

COLUMNS

January 2024 | VOL. 52 NO. 1



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board@ppoaweb.com

1st Year

Doug Bacon
Randy Larson
Robert Taber, Jr.

2nd Year

Chris Fair
Pam Kuhlman
Ron Hamman

3rd Year

Thomas Mead

Officers

Thomas Mead, *President*
Doug Bacon, *Vice President*
Randy Larson, *Secretary*
Robert Taber, *Treasurer*

BOD Meeting:
Jan. 20, 2024, 6 p.m.

BOD Committee Workshop:
Jan. 11, 2024, 9:30 a.m.
Both meetings in Ballroom



COMMITTEE DIRECTORY

Committee	Frequency/Day	Time	Location
Airport	2nd Thursday	8 a.m.	Planeview Park Pavillion (weather permitting)
Appeals	2nd Tuesday	10 a.m.	S&S Conference Room
ACC	1st and 3rd Thursdays	2 p.m.	S&S Conference Room
Bylaws	2nd Monday	1 p.m.	Bluebonnet Room
Communications	2nd Monday	10 a.m.	Bluebonnet Room
Entertainment	1st Wednesday	2 p.m.	Bluebonnet Room
Finance	3rd Monday	1:30 p.m.	CH Conference Room
Golf	1st Wednesday	8:30 a.m.	Bluebonnet Room
Horse Owners	Jan. 9	4 p.m.	Bluebonnet Room
Infrastructure	Jan. 10	9 a.m.	S&S Conference Room
LRP	3rd Monday	1:30 p.m.	CH Conference Room
Marina	2nd Wednesday	3 p.m.	CH Conference Room
Membership Orientation	1st Saturday & 3rd Tuesday	10 a.m.	Terrace Room or Ballroom
Safety & Security	3rd Tuesday	9:30 a.m.	S&S Conference Room
Sports & Rec (Grounds)	No January Meeting		
Wildlife	2nd Friday	8:30 a.m.	CH Conference Room

MEETINGS ARE OPEN. PLEASE CHECK WWW.PPOAWEB.COM FOR LATEST INFORMATION BEFORE ATTENDING A MEETING.

New Member Orientation

10 a.m. in the Terrace Room

To register for New Member Orientation, please contact Sarah Lord, Pecan Member Representative at sarahlord@ppoaweb.com or 817-573-2641 Ext. 335.

JANUARY

Saturday, January 6
Tuesday, January 16

FEBRUARY

Saturday, February 3
Tuesday, February 20

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Asst. Controller	DeeAnn Green	deeann@ppoaweb.com	343
Business Office	Patty Trunk	pattyht@ppoaweb.com	331
Code Enforcement/ACC	Brent Hamilton	acc@ppoaweb.com	349
Communications Director	Jay Arrington	jay.arrington@ppoaweb.com	347
Controller	Kristi Nickel	kristi@ppoaweb.com	333
Event Coordinator	Brenda Palmer	bpalmer@ppoaweb.com	325
Executive Chef/Food & Beverage Director	Jordan Ray	jray@ppoaweb.com	319
Front Desk—Clubhouse		reception@ppoaweb.com	817-573-2641
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Golf Pro	Duff Cunningham	golfpro@ppoaweb.com	330
Guest Services Manager/Membership Services	Sarah Lord	sarahlord@ppoaweb.com	335
HR Manager	Nancy Smith	nancy@ppoaweb.com	332
IT Specialist	Brian Stange	itadmin@ppoaweb.com	324
Marina and Procurement Manager	Blake Sanders	blakes@ppoaweb.com	323
Operations Manager	Daniel Van Patten	daniel@ppoaweb.com	342
Security Director	Harold Aydelott	harold@ppoaweb.com	341
Sports & Recreation Manager	Joi Keahey	joi@ppoaweb.com	361
Tennis Pro	John H. Ingram III	johni@ppoaweb.com	817-579-9412

DEPARTMENT DIRECTORY

Clubhouse	817-573-2641
Fire/EMS	817-573-1643
Code Enforcement/ACC	817-573-0594
Front Gate	682-498-6312
Back Gate	817-573-6561
Security Office	817-408-3511
Golf Pro Shop	817-573-2645
Tennis Shoppe	817-579-9412
19th Hole-2-Go	682-498-6319
PAC	817-573-7952
Marina	817-573-3201

GATE ACCESS

Please call the gate or use the ABDI app to put guests on the list before arrival - Security 817-408-3511.

Member tags and contractor decals issued at Security office Mon-Fri, 9 a.m. - 5 p.m.; and first Sat. of each month, 9 a.m. - 1 p.m. Member tags require registration, title or bill of sale, driver license and proof of insurance. Contractor decals require registration, driver license, proof of insurance.



PECAN
PLANTATION
COUNTRY CLUB

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ABOUT US



P.O. Box 879
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The Hood County News · The Tri-County Reporter
The Gatesville Messenger · Fairway Magazine · Columns Magazine
The Spur Magazine · The Gatesville Area Guide
The Azle Chamber of Commerce Directory
The Springtown Chamber of Commerce Directory

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Columns is the official magazine of Pecan Plantation and is distributed to each household every month. We strive to provide residents with news and information about events, activities and people in the community. The views expressed by contributors may not necessarily be those of Columns Magazine or Hyde Media Group. All rights reserved and no part of this publication may be reproduced or copied in any form or by any means without the written permission of Hyde Media Group, LLC. © 2023.

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CONTRIBUTORS



Darren Clark

Darren Clark can be found on the golf course (no, that guy is Darren Clarke—with an “e”), on the stage at the Granbury Opera House, or in his cubicle manipulating pixels into many of the Hyde Media Group’s publications. Darren is a designer, photographer and occasional writer.

Eden met Granbury 36 years ago and is grateful to have moved here in 2000. She and husband “Hug” raise/raised their two natives here. Eden loves her semi-bohemian lifestyle of hanging out with artists, writers and photographers both young and not as young. Her passions include coffee dates, succulents and making new friends.



Eden Duncan Gilbreath



Karen Gomez

Karen picked up her first camera in 2011, then quickly discovered her love of both wildlife and aviation photography when she and her husband, Doug, moved to Pecan Plantation in 2016. Karen’s photographs have been on the covers of Columns magazine, and the wildlife Christmas and note cards they design and produce are big sellers during the holidays.

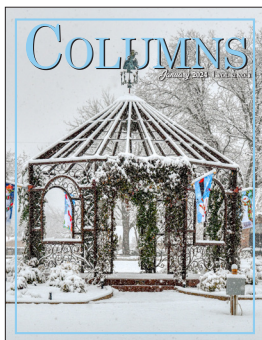


Want to Contribute to Your Neighborhood Magazine?

See something that makes you think “that ought to be in the magazine”? Send us ideas for stories or photos of friends, family, nature, wildlife, sports action, special moments, and you might see it in print!

A few tips: Photos should be high quality JPGs—at least 4x6 inches at 300 dpi. If you are sending them from a smart device, choose “Actual Size” or “Original Size” to send. Low resolution, out of focus, inappropriate or otherwise poor-quality photos, or those that have been heavily edited or filtered, will not be published. Contact us at columns@hcnews.com

ON THE COVER



HAPPY NEW YEAR!

This beautiful scene was captured by Karen Gomez, a talented photographer and Pecan resident. It reminds us that with the headache of a snowfall comes the beauty of the scenes it creates. May your 2024 be filled with good fortune and happiness!

COLUMNS MAGAZINE DEADLINES

If you have editorial or photography for Columns, please write to Columns@hcnews.com. The deadline for submissions is the first day of the month prior to publication date. EX: Jan. 1 for the February issue.

Advertising closes on the first of the month prior to publication date. Contact Karen@hcnews.com or call 817-573-7066 and ask for Karen Chandler.



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GENERAL MANAGER

From the desk
of Rick Lantgen

As we say “adios” to 2023, I am filled with excitement for the incredible journey we have shared as a community. Your support and dedication to making our neighborhood a special place is second to none.

Looking back on the past year, I am proud of what we have achieved; and I am excited about where we are headed.

One of the highlights is the start of the installation of our golf course irrigation system. This significant improvement will not only enhance the overall aesthetics of our community but it ensures the sustainability of our golf course for years to come.

Additionally, the work has begun to make our marina and the “Pit” a fantastic amenity we can all enjoy – whether you are a boat owner or not. Though far from complete, the updated and revitalized space now provides a more enjoyable environment for all our members with indoor dining. Now you can enjoy

Jordan’s delicious barbecue regardless of the extreme heat (and sometimes cold) we get here in Granbury.

And we can’t forget about the new gym floor in the PAC, as well as other improvements for that facility. Your commitment to maintaining our shared spaces has truly made a lasting impact.

These accomplishments stand as testaments to what we can achieve when we work together towards a common goal. It is the spirit of unity and collaboration that makes our community so unique, and I am confident that the coming year will bring even more opportunities for us to thrive together.

As we step into 2024, let us carry the lessons learned, the memories shared, and the achievements celebrated into the future. With your continued support, I am optimistic that we will build upon these successes, creating an even stronger and more vibrant community.

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JUNE 6-9



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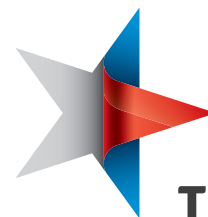
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JANUARY 4 -- TEXAS SCRAMBLE PSST (PRO SHOP SETS TEAMS)

JANUARY 13 -- 4 MAN PLAY, COUNT 2 BBS --PSST

JANUARY 18 -- FLORIDA SCRAMBLE PSST

JANUARY 25 -- 4 MAN SHAMBLE--COUNT 2 BBS--PSST



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LADIES GOLF ASSOCIATION



What a year I have enjoyed as President of Pecan Ladies Golf Association. If you missed the Christmas Party, you missed a really good time and delicious food. If you have missed all the fun we have had this year during our Tuesday playdays, it's never too late to join in. Dues for Pecan LGA are only \$45 and we welcome all players, regardless of their level of play.

We have two groups of players. We have one group of ladies who play nine holes each week and another group who play 18 holes.

In addition to the weekly competition, we have several tournaments throughout the year including the Sadie Hawkins (a couples event), the Spring Ringer, the Member/Member Tournament, the Pecan Belles Member/Guest (our biggest tournament), and the President's Choice, which is always fun.

If you have been thinking about joining us, sign up on ForeTees under Event Registration. Play with our group and find out all about us. We would love to have you.

I am so grateful to all the ladies who helped me make 2023 so successful. Please know how much you are appreciated by me and by the membership in general.

Sincerely,
Carol Bishop
Past President

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COMMUNICATIONS COMMITTEE

Happy New Year, everyone! Here's hoping the holidays were cheerful and bright for you and your family. The communications committee would like to remind you that not only has the PPOA website been revamped and updated, but an app has been added as a feature. From your phone, tablet or iPad, you can now make reservations for dining, softball and soccer fields, tennis courts and pickleball, as well as pay monthly dues, see what's going on and generally have what you need right at your fingertips. Just download the "Pecan Plantation" app from your app or play store. It's as easy as that.

Looking forward to 2024, we hope to continue bringing you the information you need to stay updated. Right now, we try to reach all PPOA members by using the Columns, Facebook, the website, the new app and the marquees. There may be other ways we find to get information out to you. Let us know how we can better communicate.

Y'all have a great year!



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NIGHTS
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HOLIDAYS

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ENTERTAINMENT COMMITTEE

BINGO NIGHT

JANUARY 9, 2024

The dinner buffet will be starting at 5:45 PM and Bingo will begin at 7:00 PM. The price is \$25 for dinner and bingo and \$10 for Bingo only.

In the club ballroom.

Reservations required and can be made by calling the club.



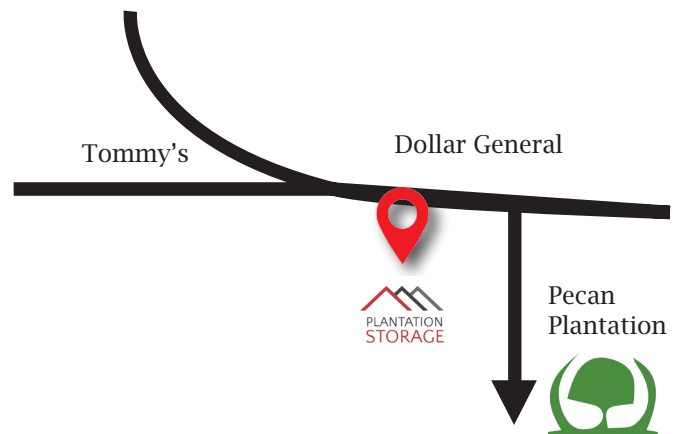
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RV CLUB NEWS

By David Kroon

Happy New Year! I hope your holidays were full of family and friends. Do you find yourselves now reflecting back on the things you did in the year 2023? I thumbed through my 2023 calendar and realized we traveled over 4,600 miles for a total of 107 days in the RV. Over 900 of those miles and a dozen days were with the RV club on its rallies.

When I was young, I remember planning far ahead to that one week of paid vacation my company provided and making the best use of every minute. A three-day holiday weekend usually resulted in a road trip to New Mexico for snow skiing, or the Texas coast for fishing and beach fun. Toward the end of my career, I had six or more weeks of vacation, and no amount of planning could fill all those wonderful days off.

In retirement, I discovered RV travel. I did not know the convenience of taking a second home on wheels across this beautiful country and being able to see the many sights along the way. Planning is a big part of RV life. This mode of travel has become so popular that RV parks fill up a year in advance. This is especially true for areas near National landmarks such as Grand Canyon, Yellowstone National Park, Yosemite National Park and a host of others.

Our club plans two rallies each year and planning usually takes place at least six months in advance. Being in the club allows us to share travel experiences and provide the best travel planning from those who have "been there and done that." This year's travel plans will take us somewhere near Waco or Austin in the spring and Hot Springs, Arkansas in the fall.

I've included pictures from our November meeting where we celebrated the life of singer Jimmy Buffett.

Here's wishing you the best of health and happiness for 2024.

For information on the Pecan Plantation RV Club, contact our new President Gene Chiappe at rvclub@ppoarv.org.



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EMS

By Brandl Stephenson BA, LP, NRP, FP-C, Chief, Pecan Plantation EMS

Good day, everyone! I hope your holiday season is as fulfilling as you could wish and that the new year meets your expectations. As usual in North Texas, our Christmas lights come with icy roads and driveways, so here's a friendly reminder to keep often-accessed walks and driveways salted. If you can, plan a few extra minutes into your travel arrangements, giving you plenty of time to reach your destination. Speed, frustration and hurry are ingredients for disaster and with the rate Granbury and Hood County in general are growing, traffic is on the rise.

Pecan EMS has experienced rapid growth, as well. This past October, we passed a milestone by running over 1,000 calls to date (1,064 to be precise), something Pecan EMS has never done before. We're blessed to have a full staff of experienced medical professionals here to serve you.

Please take a moment and remember those who serve, both at home and abroad. Your prayers and well-wishes really do carry weight and are greatly appreciated.

Remember to call 911 for emergencies and have a Happy New Year!



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PROPERTIES

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ACC REPORT

November 2023 proved to be another good month with the ACC approving (7) New Residence Construction Permits, (11) Miscellaneous Construction Permits, and no Construction Revisions or Permit Extensions.

The ACC construction permit list currently contains (56) active permits for new homes under construction and (33) active miscellaneous permits for various other improvements. The following new homes were approved to begin construction during November 2023:

Address	Sq/Ft Living Area	Owner	Builder
1137 Tremont Ln.	2486	William Farrar	John Moore
600 Eastpark Ln.	1480	J.A. Properties	John Moore
604 Eastpark Ln.	1310	J.A. Properties	John Moore
608 Eastpark Ln.	1480	J.A. Properties	John Moore
9307 Ravenswood Rd.	2937	Sarah Warbus	Jacob Freeman
2409 Candlestick Dr.	3869	Kimkriss Homes	Kimkriss Homes
6001 Bonanza Dr.	2877	Gary Bullard	Gary Bullard

A “going away” party was recently held for long-time PPOA resident, Robert Ziemski, after he and his wife decided to downsize and move to a smaller residence outside Pecan Plantation. Bob was not only a past ACC Chairman and devoted ACC member for many years, but also shared his exceptional knowledge, experience and wit by playing

vital roles as a member of many other important PPOA committees during his lengthy, dedicated and greatly appreciated service to our community. Thanks Bob! You will be deeply missed.

COMPLIANCE CORNER

During November 2023, the Compliance Office received 49 calls and 15 emails reporting possible compliance issues, four calls and three emails regarding vacant property maintenance, plus 609 calls and 77 emails requesting ACC, plat/lot, rules, C&R or construction information.

HOME SALE NOTE

Upon the sale or transfer of home ownership by any other means, Section-15 of PPOA Rules & Regulations requires residential property to be in compliance with all applicable elements of PPOA’s governing documents. If ownership is transferred with an existing non-compliant issue, the new owner will be responsible for bringing the property into compliance. When it is requested by a title company, lending institution or prospective buyer, PPOA will perform a compliance inspection and return a report stating whether or not the property is in compliance and detail any deficiency if it is not. Since compliance certification requests are frequently received only a few days before the scheduled closing date, we remind members contemplating the sale of their home to help avoid any last-minute surprises or delays by contacting membership services at the PPOA business office to arrange an early inspection of the property to identify any existing issue that may require corrective action.

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JANUARY 2024

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Monday to Saturday 8 a.m. to 8 p.m.

Sunday noon to 6 p.m.

Wednesdays 8 a.m. to 12 p.m.

EXERCISE CLASSES

Yoga with DeDe

Mon, Tues, Thurs, & Fri (9 a.m. - 10 a.m.)

Cost: \$10/class or \$35/month (4 classes) or \$65/month (8 classes) or \$95/month unlimited classes

Certified Instructor: DeDe Lamont

Chair Yoga with DeDe

Monday (10:15 a.m. - 11:15 a.m.)

Thursday (10:15 a.m. - 11:15 a.m.)

Cost: \$10/class or \$35/month (4 classes) or \$65/month (8 classes)

Certified Instructor: DeDe Lamont

Pilates

Mon, Tues, Thurs, & Fri (8 a.m. - 8:45 a.m.)

Cost: \$3/class

Instructor: Shawn Farris (Please bring your own mat)

Low Impact Aerobics

Mon, Tues, Weds, Thurs, & Fri (8 a.m. - 9 a.m.)

Saturday (9 a.m. - 10 a.m.)

Cost: \$3/class

*Bring hand weights & a mat if possible

Hula Hooping to the Oldies Class - Free

Thursdays (1 p.m. - 2 p.m.)

This is a free, fun class that will teach you how to have fun and burn some calories with the hula hoop.

Instructor: Sue Bagley 702-859-2017 for more information

Line Dancing - Free

Fridays (10:30 a.m. - noon) No Instruction.

Intermediate dancers meeting for practice, exercise, fun.

DODGEBALL at the PAC!!

Friday, Jan. 5 (starts at 2 p.m.)

All ages welcome!

Parents and kids invited to participate.

Just show up. We use no-sting dodgeballs!

Adult Guitar Lessons

Next 6 week session starts Jan. 11.

Lessons every Thursday 5 p.m. - 6 p.m.

Carolyn Troland will teach you how to play the guitar in six weeks without reading music! \$25 a lesson.

Please bring a guitar with newer strings on it.

Call 580-369-8485 for more information.

Pecan Paint Along w/ Kathy Yoders

Sunday, Jan. 14, 1 p.m. - 4 p.m.

Cost: \$75 - includes all supplies

Bring a beverage of your choice and get step by step instruction acrylic on canvas.

Space is limited. Register at the PAC.

In 2024: new Workshop 2nd Sunday of every month

KIDS DANCE CLASSES

Every Monday (starts Jan. 8)

Mini Tots Ballet and Tap

18 mo to 4 years

3:30 p.m. - 4:15 p.m.

Ballet/Tap/Jazz/Hip-Hop Combo

ages 5 & up

4:15 p.m. - 5 p.m.

Cost: \$50/monthly

Instructor: Dance Dreams Instructors

Class size limited - sign up now!

INDOOR PICKLEBALL OPEN PLAY (in gym)

Monday thru Friday

Jan 2 - Jan 8: 9:30 a.m. - 11:30 a.m.

Jan 9 - Jan 31: 9:30 a.m. - 12:30 p.m.

Ladies Only Open Play (in Gym)

Tuesdays, 1 p.m. - 3 p.m. (no play Jan 2)

NEW COURT BOOKING SYSTEM

Effective Dec. 1 PPOA has a new court booking system.

Download the app (Pecan Plantation OA) or go to PPOAweb.com and sign in.

Court bookings are found under "Amenities", "Clubs", and "Groups." You can now book pickleball courts, the softball field, the soccer field, or tennis courts using the new booking system!

There will be a drop down menu for you to choose pickleball, softball, or soccer fields. Then another to choose the length of your reservation. Select the desired date and desired time slot and check BOOK NOW. You will have the availability to add other members or guests as well as create buddies and groups for those who play with the same people often.

SPANISH & FRENCH CONVERSATION **NEW**

Every Thursday

Spanish (2 p.m. - 3 p.m.) French (3 p.m. - 4 p.m.)

For more info contact James Mayles 512-965-8836

An opportunity for members to gather and speak a second language with each other. No instruction.

SAVE THE DATE.....

Tues, Feb 6 - Mar 5th: "Let's Karaoke" class is back!

Sunday, Feb 11: Paint Along w/ Kathy Yoders

Wednesday, Feb 14: Red Cross Blood Drive

Saturday, March 30: Kids Easter Egg Hunt

Tuesday, April 2nd - April 30: "Let's Karaoke Pecan" **NEW**

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PICKLEBALL NEWS

Happy New Year to Pecan Plantation Pickleball Association members! We are excited about the changes planned for 2024. Our goal to expand the program includes ongoing fundraising and we thank all members who participated in the Giving Christmas Tree in December. It was a festive success! It is also not too early to think about running for the PPPA board. Elections will be later next month. Please check with any current board member about the opportunities to serve our association.

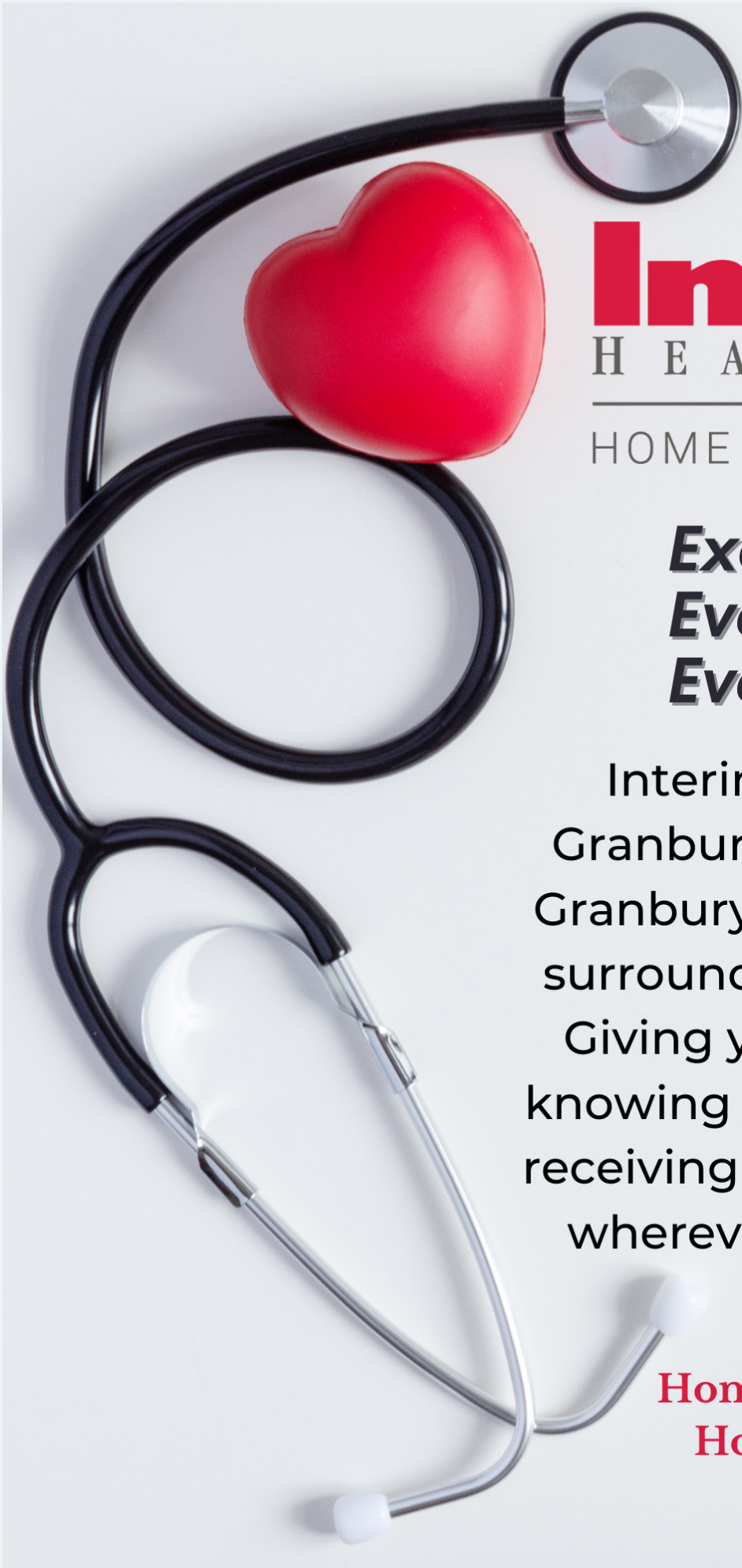
Open play in the PAC gym is still from 9:30-11:30 a.m. while the students are on holiday break. Emails will be sent out to members with information about any changes to the hours the PAC is available for pickleball play.

Ladies pickleball celebrated the holiday season with a party and gift exchange in early December and are currently on a break. The ladies-only play on Tuesday afternoons from 1-3 p.m. will resume after the students return to class and the gym is available. All levels of play are welcome.

Members, please remember to use the Pecan Plantation Owners Association app or the website at ppoaweb.com to reserve an outdoor court. If you still have questions about the process, you may ask any board member or PAC staff to assist you with the procedure. The outdoor courts are available from 7 a.m.-10 p.m.

Congratulations to PPPA members Lisa Moore and Sandra Hatley for winning a silver medal in the USSP Senior Tournament this fall in Horseshoe Bay. Fellow PPPA member Don Temple also received a silver medal at the same tournament.





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FIVE RESOLUTIONS FOR YOUR GOLF GAME IN 2024.

by Darren Clark

The new year brings opportunities to improve oneself in a variety of ways. If you are a golf enthusiast, resolve to improve your golf game this year. Here are five things you can do to get ready for 2024 on the course.

REGRIP

Whether you're a golfer who plays multiple rounds per week or an occasional player, the quality of your grips is very important to a consistent swing. Dirt, oils from your hands and heat cause grips to degrade over time. That is why the experts recommend regripping your clubs at least once per year.

The grip, of course, is where the golf club and the golfer are connected. If the grip is worn, the golfer might subconsciously squeeze the grip a little tighter. This restricts the proper movement of the hands and wrist and can cause poor swing mechanics. New grips allow the golfer to grip with the proper amount of grip strength for the best swing results.

When regripping, pay attention to the proper size of grip. Consult your local golf professional for guidance on the correct grip size for your hands.

SWING CHANGE

Making major changes to your swing can be a frustrating experience. If you've been playing golf for a long time, your swing has a certain memory to it. Changing your swing disrupts that memory and can cause your results to be erratic. Since fewer competitions and tournaments happen in the winter, you can make major changes to your swing in January and have several months to work out the kinks before the spring tournaments get here.

SET A PRACTICE ROUTINE

One good habit to which you can set your resolve is a solid golf practice routine. Many golfers fail to practice regularly. When they do finally practice, they just go to the range and hit a variety of shots with no plan.

In 2024, find a practice routine that helps you solidify



your game. You could choose to practice three days a week. Perhaps on Mondays you work on your wedges and short irons. On Wednesdays you might work on your long irons, and on Fridays you could work on your driver, woods and hybrids.

When practicing, pay attention to the ball flight on every shot. If the shot goes awry, ask yourself what caused that to happen. Practice the changes in your swing to correct it before hitting another ball. Too often, golfers just hit golf balls on the range in quick succession. This is fine if you're loosening up before a round, but not for practice. Practice needs to have a plan.

You could challenge yourself to a little game. For example, practice hitting your 7-iron to the shorter flags. Try to get five balls on the green before moving to the next distance. Set a goal for a maximum number of shots to hit all the greens within range with one club. Then do it again with another club.

Talk to your golf professional about other practice routines to find one that works for you.

GET FIT

While fitness is important, and experts recommend golfers have a fitness routine that promotes strength and flexibility, this type of fit refers to making sure your clubs are set up for your swing. Getting your clubs fit to your swing gives you the best chance of success on the course. Professional club

fitters know how to set up your clubs to fit your swing style. They might bend the club head up or down a few degrees to get the proper alignment at impact. They may lengthen or shorten the shafts, adjust grip sizes, shaft stiffness and other variables to get your clubs fit to your game.

PUTT

Putting is half the game of golf. With 18 holes and two putts per hole, that's 36 strokes in a round. If par is 72, that's exactly half of a par round of golf. Yet many golfers fail to practice this very important part of the game.

There are many practice aids for the home to allow you to putt in your living room. Work on rolling the ball straight on every stroke. Use a ball marking tool to draw a straight line around your ball. Set that so you can see how your ball rolls. Some golf ball manufacturers even put these lines on the balls for you, such as the Callaway Triple-Track.

Create a solid, repeatable putting stroke that helps you keep the ball on line consistently and watch your scores go down.

Whether you choose to do all five of these or just one, resolve to play better golf in 2024. Golf is fun no matter what, but it's a lot more fun when you are setting new personal records each time you go out.



At Your Service

By John Ingram III
USPTA Master Professional

- Happy New Year! If you don't already play tennis, let this be the year — come join us at the Tennis Center for forehands-n-fun! Remember: "Let's play tennis more in 2024" (check with the shoppe for "Intro to Tennis" groups).
- What a wonderful time! Thanks to all who attended the PPTA Holiday Dinner at the clubhouse. It was indeed a time of fun, fellowship and shared tennis stories (some even true!).
- A big thank you goes to the Pecan Plantation Woman's Club for our beautiful Christmas decorations all over the tennis center during the holidays.



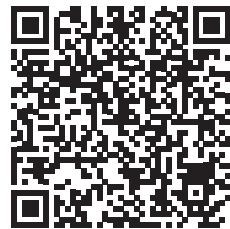
G'Day, Mate!

It is time for our Australian Open Tennis Mixer!
Friday Jan. 19, 5 PM

- 🇺🇸 Social mixed doubles, fun and fellowship
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- 🇺🇸 Sign up for this fun event at the tennis shoppe. All tall poppies will be in attendance!

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PECAN PLANTATION TENNIS ASSOCIATION

GREETINGS TENNIS/SOCIAL MEMBERS!

By the time you read this article, Happy New year!

I write this article the day after our Christmas dinner party where 80-plus members and their guests showed up for a very tasty steak or salmon dinner. Sir John Ingram, PPTA's ambassador of tennis, dressed in a tux, greeted everyone at the door and thanked the membership for all their support of Pecan tennis programs. We also recognized and reminisced the passing of three of our well-known members this year, Kelly Harding, Lynvol Arthur and Vic Schoepf. Sherry Bernhoft graciously agreed to step up and replace our outgoing treasurer, Joe Brewer. One down, two to go! We still need a couple more volunteers to adopt the spirit of giving and be on our board starting May 1.

A vote was taken unanimously in favor of the Pecan Plantation Tennis Association purchasing an 'at cost' metal roof for the cement bleacher next to the tennis shop.

See you at the next cookout/playday tentatively scheduled for Jan. 19, the Aussie open! Keep the emails updated and please feel free to add any news you'd like published to those

emails.

On a side note, in a short meeting with Pecan Plantation's general manager, he discussed with me his plan for a double indoor tennis court/function facility that should pay for itself without an increase in dues. More news has been promised by him by next summer.

Fingers crossed,
Prez



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PECAN PLANTATION FIRST WEDNESDAY BRIDGE

The First Wednesday Bridge Club kicks off another year on Jan. 3 at 10 a.m. in the Terrace Room. Annual dues are just \$20 or you can join us as a guest.

Contact Vicki Leggett by email at vleggett19@gmail.com for additional information.



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4 FUN FACTS ABOUT JANUARY

January marks the start of a new year, and that sense of a new beginning is palpable for millions of people across the globe. New Year's resolutions are typically made at the start of January, and those can serve as a springboard to an enjoyable year. As the calendar turns to January, there's much to learn about this meaningful month.

1 The Roman god Janus is the namesake for the first month of the year. Janus was considered the protector of gates and doorways and the god of beginnings and transitions, among other things. Given those qualities, it's no wonder Janus is the namesake for the first month of the year.

2 Though it's not considered part of the holiday season, January boasts its fair share of holidays, and some Christians even consider it the end of the holiday season. Celebrated by some on January 6, the Epiphany is a Christian feast day that commemorates the visit of the Magi, the baptism of Jesus Christ and the wedding at Cana. Though some Christian celebrants may take down their holiday decorations, including their Christmas trees, before the dawn of the new year, those who commemorate the Epiphany may wait until January 6 to pack things up. In addition to the Epiphany, the January calendar also features holidays such as New Year's Day and Martin Luther King, Jr. Day.

3 Though they might not be officially recognized holidays, two very influential figures in American history were born in January. Founding Father Benjamin Franklin, who helped to draft the Declaration of Independence, was born on January 17, 1706, in Boston in what was then known as the Province of Massachusetts Bay. Nearly 230 years later, Elvis Presley was born on January 8, 1935, in Tupelo, Mississippi. Though he was not official royalty, Elvis is still considered the "King of Rock and Roll," and one can only wonder what Benjamin Franklin might have thought about that designation had he been around to hear it.

4 The Farmer's Almanac reports that there is some folklore associated with January weather. Though some might welcome a warmer January than they're accustomed to, the prevailing folklore around January weather suggests a summer-like January will result in a winter-like spring. In addition, fog in January is associated with a wet spring. So anyone hoping for a warm and dry spring might want to hope for and subsequently grin and bear any cold weather that comes their way in January.



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~ Suzette Gentry



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EXERCISE WITH A PARTNER

Scores of people insist that exercising with a partner is a great way to remain committed to a fitness regimen, and now research is beginning to support that assertion. A 2023 study from researchers in Japan published in the Archives of Gerontology and Geriatrics found that exercising both alone and with a partner two or more times a week helped to lower risk of cognitive impairment, but the risk was decreased by a more significant margin among those who exercised with others.

Authors of the study found that the risk of cognitive impairment decreased by more than 29 percent among individuals who worked out with a partner, which was nearly double the percentage reduction (15 percent) among those who exercised alone.



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RESOLUTE RESOLUTIONS

as we take another trip around the sun

By Eden Duncan Gilbreath



The clock strikes midnight and Auld Lang Syne plays as you kiss a loved one. A familiar scene played out year after year. At least that's how it looks in the movies. Even if this wasn't the scene of our own New Year's Eve, we all say goodbye to an old year and hello to a new one.

The end of an old year and the beginning of a new feels significant to most of us. That's the reason New Year's parties exist. What is it about the new year? Somehow the change from December 31, 11:59 p.m. to midnight makes us assess our lives. Take stock of where we have been and where we are going. For some this means making a list of New Year's Resolutions.

Certainly, as King Solomon said, there is nothing new under the sun. The ancient Babylonians celebrated the New Year with resolutions some 4,000 years ago. Their new year was not celebrated in January but in mid-March when the crops came in. The Babylonians would use the occasion to crown a new King or profess loyalty to the standing King,

returning borrowed goods and paying debts and making sacrifices to their god hoping to receive favor. Promising to be good, so to speak.

It was Julius Caesar who established January 1 as the first day of the year when he changed the calendar in 46 B.C. The word "January" comes from the Roman god "Janus," who was depicted in carvings in door frames. Janus was literally two-faced, with one face looking forward and one looking back. Sacrifices were made to Janus from the



Janus statue, *Fubar Obfusco*, Public domain, via Wikimedia Commons

Romans while making promises to be on their best behavior.

Early Christians thought of the new year as a good time to think about one's sins and making a resolution for the next twelve months to not dirty the slate. In 1755 John Wesley, father of the Methodists, created a church service called the Covenant Renewal Service typically held on New Year's Eve or New Year's Day, the service today is sometimes called a Watch Night service which includes praying, singing of hymns and scripture reading and is held in various protestant denominations in addition to the Methodist Church. The service is a time for Christians to re-commit to the covenant they have made with God whereby they ask for forgiveness and commit to holiness while trusting God to cover their shortcomings.

Perhaps this is our natural inclination, like Janus, we look forward while also looking back. Assessing where we have been when determining where we are headed. It seems a sensible time when the year changes from one to the next to do inventory. Twelve months provides a good gauge of growth and goals met and a feeble attempt to grasp the concept of time and to use it well.

Many of us break our lives into sections. Maybe the years you went to your grandparents every summer, maybe the years you were school aged, perhaps the years you were finding your way in your twenties, or the decade you spent building a family or a business.

And so, a year is tangible amount of time, a smaller block of time within these seasons of life. A twelve-month section where the seasons have each represented themselves and where each holiday will repeat again during the next year. How will this year be different? Perhaps our year was full of joy. Or full of heartbreak. Likely, in our human experience it was a bit of both.

For those that make resolutions, they serve as a proclamation. The thinking is that if the goal is said or written it seems more likely not to fail. More than a third of

Americans will make New Year's resolutions this year. The largest group of resolution makers are young people aged 18 to 34. Over half of the group makes resolutions, a number that drops considerably - by middle age, adults are three times less likely to have made resolutions. Let's chalk this discrepancy up to youthful optimism.

By far the most popular New Year's resolutions revolve around health, 70 percent in fact, with exercise taking the top spot among resolution makers. Fully half of resolution makers will make exercise a New Year's goal but most will quit by the end of January. Ask anyone who consistently uses a gym about the month of January at their favorite spot and they will confirm this fact.

A mere nine percent of resolution makers keep their New Year's resolutions. And those that do? What single quality allows the few to succeed? Probably a combination of factors. Research points to support and accountability. It seems making a vow only to ourselves may not be enough. The single thing most clearly observed is grit. Those that keep their resolutions fail an average of 14 times over a two-year period. But those that fail, keep trying. They don't give up after they fall short. They keep the goal in mind and persevere - making the goal more important than the transgression against the resolution.

There is a move, it seems, away from such hard lined resolutions to those that prioritize mental health. This is consistent with a younger generation that values time to relax and more inward goals rather than a number on a scale or a position at work. Less about climbing the corporate ladder and more about finding purpose in their days.

Mental health professionals seem to agree that goals that are more personal in nature are more likely to stick. Failure to keep resolutions also lies with biting off more than we can chew. In line with personal goals, is the questions of why we want to make the goal. If these goals can be broken down into smaller goals, this, experts say, is more attainable.

Desiring to be successful in your resolutions? Here are the key points to remember:

- Know the why of your resolutions matters
- Break up your goals or resolutions into smaller, attainable goals
- Have a support system and/or accountability in place
- Be flexible and make the goal more valuable than the resolution itself and celebrate each goal attained

Cheers to your success!



BREAKFAST CLUB

Last month Breakfast Club celebrated Christmas with some amazing Christmas music. We were fortunate to have two great musical groups as our guests. Lucas Shipman brought the North Central Texas Academy Chorus from Happy Hill Farm to perform for us. We were remarkably lucky to have been able to schedule this group as they are very busy during the holiday season. Additionally, Pecan's own Mike and Stella Green entertained us with even more great Christmas offerings. What a wonderful way to start the Christmas season!

January will bring us two interesting speakers. Author Dan Vanderburg will be with us on Jan. 10. Dan is a sixth generation Texan who grew up hearing how his ancestors worked to build their farms, ranches and their way of life on the Texas frontier. Those accounts lit a spark in Dan as a youngster to learn more about the people who built Texas.

In addition to Dan's activities as a novelist and poet, he is an accomplished lecturer and trainer. In his presentation "Gone to Texas," Dan discusses what life was really like on the raw frontier of early Texas and includes book signings. Check out Dan's many books on Amazon. Dan is also a Granbury History Ambassador. Take a trolley ride with Dan on Saturdays this fall to learn more about Granbury history. Meet each hour 1-6 p.m. on the southeast corner of Crockett and Pearl for a 25-minute tour. Super fun!

On Jan. 24 we will host the candidates for Breakfast Club Board of Directors. Each candidate will have an opportunity to make a brief statement before we open the floor to questions from the moderator and the audience. Get your questions ready!

We've got two great programs scheduled for February. We'll have as our guest Lance Tahmahkera who is the great-great grandson of the last great Comanche chief, Quanah Parker. Quanah Parker is the son of Cynthia Ann Parker. If you're not familiar with Cynthia Ann, check out the book Comanche Moon. A truly amazing story, much of which happened in this area.

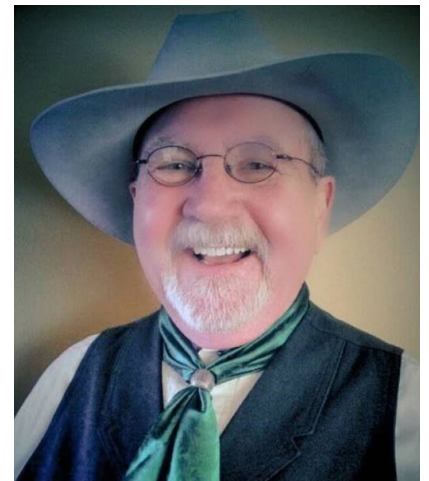
Lance will tell the stories of Cynthia Ann and Quanah along with a history of the Comanche people and share some tribal children's stories. He will also bring lots of artifacts including a buckskin dress, bow and arrow, old photographs and other artifacts.

Speaking of fun history, we'll also have author Martin Brown speak on his book *The Glen Rose Moonshine Raid*. Learn how our neighbors in Glen Rose operated many illegal whiskey stills in open defiance of the law. You'll never believe the fine citizens involved in this "business!" Some interesting and fun history.

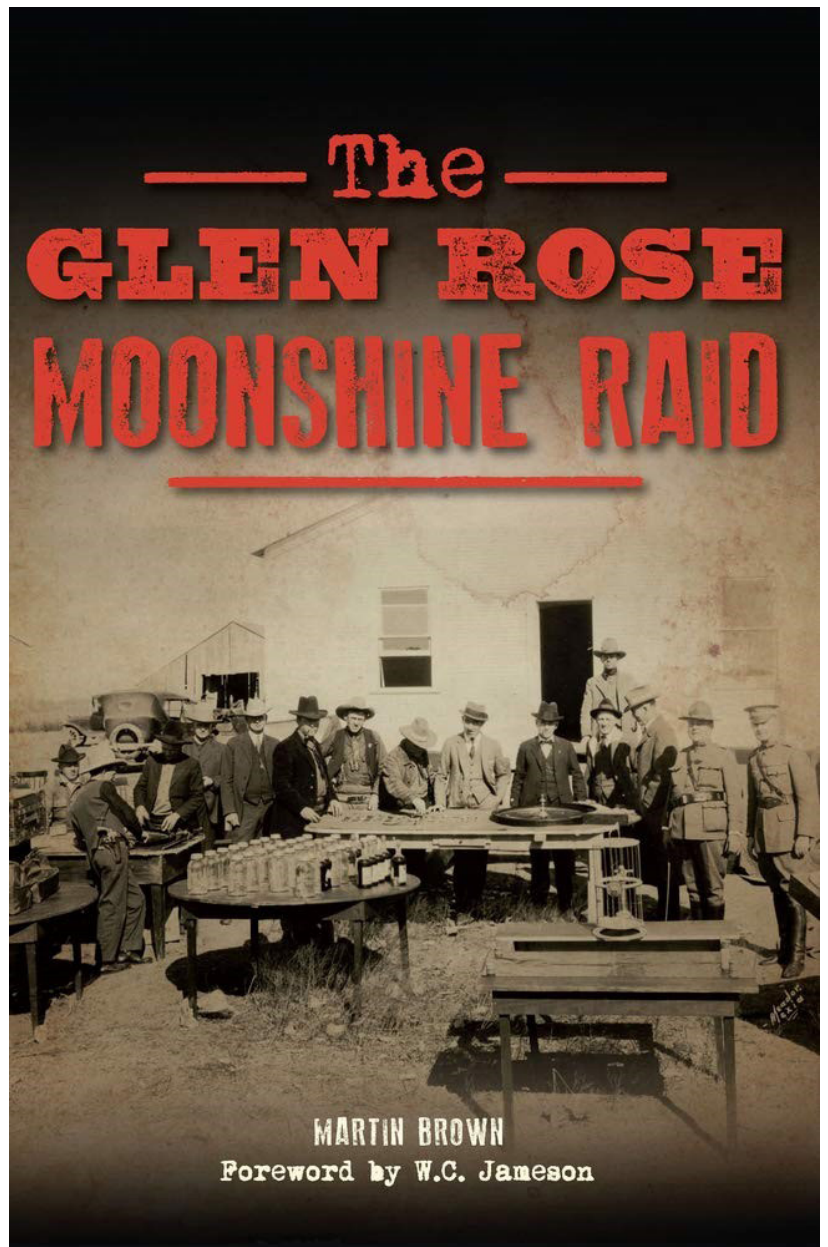
Be sure to make your reservations for Breakfast Club. See you there.



Lance Tahmahkera



Dan Vanderburg



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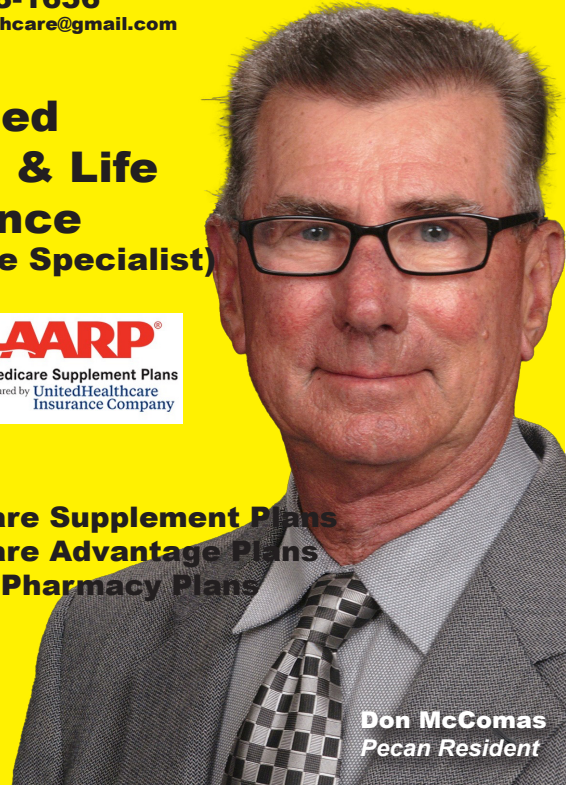
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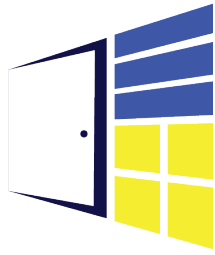
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PECAN PLANTATION COMMUNITY GARDENS

Steph Phalen



Back row, left to right: Craig Hejtmancik, second vice president, Sarah Naper, secretary, Amy Herring, Sue Thompson; front row: Mike Cross, treasurer, Susan Harris, president, Vance Nappier, first vice president.

The PPCG is excited to introduce its new 2024 board members who have committed to lead another year of planning, planting and harvesting organic produce.

Former treasurer Susan Harris will assume the role of president. Before moving to Pecan, Susan worked in sales for AT&T for 20 years. Her interest in gardening came from her parents who were backyard gardeners. Since joining the garden, Susan has learned a lot from other members and through her own research. One of Susan's special skills is pickling vegetables which she has shared with other members.

Vance Nappier, a former painting contractor for 42 years, will be the first vice president. Vance has always loved working in the yard and planting flowers. Before joining the garden, he had not planted vegetables because he had "too much shade and too many dogs."

Craig Hejtmancik, who is retired from the field of education after 27 years, has accepted the position of second vice president. Some of Craig's favorite memories are from his father's farm. The community gardens seemed like a great place to get involved and learn more about what Craig says is close to his heart and soul. Craig reminds us that it's never too late to learn.

In the February Columns, we will introduce the secretary, treasurer and various garden enthusiasts.

The members of the PPCG come from a variety of gardening backgrounds and are a mix of differing levels of expertise. The club welcomes anyone who is interested in gardening.

Annual membership is \$25 per family and applications are available at the PAC.

Come grow with us in 2024.

TOYS FOR TOTS TOURNAMENT

Here's a huge THANK YOU to everyone that donated and supported this year's event!!!!

I wanted to thank everyone again for participating in the Toys For Tots Golf Tournament and Fundraising Event! We had 189 players participate and it seemed like everyone had a great time! And many of those who weren't even playing in the tournament still came by and made a donation, which was awesome to see! When you have a lot of fun while raising money for a great cause, that's a win-win!

I also want to thank Kim Wilson, Phillip Ritchey and Duff Cunningham in particular for all their help and support for this tournament! If anyone is interested in helping out as a volunteer next year, please let me know.

This was my fifth year doing the Toys For Tots Tournament and it has gotten better every year because of all of you that have donated and supported this wonderful cause!!! This year, we managed to break last year's record and raised an incredible \$18,685 plus some cool toys!!! A lot of youngsters will be laughing and smiling this holiday because of all the giving people in our wonderful neighborhood! How awesome is that?!

As I have said many times, it's best for us to donate money instead of toys because Toys For Tots has huge buying power and they can buy twice as many toys as we can with the money we donate each year. Let's keep growing this annual event so we can be sure and help as many kids as possible. That will surely make a difference in a lot of kids' Christmas!

Here are the winner's from the raffle:

- Bruce Stevens won the driver
- Kevin Decker won the golf bag
- Harold Campbell won the Char-Boil grill
- Laurie Hoggett won the BBQ for 20 people
- Bill Poirea won the Motorsport Ranch gift certificate
- Mike McNally won the gift basket and 2-night stay at Skyview Ranch



***There was a tie for the lowest score in the tournament—both teams shot a smooth round of 56! Team #1 consisted of Larry Bishop, Carol Bishop, Curt Albin and Christian Albin. Team #2 included Dave Nickel, Kristi Nickel, Markie Fishback and Michelle Mills. Congratulations to both teams—They are the 2023 Toys For Tots Golf Tournament Champions! That's some serious bragging rights! ☺

Congratulations again to all the winners and thank you all for your giving hearts!!! I'm excited to see what we can accomplish next year for Toys For Tots!

I hope everyone has a Merry Christmas and a Very Happy New Year!

Sincerely,

Reggie Hargrove and Kim Wilson

Pecan Toys For Tots Volunteers



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EQUESTRIAN UPDATE

By Tammy Dressman

By the time of publication of the January 2024 Columns Magazine, we will have concluded the Pecan Plantation Stables Christmas Open House held in early December 2023. This annual event is such a treat for all the participants. How many kids get to experience horseback rides while visiting Santa with snacks, crafts and raffles thrown in? It takes so much work to prepare for this event, but the smiles on everyone's faces make it all worth it. Special thanks to the boarders who worked so hard in preparing, as well as some of our wait list people who so graciously stepped in and volunteered. An event of this caliber could never be pulled off without all the volunteers — you're appreciated so very much! Additionally, we want to thank all of our sponsors — you guys were so instrumental in making the event such a huge financial success. Our appreciation and thanks go out to: Peak Performance Equine Hospital/Mesquite Ridge Small Animal Clinic, Triple C Golf Carts, Pecan Pro Shop, Green Thumb Garden Club (thank you Linda Kunzman), Deja Brew Coffee Shop, Pecan Drug, Pecan Plantation Liquors, Brookshire Brothers, and Ace Hardware. While we won't

mention names, we also want to acknowledge and thank a private donor for their contribution — your generosity is so appreciated! Be sure to check out our Pecan Plantation Stables Facebook page for photos and other info.

With the winter months fully upon us, the age-old question remains — to blanket or not to blanket? In general, according to Total Equine Veterinarian Association, these are some guidelines:

When don't I need to blanket my horse?

- When he has a natural winter coat
- When he is healthy and in good body weight
- When it is not too windy or raining
- If the temperature stays above 5° F

When do I need to blanket my horse?

- When he has been clipped for winter
- When he is sick or injured
- When he is underweight (or any "hard keeper")
- When he is older, with weight issues, or has difficulty moving around
- When he has been recently moved to a colder climate



(Expect it to take 10-21 days for a horse to acclimate to a new climate)

- When it is windy or rainy or both
- When there is no available shelter
- If your horse is shivering

Keep in mind there are times when blanketing is worse than not blanketing. A blanket will make your horse's hair coat lie flat, thus removing that insulating layer of warm air. Make sure any blankets used for turnout are waterproof! A wet blanket will make your horse cold. Too many blankets, or too heavy a blanket will make your horse sweat, make the hairs lie down, and make your horse cold. Stick your hand under your horse's blankets to make sure he is not too hot. Additionally, you should not see sweat marks on your horse when you take the blanket off. Hope this helps with answering that question for so many.

Be sure to click on the conveniently included QR code, which is a quick way for anyone interested in navigating to the Pecan Plantation Stables Facebook page. We have lots of posts from boarders and others with horse pics and stuff that won't be included in the Columns magazine.

As well, check the PPOA official website at ppoaweb.com where you'll find additional information on committees, meeting times, etc. We continue to remain at full capacity at the stables. If you're interested in getting on the wait list, call the PPOA Business Office at 817-573-2641, ext. 337. For all other stables related questions and information call me, Tammy Dressman, @ 817-614-9744.

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**Pecan Plantation Owners Association
Pecan Plantation Country Club
For the Twelve Months Ending October 2023
(PRELIMINARY)**

CONSOLIDATED OPERATING STATEMENT

	Actual YTD	Budget	Variance
Operating Revenues	\$ 10,505,794	\$ 10,200,420	\$ 305,374
Cost of Goods Sold	<u>\$ (1,561,171)</u>	<u>\$ (1,451,714)</u>	<u>\$ (109,457)</u>
Gross Operating Profit	\$ 8,944,623	\$ 8,748,706	\$ 195,917
Labor, Taxes & Benefits	\$ (5,525,112)	\$ (5,637,224)	\$ 112,112
Other Operating Expenses	\$ (3,110,558)	\$ (2,972,183)	\$ (138,375)
Net Operating Income/(Loss) Before Depreciation	<u><u>\$ 308,953</u></u>	<u><u>\$ 139,299</u></u>	<u><u>\$ 169,654</u></u>

RESERVE & REPLACEMENT FUND

	Actual YTD
Beginning Balance	\$ 3,137,880
Fund Deposits	\$ 1,226,313
Fund Expenditures	<u>\$ (932,932)</u>
Ending Balance	<u><u>\$ 3,431,261</u></u>

NEW CAPITAL FUND

	Actual YTD
Beginning Balance	\$ 207,162
Fund Deposits	\$ 905,414
Fund Expenditures	<u>\$ (61,656)</u>
Ending Balance	<u><u>\$ 1,050,920</u></u>

ROAD & DRAINAGE FUND

	Actual YTD
Beginning Balance	\$ 1,347,968
Fund Deposits	\$ 1,772,946
Fund Expenditures	<u>\$ (1,756,180)</u>
Ending Balance	<u><u>\$ 1,364,734</u></u>

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BRAZOS RIVER SPORTSMAN'S CLUB

By Cecil Caldwell

I hope everyone had a pleasant and merry Christmas and survived the New Year if you were ringing it in with family or friends.

This past month many of our club members have been busy with varied outdoor activities. Some of those activities included Sandhill Crane hunting in the Texas Panhandle, upland game bird hunting in North Texas, trout fishing in Dillon, Colorado and Striper fishing on Lake Texoma. Pictures in this article include the Sandhill Crane hunting with Ron Croft and former club member Baron Kane, plus a picture of Rod Bradshaw with a nice trout from the Blue River in Dillon, Colorado while attending his daughter's wedding. Next month we should have some reports and pictures from other outings.

The shotgun shooting group made a recent outing to Defender's Outdoors in Aledo. The scores are listed below based on 50 targets shot by each shooter. I believe every shooter used a 12-gauge shotgun.

Shooter	Score
Mac Gilbreath	38
Milt Schrepel	37
Buzz Taylor	34
Jim Berzina	31
Greg Pearson	28
Ron Croft	27
Walter Curry	17

The club also had a joint Christmas party with the RV Club, of which many of us are members also. We all had a great time with club members sharing a meal, entertainment and some dancing. Thanks to everyone who attended.

As we welcome in a New Year, we can hope spring will be here soon so we can get back to fishing as the weather warms up a little bit. Several trips are already in the planning stages. If you would like any information on the club you can contact me at ccald67@gmail.com.



PECAN PLANTATION WOMAN'S CLUB

A step back in time — 45 years and counting

Sandy Hoelting, President

In 1978, several women of Pecan Plantation gathered in one of their homes to discuss forming a woman's club. They began this historical journey with a few women, no money, and no ability to have their meetings at the clubhouse because the men had priority over the space. As the years flew by, so much changed! Our meetings have become so large that we are near capacity in the ballroom each month and we literally take over the entire clubhouse for several of our events throughout the year. Yes, these women showed we could raise money AND have sweet friendships with one another!

The Pecan Plantation Woman's Club (PPWC) now raises tens of thousands of dollars each year to give to charities, scholarships and the support of our community. Through the years, we have worked hard to raise money to purchase items needed at the clubhouse to include a baby grand piano, cutlery, table linens, sunscreens for all the windows in the ballroom, River and Terrace Rooms, and recently, quality menu covers for our restaurant and a "limo" golf cart to transport members of Pecan to/from the parking lot to the clubhouse during events, only to name a few. At the same time, we raise thousands and thousands of dollars to support charities and young ladies' scholarships in Hood County. All the members of Pecan Plantation reap the benefits of all our charitable endeavors.

On Jan. 18, the Pecan Plantation Woman's Club will take a fun walk down memory lane with a celebration in the ballroom to recognize 45 wonderful and memorable years together. Our program will be a celebration and spirited show of fashions since 1978, music from the decades, and a little bit of history thrown in for fun! Be sure to make your reservations... you won't want to miss this meeting! Jan. 18 — make your reservations now!

If you have any questions or want to get information about joining Pecan Plantation Woman's Club, please contact me by email at sandyh9911@gmail.com or call 501-922-7464.



Thursday January 18, 2024

45th Anniversary Extravaganza!



A Blast from the Past...70's, 80's, 90's and Beyond!

You are cordially invited to celebrate Pecan Plantation Woman's Club's 45th Anniversary! A fun-filled extravaganza featuring fashions, headlines, music and more...1978 until today! If desired, please wear something blue (to honor the 45th Anniversary that is Sapphire blue) and join our festivities!!!

Pecan Plantation Woman's Club

45th Anniversary Extravaganza!

Luncheon, Meeting & Program

Thursday, January 18, 2024

Clubhouse Ballroom

Gathering 9:30am - Meeting 10:00am

Sandy Hoelting, President - 501-922-7464

Menu

Salisbury Steak, Mashed Potatoes

& Asparagus

Dessert: 45th Anniversary Cupcakes

Luncheon: \$21.00

Reservation and Cancellation deadline

Noon Thursday, January 11, 2024

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DID YOU KNOW?

January 15, 2024, marks the fifty-seventh anniversary of the first Super Bowl. Though it would be two more years before the name "Super Bowl" was used to characterize the game, what's now referred to as "Super Bowl I" was a competition between the Kansas City Chiefs of the American Football League (AFL) and the Green Bay Packers of the National Football League (NFL). Back then the game was referred to as the AFL-NFL World Championship Game, which most fans would agree does not have the same ring to it as "Super Bowl."

The game was competitive in the first half, and the score was 14-10 in favor of Green Bay at halftime. But the Packers blanked the Chiefs in the second half, and the final score was 35-10 in favor of Green Bay. In a testament to just how different things were in 1967, two networks, NBC and CBS, were allowed to broadcast the game, each using their own announcers. Also noteworthy is the game was not a sellout, marking the only time that has happened in Super Bowl history.



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5 NEW YEAR'S RESOLUTIONS TO BENEFIT THE BRAIN

Resolutions made at the start of a new year often focus on personal improvement. Giving up poor habits like smoking or drinking too much alcohol and losing weight through diet and exercise are some popular resolutions.

Health and wellness certainly dominates the resolution landscape. Improvement-minded individuals interested in gaining long-term benefits from their resolutions this year may want to consider ways to improve brain health and function. Here are five ideas to consider.

GET MOVING

Exercise does the body good and even positively affects the brain. The American Academy of Neurology has found aerobic exercise may play a significant role in reversing and preventing cognitive decline. Researchers have found that even a little exercise each day can result in improved brain function in less than six months. Andrew E. Budson, M.D., a professor of neurology at Boston University, also says aerobic exercise releases growth factors in the brain, which can help grow new brain cells.

START A NEW HOBBY

When doing the same activities over and over, you eventually learn how to do those activities better. But doctors can't confirm this is actually helping the brain in a meaningful way. Rather, there is evidence that doing new things can be beneficial to the brain. So learning a new hobby, taking a class, or even learning to play a musical instrument can push the brain to improve from a cognitive standpoint, indicates *The Healthy*, a Reader's Digest brand.

MAKE MORE TIME FOR FUN

Repeated stress can have detrimental effects on the body and mind. Harvard Health says stress has been linked to cognitive problems and a higher risk for Alzheimer's disease and other dementias. Taking time to relax and enjoy oneself can tame stress, and in turn, alleviate issues affecting memory and cognition.

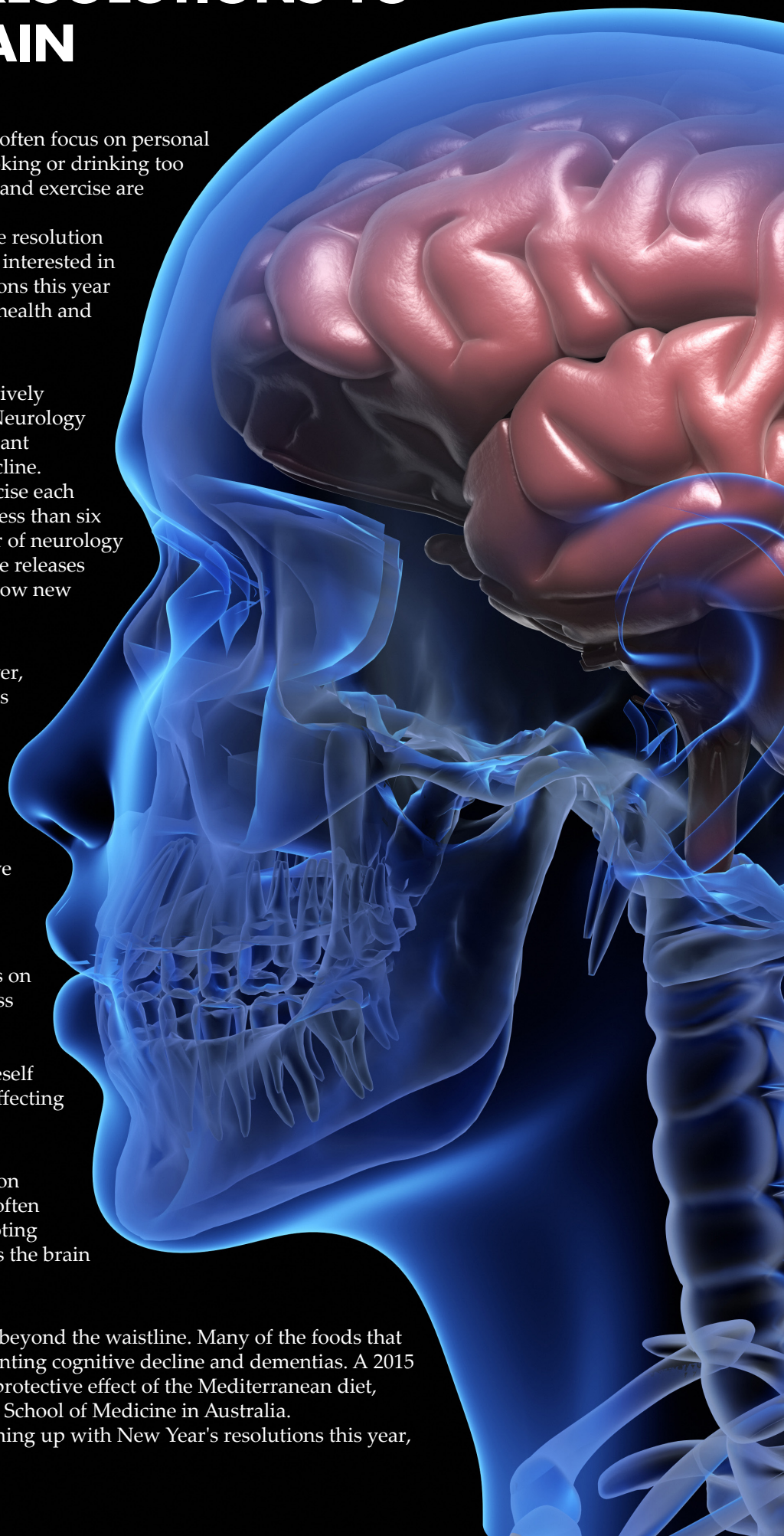
PRACTICE MINDFULNESS MORE OFTEN

Mindfulness is an exercise in paying attention to one's surroundings, senses and more. Too often people are multi-tasking and never fully devoting their attention to one thing. Mindfulness gives the brain a break and brings a person into the present.

EAT A BETTER DIET

The benefit of eating healthy foods extends beyond the waistline. Many of the foods that are good for the heart are important for preventing cognitive decline and dementias. A 2015 systemic review found strong evidence for a protective effect of the Mediterranean diet, according to researchers at Deakin University School of Medicine in Australia.

By making brain health a priority when coming up with New Year's resolutions this year, individuals can benefit for years to come.



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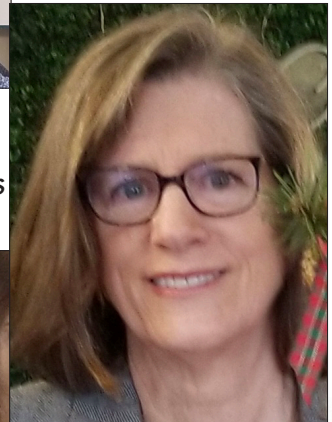
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Diet Tips: Is it *all* about the calories?

There's no one-size-fits-all strategy when it comes to calorie consumption, and that can contribute to some confusion as adults try to achieve and maintain a healthy weight. Dietary guidelines established by the United States Department of Health and Human Services promote nutrient-dense foods and beverages, but many people prefer to know how many calories they should consume each day. Though that's understandable, the quality of the calories consumed goes a long way toward determining how nutritious a diet is.

The Cleveland Clinic notes that the DHHS guidelines have historically recommended adults 21 and over consume between 1,600 and 3,000 calories per day. However, staying within those parameters does not necessarily mean a person's diet is healthy. Though individuals should keep total calorie consumption in mind when planning their diets, it's equally important to recognize what else the DHHS has to say about diet, particularly foods to avoid.

The DHHS recommends limiting consumption of foods and beverages that are high in added sugars, saturated fat and sodium. Limiting consumption of alcoholic beverages is another way to ensure your diet is working for you and not against you.



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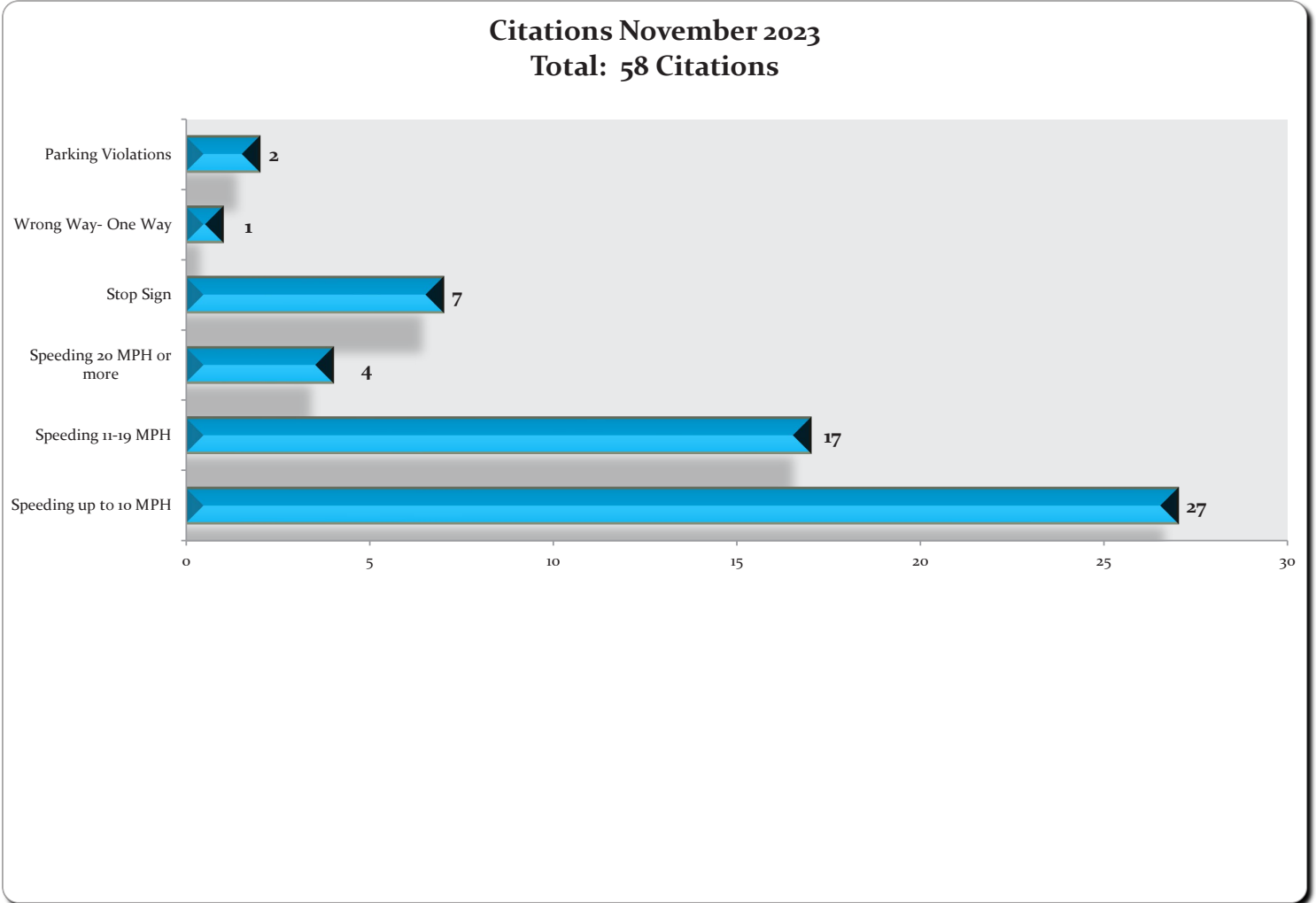
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Asset Type	Amount
Speeding up to 10 MPH	27
Speeding 11-19 MPH	17
Speeding 20 MPH or more	4
Stop Sign	7
Wrong Way- One Way	1
Parking Violations	2
Total Warnings Among Citations	12

Areas of Citations Issued

- Claremont - 13
- Monticello - 4
- Orchard - 4
- Plantation - 25
- Ravenswood - 7
- Westover - 5

Breakdown by Violator Type

- Member/ Guest - 32
- Contractor/ Vendor - 26

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TEXAS CROSSWORD PUZZLE

By Charley & Guy Orbison

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Solution is found on page 58

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- 16 prophet
- 18 across Rio Grande from Eagle Pass: ____ Negras
- 19 TX singer Roy (init.)
- 20 Willie's "Blue Eyes Cryin' in the ____"
- 21 TXism: "tax wrangler"
- 24 TX Tanya's "San Antonio ____"
- 30 casino in Pocasset, Oklahoma
- 34 TXism: "the fat ____ in the fire" (in trouble)
- 35 TXism: "like ____ afire" (fast)
- 36 TXism: "it's Katy bar the ____"
- 37 cavalry sword
- 39 late Texas rock singer: "____ Loaf"
- 40 "The Heart of ____" is in exact center of our state
- 44 declared after Battle of San Jacinto
- 45 "I" topper
- 47 TXism: "shin ____" (big event)
- 48 Santa __, TX
- 49 TV's talking horse (2 wds.)

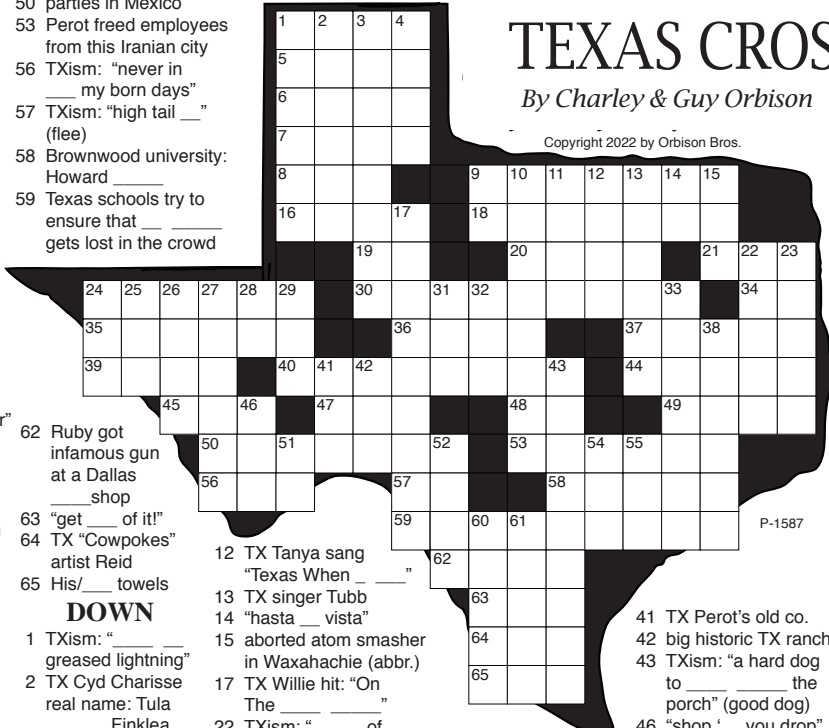
- 50 parties in Mexico
- 53 Perot freed employees from this Iranian city
- 56 TXism: "never in ____ my born days"
- 57 TXism: "high tail ____" (flee)
- 58 Brownwood university: Howard ____
- 59 Texas schools try to ensure that ____ gets lost in the crowd

- 62 Ruby got infamous gun at a Dallas ____ shop
- 63 "get ____ of it!"
- 64 TX "Cowpokes" artist Reid
- 65 His/____ towels

DOWN

- 1 TXism: "____ greased lightning"
- 2 TX Cyd Charisse real name: Tula ____ Finklea
- 3 the best eleven Cowboys
- 4 TXism: "cut me ____ slack"
- 9 soft drink invented in Waco (init.)
- 10 USS San Jacinto: ____ carrier
- 11 TXism: "it's ____ bout" (about)
- 12 TX Tanya sang "Texas When ____"
- 13 TX singer Tubb
- 14 "hasta ____ vista"
- 15 aborted atom smasher in Waxahachie (abbr.)
- 17 TX Willie hit: "On The ____"
- 22 TXism: "____ of cake" (easy)
- 23 TXism: "as clear ____ River mud"
- 24 Gen. ____ Houston
- 25 El Paso: "____ Pass"
- 26 TXism: "hot as ____ tar in July"
- 27 TXism: "could talk a wagon ____ ____ ditch" (persuasive)

- 28 jeans maker (init.)
- 29 TXism: "____ the cat out of the bag"
- 31 ____ Fresnos, TX
- 32 TXism: "____ big for his britches"
- 33 former VW sports car: ____ Ghia
- 38 county and county seat on U.S. 281
- 41 TX Perot's old co.
- 42 big historic TX ranch
- 43 TXism: "a hard dog to ____ the porch" (good dog)
- 46 "shop '____ you drop"
- 51 ____ Paso
- 52 TX store: ____ 'n Go
- 54 TXism: "I ____ my boots retreated"
- 55 TX cover crop
- 60 Judge Hughes who gave oath to LBJ
- 61 how many times the Cowboys beat each divisional foe in 2021



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Puzzle solution for Crossword
Puzzle on page 57.

Last Puzzle Solution

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Residents of Pecan Plantation have three collection points for recycling.

Visit the Collection station at 6907 Cottage Court, off Ravenswood near the Stables.

- **LAST SATURDAY** of each month from 8 a.m. to noon. Bring recyclable items, branches and bulk trash.
 - **WEDNESDAYS** from 4 to 6 p.m. Only branches and recyclables are accepted.
 - Never accepted at this location: refrigerators, TVs, tires, paints or other hazardous materials.
- Call the Operations office 817-408-3511 for more info.

Pecan Plantation's Tennis Shoppe recycles aluminum cans, with proceeds benefiting Pecan tennis. All cans should be rinsed and free from residue.

Hood County Citizens Collection Station is located at 244 Bray St. Call 817-579-3288 for hours and information. This location does accept glass, aluminum and metal cans, cardboard, paper and most plastics. Follow the QR code for a detailed list and instructions on what and how to recycle.



Acceptable Recycling Items			
ITEMS TO BE RECYCLED	YES	NO	HOW
METAL	Aluminum, tin food & beverage cans, up to 1 gallon in size; 3 gallon #10 cans such as coffee containers	Any other metal containers including aerosol cans containing hazardous chemicals, paints, cleaning fluids, poisons, no scrap metal	Rinse empty containers & place in cart; can lids ok, in can labels ok.
Newspaper, catalogs, magazine, junk mail, shredded paper	Clean, dry newspaper & inserts, magazines & catalogs, junk mail, computer paper, stationary, bills, shredded paper, envelopes with windows, NOTE: must be less than 2 months old or goes in the trash	All other paper including soiled paper, telephone books, non-paper bags such as plastic or Tyvek, overnight delivery envelopes, bubble wrap, books of any kind, greeting cards, gift wrap & product samples.	Place in brown paper grocery bags or cardboard & place on top of other materials. NO PLASTIC BAGS.
Plastic	Small & wide mouth containers up to 1 gallon marked on the bottom with a "1" or "2".	Containers with other numbers or no numbers; containers larger than three gallon; plastic bags, motor oil & anti-freeze containers...even if marked with a "1" or "2".	Make sure containers have a "1" or "2" on the bottom; remove cap or lid; labels okay; rinse & place in cart.
Boxboard	Cereal, cracker, shoe boxes, shirt boxes, beverage cartons & six-pack cartons	Boxboard containing wax, plastic or foil; or contaminated with food	Remove plastic cereal bag, flatten boxes, place in polly cart
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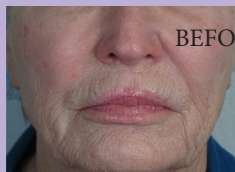


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