebounds. Tyson Tarpley scored 10 and Alberto Andreatta contributed eight points with six rebounds, four steals and three blocks.

The Indians host Santo Jan. 30 and play at Hico Feb. 2, both at 7:30 p.m.

GRANBURY BOYS BASKETBALL

The Pirates split a pair of District 5-5A contests this past week, falling 41-30 to Brewer Jan. 17 and winning 67-54 at Azle Jan. 19.

After leading by three at the half, 21-18, the Pirates' offense sputtered in the second half against Brewer Wednesday. Dylan Couto led the Pirates (17-8, 4-2) in scoring with 10 points.

Granbury is third in district behind Saginaw and Brewer.

"They are always the best defensive team in the district, so it's going to be difficult to get easy shots," Granbury coach David Breazeale said of Brewer. "But we really got better shots in the first half than I thought we would. Second half, a couple of missed lay-ins, a few more turnovers, some frustration and panic, and there's your sign."

"We guarded well, too, but once they got up six late, we had to gamble and they protected the ball well."

Granbury bounced back with a win at Azle. A 20-7 lead after the opening period provided the ultimate difference in the game. Three Pirates scored in double figures, with two more coming close. Daylon Webb led with 15, with Couto scoring 14 and Miller Schenewerk contributed 11. Isaiah Trejo and Kensington Colston each added nine.

Next up for the Pirates is a trip to Justin Northwest Jan. 30, followed by a home game against Saginaw Feb. 2, both tipping off at 7:30 p.m.

GRANBURY GIRLS BASKETBALL

The Lady Pirates (17-11, 5-3 in District 5-5A) fell 72-33 at district-leading Brewer, No. 11 in the state in Class 5A, Jan. 17. Ella Garner led

the scoring with 12 points and Jillian Williams added seven.

They rebounded at Azle Jan. 19, winning 49-31. Kate Hamlin led with 15 points and Garner scored 13.

The Lady Pirates are third in league play behind Brewer and Aledo.

In subvarsity action against Brewer, the junior varsity won 37-33 and the freshmen won 50-17. Against Azle, the JV won 47-31 and the freshmen won 45-16.

The Lady Pirates are at Northwest Jan. 30 and host Saginaw Feb. 2, both at 6:15 p.m.

GRANBURY GIRLS SOCCER

The Lady Pirates improved to 5-3 with a 3-1 home victory against Crowley Jan. 18 as Emery Kirby scored a pair of goals. Dominique Callahan added another, with Tessa Rholeder delivering two assists and Elise Miskulkis one.

In the Heights and Hills Tournament, the JV got one game in before cold weather canceled the rest. The Gold defeated South Hills 2-1 as Liberty Ensigmeyer had a goal and assist, Evelyn Rios had a goal and Alisa Biscordi had an assist.

Granbury hosts Azle Jan. 30 at 5:30 p.m. in a District 5-5A contest.

GRANBURY BOYS SOCCER

The Pirates (7-2) posted their fourth shutout of the season in a 4-0 home win over Abilene Cooper Jan. 18. Noah Robinson was in goal and stopped all four shots he faced that got through a stingy defense.

Four Pirates scored a goal: Salvador Briones, Weston Cantrell, Kevin Aguado Espinosa and Angel Martinez. Registering assists were Espinosa, Peter O'Carroll and Habram Espinosa.

The Pirates have held eight opponents to a single goal or less. They have outscored their opponents 24-10.

They host Azle at 7:30 p.m. Jan. 30 in a 5-5A match.

TOLAR BOYS BASKETBALL

The Rattlers (12-14, 4-2 in 11-2A) had little trouble winning 81-25 at Hico Jan. 19 as Matthew Behrens scored 29 points and had six steals. Cayden Abrego and Merritt Imel each scored 15.

Tolar, No. 23 in the state in

Class 2A, is in third place in the district behind Lipan and Poolville.

The Rattlers travel to DeLeon Jan. 30 and host Poolville Feb. 2. Tipoff for both games is 7:30 p.m.

TOLAR GIRLS BASKETBALL

The Lady Rattlers (18-11, 6-1) disposed of Hico 52-17 in a road game Jan. 19. They are second in District 11-2A behind Lipan.

Senne Imel outscored Hico all on her own with 20 points and eight rebounds. Jaycee Jones scored eight and had seven steals, while Trinity Rousseau and Kamryn Kolb tallied seven each.

The Lady Rattlers visit DeLeon Jan. 30 before hosting Poolville Feb. 2 with a 6:15 tipoff each game.

LIPAN GIRLS BASKETBALL

The Lady Indians had 10 players score as they downed visiting DeLeon 69-33 Jan. 19. Ashlyn Clark and Hanna Gaylor combined to almost match DeLeon's total scoring, bucketing 15 each. Finley Shockley added 10 and Olivia Benitez nine.

Lipan went to Poolville Jan. 23 and won 65-20. Clark led with 14 points, with Taylor Branson scoring 13 and Gaylor nine as all 11 players on the roster scored.

The Lady Indians, No. 1 in the state in 2A, play host to Santo Jan. 30 before hitting the road to Hico Feb. 2 for a pair of 6:15 p.m. starts.

BRAMLETT INDUCTED INTO HOF

Some of the best tennis seasons in the history of Granbury High occurred during Jeff Bramlett's time as coach from 2006-13. Now, the former Pirates/Lady Pirates coach is in the Texas Tennis Coaches Association Hall of Fame; he was inducted in early December at a banquet at Horseshoe Bay Resort.

In 2013, Bramlett's daughter Kate and her doubles partner Elizabeth Morton became the first players from Granbury to advance to state in more than five decades, the first of back-to-back appearances. In all, Bramlett had 28 players advance to regional competition during his time with the Pirates/Lady Pirates. In 2011, 2012 and 2013 his squads qualified for regional team tennis competition.



HCCN FILE PHOTO

Former Granbury Lady Pirate Ella Hamlin (12) has been given preferred walk-on status and has joined the roster of the TCU Lady Frogs.

In 2008 he was named the District 8-4A Coach of the Year.

Bramlett had previously coached 16 seasons at San Antonio Alamo Heights, where his teams won eight state championships between 1993 and 2002. In 1997 he was named the National Coach of the Year by the National Federation of High School Coaches, along with being named the Class 4A Texas Tennis Coach of the Year that same year.

Also at Heights, he had two state singles champions, three state doubles champions and 16 state runners-up in individual play.

Bramlett started the program at East Texas Baptist University in Marshall in

2013. He led the women's team to an American Southwest Conference title in 2017.

Bramlett became the head coach at Concordia University in Austin in 2022. In his first season he took the men's team to an ASC championship and the women had the best season in the history of the program.

As a player, Bramlett helped Texas State (then Southwest Texas State) to the 1982 National Association of Intercollegiate Athletics national team championship, while also winning a national title in doubles himself. He previously played two seasons at Texas Tech as its No. 1 singles and doubles player before transferring.



PHOTO COURTESY OF JEFF BRAMLETT

Former Granbury High tennis coach Jeff Bramlett was recently voted into the Texas Tennis Coaches Association Hall of Fame.



PHOTO COURTESY OF SCOTT RICHARDSON

The Tolar Rattlers and Lady Rattlers hosted Hoops For Hope as part of their cancer awareness night on Jan. 16. Proceeds from the event, which included funds raised from a Coins for Class War, will go to the Scott family from Santo. The teams from Tolar and Santo are shown here with the Scott family. The event raised over \$2,500.

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TARLETON STATE UNIVERSITY™

Tarleton breaks ground on Health Professions Building

Tarleton State University

STEPHENVILLE — Tarleton State broke ground Jan. 17 on a \$80 million Health Professions Building that will further establish the university as the leader of rural healthcare throughout the state.

The project was approved by The Texas A&M System Board of Regents last November, with move-in planned for summer 2025.

"Tarleton State is poised to be the educational epicenter for rural healthcare, not only in our region but beyond," said university President Dr. James Hurley. "Nestled in the heart of rural Texas, our thriving comprehensive national university is ready to heed the call with the unwavering support of our state legislators, the Texas A&M System Board of Regents and Chancellor John Sharp."

Nearly 20% of the U.S. population calls rural communities home, with these areas facing significant shortages of physicians and specialists. In Stephenville, the patient-physician ratio is 1,779 to 1.

Three new degree programs are set to be added in conjunction with the new facility, including physical therapy,



COURTESY PHOTO

On hand for the ceremony, from left, were Dr. Ramona Parker, executive dean of the College of Health Sciences; Erath County Judge Brandon Huckabee; District 59 Texas State Rep. Shelby Slawson; Student Regent Elizabeth "Annie" Valicek; Texas A&M University System Chancellor John Sharp; Tarleton State President Dr. James Hurley; District 22 Texas State Senator Brian Birdwell; District 58 Texas State Rep. DeWayne Burns and Stephenville Mayor Doug Svien.

occupational therapy and physician assistant studies. Specialized laboratory space and public clinics will allow students to gain important hands-on experience in these areas. The new degree options join existing programs in kinesiology, nutrition science, social work, public health, athletic training, and

communication sciences and disorders.

"It's good to be back in Stephenville for yet another groundbreaking," A&M System Chancellor John Sharp said. "Texas A&M System Regents are committed to making Tarleton into one of the state's finest public universities."

With nearly 40% of community hospitals in Texas in jeopardy of closure, Tarleton State is now positioned to serve a critical role in elevating healthcare in the Lone Star State by adding to the workforce in these locations of immense need.

State Senator Brian Birdwell (District 22) highlighted the

significance from his perspective. "Healthcare that is accessible without having to drive to major metro areas is regularly discussed across our entire state. Today's groundbreaking at Tarleton affords them the opportunity to lead in taking the necessary step in addressing those concerns and moving in the right direc-

tion to improve healthcare in our rural communities."

As a Tarleton State graduate himself, state Rep. DeWayne Burns (District 58) emphasized the educational opportunities for future students that will result from the new facility. "Today is just the most recent example of the university's steadfast focus on developing and graduating students who are ready to enter the workforce to benefit our region and beyond."

With the impressive growth of Stephenville and Erath County in recent years, state Rep. Shelby Slawson (District 59) focused on how the new programs at Tarleton State will provide a strong public health infrastructure to assist with the demands of an increasing population.

"Today's groundbreaking marks a historic day for rural healthcare in our region," she said. "This facility will positively impact the lives of rural Texans for years to come."

At 92,000 square feet, the new Health Professions Building will be located adjacent to the Nursing Building.

Perkins & Will is the architect, and Vaughn Construction is the contractor.



COURTESY PHOTO

After a tough start, the Texans climbed their way back into their rivalry matchup against Abilene Christian, taking the game 73-51 Jan. 18.

Tarleton State University

ABILENE — After a tough start, the Texans climbed their way back into their rivalry matchup against Abilene

Christian, but the Wildcats forced a tough shooting night overall for Tarleton State and avoided fouling, taking the game 73-51 Jan. 18.

The Texans (4-11, 1-5

WAC) have a tied-season-long skid of four games after losing in Abilene, dropping to 3-6 on the road this year. The Wildcats (8-7, 4-2 WAC) improved to 6-3 at Moody

Texans drop rivalry matchup at Abilene Christian University

Coliseum.

ACU was whistled for just seven fouls in the game, which led to a season-low four free throw attempts for the Texans, who made all four. The Wildcats got to the line 14 times (10-14) on 13 Texan fouls, and outshot Tarleton from the field 27-of-58 (.466) to 19-of-65 (.292). The Texans won the turnover battle, forcing 17 takeaways to 11 giveaways, but ACU pounded the boards 49-29 and outscored Tarleton in the paint 34-18.

Tarleton's Teresa Maggio had a team-high, and career-high, 11 points on 4-of-5 shooting (3-4 3PT) off the bench. Jakoriah Long chipped in nine points, Karyn Sanford

(2-4 3PT) eight points, and Lexi Bull finished with six points, five rebounds, two steals and two blocks in 18 minutes.

ACU jumped out to a 15-2 start six minutes into the game. Tarleton fought back to within nine thanks to a Bull buzzer-beating jumper, with ACU leading 20-11 after one. The Texans then cut the deficit to one nearly three minutes into the second quarter, 23-22. ACU got back the nine-point lead at the break, 36-27.

The Wildcats took control of the second half early, part of a 13-3 run carried over from the second quarter, to go up 13, 40-27, 24 seconds into the third. After some back-and-forth, ACU led by

13 after three, 55-42. Tarleton remained as close as 13 back in the fourth, but the Wildcats stayed at arm's length and ended the game on an 8-0 run to win by 22.

ACU had five reach double-digit scoring, powered by Bella Earle, who finished with 12 points, 12 rebounds and six assists. Payton Hull (12 points, seven rebounds), Aspen Thornton (11 points, three rebounds), Zoe Jackson (11 points, three rebounds) and Emma Troxell (11 points) also scored 10-plus points, while Meredith Mayes (nine points, nine rebounds, three assists) flirted with a double-double.

Texans erase 17-point deficit in final ten minutes to be victorious at UTRGV

Tarleton State University

EDINBURG — Tarleton State Men's Basketball outscored UTRGV 33-12 in the final nine minutes of action to secure a 77-73 come-from-behind win Jan. 20 at the UTRGV Fieldhouse.

For the sixth time as a Western Athletic Conference program, the Texans (12-6 overall, 5-2 WAC) sweep a season series after beating the Vaqueros (6-13, 2-6), 77-75, in Wisdom Gym in December.

"I am very proud of how our guys were able to keep their heads down and battle through the deficit," said acting head coach Joseph Jones postgame. "We were able to keep ourselves in the game and when the opportunities presented themselves in the second half, we were able to make the most of it and in the end come out with the victory."

Lue Williams played one of his best games as a Texan, posting a season-high 28 points. The Atmore, Alabama native, shot 13-for-21 from the floor setting a new Tarleton WAC record and tying Shamir Bogues for the most field goals made in a single game in the D1 era.

A trio of Texans also scored

in double figures. KiAndre Gaddy and Jakorie Smith contributed 11 apiece and Devon Barnes added 10. Gaddy also posted a game-high eight rebounds. Emmanuel Innocenti dished off a game-best seven assists and notched nine points.

Trailing 61-44 with 9:42 remaining, it seemed as if the home team in WAC contests would win its 15th game of the last 16 conference game played this year. The Texans proved otherwise. Barnes and Smith helped the Texans cut into the Vaquero lead with a 14-4 run over the next four minutes. The duo scored six points each during the run. Barnes turned two steals into four points for his squad.

With the Texans still not having a lead the entire game, the crowd was still behind the Vaqueros even when the Texans cut their deficit to five, 63-58 with 5:57 to go. UTRGV's Daylen Williams settled at the top of the arc and buried a three to reset the UTRGV lead to eight, seeming to respond that this was the home team's game to lose. It was.

Over the next 2:23, the Vaqueros shooting drought turned fatal, allowing the Texans to take their first lead

of the game on a 12-0 run. Smith countered the UTRGV triple with a floater of his own, followed by heading to the line on the next possession and sinking one of his two freebies. Williams was responsible for the next two and Innocenti was sent to the line with the Texans down by three. He sank both of his shots from the charity stripe bringing TSU within a single point for the first time all game.

UTRGV missed a jumper and fouled Dario Domingos on the rebound, sending him to the line with the opportunity to tie or take the lead. He missed the first but sunk the second to tie the game at 66 with 3:53 to go. Williams broke through for a layup on the next possession to give the Texans the 68-66 lead.

Trailing 70-66, UTRGV broke its scoring drought with a pair of free throws to cut it to two. The Texans gave the ball to Williams who converted a layup giving the Texans their four-point lead back and taking the air out of the Vaqueros sails. In the final minute, Tarleton closed out the game, connecting on five of its final six free throws to take the 77-73 victory in Edinburg.



COURTESY PHOTO

Tarleton State Men's Basketball outscored UTRGV 33-12 in the final nine minutes of action to secure a 77-73 come-from-behind win Jan. 20 at the UTRGV Fieldhouse.

The Vaqueros controlled the first half leading at the half, 40-26. UTRGV led the entire 20 minutes except for a 2-2 tie. The Texans were unable to find their offensive rhythm with the Vaqueros breaking out to an early 18-8 led. Later in the half, UTRGV used an 8-0 to take its largest lead of the half, 38-18. The Texans closed the half with an 8-0 run in the final three minutes, before the Vaqueros extended their lead to 14 with a bucket in the final minute.

The home team relied on

the triple shooting 6-for-15 from behind the arc and forced the Texans to miss all four of their shots from deep. Williams was a bright spot for Tarleton scoring 14 points in the first 20. Gaddy grabbed seven boards to lead the squad.

The Purple and White attempted a Texan WAC record 67 shots while seeing 31 of them fall at a 46.3% rate. The Vaqueros took fewer shots but had a slightly better percentage shooting 25-for-53 from the floor (47.2%). UTRGV

took advantage of its three-point shooters, shooting 11-for-26 from deep compared to the Texans' one-for-11 effort.

The Texans won the battle of the boards, 38-31 and the turnover battle, 15-10. Tarleton blasted in the paint outscoring UTRGV, 46-28. In a change of recent past, the Purple and White shut down opponent second chances outscoring the Vaqueros, 14-3.

Pirates take on the Hornets

PHOTOS BY LAYTH TAYLOR | HOOD COUNTY NEWS
 Pirates traveled to Azle Friday Jan. 19 to play the Hornets. Granbury came out on top with a score of 67-54



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Chocolate Cake

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January 27, 2024

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Time

Recipe To Try

Easy Chocolate Cake

Ingredients
 Cake:
 1 ½ cups all-purpose flour, 3 Tablespoons cocoa powder, 1 cup Sugar, 1 teaspoon baking soda, 1 teaspoon salt, 6 Tablespoons vegetable oil, 1 Tablespoon white vinegar, 1 teaspoon vanilla extract, 1 cup cold water
 Frosting:
 4 Tablespoons Butter, 2 Tablespoons cocoa powder, 1 ½ Cups Powdered Sugar, dash of salt, 2 Tablespoons milk

Instructions

1. Preheat Oven to 350 degrees.
2. Grease an 8" square casserole dish (for a round cake you can use one 9" cake pan).
3. Sift the dry ingredients together and stir with a fork until well-mixed. Make three wells in the dry ingredients. Pour the oil into the first well, the vinegar into the second, and the vanilla into the third. Pour the cold water over the top of it all, then stir with a fork until well-blended. Pour into greased pan and bake at 350 for about 25 minutes, until a toothpick inserted in the center comes out clean. Let it cool, then frost.
4. For the frosting:
5. Cream together the butter, sugar, cocoa and salt until well-mixed. Add the liquid and beat until fluffy.

National Chocolate Cake Day on January 27th is a day made for sweet celebrations and indulging in the chocolaty goodness of everyone's favorite dessert - chocolate cake! Imagine a day where you get to dive into a slice of rich, moist chocolate cake topped with velvety frosting. Kids can join the fun by baking their own mini chocolate cakes or helping decorate a larger one with sprinkles and chocolate chips. Parents can turn this day into a tasty family activity, creating delicious memories in the kitchen. Teachers might organize a virtual baking class, sharing simple chocolate cake recipes for kids to try at home. Whether it's a gooey chocolate lava cake or a classic chocolate layer cake, National Chocolate Cake Day is a time to savor the joy that comes with each decadent bite. So, on January 27th, let's celebrate the magic of chocolate cake and enjoy a delightful treat that's sure to make taste buds dance with happiness!

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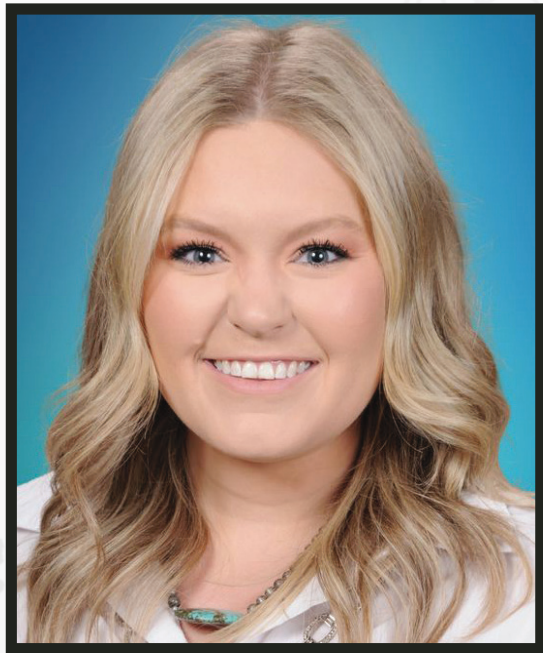


VAN GRIFFITH KIA



Teacher of the Month

December



Lexi Beam
Lipan 4th/5th English Teacher



Mary Ervin
Lipan 9-12 Science Teacher

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VOICE OF GRANBURY

Fierce competition ends in close finish



PHOTOS BY MARY VINSON | HOOD COUNTY NEWS

Lisa Sudbury won first place at the Voice of Granbury competition Saturday, Jan. 18.

BY ASHLEY TERRY
Staff Writer
ashley@hcnews.com

The Voice of Granbury contestants came in clutch Jan. 18, providing Hood County with an entertaining, show-stopping and fierce competition — with only one vote separating the first- and second-place winners.

With varying ages and levels of experience, the contestants put on a show with classics such as “Coat of Many Colors,” by Dolly Parton, “Tears in Heaven” by Eric Clapton, and “I Could Have Danced All Night” by Julie Andrews.

After the first and second round of voting, the top three contestants were announced, with Hayden Phillips taking third place, A.J. Sarcione coming in second, and Lisa Sudbury winning first place.

HAYDEN PHILLIPS

Springtown resident Hayden Phillips is no stranger to the Voice of Granbury competition, as he came in second place at last year’s Audition Night on Aug. 4.

Phillips — who only started singing a short while ago — proved that practice makes perfect as the 16-year-old blew everyone away with his performances of “Something in the Orange,” by Zach Bryan, “Lady May” by Tyler Childers and “Tourniquet” by Zach Bryan.

“What got me into singing is I was at this karaoke thing,



During the Voice of Granbury, audience members are given three tokens each to vote for their favorite performer. An unlimited number of additional tokens can also be bought for \$10 each to cast in any round.

and I sung. I posted it on TikTok, and it kind of blew up,” he told the HCN in last

year’s interview. “So, I just started singing and kept it going.”

Since his performance last year, Phillips added he has also been learning guitar and

“getting better and better.” “I am planning on going to local places to sing this summer,” he said.

Phillips is now a junior at Springtown High School. When he is not singing, he enjoys playing golf, basketball, baseball and hanging out with friends and family.

He is the only child of Cory and Kelly Phillips, and they have three dogs: Zeke, Boomer and Canela.

A.J. SARCIONE

A.J. Sarcione wowed the audience with his powerful voice in his own renditions of “Never Enough,” by Loren Alred from The Greatest Showman soundtrack, “And I Am Telling You I’m Not Going” by Jennifer Hudson, and the inspirational ballad, “Greatest Love of All” by Whitney Houston.

Of course, Sarcione has a personal reason why he chose to sing a song by Houston — and it’s not just

PLEASE SEE VOICE | C3

Embracing life’s ups and downs

A guide to resilience and positivity

BY MICKY SHEARON
Special to the Hood County News

As we all know, the only constant in life is that things are constantly changing. In the ever-changing landscape of life, the ability to adapt, stay positive and find strength in adversity is not just beneficial; it’s essential. The journey through life is punctuated by highs and lows, successes and failures, joys and sorrows. Understanding and embracing these fluctuations can transform our experiences, leading to personal growth and a deeper appreciation for the journey. Here are 10 points about the importance of resilience, positive thinking and recognizing the transient nature of life’s challenges.

THE POWER OF RESILIENCE

Resilience is the art of bouncing back from setbacks. It’s about facing difficulties head-on and emerging stronger on the other side. Life, in its unpredictable glory, throws numerous challenges our way. How we respond to these challenges defines our journey. Resilient individuals don’t avoid difficulties; they embrace them as opportunities for growth. They understand that every challenge is a teacher, every setback a lesson.

PLEASE SEE LIFE | C4



Positive thinking is NOT about ignoring life’s problems; it’s about approaching them in a more constructive and optimistic way.

COURTESY PHOTO

A hound hero

Granbury resident saves dog from icy pond

BY EMILY NAVA
Staff Writer
emily@hcnews.com

A Granbury resident recently went viral on social media after his heroic act of saving a dog from an iced-over pond.

Russell Walker of Meander Estates owns three dogs by the names of Boudreaux, Athena and Moto. During the freeze that took place Jan. 15, Walker opened up his back door to let his dogs inside. He noticed Moto was sitting at the fence “peering out over the water.”

Walker then noticed a dog stuck in the middle of the iced-over pond clinging to the edge of the broken ice. Walker made his way to the iced-over pond wearing only a T-shirt and sweatpants and waded nearly waste deep in the frigid waters.

“I knew the ice wasn’t going to support my weight and had reconciled with the fact that I’d be getting wet,” Walker told the HCN. “I knew that I was the only person seeing what was happening and would ultimately be responsible for the outcome.”

Walker ended up breaking the ice which allowed the dog to swim safely to the shore. He added that the dog seemed disoriented and unsure of where he was.

PLEASE SEE HERO | C4

GOOSEBUMP JUMP

PHOTOS BY MARY VINSON | HOOD COUNTY NEWS



There were more than 300 jumpers and around 500 in attendance for the 4th Annual Goosebump Jump at Granbury's City Beach. The event is part of Visit Granbury's Winter Guest Tourism Season sponsored by the Lodging Association and multiple other sponsors. "It was by far the best event yet. Everyone was thrilled with the results, and it was an event the entire community can enjoy. The winning non-profit was Happy Hill Farm with 88 jumpers and while we are still calculating all the sponsor dollars and registrations we estimate this year's total, along with the previous three years, will put us over the \$10,000 mark to date," said Tammy Dooley, director of Granbury Convention and Visitors Bureau.



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"I didn't think I was going to be in that final round, which is why I had not practiced the (final) song," she said. "My friends were so excited to have me in the Voice of Granbury that they were the ones who made that happen."

LISA SUDBURY
Voice of Granbury winner

VOICE
FROM PAGE C1

because he's a fan. Music became a huge passion for Sarcione at a young age when he lived in New Hampshire and got the opportunity to act in musical theater. In fact, he fell in love with music so much he attended a boarding school called Walnut Hill School for the Arts, located outside Boston, Massachusetts.

"It's one of three schools in the U.S. that specialize in academics and arts," Sarcione told the HCN. "I studied musical theater first and then switched into classical voice and I studied opera. I graduated from there and ended up going to the University of Miami on a scholarship to sing jazz."

But it wasn't until he attended a Whitney Houston concert that another one of his dreams became a reality.

When he was 17, Sarcione had a dream to sing with Houston. He said from a young age, he would sing in his living room and fantasize about the day he would sing with her. Since his parents knew how much he admired Houston, they bought him front-row tickets to her concert.

"During the whole concert, I was singing and I felt like that dream was coming alive inside of me where I got to sing with her, and then this magical moment happened where she stopped the show, she walked over to me, and she pulled me up to the stage and she asked me to sing with her," Sarcione said. "I sang a song called 'Exhale (Shoop) (Shoop),' and her background singers threw her towel at me and afterward I had the background singers sign the towel which I still have to this day."

Houston deeply inspired Sarcione musically and he knew music was something he wanted to pursue as a career. After a semester at the University of Miami, he asked his parents if he could take a leave of absence so he could pursue music professionally.

Within a month, he attended another concert by R&B/soul artist Mýa, who also pulled him onstage to sing with her.

"One of the things that I hadn't done with Whitney was ask to go backstage with her and I always wish that I had, so I asked Mýa if I could go backstage after the show," he said. "She and I, we became friends. I ended up signing with some of her people and that's how I first got into the music industry."

Sarcione later realized he wanted to go back to school and finish his education. He ended up working in the entertainment business, but



First-place winner Lisa Sudbury stood out from the other performers as her friends from DeCordova were all wearing the same shirt — a shirt that featured Sudbury's face along with the phrase "The Voice of Granbury."

PHOTOS BY MARY VINSON | HOOD COUNTY NEWS

nally settling for retirement in Granbury in 2020.

Sudbury's music experience started when she was younger, as she grew up in the Church of Christ and started singing a cappella. Her father sang in the "barbershop" style, singing four-part harmonies.

"My dad had a big stack of records, and he would allow me to just go through and play," she said. "My dad was very particular about his belongings, but he let this little kid sit there and play those and listen to the Four Tops."

While Sudbury has always enjoyed singing, her stage fright always got in the way. She said she wouldn't even appear in her senior play in high school because it was a musical.

"In college, I was in the chorus of 'No, No Nanette,' and the person who was supposed to play Betty from Boston came down with mono, and I ended up with that part. That's the only way I would have gotten that part," Sudbury said, chuckling.

Although Sudbury still had some issues with stage fright when she moved to Granbury, it was during Rebecca Faiola's karaoke class that she became more comfortable singing in public.

"She helped me to really hear myself to know what my range is, and to help me push myself a little bit," she said. "She was instrumental in helping me have the confidence to do it."

Sudbury also gained more

PLEASE SEE **VOICE** | C4



Hayden Phillips placed third in the Voice of Granbury on Jan. 18, as the 16-year-old Springtown resident blew everyone away with his performances of "Something in the Orange," by Zach Bryan, "Lady May" by Tyler Childers and "Tourniquet" by Zach Bryan.

he said many people still encouraged him to sing. A little burst of stardom also led Sarcione to sing with Wayne Brady on "The Talk," and with John Legend for an episode of "Duets."

He later went "back into corporate America," and left the music setting. He said his performance in The Voice of Granbury was the first time he's sung onstage in about seven years.

"I think it was as special to me as so many people were saying it was as special to them and that's really meaningful," he said about his performance at Granbury Live. "That same joy and spirit that I was feeling inside was felt by a lot of people."

Sarcione said he also received a message from an audience member after his performance that really touched him and made him realize why he loves to sing and perform for others.

"They said, 'Thank you for last night. Not only do you have a wonderful voice, but you take people on a journey as you sing,' and I think that, to me, represents my favorite part about music, performing and singing — it's the journey that you can take people on emotionally when you perform a great song. It's why I chose those songs, because I felt like they all can get into the heart and create a level of impact that I really love, from being able to sing, to be able to move people emotionally in that way."

Sarcione is now a resident of Granbury and was previously head of "mojo" and head of internal marketing for Verizon and Yahoo, respectfully. He now owns a business helping to develop and inspire leaders and teams to achieve their greatest potential.

He added he wants to thank everyone for their support at The Voice of

Granbury for not only him, but all the contestants.

"It made the night even more special to have such

a vibrant crowd of people cheering and celebrating all the vocalists," he said. "It was really fun to me to see so many new people. Even though we live in a town that seems so small, it's fun, how you can go to these things and realize how there's still so much more going on here that you don't even realize, and I think (last Thursday) night was a great representation of how special that is."

LISA SUDBURY

Lisa Sudbury dazzled everyone with her sparkly outfits and got the audience tapping their feet to the song "Little White Church," by Little Big Town. She also performed the 1980s love song "At This Moment" by Billy Vera & The Beaters and the pop/rock hit "Try" by Pink.

Originally from Louisiana, Sudbury moved to Texas in 2005 due to Hurricane Katrina. After marrying her husband, James, she moved from Los Colinas to Terrell and San Angelo before fi-



A.J. Sarcione placed second in the competition, as he wowed the audience with his powerful voice in his own renditions of "Never Enough," by Loren Alred from The Greatest Showman soundtrack, "And I Am Telling You I'm Not Going" by Jennifer Hudson, and the inspirational ballad, "Greatest Love of All" by Whitney Houston.

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A 'Splash of Red' at the Shanley Gallery

Staff Reports

Lake Granbury Art Association invites the community to a reception for its annual art show “A Splash of Red” from 5-8 p.m. Saturday, Jan. 27 at 224 N. Travis St. in Granbury. The building shares a parking lot with the library. Artists Audrey Caylor, Kay Wirz, Sue Bagwell, Robert Hollis and Linda Parks contributed pieces containing red elements in the work.

COURTESY PHOTO

Pictured are pieces from the “Splash of Red” art show. Reception is Saturday, Jan. 27 from 5 – 8 p.m. The show runs through Feb. 25.

“I was really nervous about hanging the show since it was the first time for both Rebecca Rountree and me. But members really came through with a lot of beautiful art, and it was a great experience,” said Cheryl Patterson, co-chair of the show. The show began several years ago when Deanna Thibeaut gave birth to the concept. Thibeaut passed the torch to chair the show to Patterson and Rountree

and did come offer advice to the new co-chairs as they hung the show. “I learned so much getting to work on the Splash of Red exhibit with Cheryl. I met so many artists. I believe the collection of different artists went together so well. I am impressed with the talent we have here. I have heard many compliments,” added Rountree. “A Splash of Red” runs through Feb. 25.

LIFE

FROM PAGE C1

POSITIVE THINKING: A CATALYST FOR CHANGE

Positive thinking is tricky. Don't fall for the trap of toxic positivity. Positive thinking is NOT about ignoring life's problems; it's about approaching them in a more constructive and optimistic way. It's the difference between seeing a problem as an insurmountable obstacle or an opportunity to learn and grow. Positive thinkers are solution-focused. They believe in their ability to overcome challenges and are more likely to take proactive steps towards resolving issues.

THE TRANSIENT NATURE OF LIFE'S CHALLENGES

Life is a series of phases, each with its own set of challenges and rewards. Recognizing the transient nature of these phases is crucial. Just as the night gives way to dawn, difficult times eventually lead to better days. This understanding fosters patience and perseverance during tough times and gratitude during good times.

EMBRACING CHANGE AND UNCERTAINTY

Change is the only constant



COURTESY PHOTO

No one goes through life alone. Building a network of supportive friends, family and colleagues provides a safety net during tough times.

in life. Embracing change, rather than resisting it, makes the journey smoother. Uncertainty can be daunting, but it's also where growth and innovation thrive. By stepping out of our comfort zones and embracing the unknown, we open ourselves to new experiences and opportunities for personal development.

LEARNING FROM FAILURE

Failure is often seen as a negative outcome, but it's an

integral part of success. Each failure is a stepping stone toward achieving our goals. It provides invaluable lessons and insights that cannot be gained through success alone. The key is to learn from these experiences and use them to propel ourselves forward.

CULTIVATING GRATITUDE

In the midst of life's challenges, it's easy to overlook the good. Cultivating a sense of gratitude helps to maintain

a positive outlook. It's about appreciating what we have rather than lamenting what we lack. Gratitude enhances our overall well-being and helps us cope with stress and adversity.

BUILDING A SUPPORTIVE NETWORK

No one goes through life alone. Building a network of supportive friends, family and colleagues provides

a safety net during tough times. These relationships offer emotional support, practical help and valuable advice. They remind us we're not alone in our struggles.

TAKING CARE OF YOURSELF

Self-care is crucial for maintaining mental and physical health. It's about taking the time to do things that nourish and rejuvenate us. This can be as simple as getting

enough sleep, eating healthily, exercising or engaging in hobbies. Taking care of ourselves ensures we have the energy and strength to face life's challenges.

SETTING REALISTIC EXPECTATIONS

Setting unrealistic expectations can lead to disappointment and frustration. It's important to set achievable goals and be realistic about what we can accomplish. This doesn't mean lowering our standards; it means understanding our limits and working within them.

FINDING JOY IN THE JOURNEY

Finally, finding joy in the journey is about embracing life in all its complexity. It's about finding happiness not just in the destination, but in the journey itself. Celebrate small victories, enjoy the simple pleasures, and find humor even in difficult situations.

Life is a tapestry of experiences woven together by our responses to its myriad challenges. By cultivating resilience, maintaining a positive outlook, and embracing the transient nature of difficulties, we can navigate life's ups and downs with grace and strength.

VOICE

FROM PAGE C3

confidence in her Voice of Granbury performances due to the overwhelming support she received from her DeCordova friends.

“I didn't think I was going to be in that final round, which is why I had not practiced the (final) song,” she said. “My friends were so excited to have me in the Voice of Granbury that they were the ones who made that happen.”

Another aspect that made Sudbury stand out from the

other performers is that her friends were all wearing the same shirt — a shirt that featured Sudbury's face along with the phrase “The Voice of Granbury.”

“It really felt humbling and kind of overwhelming at first, but I appreciated them so much, you know, that they went to that effort to have shirts made,” she said.

Sudbury said her favorite part about performing is her love of singing but added she would have preferred to have accompanied someone onstage and had that person sing lead while she sang

harmony.

“That is my ideal situation,” she said. “I love to sing, but being in the spotlight is not for me.”

While Sudbury is currently retired, she was previously a corporate trainer, insurance adjuster and a karate instructor.

She said throughout her career, she sang in different capacities at work. When she worked for The Staubach Company in Dallas, she would write a birthday song for everyone's birthday and sing it at their desk.

“I was really touched when

they returned the favor on my birthday,” she said. “They came over there and had written a whole song to the tune of ‘I Love Rock and Roll’ for my birthday. But I've always just made up songs in my head — which can be scary when you are trying to sing a song someone has written because I will change words like nobody's business. In the first line of the song ‘Try’ by Pink, which was my third song, it says how it all turned to lies and a couple of times I had been changing that to ‘lice’ and cracking myself up.”

Overall, Sudbury said she had a great time and “made some wonderful friends,” — adding that she and Sarcione are “going to be BFFs forever.”

“For the young ones to have the nerve to get up there, I could not have done that at their age,” she said. “Whenever I do something like that, I'm only competing against myself. I want to do the best I've ever done at the song, and I'm not there competing with other people — that's how I can give the appearance of confidence, and that comes over from

my karate. You're just learning to be the best that you can be. You're not competing with anyone.”

Scan QR code to see more photos



HERO

FROM PAGE C1

“He had been in the water for a little bit but we're not sure how long. When I got to him his collar had frozen

and he had ice on his whiskers,” Walker said. “Luckily, we were able to get him out and dried off. He was shaking like a leaf.”

After Walker's girlfriend, Mary Haller, posted the

pooch on the neighborhood Facebook page, the owners reached out and notified them it was their dog, Luke. The owners informed Walker that Luke is a bit of a fugitive and has escaped

a couple of times. They picked him up and took him back to the comfort of their warm home.

Haller took video footage of the incident and posted it on the social media app

TikTok later that evening. The video now has nearly 870,000 views and Walker said he and Haller are still in shock.

The video was featured on the FOX 4 News social

media page as well as news channels in the United Kingdom, Australia and Taiwan.

“I am an unapologetic dog person. Team dog, all day,” Walker said.

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GARDEN PATCH



PHOTO COURTESY OF PHYLLIS WEBSTER

Poppies are among many annual and perennial flowers that are easily started from seed.

Start new plants from seeds

BY PHYLLIS WEBSTER



Phyllis Webster earned a degree in journalism before embarking on a long career in public relations and marketing. A Granbury resident since 1998, she has been deeply involved in the community. She is an award-winning writer and photographer, as well as a Master Gardener. She has authored Garden Patch since 2001.

For many, a cozy winter's day spent perusing seed and plant catalogues satisfies the desire to garden when it's too early to plant. While winter is prime time to add trees and shrubs to area landscapes, the weather is too frosty to start tender flowers.

If you are industrious, you may get a jump on spring by starting seeds indoors. But if you are lacking in space or simply don't want to invest the time and supplies needed for an indoor endeavor, focus on seeds that yield results when planted in the ground.

The key to success is adhering to the planting chart found on the back of individual seed packets. Most packets feature a small map of the United States, which indicates the average date range for planting the enclosed seeds. Note that the last expected frost date for North Central Texas is March 15.

Chart information includes the number of days it takes seeds to germinate once planted, the depth to which a seed is to be planted in the soil and expected days until bloom. You'll also find the expected height the plants will grow and how far apart to space the plants. For example, cosmos seeds take 3-7 days to germinate. They are expected to bloom in 45-60 days.

Easy to grow flower seeds that generally flourish



PLEASE SEE GARDEN | C9

COURTESY PHOTO

If you are industrious, you may get a jump on spring by starting seeds indoors.



GRANBURY CULTURAL ARTS

Love (of art) is in the air



COURTESY PHOTO

Youth within the 25th Congressional District have the opportunity to participate in the Artistic Discovery Contest sponsored by the district. It's for high school artists, and the district will choose one piece to be displayed for a year at the U.S. Capitol. Second and third place winners' entries will be displayed in Congressman Roger Williams' district office.

BY STACEY WATKINS-MARTIN AND CORA WERLEY

Stacey Watkins-Martin and Cora Werley are local artists and members of the Granbury Cultural Arts Commission. Both work diligently with many other people and organizations to promote Granbury as the exciting arts destination it has become.

It's the Galleries of Granbury's last Saturday Gallery Night tonight! Six member galleries will present original art that's perfect for Valentine's Day gifts. Visit every one:

- D'Vine Wine: Well-known local musical entertainer Nin Hulett and sweet treat-maker Shannon Kokot from Mama's Creative Sweets
- LGAA at Shanley House: Splash of Red group show Jan. 20-Feb. 25
- Mara Mia Gallery: Acrylic pour artist Marie Szczesny
- St. Helen's: painter and award winner James Spurlock
- The Eyes of Texas at Baron's Creek: multitude of outstanding artists
- Your Private Collection: Award-winning western photographer Pamela Steege joined by other nationally acclaimed gallery artists

It's always fun to buy gifts for others but remem-

ber to be on the lookout as well for those special pieces you'd like to see in your own home.

For the artists among you, there are a couple things coming up you'll want to put on your calendars. First, Tarleton State University's Department of Visual Arts and Design has announced its 26th Annual Rio Brazos Juried Art Exhibition. With all media represented, the exhibit brings us works from all over the country highlighting exemplary contemporary work. Proceeds fund the department's scholarships, thereby benefiting upcoming local artists. The call for entry is already open (as of 1-20-24) and the deadline is March 1. See the website for more details:


<https://www.tarleton.edu/visualarts/riobrazos/>. In conjunction with the city of Granbury and many local businesses, it opens to the public April 6 at Granbury's Dora Lee Langdon Cultural and Educational Center on Pearl Street. The exhibition runs weekends through April 21, with a closing reception and awards ceremony on that date distributing over \$2,000 in awards.

Second: Youth within the 25th Congressional District have the opportunity to participate in the Artistic Discovery Contest sponsored by the district. It's for high school artists, and our district will choose one piece to be displayed for a

PLEASE SEE ART | C9



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17	KHITS Mardi Gras Masquerade
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24	Texas Independence Day Celebration
MARCH	
15-17	Founders Day Celebrations
16-17	2nd Annual Pub McDonough Paddy Fest & Parade
16	Bulls on the Beach
16	Hank FM Home and Garden Expo
APRIL	
5-7	Oink! Oink! Fest - Authentic German-Style Pig Roast
8	On the Edge TOTAL ECLIPSE 2024 – see website for list of events
25-27	Granbury Wine Walk
MAY	
24-27	Memorial Day Weekend Celebrations

Information subject to change | Go to visitgranbury.com for more!

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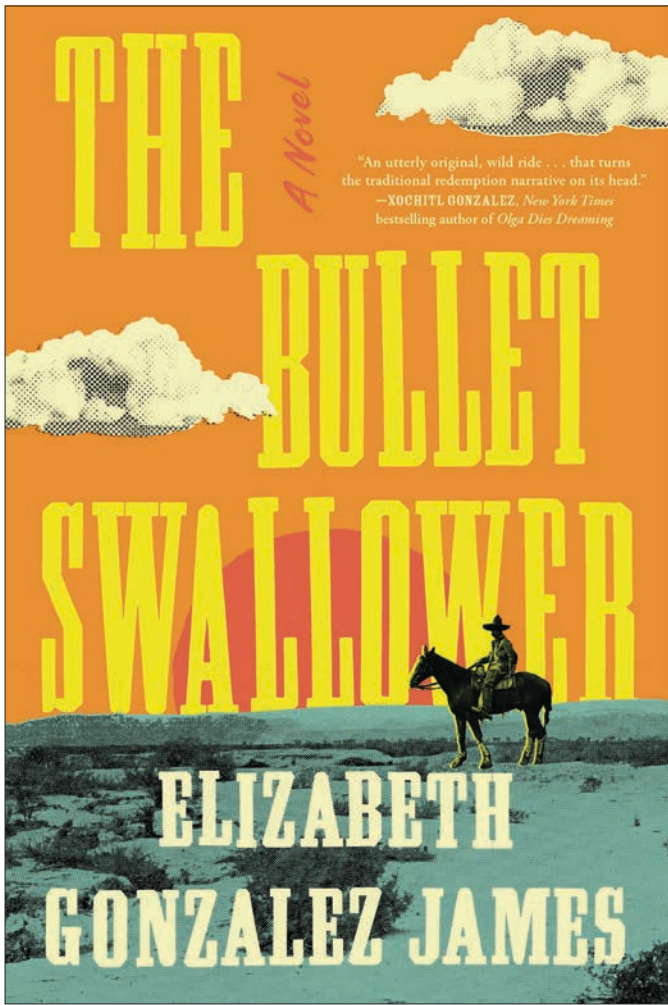
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BOOK REVIEW



“The Bullet Swallower” by Elizabeth Gonzalez James C.2024, SIMON & SCHUSTER, \$26.99, 272 PAGES

You’ve come for it all

BY TERRI SCHLICHENMEYER

No more waiting around. The time has come and you’re ready to do this thing, to seize it in its entirety. No more little bit, little bit, little bit, this is your birthright and you’ve come for it all — even if, as in the new novel, “The Bullet Swallower” by Elizabeth Gonzalez James, having it all could leave you in pieces.

Jaime Sonoro was used to insistent fans. It was 1964, he was Mexico’s most popular, most-beloved singer, and it was common for fans to leave him gifts. But the woman who rushed to the front door of his home one afternoon and thrust a smelly book in his hands, well, that was extremely unusual. She’d muttered something about Jaime and his father being related to her, that everything Jaime needed to know was in that book, she demanded that he read it, and then she ran.

Taking the moldering thing to his office, Jaime opened the large tome.

And his eyes were opened. The book was filled with florid language and the tale of Jaime’s great-grandfather, Alferes Antonio Sonoro, who killed an entire village for the love of gold, and whose boots were held by the ghosts of the people he’d buried alive. Alferes’s son, Antonio, never knew his father, but he knew the desperateness the elder Sonoro left behind. Because he was Mexican and good with a gun, Antonio eventually gained a reputation for being a bandito and it was unearned — though sometimes, a man had to make hard decisions.

Every few weeks, for instance, a train filled with Mexican riches crossed into Houston, and it was ripe for the looting. Antonio couldn’t stop thinking about it.

He’d need six, maybe ten men and plenty of horses and mules. He imagined his wife smiling, wearing a golden chain around her neck. The loot would get his family through a years-long drought. So he gathered supplies and his brother, the only man willing to help, and Antonio Sonoro rode to Houston, shadowed the whole way...

If you’re a fan of westerns, you have certain expectations: horses, dusty trails, pistols, hardship, cruelty, and probably some bigotry. Check them off your list before you read “The Bullet Swallower” because they’re all there. Also: you can expect a truly incredible tale that author Elizabeth Gonzalez James says “is true except for the stuff I made up.”

That honesty comes at the back of the tale, long after you’ve been rounded up and hog-tied to your chair, long after you’ve been tangled in chaparral and novel. More honesty: as the tale moves between 1895 and 1964 and back again, and you grow sympathetic to Antonio and start to hate Jaime just a little bit, you won’t care what’s true and what’s not. You’ll just want to spend every second of your time with this book.

“The Bullet Swallower” is not just a tale for western-lovers. It’s got a midcentury modern flair, too, and something for the paranormal reader. Find this book: here, you’ll get it all.

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Pages, programs, and people

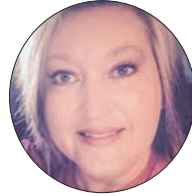
A statistical journey through our library



COURTESY PHOTO

In the digital age, Hood County Library continues to bridge the gap, offering public computer access as a vital service. In 2023, 5,381 patrons seized the opportunity to connect to information with the use of public computers.

BY JENNIFER LOGSDON



Hood County Library Director Jennifer Logsdon is a former public school educator of 23 years, earning a master’s degree in Library Science during that time. She enjoys spending time with her blended family of five children, baking and of course reading. jlogsdon@co.hood.tx.us | 817-573-3569

Ever found yourself curious about the community engagement within our library?

Today, we embark on a journey to unravel the pages of statistical history that narrate the story of Hood County Library’s impact. Join me as we look at the revealing statistics of 2023, unveiling the ways our library serves as a cornerstone for our community. In the span of January through December 2023, Hood County Library welcomed a total of 57,651 visitors, with an additional 2,591 individuals opting for the convenience of our mobile library — the bookmobile. Each visit is a unique narrative. For the avid readers among us, the library becomes a place where anticipation meets fulfillment with each page turned in the latest release from a cherished author. Meanwhile, others seek to enrich family moments with borrowed DVDs, transforming ordinary nights into memorable family movie gatherings.

The heartbeat of the library resonates through the circulation of physical items, and in 2023, an impressive 148,160 items found their way into the hands of the community. This statistic not only reflects the tangible impact of the library, but also underlines the diverse needs it fulfills for every visitor who walks through our doors.

Beyond the physical walls of the library, a vibrant community of devoted readers thrives in the digital realm, utilizing the power of their library card to access a treasure trove of digital items. In 2023 alone, our patrons checked out 10,125 e-books and 13,039 e-audio books.

This digital engagement not only extends the reach of the library but also underscores the evolving ways in which the community connects with knowledge and storytelling. Our library isn’t just a repository of books; it’s a vibrant hub of community connections. Throughout 2023, we played host to a variety of programs, providing citizens with the opportunity to forge connections with like-minded cohorts. Whether it was the enchantment of story time, the spirited discussions in book clubs, the creativity unleashed in craft nights, or the allure of special programs, we had a total of 279 unique events.

A total of 9,149 individuals, spanning all ages, actively participated in these events, turning each gathering into a shared experience. Many among them not only left with newfound knowledge but also with

new friends. This statistic highlights the library as a dynamic community space, where the exchange of ideas and the forging of connections are as important as the stories on the shelves.

In the digital age, our library continues to bridge the gap, offering public computer access as a vital service. In 2023, 5,381 patrons seized the opportunity to connect to information with the use of our public computers.

Not only did our collection grow richer in content, but the library family expanded as well. We welcomed 4,484 new items onto our shelves. Moreover, the library community saw an influx of 2,055 new users.

These statistics underscore the changing role of the library as an influential space. We extend an open invitation to all. If you haven’t already, consider making it a habit to walk through our doors in 2024. Amidst the pages, programs and connections, there’s a place that fits every visitor.

UPCOMING EVENTS

Children Events
Mondays 10:30 a.m. Music and Motion
Wednesdays 10:30 a.m. Storytime & Craft (Preschool)
Thursdays 4:30 p.m. Code Club (8-12 yrs)

Events for All
Lego Saturday all day every Saturday!
Feb. 6 5-6 p.m.: NASA: Introduction to the Solar System
Feb. 20 5-6 p.m.: NASA: Amazing Asteroids
Feb. 24 2-4 p.m.: Sticker Palooza: Come trade stickers
Feb. 28 4-5:30 p.m.: Crafternoon

Adult Events
Feb. 7 6-7 p.m. The Other Book Club; Dual Memory by Sue Burke
Feb. 13 6-7 p.m.: Crafting with Tammy: Craft TBD
Feb. 16 6:30-8 p.m.: Trivia Night @ D’Vine Wine: Outlander
Feb. 27 6-7 p.m.: Novel Idea Book Club: Book Lovers by Emily Henry



COURTESY PHOTO

Lego Saturday takes place all day every Saturday at the Hood County Library.



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CINERGY ENTERTAINMENT

Friday, 26 January 2024 - Thursday, 01 February 2024

Argyle (PG13)
Thurs: 5:00PM, 8:05PM

Mean Girls (PG13)
Fri: 2:00PM, 4:45PM, 7:30PM, 10:15PM.
Sat: 10:30AM, 1:15PM, 4:00PM, 6:45PM, 9:30PM.
Sun: 10:30AM, 1:15PM, 4:00PM, 6:45PM.
Mon, Tues, Wed: 2:00PM, 4:45PM, 7:30PM.
Thurs: 2:30PM, 7:20PM

Migration (PG)
Fri: 2:45PM, 5:00PM, 7:15PM, 9:30PM.
Sat: 10:00AM, 12:10PM, 2:20PM, 4:30PM, 6:40PM, 9:00PM.
Sun: 10:00AM, 12:15PM, 2:30PM, 4:45PM, 7:00PM.
Mon, Wed: 2:45PM, 5:00PM, 8:05PM.
Tues: 2:15PM, 4:40PM.
Thurs: 2:30PM, 4:45PM

The Beekeeper (R)
Fri: 2:00PM, 4:35PM, 7:10PM, 9:45PM.
Sat: 11:00AM, 1:40PM, 4:15PM, 6:50PM, 9:30PM.
Sun: 11:00AM, 1:45PM, 4:30PM, 7:15PM.
Mon, Tues, Wed: 2:30PM, 5:15PM, 7:50PM.
Thurs: 2:15PM, 7:45PM

The Boys in the Boat (PG13)
Fri: 2:30PM, 5:00PM, 8:00PM, 10:30PM.
Sat: 10:00AM, 1:00PM, 3:30PM, 6:45PM, 9:00PM.
Sun: 10:00AM, 1:00PM, 3:45PM, 6:45PM.
Mon, Tues, Wed: 2:00PM, 4:50PM, 7:40PM.
Thurs: 2:00PM, 4:50PM, 7:00PM

The Chosen: Season 4 Episodes 1-3 (NR)
Thurs: 5:30PM

The Holdovers (R)
Fri: 3:00PM, 6:15PM, 9:30PM.
Sat: 10:00AM, 1:00PM, 4:00PM, 7:00PM, 10:00PM.
Sun: 10:00AM, 1:00PM, 4:00PM, 7:00PM.
Mon, Wed: 2:00PM, 5:00PM, 7:10PM.
Tues: 2:30PM, 7:00PM.
Thurs: 2:00PM, 5:00PM, 8:00PM

Wonka (PG)
Fri: 2:15PM, 5:20PM, 7:50PM, 10:50PM.
Sat: 10:15AM, 12:50PM, 4:00PM, 6:20PM, 9:45PM.
Sun: 10:15AM, 1:00PM, 4:00PM, 6:45PM.
Mon, Tues, Wed: 2:15PM, 5:00PM, 7:45PM.
Thurs: 2:00PM, 4:40PM

Showtimes Subject to Change Without Notice

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ONLY on the following dates and times:

Saturday, February 10th & 17th, 2024
Doors open at 9:00-9:30 & 1:00 -1:30

Sundays, February 11th & 18th, 2024
Doors open 1:00-1:30

To apply, you must attend one of the sessions listed above, and complete an application at that time.

For a complete list of requirements that applicants must meet, and a list of documents you will need to bring, please visit our web site at habitatofhoodcounty.org

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I'VE BEEN THINKING

A society without porches



CAROL GOODMAN HEIZER

Carol Goodman Heizer is an author who recently moved to Hood County from Louisville, Kentucky. She has had short stories published in eight editions of "Chicken Soup for the Soul" books. Her column for the Hood County News will appear every two weeks. cgheizer@gmail.com | 502-396-0972

There are certain bastions of life that seem to represent more than their individual existence. When we travel back in time to the days of our childhood, many of us remember the daily walks to our neighborhood school and the smell of home-baked cookies as we returned at the end of the day. We remember dinnertime as all members of the family gathered to share their day's activities. We remember being taught respect for other individuals and their property.

We remember doing business with local merchants who knew us by name rather than by account numbers and credit cards. We remember using our legs for transportation rather than

expecting a car for our 16th birthday. We remember the thrill of going to movies rather than bringing the movies to our own television sets. And we significantly re-

member porches. Small porches. Big porches. Porches on the fronts of houses. Porches on the backs of houses. And some porches that ran along three sides of the house. Some of the porches had shiny black railings. Some had rough wooden post railings. Some had scratchy brick posts. We could find various items on the porch, but we always found two things in particular ... a swing and a chair. The swing and the chair were not simply ornamental pieces of porch furniture. They served a vital purpose. They were the means through which members of the family would sit and discuss matters of importance ... any topic from the current price of fresh vegetables to the description of the latest auto designs. They were the medium through which we could sit outdoors and watch the

world go by ... from the squirrels playing tag to the rabbits playing hopscotch to the children playing make-believe. Something about that swing's motion seemed to put the cares and frustrations of the day to rest. It also allowed us to privately communicate with ourselves and become familiar with our innermost thoughts. The porches usually had little personal items on them as well. Perhaps it was a set of wind chimes through which we could enjoy nature's gentle song. Perhaps it was a small table where we could set a pot of flowers that always seemed to be getting knocked off, or it held a glass of iced tea that seemed to be crying as its sweaty tears ran down the glass from the heat. Some porches even had small weather-resistant

PLEASE SEE **THINK** | C9

GO PLAY

MONDAYS

HEALTHY CONNECTIONS exercise classes: 9 a.m. exercise (strength and balance); 10 a.m. Tai Chi; 10:30 a.m. exercise (strength and balance); 11 a.m. Tai Chi/Pilates; 5 p.m. yoga. 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

GRANBURY BRIDGE Club will hold an ACBL-sanctioned duplicate bridge game at noon each week at the Acton Methodist Church, 3433 Fall Creek Hwy., Granbury, 76049. Entry \$8/person. All are welcome, come with a partner and compete for ACBL masterpoints! Info and reservations: 225-933-4074.

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 Hwy. Details: granburycivicchorus2001@gmail.com. December program will feature songs of Christmas from around the world. www.granburycivicchorus.org.

TUESDAYS

HEALTHY CONNECTIONS classes: 8:30 a.m. Weight Watchers (join at weightwatchers.com); 9 a.m. yoga (private class, reservation only); 10:30 a.m. yoga (private class, reservation only); 1:30 p.m. line dancing; 5 p.m. Weight Watchers (join at weightwatchers.com); 6 p.m. Granbury clogger nights (watch or join). 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

AMATEUR RADIO Weekly Social Hour Net. All licensed amateur radio operators welcome. 7 p.m., on the 147.240 MHz Repeater, +600 offset, PL 162.2.

WEDNESDAYS

HAND AND Foot card game day. 10 a.m.; Dominoes (Mexican Train) 11 a.m. Healthy Connections, 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

HEALTHY CONNECTIONS classes: 9 a.m. exercise class; 10 a.m. Mahjong; 10 a.m. cards; 11 a.m. dominoes. 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

HABITAT FOR Humanity of Hood County Wednesdays and Saturdays from 9 a.m. to 2:30 p.m. We are building in the 4000 block of Sundown Trail. No experience or tools needed. Just come build with us.

THURSDAYS

HEALTHY CONNECTIONS: 10 a.m. Tai Chi; 10:30 a.m. exercise; 11 a.m. Tai Chi/Pilates; 5 p.m. yoga (private class, reservation only). 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 St. 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.

FRIDAYS

HEALTHY CONNECTIONS: 9 a.m. exercise. 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

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.

HEALTHY CONNECTIONS: 10:30 a.m. yoga. 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

HABITAT FOR Humanity of Hood County Wednesdays and Saturdays from 9 a.m. to 2:30 p.m. We are building in the 4000 block of Sundown Trail. No experience or tools needed. Just come build with us.

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 needs 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 fourth 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: bskaggs8@aol.com.

SECOND THURSDAYS

HOOD COUNTY CERT meets on the second Thursday of every month at 6 p.m. at the Emergency Operations Center located at 401 Deputy Larry Miller Dr. HoodCoCert@gmail.com.

THIRD THURSDAYS

THE HOOD Sommersville A&M Club meets the third Thursday (except June, July and August) at Spring Creek BBQ located at 317 W. U.S. Highway 377, Granbury at 6 p.m., dining/social, 6:30 p.m. meeting. Other activities, fundraisers and meeting changes can be found at hscaggies.org.

SECOND SATURDAYS

SECOND 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 needs 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.

WAMS (WESTERN Area Modeling Society) radio control club meets at 6:30 p.m. at Spring Creek BBQ, 317 W. U.S. Highway 377. R/C aircraft, cars, boats, gliders, helicopters, etc. Details: 817-475-2194

LAST THURSDAYS

MEETING MONTHLY the last Thursday of each month at the American Legion Hall, 3409 Davis Rd., Granbury. Chow is at 6 p.m. meeting at 7 p.m.

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.

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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

DEVOTIONAL

A guide to Granbury-area churches.

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1 John 4:12

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

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

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817-326-4693

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

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

Brazos River Baptist
2201 Mitchell Bend Hwy.
817-663-5384

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

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

Fairview Baptist
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817-573-8968

Faith Baptist Of Hill City
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First Baptist
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254-646-2484

First Baptist Thorp Springs
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817-573-3339

Glen Rose First Baptist
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Glen Rose
254-897-2351

Granbury Baptist
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817-573-4943

Granbury First Baptist
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Viva
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Iglesia Bautista La Hermosa
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Granbury

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Mambrino Baptist
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817-573-4901

Mission Bautista El Buen
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817-573-4133

Oak Trail Baptist
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Paluxy Baptist
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Patillo Baptist
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Pecan Baptist
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Christ
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Thorp Spring Church Of Christ
3006 Thorp St.
817-776-1547

Tolar Church Of Christ
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And we know that for those who love God all things work together for good, for those who are called according to His purpose.

Romans 8:28

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For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Jeremiah 29:11

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THINK
FROM PAGE C7

rugs that added the touch of family and friends. Others had one of those wooden-slatted shades so we could keep out the hot, blazing afternoon sun or the cold, blowing rain. On occasion, it successfully kept out the neighbor's chatter.

We could also find our mailbox on the porch. That gave us the perfect opportunity to converse with the mailman as he brought the daily tidings from around the world. He knew our name, and we knew his. We knew our mailman well enough we could tell from his walk whether he was feeling especially chipper that day or whether his leather bag was especially burdensome.

The porch was an extension of our family life. Although it was another area we needed to clean, we really didn't mind because it was part of who we were. Porches were, in essence, the focal point of American life. Then things began to change.

As the annual family income rose, the desire for larger and more beautiful homes expanded. The new dwellings featured air conditioning and contained more square footage, larger windows, and more elegant features. Yard sizes shrank as fewer working families cultivated flower beds and vegetable gardens. Life became hectic, and neighborhood bonding lessened.

And the porches? They died a quiet and tragic death.

Today we have hurried and harried parents, lonely and hurting latch-key kids, and out-of-touch neighbors. We have children who do not know where their parents are - and parents who do not know where their kids are.

We have become a society without porches.

ART
FROM PAGE C5

year at the U.S. Capitol. Second and third place winners' entries will be displayed in Congressman Roger Williams' district office.

"The Congressional Art Competition began in 1982 to provide an opportunity for members of Congress to encourage and recognize the artistic talents of their young constituents. Since then, more than 650,000 high school stu-

dents have been involved with the nationwide competition," Williams said.

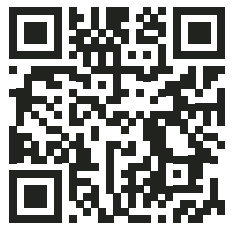
High school artists may submit a work of painting, drawing, collage, print, mixed media, computer generated art or photography. Each district may have slightly different rules, so be sure to check out the 2023 winner <https://williams.house.gov/> or by scanning the QR code.

With spring coming, there are so many things in the

Granbury art world you won't want to miss. Look out for the Dinner in White, multiple workshops in different media taught by talented artists at the Lake Granbury Art Association, the Granbury Arts spring Art Talk, and new productions at our local music and theater venues. On Feb. 6, go by the Langdon Center to see the incredible works of Jo LeMay Rutledge; it's worth the trip.

MORE INFO

Check out the 2023 winners:



GARDEN
FROM PAGE C5

with minimal care include annual zinnias, sunflowers, cosmos, morning glory vine, cypress vine, four o'clocks, bachelor's buttons, cleome, calendula, marigolds, larkspur, poppies and amaranth. Perennials include Turk's cap, black-eyed Susan and purple coneflower.

Prepare the planting area by removing any weeds and amending the soil with a light layer of compost or a good landscape planting mix. Do

not add fertilizer or too much compost or you could damage seedlings. A day or two before planting, moisten the amended soil to about a one-inch depth to ensure seeds do not go into a dry medium.

Planting depth is important. Planting too deep can cause the seedling to fail when it can't grow tall enough to reach the surface. Some very fine seeds only need a gentle press into the soil. Plant most larger seeds at about twice the depth as the width of the seed. Consult seed packets for precise instructions. Some seeds require "pre-soaking" before

planting.

After planting, water with a fine mist from a handheld hose. This gentle spray will help seeds not to wash away. Covering the seed bed with a light row cover will help protect seeds from birds, harsh wind and hot sun until seedlings grow strong. You'll need to secure the fabric edges with heavy objects, such as rocks, boards or bricks. Provide constant light moisture to newly planted seeds. Never let the soil dry completely or you risk plant failure.

For the future, keep track of where seeds are planted, the

types of seeds planted and whether they are successful in your garden. (Tip: Use craft or popsicle sticks as inexpensive markers.) It's helpful to keep a notebook or binder that includes this information as well as the empty seed packets and notes about weather conditions. Next year, as you browse catalogs, you'll have your notes to refer to as you day-dream of gardens to come!

For answers to your horticulture questions, please call the Texas A&M AgriLife Extension, Hood County at 817-579-3280 or go online to visit lakegranburymastergardeners.org.

GOOD FOR HOOD

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PECAN PLANTATION BITS

Pecan's community gardens members turn the soil and get hands dirty



BY DIANE LONG

A Mississippi native who has been a Texas transplant for 29 years, Diane Long is a wife, mother, and former English teacher who has written Pecan Plantation Bits for 16 years cumulatively. She spends her time both gathering neighborhood news and collecting new books to read. dianedlong@yahoo.com | 817-579-9360

Amy Herring writes on behalf of Pecan's Community Gardens, "When the sun is shining and the weather is pleasant, it's a lovely feeling to dig your hands into the earth and plant something that will reward the whole group in the spring." Several of Pecan's Community Gardens members did just that and recently took full advantage of a lovely winter day to get a plethora of onion plants into the ground. Love fresh organic vegetables, working in the soil, and want to join this green-thumbed group? Visit the Community Gardens' website for complete information: ppoacommunitygardens.org.

ACTIVE AUXILIARY

The Pecan Plantation Volunteer Fire Department/Emergency Medical Service Auxiliary is seeking raffle prize donations for the 2024 Auxiliary Golf Tournament slated for Saturday, April 20 on Pecan's golf course.

Because of the earlier tournament date this year, Auxiliary members would like to have commitments from raffle prize donors by Wednesday, Feb. 28 so raffle ticket sales may commence Friday, March 1. A significant part of the funds raised in connection with the golf tournament each year comes from raffle ticket sales.

Donors receive advance publicity and recognition for their contribution, as well as visibility on tournament day. Last year, several Pecan residents and organizations put together themed baskets as raffle prizes; these items were very popular and greatly appreciated.

The Auxiliary has a full calendar for 2024 with fundraising activities galore including a volunteer brunch, boot drive, community garage

sales, golf tournament, pancake breakfast, craft bazaar and first responder appreciation month.

For more information about the golf tournament or donating a prize, call or text Julie Logan at 727-252-3702 or Seleta Webster at 806-646-0656. To volunteer for any of these events, email Seleta at seleta.chere@gmail.com.

REMODEL WORK

The PAC gymnasium is receiving a new and much needed floor for all the activities that room hosts, and while the work is underway, the gym is closed to activities. Furthermore, the recent cold weather delayed the work. If everything stays on schedule, the gym will reopen at 8 a.m. Tuesday, Jan. 30. Pecaners will receive email updates as the work progresses while members look forward to the completion of the new floor.

BOOK TIME

The Hood County Bookmobile will be at the PAC Wednesday, Jan. 31 from 3:30 to 5 p.m. Patrons may both



COURTESY PHOTO BY AMY HERRING

The Pecan Plantation Community Gardens members took advantage of a lovely winter day to get plants into the ground by setting a variety of onion types. Pecaners are welcome to stop by the garden to see progress when folks are out working. New members are welcome. Pictured are Mike Cross, Tommy Hosek, and Jill Hosek.

check out and return books at the bookmobile.

VOLUNTEERS NEEDED

Pecan is seeking volunteers to assist with balloting at our community's annual meeting in March. Folks who are interested in serving as an election clerk or judge may sign up via a link mailed to membership last week or by contacting Marilyn Amos: marilynamos@ppoaweb.com.

WELCOME HOME

Pecan's next new member

orientation comes Saturday, Feb. 3 at 10 a.m. in the Terrace Room of the clubhouse. Reserve a spot by calling 817-573-2641.

PAINT PARTY

Saturday, Feb. 3 will feature a paint party for little artists ages 5 to 14 at the PAC. "Hearts, Highlanders and Painting" will be the theme for the day when Pecan resident and artist Heidi Easily leads participants to complete their work on canvases. Spots are limited, and

registration is required: 817-573-7952.

SING SONG

The very popular "Let's Karaoke Pecan" returns with two different group offerings. "Let's Karaoke Pecan I" begins Tuesday, Feb. 6 with meetings each following Tuesday through March 5 and graduation Saturday, March 9. This class is for beginners and will teach proper vocal techniques, warm-ups and the art of finding vocal range. "Let's Karaoke Pecan II" is a

continuation of the first class with more intense instruction, one-on-one time of training and more difficult material for singing. Participants should complete the first class before beginning the second part, which begins Tuesday, April 9, holds its last class May 7, and hosts graduation May 11.

Professional singer and vocal instructor (and Pecan resident!) Rebecca Faiola will lead both classes, and they will meet at the PAC from 7 to 8 p.m. Call Rebecca with questions (510-326-3553) or the PAC to sign up: 817-573-7952.

SWEET OUTING

Pecan's annual "Daddy Daughter Ball" returns Saturday, Feb. 10 from 1 to 3 p.m. at the PAC. The event promises to be a special time for fathers and daughters filled with music, ballroom dance instruction, refreshments and a photo opportunity. Formal attire is welcome but not required. RSVP to secure a spot: 817-573-7952.

GIVE LIFE

Pecaners will want to save the date: the American Red Cross will be in our community for a blood drive Wednesday, Feb. 14. The PAC gym will find the Red Cross set up for the day accepting donors from 8 a.m. to 2 p.m. Folks may visit RedCrossBlood.org and enter "Pecanplantation" to schedule an appointment. Walkins are also welcome. Donors will receive a free round of golf at the Nutcracker (with the purchase of one round) as well as a free cup of coffee at Deja Brew.

SWEETEST DAY

Pecaners will enjoy an evening with a Jazz Age theme and Roaring 1920s ambiance for Valentine's Day Wednesday, Feb. 14. Folks who would like to attend should make reservations as attendance is limited to 75 couples: 817-573-2641.

LAKE GRANBURY GOOSEBUMP JUMP 2024

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- Visit Granbury VIP's (Volunteers)
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- Chuck Licata
- Tracy Crow
- Sam Houston
- Mary Vinson
- Patrica Boyles
- Mary & Kevin McDonough
- Paul Sinar
- Jim Cook & Eric Swaim
- Ken Hackett
- Luke Linderman
- Greg Cornett
- Debby Gordon
- Kenny Causey
- Jeff Krebs
- Norma Savage
- Michael Ross
- Matt Hohan

LAST, BUT NOT LEAST!

"Thank you Kristen Gibson, Rhiannon Crump, Mary Ella Riley, James Dickens, David Talmage, Linda Husong, Mike Linnabery, Crystal Douglass, Bonnie Holmes, Aaron Alvarado, Dan Vanderburg, Rob Jackson, Abbie Carswell, and Mary Lester for going above and beyond.

To the Visit Granbury & Lake Granbury Conference Center Team: you are amazing!"

- TAMMY DOOLEY, DIRECTOR VISIT GRANBURY CVB

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1. Happy Hill Farm – 88 Jumpers
2. Mission Granbury – 42 Jumpers
3. Rotary – 38 Jumpers

*Preliminary Results

CONTEST WINNERS

- Best Group Costume – "Deer" Patsy Hurd, Brenda Coffman, Janet Lell, Penny Snyder, Michele Shelton
- Best Couple Costume – "Old Time Beach Goers" - Mary & Kevin McDonough

- Best Costume – "Nacho Libre" - Bryan Torres
- Best Kids Costume (under 12): 3 Brothers – Dinosaur, Spiderman & Hot Cheeto
- Oldest Competitor – Bob Kemis (88)
- Farthest Traveled – Marija Milic

*Preliminary Results

Health

● M I N D & B O D Y ●

SATURDAY, Jan. 27, 2024



INSIDE ACTIVITIES TO STRENGTHEN THE HEART | THE MANY BENEFITS OF READING | DR. CARRIE MORRIS CONSOLIDATES PRACTICE TO ONE LOCATION IN GRANBURY | EFFECTIVE, NON-INVASIVE TREATMENT FOR NEUROPATHY | “WE PRACTICE HEALTH — OTHERS PRACTICE MEDICINE” | FILL UP ON HEALTHY EATING POINTERS | HOW TO GET KIDS MORE ENGAGED IN THEIR DENTAL HEALTH | THE LINK BETWEEN SLEEP AND MENTAL HEALTH | TIPS FOR SENIORS TO SAFEGUARD THEIR MENTAL HEALTH | WHAT IS PREDIABETES? | SIMPLE WAYS TO CUT CANCER RISK

Activities to strengthen the heart

The heart is a vital component of the human body. Without a functional heart, life is simply not possible. As with other muscles in the body, it is important to give the heart a workout to improve its strength and vitality. Intermountain Health says an individual who does not exercise is more than twice as likely to get heart disease as someone who does. UCI Health says heart disease is the No. 1 cause of death worldwide.

Exercise is an ideal way to strengthen the heart and reduce your risk for heart disease and other conditions. Certain activities are prime for boosting heart health.

AEROBIC EXERCISE

Aerobic exercise raises heart rate and gets the blood pumping through-

out the body. Aerobic activity improves circulation, and over time it ensures the heart does not have to work as hard to pump blood, thus potentially lowering blood pressure. Also, aerobic exercise can reduce the risk for type 2 diabetes and can help those with diabetes to control blood glucose more readily. Aerobic exercises include brisk walking, running, swimming, cycling, playing tennis, and other activities that get the heart pumping. Aim for 30 minutes each day, for at least five days a week.

RESISTANCE/WEIGHT TRAINING

Building muscle can help the body burn fat and boost metabolism. This type of training can use weights or the body's own resistance. Improving

muscle mass while reducing body fat and excess weight are heart-healthy steps to take. Strength training can be incorporated into a routine two to three days a week.

BALANCE AND FLEXIBILITY EXERCISES

A person may wonder what flexibility and balance has to do with heart health. While there isn't a direct correlation to how the heart works, these types of activities will help reduce the risk of falls or injuries to muscles and joints while working out. Inactivity is dangerous for the heart, so ensuring that physical activity can continue is important. Flexibility and balance exercises keep the body limber, and can be incorporated into daily workouts. Stretching, tai chi,

yoga, and pilates can be included two or three times a week.

HEALTHY EATING

The foods people eat can affect heart health. Opt for lean protein sources and foods that include healthy fats. Salmon, avocados and olives are some options. Balance these foods with whole grains that are full of fiber, which can help a person feel fuller longer. Fiber also is essential for preventing atherosclerosis, a condition that causes hardening of the arteries.

MEDITATION

Slowing down, performing deep-breathing exercises and meditation can reduce stress. That, in turn, can help prevent damage to the heart. Strengthening the heart and maintaining its health

involves various activities that can be incorporated into daily routines.



COURTESY PHOTO

Aerobic activity improves circulation, and over time it ensures the heart does not have to work as hard to pump blood, thus potentially lowering blood pressure.

The many benefits of reading

There has never been a better time to be a reader. Self-proclaimed book nerds and those who look forward to the next book club gathering can rejoice knowing that a good story isn't the only benefit associated with reading. In fact, there are numerous health benefits to cracking a book.

READING SLOWS COGNITIVE DECLINE

Natural aging results in a decline in memory and brain function over time, but reading can help. According to research published in the journal Neurology, reading may

help slow that process and keep minds sharp.

READING IMPROVES CONCENTRATION AND FOCUS

Technology draws a lot of attention, and those fast processing times and almost instant gratification can shorten attention spans. Reading requires undivided attention and focus, which can improve one's ability to concentrate.

READING PRODUCES A SENSE OF ACCOMPLISHMENT

Reading anything from a newspaper article to a novel helps people check off

measurable goals. When done reading a given piece, the mental boost from finishing can enhance your mood.

READING IS FREE ENTERTAINMENT

Provided a person gets books from a library or a loaner from a friend, reading is free. It's possible to educate oneself, travel to far off lands or even solve mysteries having making a major financial investment.

READING ENHANCES LITERACY

Frequent reading intro-



COURTESY PHOTO

Reading requires undivided attention and focus, which can improve one's ability to concentrate.

duces the reader to new vocabulary and information. This enhances both literacy and intelligence.

READING LEADS TO HIGHER INTELLIGENCE LATER ON

A study of 1,890 identical twins in the United

Kingdom found that the twins who had early reading skills seemingly had more positive results for higher intelligence later in life.

READING CAN HELP A PERSON RELAX

Reading may help reduce stress and even induce relaxing feelings so that a person can drift off

PLEASE SEE **READING** | D5

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Dr. Carrie Morris consolidates practice to one location in Granbury

From Staff Reports

After seven years operating a Radiance Wellness MediSpa practice in both Southlake and Granbury, Dr. Carrie Morris has officially consolidated her cosmetic practice to one location right here in Hood County.

"As of December, we've completely transitioned to one location in Granbury," Morris told the HCN. "I closed my location in Southlake just so I could focus on Granbury and be at my surgery center."

Previously, Granbury patients had to drive all the way to Southlake for any type of cosmetic surgery. However, in December of 2022, Morris opened a separate location in Granbury by purchasing a building at 606 S. Harbor Ct. Last spring, she expanded her office to include a surgical suite, essentially transforming the space to a Level 3 office-based anesthesia suite certified by the Texas Medical Board. With the latest additions and remodeling, there is a fully dedicated

building for surgical services while the previous office is completely focused on medical spa services and office consultations.

"We have an anesthesia provider who provides 'twilight' anesthesia, which is similar to anesthesia received during cataract surgery or a colonoscopy," she explained.

Morris performs a variety of cosmetic surgeries, like brow lifts, neck lifts, upper and lower blepharoplasty, eyelid ptosis surgery, CO2 laser resurfacing and cosmetic laser liposuction.

For med spa services, Morris offers facials (including HydrafacialMD) chemical peels, dermaplaning, SkinPen microneedling, permanent makeup, eyelash lifts, eyelash tints and waxing.

Morris said she has also started to offer massage therapy, with additional services like spray tans, eyelash extensions and IPL (Intense Pulse Light) remaining as potential add-ons in the future.

"One of the best ways to jump start your investment

into your health, particularly your skin health is to take advantage of memberships, be it at the gym or our medical spa," offers Morris. "I would recommend patients explore their options regarding our memberships, which are essentially customizable. These not only offer cost savings, but also help patients stay accountable regarding their skin health and wellness. Several patients have commented that this is the main reason that they signed up for the membership." All services, aside from surgery, are incorporated into the memberships. You may explore the options by joining the complimentary app via the link.

Morris' Radiance Wellness MediSpa practice is open Monday through Friday from 9 a.m. to 5 p.m. and some Saturdays from 10 a.m. to 2 p.m.

"We're here and we're ready to serve the patients every week," Morris added. "Mondays, Tuesdays and Fridays, I'm in the clinic. I operate Wednesdays and



COURTESY PHOTO

Morris' Radiance Wellness MediSpa practice is open Monday through Friday from 9 a.m. to 5 p.m. and some Saturdays from 10 a.m. to 2 p.m.

Thursdays at my office. I also operate at the local surgery center and hospital."

Morris now offers aesthetic injectable services with a nurse injector on Wednesdays and Thursdays. She also provides med spa

services Tuesday through Saturday.

"Basically, we have availability for any injectables Monday through Saturday, so either myself or the nurse injector can provide that service," she said. "There's some-

one here available every day but Sunday."

For more information or to schedule an appointment with Carrie Morris, MD, F.A.C.S. or her staff, visit radiancewellnessmedispa.com online or call 817-326-3134.

Effective, non-invasive treatment for Neuropathy *Dolan Chiropractic offers regenerative care*

Staff Report

You may be surprised to learn there is a non-surgical, non-pharmaceutical, but effective treatment for neuropathy. Even better, this treatment is offered right here in Hood County at Dolan Chiropractic.

The protocol is one that Dr. Dolan uses himself as he does all his modalities before recommending them to patients. Dr.

Dolan has slight neuropathy and desired a non-invasive treatment. The treatment that Dr. Dolan found and now provides is only offered by approximately 700 doctors around the nation.

Neuropathy is a condition where nerves are damaged which causes weakness, burning pain, numbness, tingling and debilitating balance problems.

Damage to nerves can be caused from diabetes, poor metabolic health, autoimmune conditions and chemotherapy, just to name a few.

The good news is this: nerve damage can be reversible. First, they address the underlying problem, which is usually related to gut health. Once the gut is addressed then they begin working on healing the nerves and improving

circulation.

Professional care at Dolan Chiropractic begins with an examination to determine the severity of the nerve damage or loss.

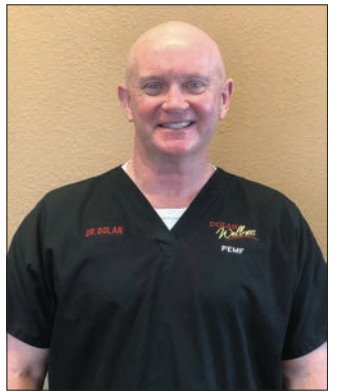
Neuropathy care at Dolan Chiropractic is a four-fold approach that they refer to as vital components.

The first vital component is "Electromagnetic Infrared Therapy" which improves blood flow to

help heal the nerve. Using this new Low-Level Light Therapy (LLLT) signals angiogenesis which is the creation of new blood vessels. The process has a 97% success rate with peripheral neuropathy.

The second vital component is "Electrostimulation" offered with state-of-the-art

PLEASE SEE **DOLAN** | D4



COURTESY PHOTO

Dr. Dolan has slight neuropathy and desired a non-invasive treatment. The treatment that Dr. Dolan found and now provides is only offered by approximately 700 doctors around the nation.

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'We practice health — others practice medicine'

Dr. Andre Kulisz — World-Wide Naturopathic Health Service

Dr. Andre Kulisz is the founder of World-Wide Naturopathic Health Service — an international organization committed to providing natural health services across national borders. Recently, Kulisz and his practice manager, Rebecca Morris, opened the organization's first United States office in Granbury.

"It's not about me. It's about how our services benefit the community," said Kulisz. He endeavors to help as many people as possible in the Hood County community, even where other doctors and clinics have not seen results.

World-Wide Naturopathic Health

Service emphasizes prevention, support and the promotion of health through the use of natural methods and modalities that encourage the self-healing process. They help others identify and remove the obstacles to recovery to support healing.

Kulisz believes in treating the whole individual. He considers the patient's physical, mental, emotional, genetic, environmental and social health. He believes in a direct contact doctor-patient relationship.

"In our practice, we focus on six basic principles that serve as a foundation for our naturopathic care," said Morris. These six principles are shown in the table (table location on page).

In addition to his general practice, Kulisz specializes

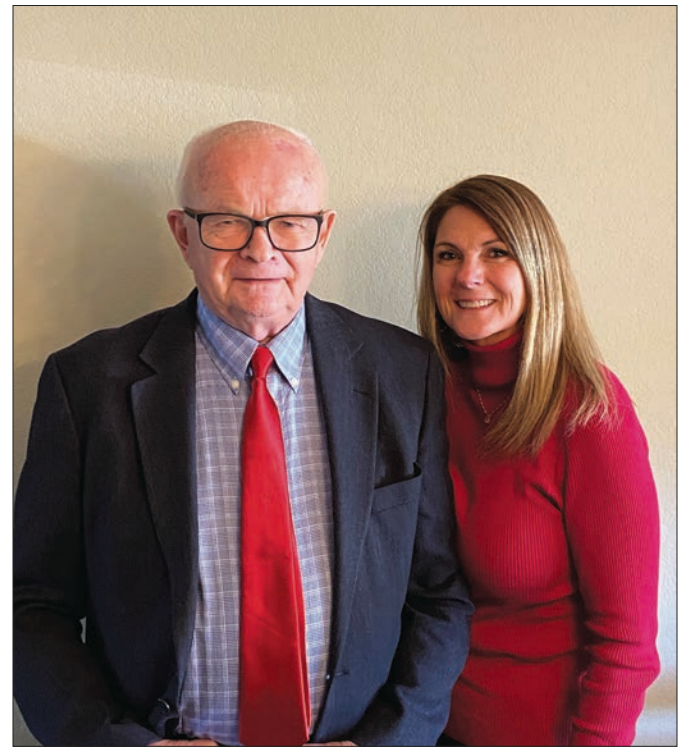
in autism and neurological conditions that impair development. He also treats patients with Alzheimer's and dementia. He created a computer program that allows him to assess the health of his patients remotely. Kulisz has seen patients from 38 countries and has helped over 2,500 autistic children.

"My experience is that destroyed gastrointestinal tract very often influences our cognitive abilities," Kulisz said. He recommends everyone look at the ingredients in the food they eat and encourages buying fresh, organic food as well as drinking clean water. "Simple things like this can be done, and then all of a sudden, you're going to see that these things will help people in many different ways," Kulisz said.

When it comes to World-Wide Naturopathic Health Service future, he says they are looking forward to finding a bigger space for the practice in Granbury.

"We have plans to offer a specialized detox program and wellness memberships, IV infusions and much more. Our patients are thriving in our little office, and we need to make room for more," Kulisz said.

For more information or to schedule a consultation, visit kulisz.com, call 817-736-3004, or email info@kulisz.com. Online consultations are Mondays and Tuesdays from 9 a.m. to 4 p.m., with office consultations Wednesdays and Fridays from 9 a.m. to 4 p.m.



COURTESY PHOTO

Dr. Andre Kulisz is the founder of World-Wide Naturopathic Health Service and his practice manager, Rebecca Morris.

World-Wide Naturopathic Health Services identifies its basic principles as:

FIRST DO NO HARM

We follow three principles to avoid harm: Utilize methods and supplements that stimulate recovery. When the body gets what it needs naturally, it usually heals itself. Acknowledge and respect the forces of the healing process, using the least intrusion necessary to bring you back to wellness.

THE HEALING POWER OF NATURE

We recognize the innate ability to heal. We identify and remove obstacles to recovery and support the healing.

IDENTIFY AND TREAT THE CAUSES

We strive to identify and remove the underlying causes of illness rather than merely suppress symptoms.

DOCTOR AS TEACHER

We educate and encourage self-responsibility for health. We also acknowledge the value essential in the doctor-patient relationship.

TREAT THE WHOLE PERSON

We treat the whole individual by taking into account physical, mental, emotional, genetic, environmental, social and other factors. Since total health also includes spiritual health, we encourage everyone to pursue their personal, spiritual path.

PREVENTION

We emphasize disease prevention, assessment of risk factors and hereditary susceptibility to disease, and making appropriate interventions to prevent illness. We strive to create a healthy world in which we all can flourish.

DOLAN

FROM PAGE D3

digital electro therapeutic stimulation which assists in the growth of nerves. This treatment is used by Cancer Centers of America

to help rebuild nerves. The therapy can be done daily as it is available for home use.

The third vital component is "Advanced Nutritional Therapy" which is designed to accel-

erate healing by addressing the complex causes of inflammation. Good gut health is essential to healing and educating the patient about this step is crucial.

Fourth vital components

are the in-clinic visits and the online education. An app is part of the treatment plan and long-distance care is available.

The most challenging part of treatment is the level of commitment re-

quired, as healing does not take place overnight. It takes commitment on the part of the doctor, case manager and the patient. Dolan Chiropractic is committed to offering this care to patients who

will likewise commit to the program.

For more information on Dolan Chiropractic's Neuropathy treatment see their website dolanwellness.com or call their office at 817-579-9444.

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Fill up on healthy eating pointers

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department

of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and

diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being - helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

EAT COLORFUL, VARIED, NUTRITIONALLY DENSE FOODS

Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25

percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

CHOOSE FIBER-RICH FOODS

Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

NOTE HOW YOU FEEL AFTER EATING

Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative.

Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

EXPLORE THE MEDITERRANEAN DIET

While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, veg-

etables, and "good" fats like olive oil.

CONTROL PORTION SIZES

Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

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How to get kids more engaged in their dental health

Dental health should be a priority at any age, and is especially important for children. The Centers for Disease Control and Prevention says more than half of children between the ages of six and eight have had a cavity in at least one of their primary teeth. Also, more than half of adolescents aged 12 to 19 have had a cavity in at least one permanent tooth. Cavities and other oral health conditions, such as periodontal diseases, are largely preventable with proper oral hygiene.

Parents know that getting children - especially young ones - to care for their teeth in the correct manner may require some help and then reinforcement throughout the developmental years. However, there are ways to make dental care a more engaging activity for youngsters.

USE PLAQUE-DISCLOSING TABLETS

Show children just where they may need to direct more brushing effort with plaque-disclosing tablets. These tablets use food-grade coloring in them, which sticks to areas with plaque accumulation. After chewing the tablets and the child smiles, he or she will see the spots where efforts need to be ramped up. This can be a fun lesson as children will likely enjoy seeing their teeth covered in the tablet color.

FLAVORED TOOTHPASTES AND MOUTHWASHES

Mint reigns supreme in oral health products as the dominant flavor, but not all children are enamored with that flavor. Most oral care products geared toward the younger set come in different flavors like bubble gum and berry. Kids can take active roles in their oral health by choosing the flavored products they prefer to use.

ELECTRONIC TOOTHBRUSHES

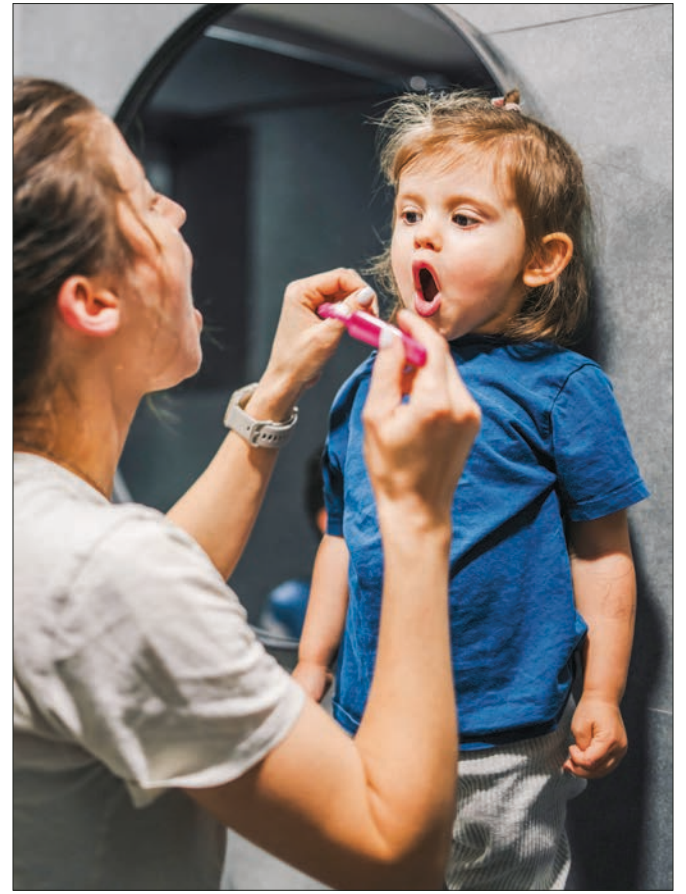
Children may enjoy using electronic toothbrushes because they are easy to maneuver and can even seem like a toy. According to the Cleveland Clinic, electric toothbrushes generally are considered more effective at removing plaque and keeping teeth clean. That benefits kids and adults because it potentially means fewer painful visits with the dentist.

MAKE IT A COMPETITION

Children love games and healthy competition between peers and siblings. Offer a prize (non-sugary, of course) to children who brush and floss daily for the required times. Extra points can be awarded for every dental wellness check that comes back with a glowing report.

MAKE SMART FOOD CHOICES

Engage children in lessons



COURTESY PHOTO

Dental health should be a priority at any age, and is especially important for children.

and choices about which foods are good for oral health and which may be poor. Sticky foods or those with a lot of sugary content should only be occasional treats. The entire family can work together to plan meals around foods that are good for the teeth and gums, such as crunchy veggies, leafy greens, high-calcium dairy products, and fatty fish.

PRACTICE ON PETS

Pets need clean teeth, too. Children may enjoy not only brushing their own teeth, but learning how to keep their companion animals' mouths healthy with brushing and care.

Various strategies can increase the chances that kids engage with oral hygiene practices early on.

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READING

FROM PAGE D2

to sleep. A 2009 study by Sussex University research-

ers showed that reading may reduce stress by as much as 68 percent. Furthermore, reading takes a person away from screens (provided

they're reading paper books and not e-books), which can contribute to losing 20 minutes of sleep on average, according to research pub-

lished in Pediatrics. There are many reasons to curl up with a good book, as reading is beneficial to both mind and body.

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The link between sleep and mental health

Sufficient sleep is often an unsung hero of overall health. When people get enough sleep, their bodies are in better position to fend off illness and the rest ensures they have enough energy to tackle whatever challenges they confront.

The American Academy of Sleep Medicine and the Sleep Research Society jointly recommend that adults get at least seven hours of sleep per night. A good night's sleep is often discussed in terms of how it can affect physical health, but adequate rest also can have a profound impact on mental health. Sleep and mental health are intertwined, and the link between the two may be even more significant than was once believed.

SLEEP AND DEPRESSION

The Sleep Foundation notes that sleeping issues have historically been seen as a byproduct of depression. Indeed, the National Center for Biotechnology Information indicates that roughly three in four individuals with depression exhibit symptoms of insomnia. However, the Sleep Foundation reports that growing evidence now indicates poor sleep may induce depression.

SLEEP AND ANXIETY DISORDERS

Data from the National Institutes of Health indicates that one in five adults are affected by an anxiety disorder. The Mayo Clinic reports that feelings of nervousness and fear are hallmarks of anxiety disorders, and



COURTESY PHOTO

Sufficient sleep is often an unsung hero of overall health. When people get enough sleep, their bodies are in better position to fend off illness and the rest ensures they have enough energy to tackle whatever challenges they confront.

such feelings can make it hard to fall asleep. However, a 2013 study published in the journal *Neuroscience* found that poor sleep can activate anxiety. In addition, the Sleep Foundation reports that chronic insomnia may be a predisposing trait among individuals who eventually develop anxiety disorders.

SLEEP AND BIPOLAR DISORDER

A 2015 study published in the journal *Sleep Medicine Clinics*, found a strong association between sleep disturbances and symptom worsening in bipolar disorder. The study highlighted evidence that suggests sleeping problems worsen or induce the manic and de-

pressive episodes that are a hallmark of bipolar disorder. Researchers believe that successful treatment for insomnia, which would produce fewer sleep disturbances, can reduce the impact of bipolar disorder.

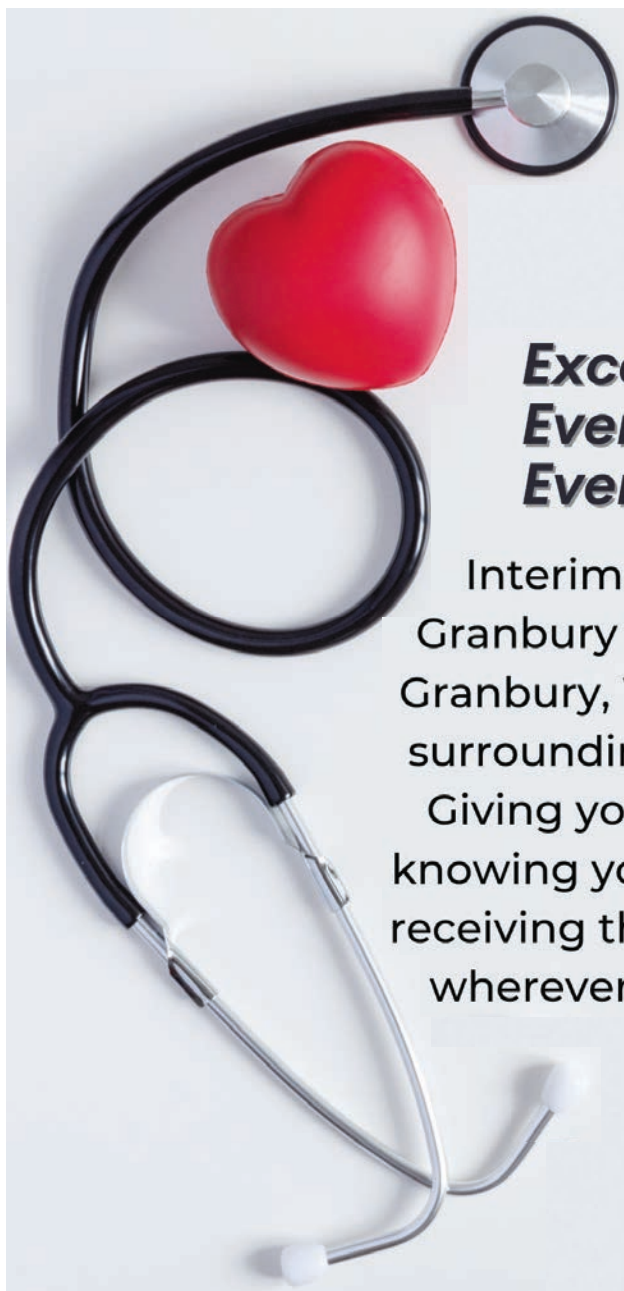
SLEEP AND ADHD

The Sleep Foundation notes that sleeping prob-

lems are common in people with ADHD. Difficulty sleeping is commonly and correctly seen as a side effect of ADHD. However, the Sleep Foundation indicates sleep problems also may aggravate issues affecting attention and behavior that characterize ADHD.

The link between sleep and mental health is note-

worthy. Sleep issues were once believed to be a byproduct of mental health issues. Though that remains true, there's growing evidence that sleeping problems also can exacerbate or even trigger mental health problems. More information is available at sleepfoundation.org.




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Tips for seniors to safeguard their mental health

The wide-ranging impact and reach of mental health issues garnered considerable attention during the COVID-19 pandemic, when the virus as well as mandates designed to reduce its spread led to increased feelings of anxiety and isolation. Since then, life has returned to normal for billions of people across the globe, but many people, including seniors, continue to experience mental health issues.

The Pan American Health Organization reports that at least one in four older adults experiences a mental disorder such as depression, anxiety or dementia. And those figures will likely only grow, as population estimates indicate seniors will make up a greater percentage of the global population in the years to come. Seniors dealing with mental health issues may feel helpless, but there's much they can do to safeguard their mental health.

SOCIALIZE REGULARLY

A 2019 study published in The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences found that older adults who socialized with people beyond their circle of family and close friends were more likely to have greater positive moods and fewer negative feelings. Unfortunately, a significant percentage of older adults report feeling isolated from others. According to the University of Michigan National Poll on Healthy Aging that was conducted in January 2023, one in three older adults reported infrequent contact (once a week or less) with people from outside their home.

SPEAK WITH A MENTAL HEALTH PROFESSIONAL

Among the more troubling aspects of the mental health crisis affecting seniors is that the PAHO reports two-

thirds of older adults with mental health problems do not get the treatment they need. Speaking with a mental health professional can help older adults in myriad ways. Such professionals can identify the issue that is prompting seniors to seek help and offer suggestions that can improve overall health and quality of life. Roundstone Insurance notes that reliance on digital behavioral health tools, including telehealth, was turned to both during the pandemic and ever since, and seniors can utilize such services if they have limited mobility and/or no one to help them make it to in-person appointments.

VOLUNTEER.

Many older adults are retired, and while ample free time may have seemed like the ultimate reward after a lifetime of working, many retirees experience a void

once their life no longer has the structure that work can provide. According to the independent nonprofit HelpGuide.org, retirement depression can compel retirees to feel as though they miss the sense of identity, meaning and purpose that came with their jobs, which can make some feel depressed, aimless and isolated. Volunteering can help fill the void created by retirement, and the positive mental health effects of volunteering are well-documented. According to the Mayo Clinic, studies have shown volunteering increases positive, relaxed feelings and gives volunteers a sense of meaning and appreciation. No one is immune to mental health issues, including seniors. But older adults can take various steps to address their mental health and improve their overall health as a result.



COURTESY PHOTO
Older adults who socialized with people beyond their circle of family and close friends were more likely to have greater positive moods and fewer negative feelings

What is prediabetes?

Type 2 diabetes is a serious condition that affects millions of people across the globe. In the United States alone, more than 37 million people have diabetes, with approximately 90 to 95 percent of those individuals diagnosed with type 2 diabetes.

When a person has type 2 diabetes, their body either doesn't produce enough insulin or it resists insulin. Without treatment, type 2 diabetes can lead to serious health implications.

Before an individual

develops type 2 diabetes, a precursor known as prediabetes may be diagnosed. Johns Hopkins Medicine says having prediabetes means blood glucose levels are higher than normal, even if they have not yet reached the point that indicates diabetes. Prediabetes is nothing to take lightly, as even this condition can increase risk of injury or illness to the heart, kidneys and nerves.

Prediabetes typically does not show any signs or symptoms. One possible sign, darkened skin on

certain parts of the body like the neck, armpits and groin, may be overlooked, states the Mayo Clinic. Still, of those with prediabetes, 80 percent do not know they have it, according to the Centers for Disease Control and Prevention. Routine physical examinations and bloodwork are a key tool in diagnosing prediabetes and getting people the care they need.

The CDC indicates a fasting blood sugar level of PLEASE SEE **DIABETES** | D8



COURTESY PHOTO
Type 2 diabetes is a serious condition that affects millions of people across the globe. In the United States alone, more than 37 million people have diabetes, with approximately 90 to 95 percent of those individuals diagnosed with type 2 diabetes.

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WHAT IS PERIPHERAL NEUROPATHY?

Peripheral neuropathy is a condition where nerves are damaged causing weakness, burning pain, numbness, tingling, and debilitating balance problems.

The damage to the nerves can be caused by many different problems in the body. Poor blood flow to the nerves, toxic levels of sugar in the blood (diabetes), chronic infections, pesticide exposure and genetic variants are a few of the causes of this debilitating condition. The cause is different for every patient and it must be discovered to help the nerves heal!

SYMPTOMS INCLUDE:

- Numbness/Tingling
- Burning Pain
- Unusual and/or loss of sensations
- Muscle weakness
- Deep Stabbing Pain
- Balance Problems



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COURTESY PHOTO

Protecting the skin from the sun is as simple as applying a sunscreen with a minimum sun protection factor (SPF) of 30 and covering up when spending long periods of time in the sun. The PCF urges individuals to avoid tanning beds and protect their skin year-round, including in winter.

Simple ways to cut cancer risk

Cancer affects people from all walks of life. According to the World Cancer Research Fund International, there were an estimated 18.1 million cancer cases around the world in 2020, and the breakdown was almost even among men (9.3 million) and women (8.8 million).

Great strides have been made in cancer research in the twenty-first century, and that has led to countless lives being saved. Cancer prevention strategies are another potentially lifesaving tool in the fight against the disease. A significant percentage of cancer deaths could be prevented. In fact, the Prevent Cancer® Foundation reports that research indicates about 50 percent of cancer deaths are preventable with the knowledge individuals have today.

Perhaps the most comforting aspect of cancer prevention is that many of the strategies that can reduce instances of the disease are simple. That means individuals won't have to go to great lengths to include these strategies in their approach to cancer prevention.

AVOID TOBACCO

The link between tobacco use and cancer has been known for a long time, and the good news is the message touting the importance

of avoiding tobacco is working. The American Cancer Society reports that cigarette smoking rates had reached historic lows in 2019. While that's great news, it might not tell the whole story, as consumers now have many other ways to use tobacco, each of which have been linked to cancer. So it's not simply avoiding cigarettes, but also cigars, hookahs, chewing tobacco, vaping products, and more, that is necessary to reduce cancer risk.

SHIELD YOUR SKIN FROM THE SUN

The PCF notes that exposure to the sun's ultraviolet rays causes the most skin cancers. The WCRFI reports that melanoma of the skin is the 13th most common cancer in men and the 15th most common cancer in women across the globe. Protecting the skin from the sun is as simple as applying a sunscreen with a minimum sun protection factor (SPF) of 30 and covering up when spending long periods of time in the sun. The PCF urges individuals to avoid tanning beds and protect their skin year-round, including in winter.

UTILIZE FRUITS AND VEGETABLES IN YOUR FIGHT AGAINST CANCER

The popularity of plant-based diets is on the rise. In fact, retail sales of plant-based foods in the United States increased by 11 percent in a single year between 2018 and 2019, according to data from the Plant Based Foods Association. A greater reliance on plant-based diets could go a long way toward reducing cancer deaths, as the PCF notes a 2021 study found that three servings of vegetables and two servings of fruit each day reduced the risk of cancer death by 10 percent.

AVOID EXCESSIVE ALCOHOL CONSUMPTION

The PCF notes that alcohol has been linked to cancers of the breast, liver, esophagus, and colon. When consuming alcohol, women are urged to limit their consumption to one drink or fewer each day, while men should limit their consumption to two or fewer alcoholic beverages per day. The science is simple: the more alcohol a person drinks, the greater his or her risk for cancer.

Cancer prevention is a vital component of a healthy lifestyle, and there are many simple ways people can cut their cancer risk.

DIABETES

FROM PAGE D7

100 to 125 mg/dL (99 or lower is normal) is considered prediabetes. A level of 126 mg/dL or higher indicates diabetes. The good news is that prediabe-

tes does not need to turn into full-blown diabetes if people embrace various strategies.

ASPIRE TO LIVE A HEALTHIER LIFESTYLE

Exercising more, losing weight and changing

the foods one eats can stop and even reverse the progression of prediabetes, says Johns Hopkins Medicine. A doctor may suggest a diabetes prevention program.

MEDICATION

Medications to low-

er blood sugar may be prescribed.

MANAGE STRESS

High stress levels may exacerbate hormonal responses and lead to prediabetes. Finding ways to reduce stress can help.

QUIT SMOKING

There are scores of reasons to quit smoking, and avoiding a diabetes diagnosis is just one of them.

Prediabetes is a serious concern that may escalate and turn into type 2 diabetes if left unchecked.

Individuals who are overweight, have large waist sizes, are sedentary, are over the age of 35, and have a family history of type 2 diabetes should talk to their doctors about their own risk for the disease.

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