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FAIRWAY

VOL. 4 ISSUE 1 | JANUARY 2024

magazine



Rod Davis, Realtor

RE/MAX HALL OF FAME

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25 YEARS



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DCBE REAL ESTATE MARKET REPORT

Average List Price (19 Listings)	\$557,199
Avg. Sq. Ft List Price	\$192.62
Homes Under Contract Not Closed	4
Average Sold/Closed Price (8 Sales)	\$410,333
Avg. Sq. Ft. Sold/Closed Price	\$177.87
Average Days on Market	57

Based on figures from the NTRIS Multiple Listing Service, Nov. 2 to Dec. 1 for DCBE. Information is believed to be accurate, but is not guaranteed. Remember, sale prices are set by buyers willing to buy. These statistics are averages which do not reflect particular important features of a home such as location, condition, updating, etc. Each property stands on its own merits with respect to its appeal to the individual buyer.



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New
Year**



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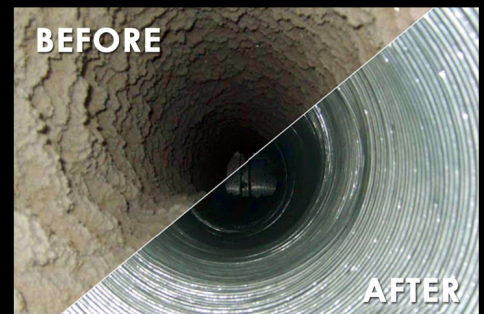
MEMBER/RESIDENT
20 YEARS



HAPPY NEW YEAR 2024

We'll all be spending at least the next couple of months in our homes, snugly wrapped up by the fire, chili on the stove (beans, no beans? That'll be another discussion), watching your favorite shows. It's time to slow down a little and recharge your batteries.

We'd love to help you start the new year fresh – fresh air that is. Breathe a little easier and healthier going into 2024..



This month we're offering a **FREE dryer vent cleaning (a value of \$549)** when you use Daffan's Air Duct Cleaning Services.

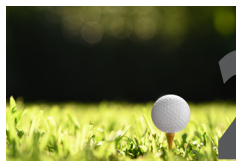


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ON THE COVER



HAPPY NEW YEAR!

The photo on this month's cover was taken during the massive freeze and snow storm in 2022. It shows the pond in front of the green on hole number 15 on the big course. Hopefully, this year does not experience such extreme weather. May this year be filled with good fortunes!

ABOUT US



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Fairway is the official magazine of DeCordova Bend Estates 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 Fairway 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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DeCordova Bend Estates is a gated golf course community with beautiful waterfront views located near Granbury, Texas. DeCordova is a popular choice for newcomers.

FAIRWAY MAGAZINE DEADLINES

If you have editorial or photography for Fairway, please write to Fairway@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 5th of the month prior to publication date. Contact Karen@hcnews.com or call 817-573-7066 and ask for Karen Chandler.

DECORDOVA BEND ESTATES CLUBHOUSE

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817-326-2381

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DEPARTMENTS

Dining Reservations & Questions	682-498-1043
19th Hole	246, 817-243-8084
Dining Waitstation	226
The Cove Carryout Orders	817-243-9315
Event Bookings	sarah@dcbeweb.com242
Pro Shop	236
Main Gate	301, 817-326-4640
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JM and Michele Simmonds
Founders and Owners

FIND THE GOLF BALL

Let's have some fun! Somewhere in this issue of Fairway, there is a hidden golf ball for readers to find. Hint: It's on one of the advertisements. This ball doesn't play fair so you may have to search high and low.

When you think you have spotted the ball, send us an email with your answer. The deadline is 5 p.m. on January 10. No mulligans!

Email your guess and contact info to fairway@hcnews.com. Those with the correct answer will be entered into a random drawing for a \$100 gift certificate and four movie passes. Happy hunting!

Winners will receive a call from the DCBE office to notify them when the prize is ready for pick-up.



LAST MONTH'S SOLUTION: Bee Healthy, Page 30

LAST MONTH'S WINNER:
Jean Stubbs

CONTRIBUTORS

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

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 fairway@hcnews.com.



Darren Clark

A DCBE resident, Darren Clark can be found on the golf course, 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.



GOLF CALENDAR



MGA — Every Wednesday at 8 a.m.
 LGA — Every Thursday at 8:30 a.m.
 Saturday Gangsome at 12 noon
 Sunday Couples at 9 a.m.



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 Don Oliver, PGA
 Head Club Professional



January 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED	2	3 MGA 9am Guest Day	4 LGA 10am	5	6 SATURDAY GANGSOME
7	8 CLOSED	9	10 MGA 9am	11 LGA 10am	12	13 SATURDAY GANGSOME
14	15 CLOSED	16	17 MGA 9am	18 LGA 10am	19	20 Superintendent's Revenge 3-person scramble
21	22 CLOSED	23	24 MGA 9am	25 LGA 10am	26	27 SATURDAY GANGSOME
28	29 CLOSED	30	31 MGA 9am	Notes:		



January 12
7:30pm

January 13
2:00pm

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HOW TO TELL IF IT'S A COLD, THE FLU, COVID-19 OR RSV

There's much to look forward to at the start of winter. The holiday season starts winter off with a bang, while outdoor enthusiasts know their chances to hit the slopes and ski and snowboard are just beginning. Sports fans know January marks the return of the National Football League playoffs, while travelers who need a little winter warmth often designate February as a month to soak up some sun in a faraway locale.

With so much to do each winter, it's especially problematic when you come down with a cold. However, winter tends to be cold and flu season in many areas, as viruses tend to spread more easily when people spend more time indoors. This winter, people may wonder if their sniffles indicate they have a cold, the flu or a sign of something more serious, such as COVID-19 or respiratory syncytial virus (RSV). Anyone unsure of what's behind a cold-like illness is urged to speak with their physician. In addition, the National Foundation for Infectious Diseases notes that the common cold, the flu, COVID-19, and RSV present some similar symptoms, but also some unique ones. Though each illness is complex, the frequency with which some symptoms present may indicate which issue a person is dealing with. Knowledge of those symptoms and their frequency can help people determine if the culprit behind their winter illness is a cold, the flu, COVID-19, or RSV.



COLD	FLU	COVID-19	RSV
Aches: Sometimes	Aches: Often	Aches: Sometimes	Aches: Rarely
Difficulty breathing: Rarely	Difficulty breathing: Rarely	Difficulty breathing: Often	Difficulty breathing: Sometimes
Fatigue: Sometimes	Fatigue: Often	Fatigue: Often	Fatigue: Rarely
Fever: Rarely	Fever: Often	Fever: Sometimes	Fever: Sometimes
Loss of taste/smell: Rarely	Loss of taste/smell: Rarely	Loss of taste/smell: Sometimes	Loss of taste/smell: Rarely
Sore throat: Often	Sore throat: Sometimes	Sore throat: Often	Sore throat: Rarely
Wheezing: Rarely	Wheezing: Rarely	Wheezing: Rarely	Wheezing: Often

Individuals who are concerned by the presence of cold- or flu-like symptoms are urged to speak with their physicians. Though many instances of cold, flu, COVID-19, and RSV will go away without medical intervention, each condition can pose a significant health risk in certain situations.





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January



ATTENTION ALL LADY GOLFERS

Start 2024 off right! Come join the LGA, here at DCBE. We play every Thursday morning with a tee time of 9 am. This is a great way to meet new friends and fellowship. Most ladies eat lunch and visit after play.

We have all skill levels of golfers. We have a group that plays 9 holes and we have a group that plays 18 holes. There is a place for all skill levels. Membership forms are available in the pro shop. Dues are \$40 annually.

Please come join us!

9:00 START TIME

- | | |
|-------------------|---------------------------|
| JANUARY 4 | LOW GROSS/LOW NET |
| JANUARY 11 | SCRAMBLE (MEETING) |
| JANUARY 18 | ONES |
| JANUARY 25 | LOW GROSS/LOW NET |

FOR INFORMATION ABOUT DCBE LGA

contact Sonja Dildy 817-929-9964 sonjadildy@gmail.com

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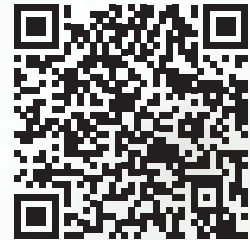
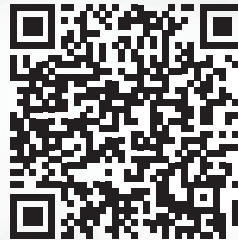
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BIRTHDAY WISHES

January

Check the ForeTees app for the January birthday dinner date and time.



January 1
SHELLEY AKERLEY
BRYANT STUBBS
JOHNNY HORTON
JACK SHEPHERD

January 2
DOLORES ADAMS
KENNY BUCHANAN
DAVID COOP
JAMES DONATHAN
RONALD MCNALLEY
CATHERINE PITTMAN
RACHEL WEST

January 3
SYLVIA COURTNEY
RICHARD MILKE
SHANE JOHNSON
MICHAEL WARDLOW

January 4
DIANA BARCAFAR
ROBERT PHILBIN
SHERRY WHITEHURST

January 5
DAVID CARLTON
SEAN DALY
ANDREA DIXON
THOMAS DOYLE
PATTIE FELIX
THOMAS FLEMING
LINDSEY FOWLER
LYDIA MONTGOMERY
MIKE REILLY

January 6
CHRISTOPHER BAYLER
CAROL ROSE
PAUL REILLY

January 7
MORGAN SCOTT
KATRINA CLAY
PAUL GRAYLEY
BARBARA GRAY- WIL-
LIAMS
SUE HOLT
JOHN SEARS
CYNTHIA COOK

January 8
JIMMY BLOODWORTH
LAURA DYER

RICK PINGUELO
KRISTIN WENDEL
TRAVIS WILLIAMS

January 9
FRANK CONARD
COLEMAN GIBBS
THERESA JOWELL
LYNN MCBROOM
LESLEY STREVER
JARROD TOTMAN
CHARLES WENMOHS
BETH WINTERS

January 10
LYNETTE CALDWELL
JULIE COOP
MARK HADLEY
JULIO LOPEZ
MICHAEL D. PEMBERTON

January 11
JACK CATES
NELL DRYSDALE
ALAN KONZIOLA
JENNY LING
ANTHONY RUST
CALEB SATTERFIELD
JAMIE STAMPER
RITA WEBB

January 12
LETICIA CURETON
WILLIAM GOODWIN
LACHELLE JANSEN
KAREN JOHNSON
LEE LEBSACK
PAULA MARTIN
KIMBERLY ROBINSON
DARRELL SAVOY
MORGAN TAYLOR
PATRICIA WILBORN
SARAH WILLIAMS

January 13
CHANDLER HOAGLAND
LINDA MILLER
JORDAN WELCH

January 14
STEPHANIE GRAVLEY
ASA HANNA
WILLIAM HECP
CAROL LESTARGE JONES
TIMOTHY NEWSOME

TOMMY SCOTT
PAUL STARK

January 15
MARLA FRYE
ANTHONUS POTAPPEL
LOU ELLA SIMMONS
STACY SZUMOWSKI
TINA LITTLEFIELD

January 16
BILL BROWN
GARY FISHER

January 17
JOY ARTHUR
JEFFREY BURGESS
DEBRA CLANTON
DON MCCURDY
VICKIE D. PFLUEGER
MONTE SMITH
BRENDA SUMMERVILLE

January 18
IRVIN ASHLEY
STEPHEN CLARK
ROCHELLE DALY
HEATHER DOLLINS
DAVID GILL
BLAKE GOBER
MARY BETH MARSH
JUDY MANOR

January 19
KIRK ALLMON
DYAN GILBERT
PENNY HELSLEY
DOLORES LAWHORN
BRADLEY MILLS
MARK C. SMITH

January 20
SHANE BORROR
GAIL DOWNS
KARLA ERWIN
CANDACE ELIZABETH JEWETT
SHERRY JOHNSON
MARIAN MCBEE
PAMELA MEADOR
ELIZABETH MURPHY
MARCUS PENN
CINDY SHANKLIN

January 12
BECKY ADDISON
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January 22
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ADAM ROUSE
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CAROL STALKFLEET
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January 23
SUSAN BUMPASS
ANDREW DELEON
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CONNIE LANE
DON POE
CASEY OLIVER
WESLEY ST. JOHN
MELANIE C. VADEN
SANDRA WALLER
TODD WOLF
JUDI YALE

January 25
LEVI CLEMENTS
TRACY HARTMAN
TERESA HUDSON
BARRY LANE
AMIR SALEH

January 26
DRU ATKINSON
THOMAS BIANCO
YVONNE FINLEY
JEFFREY GOLEN
HOLLY MURPHY
TIM SZUMOWSKI
MARK THOMAS

January 27
TRACEY BLOCKER
RIANN CUNNINGHAM
AMY GOSNELL
KEITH HURST
DAVID JACOBSEN
NATASHA PROSISE
DONNA SIMMONS
SPENCER YANTIS

January 28
STEVE CANTER
DALE COKER
MICHELLE MOSELY
JENNIFER PENNINGTON
TEDDY WELDON
LANDRA WHITE

January 29
JERRY L. EMMONS
MONICA LEE
JANET SMITH
BILLY G. TENNISON
NOEMI TULLIS
CHARLEIN WILLIAMS

January 30
JOHN BEVAN
DANIEL GARRETT
BRUCE LEMOINE
JJ MATHEWS
WILLARD POSEY
DAVID TIMMONS
SID VINCENT
ROBERT WEBB

January 31
SUE HARVEY
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RANDALL SHIPP
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SUPER GAME DAY COCKTAIL IDEAS



Even though the holiday season may be over, there are still plenty of reasons to celebrate with friends and family. After all, when the gift-giving cools off, the action on the gridiron heats up, culminating in one of the most-watched sporting events.

Super Bowl LVIII will take place on February 11, 2024 at Allegiant Stadium in Las Vegas, giving sports fans, who also double as game day hosts and hostesses, plenty of time to plan their festivities. Wings, nachos, sliders, and sandwiches are standard fare for game day entertaining, but savvy hosts also must give thought to the beverages they will serve. An assortment of spirited and non-alcoholic drinks are the norm, and many who entertain may think beer is all that's needed for game day fun. However, some may want to elevate their Super Bowl hosting with specially curated cocktails. Here's how to get started.

TEAM THEME

A fun way to serve cocktails is to tie the theme into the teams who are facing off. Research the most popular cocktail for the team's home state or city. For example, if the Cowboys are playing, you can serve "Hit the Road Jack," which was named the official cocktail of Dallas several years back. Otherwise, search drinks that coordinate with the team itself. You can serve a "Tiger Tea" for the Bengals, a "Buccaneer" cocktail if Tampa Bay is playing or a "Black Raven" should Baltimore make it to the big game.

OFFER TRENDY OPTIONS

Trends emerge in the world of cocktails, and if you lean into those trends, you're bound to have grateful guests. According to EHL Insights, which provides hospitality and business news, savory and spicy cocktails are becoming increasingly popular as people desire more complex and interesting flavors in their drinks. A "Pineapple Jalapeño Margarita" can pair nicely with bite-sized tacos, or serve a "Cucumber Wasabi Martini" alongside California rolls and fried wontons. The Negroni remains a trendy cocktail and features sweet, bitter and botanical flavors that can work well with Italian cuisine.

GAME DAY PUNCH

If you don't want to worry about having enough supplies on hand for a bevy of different cocktails, have a big-batch punch at the ready for guests. There are many variations, but this recipe for "Whiskey-Apple Cider Punch" can appeal to the masses. It evokes those fall flavors that signal football season, and it works well with many comfort foods. Try it, courtesy of Southern Living Test Kitchen.



WHISKEY-APPLE CIDER PUNCH

Serves 10

- 1 cup frozen cranberries, thawed
- 1/4 cup packed light brown sugar
- 1/2 cup water, divided
- 3 cups bourbon
- 1 1/2 cups fresh lemon juice (from 14 lemons)
- 3/4 cup honey
- 1 24.5-ounce bottle sparkling apple cider, chilled
- 1 Granny Smith apple, thinly sliced (optional)

Combine thawed frozen cranberries, light brown sugar, and 1/4 cup water in a food processor; process until cranberries are roughly chopped and sugar has almost dissolved, about 30 seconds. Transfer to a large bowl. Add bourbon, fresh lemon juice, honey, and remaining 1/4 cup water; stir until well combined and sugar is dissolved. Pour mixture through a fine wire-mesh strainer into a 3- to 4-quart pitcher, discarding solids.

Chill at least 1 hour or up to 8 hours. Just before serving, gently stir in sparkling apple cider. Pour into glasses and, if desired, garnish with Granny Smith apple slices.

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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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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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HOW TO HOST A FUN PLAYOFF WATCH PARTY

January is among the colder months of the year, but for football fans things are just starting to heat up when the calendar turns to a new year. In addition to featuring the College Football Playoff semifinals (January 1) and championship game (January 8), January also ushers in the National Football League playoffs, which begins with wild card weekend on January 13. That schedule can warm the hearts of football fans no matter how cold it may be outside.

With so many great games on the horizon, now is the time for football fanatics to brush up on their hosting skills. A game watch party is a great way to enjoy the action with fellow fans, friends and family, and the following are some ways hosts can take those football festivities up a notch.

PROVIDE AMPLE ROOM AND SEATING

When hosting a party for the big game, pick a room in the house with enough room and seating to accommodate all of your guests. Folding chairs can be brought in to the viewing area to ensure everyone has a seat, but the right viewing area is one where additional seats won't make everyone feel as though they are sitting on top of one another. A basement or open concept living room makes for an ideal viewing area.

SET UP MORE THAN ONE VIEWING AREA

Football certainly has its share of fanatical fans, but it also has plenty of casual fans who may attend a watch party to socialize more than see the action. Multiple viewing areas can accommodate various types of fans and solve any space and seating issues that arise. A separate kids-only viewing area also can accommodate young fans.

STOCK UP ON FINGER FOODS

When planning a watch party menu, keep in mind that most people will be eating in the viewing area instead of at a dinner table. Finger foods are ideal in such situations. Hosts who want to cook for the crowd can prepare small dishes like meatball or chicken sliders, chicken wings and frozen pizzas cut into bite-size pieces. And don't forget portable snacks like pretzels, chips, diced vegetables with hummus, and nachos.

TAKE YOUR TECH FOR A TEST RUN

Food and accommodations might garner the bulk of hosts' attention in the days leading up to the big game, but don't forget to take your tech for a test run. Many homes have abandoned traditional cable television in favor of streaming services, so if your home is among the legions of cord cutters, confirm in the days ahead that your streaming app is working and that you have the latest version of the app installed on all devices that will be used to show the game. Check speakers as well to ensure everyone can hear the broadcast clearly regardless of where they're sitting.

Playoff season is set to heat up on the gridiron. Game watches make for a great way to enjoy the game with fellow fans.



TIPS TO MAINTAIN YOUR COMMITMENT TO EXERCISE

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it's no wonder so many people aspire to be more physically active. But it's easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year's resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year's resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the *International Journal of Environment Research and Public Health* found that 64 percent of people abandon their New Year's resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

BREAK IT UP

The Harvard T.H. Chan School of Public Health notes that people don't need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

EMPLOY THE BUDDY SYSTEM

The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the *International Journal of Research in Exercise Physiology* suggested the efficacy of the buddy system may require further study before researchers can definitively say it's an effective motivation strategy for people who want to exercise more. But there's no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

SCHEDULE EXERCISE TIME

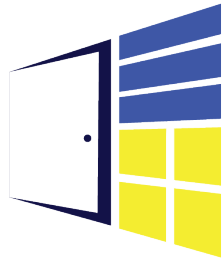
Busy professionals book work meetings, family obligations and other daily tasks in their schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you'll skip a workout, and once results start to manifest you may be more motivated to stay the course.

IDENTIFY WHAT PROGRESS MAY LOOK LIKE

It's easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn't working and ultimately helping you get healthier. Adults are urged to speak with their physicians and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It's no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.





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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.





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HOW TO BEGIN THE DAY IN A POSITIVE FRAME OF MIND

Each new day brings the potential for change, even amid the routine of the daily grind. When people start the day with positive thoughts, it can affect how they behave and see themselves throughout the day, and may even benefit their overall health.

The Mayo Clinic says some studies suggest personality traits such as optimism and pessimism can affect many areas of a person's health and well-being. Positive thinking that is pronounced in optimistic people is associated with effective stress management, which translates into many different health benefits.

Some people abide by the "Law of Attraction," which states that what a person gives attention to and thinks about throughout the day is what will be predominant in their life. Whether this is true or not, many aspire to have more positive thoughts and be in a generally optimistic mindset. The following tips can put people on a positive path at the start of each day.

BEGIN THE NIGHT BEFORE

Certain mental health experts suggest clearing the mind in the evening to reduce stressful thinking and create the mental capacity to wind down and relax. Keep a notepad handy and jot down any invasive thoughts or concerns. Removing these thoughts from the mind and putting them on paper can help you rest more readily. Being well-rested can improve mood.

KNOW YOUR WEAKNESSES

Recognize where you may need some help as you strive to be more optimistic. Map out the behaviors you want to change, and then be intentional about how you want your day to go and which actions will get you there. The Mayo Clinic suggests figuring out what you usually think negatively about (i.e., work, commuting, life changes) and then approach each aspect in a more positive way.

TAKE A TECHNOLOGY PAUSE

Do not check email or text messages right after opening your eyes. Similarly, avoid reading the news or watching news programs on television too early. Negative or scandalous stories often get the most clicks or views, and coming across upsetting information at the outset of the day can adversely affect your mood. Rather, spend time meditating, praying, reading, or just being in the moment until you are awake.

RECOGNIZE THE GOOD PEOPLE ARE DOING

When you open your eyes and focus on the positives, you'll see all the good that other people are doing around you. Offering compliments or acknowledging others' actions, whether large or small, puts positivity out there.

FOCUS ON GRATITUDE

Take a few moments at the start of each day to mentally list all the things you are grateful for. This may be that you have a cozy home or that you are healthy. Even stressful situations or people can be means for gratitude. Boisterous toddlers may be a handful, but you can be grateful for the ability to have had children when so many are not able.

Starting the day with a positive mindset is easier than one might think. It may take a little practice, but also can begin to pay positive dividends sooner than later.





Cove Dinner Menu- Tuesday - Saturday 5pm-9pm

Starters

House Specialty Meatball \$10
2 Jumbo Meatballs, House Signature Sauce, Parmesan, and Whipped Ricotta

Jumbo Wings \$12
6 Jumbo Wings
Served with All the Fixings
Choice of Lemon Pepper, Parmesan Garlic, BBQ, Original Hot

Quesadilla \$12
Griddled Flour Tortilla
Choice of Chicken, Skirt Steak or Shrimp
Jack Cheese, Sautéed Onions and peppers, Fresh Guacamole, Sour Cream, Marita Salsa

Chips and Salsa \$5
Tri Colored Tortilla Chips with our own Morita Salsa

Flatbread \$11
Choice of Pepperoni or Margherita

Shrimp Cocktail \$12
Jumbo Shrimp, Spicy Cocktail Sauce, Charred Lemon

Pot Stickers 12
Pork Filled Pot Stickers with Julienne Veggies in a Ginger Soy Sauce

Soups and Salads

Smoked Corn Chowder or Tortilla Soup
Cup: \$4.50 Bowl: \$6.50

House Salad \$5
Mixed Greens, Tomato, Radish, Cucumber, Red Onion, Choice of Dressing

50/50 Caesar Salad \$8
Crisp Romaine and Baby Kale, Parmesan Reggiano, Sourdough Crouton, House Dressing

The Cove Wedge \$10
Crisp Iceberg, Candied Bacon, Marinated Tomato, Soft Egg, Gorgonzola Cheese, Ranch Dressing

Choice of Added Proteins
Herb Marinated Chicken \$5
Grilled Steak \$6
Grilled Shrimp \$7
Grilled Salmon \$8

Entrées

Cove Burger \$13
Two Smashed Patties with All the Fixings on a Brioche Bun
Choice of Cheddar, Provolone, Swiss American, or Pepper Jack Cheese
Served with Fries or House Chips

BLT \$12
Applewood Smoked Bacon, Butter Lettuce, Tomato, Dukes Mayonnaise
Served with Fries or House Chips

Chicken Tenders \$12
Hand Breaded Tenders with Honey Mustard
Served with Fries or House Chips

Street Tacos \$12
3 Tacos Choice of Chicken, Shrimp or Beef
Cilantro, Onion and Salsa Side of Charro Beans

Wild Mushroom Spaghetti \$16
Wild Mushrooms, Shallots, Garlic, Crushed Red Chili, Parmesan
Served with House Salad with Your Choice of Dressing

Chicken Fried Steak \$17
Breaded Beef Tenderloin Fried to Perfection!
Yukon Gold Mashed Potatoes, Garlic Green Beans and Bacon Gravy
Served with House Salad with Your Choice of Dressing

Smoked Chicken \$18
1/2 smoked chicken, Collard Greens, Charro Beans, Jalapeno Cornbread Biscuit, House BBQ Sauce
Served with House Salad with Your Choice of Dressing

Mom's Meatloaf \$18
Yukon Gold Mashed Potatoes, Sautéed Green Beans, House Gravy
Served with House Salad with Your choice of dressing

Braised Short Rib \$22
Roasted Root Vegetables, Yukon Potatoes
Served with House Salad with Your choice of dressing

Shrimp and Grits \$24
Peach Chutney, andouille sausage, Collard Greens, Yellow Corn Grit Cake

Pan Seared Red Fish \$29
Jasmine Rice, Smoked Sausage and Chicken Gumbo
Served with House Salad with Your choice of dressing

**M
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Cove Lunch Menu- Tuesday - Saturday 11am-5pm

Starters

House Specialty Meatballs \$10
2 Jumbo Meatballs with Signature Sauce, Parmesan and Whipped Ricotta

Jumbo Wings \$12
6 Jumbo Wings Served with all the Fixings
Choice of Lemon Pepper, Parmesan Garlic, BBQ, Or Original Hot

Quesadilla \$12
Choice of Chicken, Skirt Steak or Shrimp on a Grilled Flour Tortilla, Jack Cheese, Sautéed Onions and Peppers, Fresh Guacamole, Sour Cream, Morita Salsa

Chips and Salsa \$5
Tri-Colored Crispy Tortilla Chips with our own Morita Salsa

Flatbread \$11
Choice of Pepperoni or Margherita

Smoked Corn Chowder or Tortilla Soup
Cup: \$4.50 Bowl: \$6.50

Salads

House Salad \$5
Mixed Greens Tomato, Radish, Cucumber, Red Onion, Choice of Dressing

50/50 Caesar Salad \$8
Crisp Romaine and Baby Kale, Parmesan Reggiano, Sourdough Croutons, House Dressing

The Cove Wedge \$10
Crisp Iceberg, Candied bacon, Marinated Tomato, Soft Egg, Gorgonzola Cheese, Ranch Dressing

Smoked Chicken Chopped Salad \$12
Smoked Chicken, Romaine lettuce, Diced Tomato, Red Onion, Crispy Onion Cheddar Cheese, House Ranch Dressing

Kale Salad \$12
Chopped Kale, Napa Cabbage, Mandarin Orange, Carrot, Red Onion, Shaved Almonds, Craisins, Tossed in Sesame Ginger Vinaigrette

Triple Salad Plate \$15
Albacore Tuna, Smoked Chicken with Grapes, House Made Pimento Cheese Served on Butter lettuce, and Toast

Choice of Added Protein

Herb Marinated Chicken \$5
Grilled Steak \$6
Grilled Shrimp \$7
Grilled Salmon \$8

Entrees

Half Sandwich and a Cup of Soup \$12
Choice of sandwich
Cup of Soup

Cove Burger \$13
Two Smashed Patties with All the Fixings on a Brioche Bun
Choice of Cheddar, Provolone, Swiss, American, or Pepper Jack Cheese
Served with Fries and House Chips

Tri Tip Pastrami Sandwich \$14
Vinegar Hot Slaw, Deviled Egg Spread, Swiss Cheese Served on Marble Rye
Served with Fries or House Chips

Chicken Tenders \$12
Hand Breaded Tenders served with Honey Mustard
Served with Fries or House Chips

BLT \$12
Applewood Smoked Bacon, Butter Lettuce, Tomato, Dukes Mayonnaise
Served with Fries or House Chips

Pesto Chicken Sandwich \$14
Grilled Chicken, Fresh Pesto, Pepper Jack Cheese, Capicola Ham, Lettuce, Tomato, Onion on a Brioche Bun
Served with Fries or House Chips

Tuna Melt \$14
Albacore Tuna Salad, Sharp Cheddar on Sourdough Bread
Served with Fries or House Chips

Southwest Philly \$14
Shaved Ribeye, Roasted Poblano Pepper, Caramelized Onion, Liquid Gold
Served with Fries or House Chips

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 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



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

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.

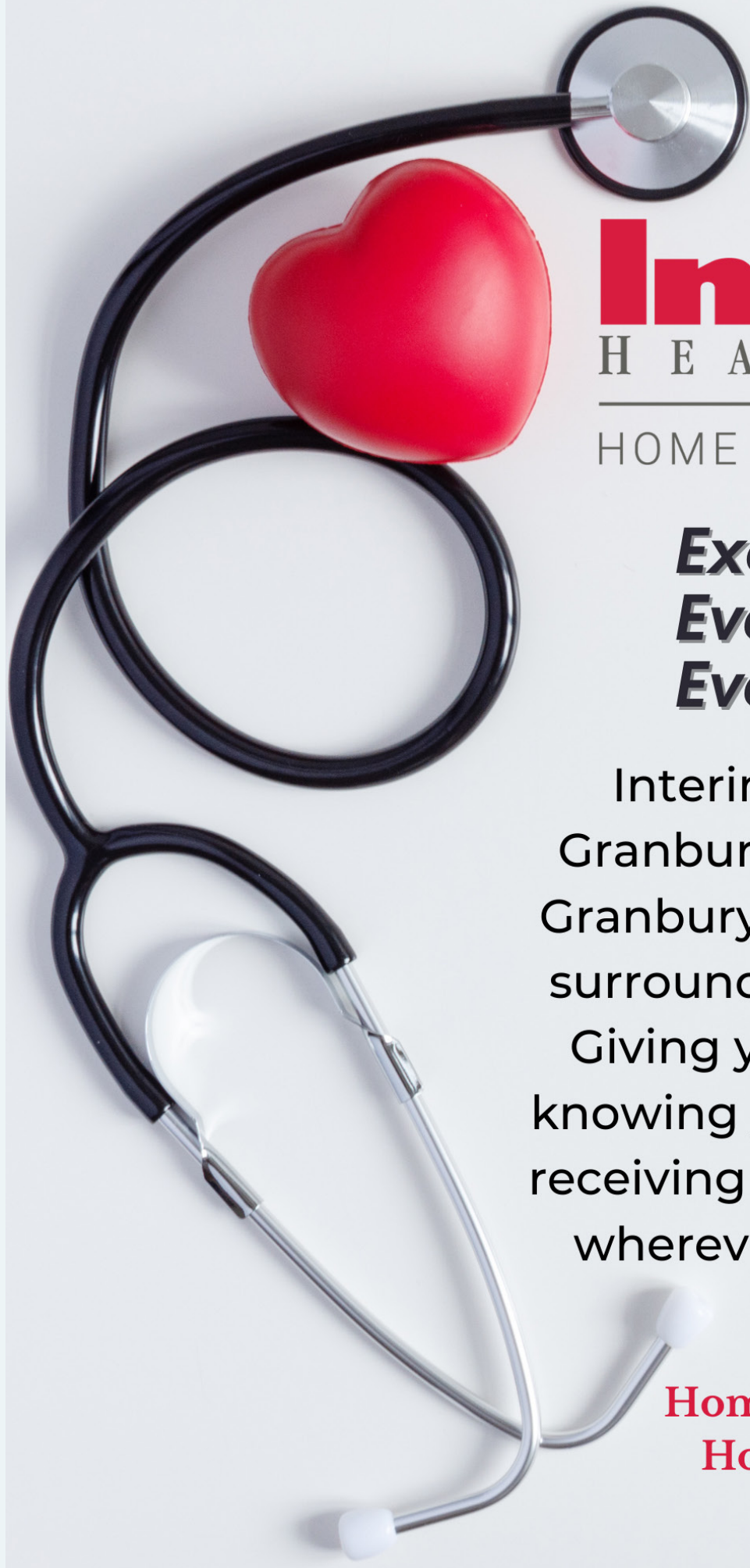
Mental health professionals seem to agree that goals that are more personal in nature are more likely to stick. Failure to keep resolutions also lies with biting off more than we can chew. In line with personal goals, is the questions of why we want to make the goal. If these goals can be broken down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





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GOLF COMMITTEE

Chairman, Larry Cordell
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Larry Cordell reported on course conditions and recent play by the Men's & Women's Golf Associations. Course Superintendent Ryan Reimer has been working on bids for the DC9 irrigation pump.

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(254) 718-8685
cathypermenter@gmail.com

Cathy Permenter updated the Board of Directors on temporary memberships concerning non-member alcohol purchases in DeCordova Restaurants. An audit with TABC is scheduled for early December. The Board approved with amendment by recommendation of the Food and Beverage Committee for DCBE to not allow temporary memberships. In order for Pecan Plantation members or any other non-member to partake in alcohol, they must be in the presence of a DCBE member and that member must pay for their alcohol; with all in favor the motion was approved.

MEMBERSHIP & BOARD SEARCH COMMITTEE


Chairman, Vice President Bennie Hudgins
817-917-7414
benhudgins@charter.net

Bennie Hudgins reported that the committee did not have a quorum for their meeting however did host an in-person orientation for new members in attendance. The ad-hoc committee will be meeting after Thanksgiving to decorate the clubhouse for the Christmas season.

RECREATION COMMITTEE

Chairman, Secretary Kellen Zawadzki
717-275-3991
KellenZawadzki@gmail.com

Kellen Zawadzki reported on the committees most recent meeting. Some benches are being reupholstered through a local company for the fitness center. Discussion held on marina restrooms and future needs of the marina and volleyball areas. Suggestions for a covered area for the club to be able to cook and serve refreshments during high volume events. A recommended bumpout for spectating at the pickleball court was tabled by the Finance Committee until additional bids can be reviewed. A pickleball concrete pad was denied as it was determined to be an operational decision for club management to handle. The Board approved by recommendation of the Recreation Committee the addition of Bill Clay to the committee; with all in favor the motion carried. The Board approved by recommendation of the Recreation and Finance Committee's the purchase of a replacement Step Mill from ProMaxima in the amount of \$5,368; with all in favor the motion was approved.



UPCOMING MEETINGS

- **BOARD MEETING**
5:00 p.m. Jan. 29
at the DCBE Clubhouse Board Room
- **CITY COUNCIL MEETING**
Clubhouse Ballroom Feb. 16 at 7 p.m.

FINANCE COMMITTEE

Chairman, Treasurer David Zunker
817-79-3559
Zunker10@yahoo.com

David Zunker presented financials for the Boards review. The committee will be meeting an additional time later this month for discussion of October month end reports. The Board of Directors denied a recommendation to increase marina boat stall monthly charges by 60% effective January 1st, 2024 as it needed to be reviewed by the Facilities Maintenance Committee. Suggested increases if approved: small slips-\$145, medium slips-\$175 and large slips-\$200 monthly. The Board approved by recommendation of the Finance Committee with amendment; to charge all credit cards fees to the consumer at 5% effective January 1st, 2024; with all in favor the motion was approved.

FACILITY MAINTENANCE OVERSIGHT COMMITTEE

Chairman, Sean Grizzell
817-219-1591
Griz1212@me.com

Sean Grizzell reported on the committee's discussion of multiple priorities most necessary in the community. Sean pointed out that the pool, golf course pump house, DC9 irrigation pump and streets & grounds truck are in most need. The Board approved by recommendation of the FMOC and Finance Committees the purchase of a maintenance truck up to \$30,000 as meets the described criteria of (3/4-ton, 4-wheel drive and less than 100,000 mileage); with all in favor the motion was approved.

SECURITY COMMITTEE

Chairman, Scott Mitchell
817-219-9198
Smitch1995@yahoo.com

Scott Mitchell informed the Board of Directors on recent review of gate entry systems. A presentation will be held at their next scheduled meeting. The Board approved by recommendation of the Security Committee that a limit of eight people will be allowed on a member's permanent guest list; with 7 in favor and Kellen Zawadzki opposed, the motion was approved.

LEGAL BY-LAWS COUNCIL

Chairman, Cathy Permenter
254-718-8685
CathyPermenter@gmail.com

Cathy Permenter gave an update on our By-Laws review requests with Attorney Michael Sturgill.

ARCHITECTURAL CONTROL COMMITTEE

Chairman, Cody Garrison
817-736-5386
cody@codygarrison.com

BOARD REPRESENTATIVE

Chairman, Rick Phillips
817-726-6130
RPInsurance1@gmail.com

Ten various projects were approved and one tabled by the Architectural Committee. Discussion held on property compliance with Association policies.

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LONG RANGE PLANNING COUNCIL

Chairman, President Doug Jones

817-296-9454

DJones92AP@gmail.com

No minutes recorded for inclusion at this time.

ADDITIONAL MEETING NOTES

BOARD OF DIRECTORS

· N/A

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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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100 YEARS AGO THIS MONTH

The month of January has been home to many historical events over the years. Here's a look at some that helped to shape the world in January 1924.

- Millionaire oil broker Courtland S. Dines is shot in the abdomen at his home on January 1. When police arrived on the scene, they found alcohol on the premises, causing a scandal during the Prohibition era.
- Flooding causes the water level of the Seine to rise in Paris, forcing the closure of railway stations on January 2.
- The exiled King Ferdinand is granted permission to return to Sofia by the Bulgarian government on January 2, prompting an immediate objection to the move by the Kingdom of Yugoslavia.
- On January 3, the governor of the Mexican state of Yucatán, Felipe Carrillo Puerto, is executed by rebels fighting for General Adolfo de la Huerta. de la Huerta was attempting to overthrow the government of President Alvaro Obregón, and Carrillo and three of his brothers were among 11 people killed by the rebels.
- The automobile manufacturer Walter P. Chrysler introduces his first car, the Chrysler Six Model B-70 sedan, on January 5 at the 24th Annual New York Automobile Show.
- Turkish President Mustafa Kemal Atatürk survives a bomb attack at his home on January 6. A visitor to the president's home asked to see him and then threw the bomb when Atatürk appeared.
- The British submarine HMS L24 sinks during a training exercise on January 10. The sub collided with the battleship HMS Resolution, and all 43 crew members aboard perish in the accident.
- Bengali activist for Indian independence Gopinath Saha shoots and kills Englishman Ernest Day, a civilian, in Calcutta on January 12. Saha believed he was shooting Calcutta police commissioner Charles Tegart, who was helping to lead the fight against the independence movement. Saha is arrested and subsequently tried and sentenced to death.
- The SMS Berlin embarks on a two-month tour of the North Atlantic Ocean on January 15. It is the first German Navy warship since the end of World War One to depart on an overseas voyage.
- On January 16, Argentine engineer Raúl Pateras Pescara breaks his own record for helicopter flight. Pescara keeps his model 2F aloft in the air for eight minutes and 13.8 seconds at an altitude of around 15 feet near Paris.
- Ailing Russian leader Leon Trotsky is rumored to have been arrested on January 18. Despite the rumors, Trotsky is ultimately revealed to have been traveling to the Black Sea in an effort to overcome his illness.
- Richard Connell's short story "The Most Dangerous Game" appears in the weekly magazine Collier's on January 19. The story's theme of the hunter who becomes the hunted has since been adapted for countless stories.
- Following a stroke, semi-retired leader and founder of the Soviet Union Vladimir Lenin dies on January 21 at his estate in Gorki.
- On January 23, Britain and the United States sign a treaty that allows American authorities to search British ships suspected of rum-running.
- Oil tycoon Edward L. Doheny testifies on January 24 that he lent Senator Albert B. Fall \$100,000. Doheny's admission exacerbates the Teapot Dome Scandal that enveloped the administration of United States President Warren G. Harding.
- The first Winter Olympics open in Chamonix, France, on January 25.
- Prince Regent Hirohito marries Princess Nagako in an elaborate royal wedding in Tokyo on January 26. Within two years, Hirohito would become the 124th Emperor of Japan, a position he would retain, despite controversy, until his death in 1989.
- Lenin is laid to rest in a state funeral in Moscow's Red Square on January 27. Mourners brave frigid conditions, as the temperature drops to -35 F during the funeral.
- Benito Mussolini addresses 10,000 Blackshirts in the Palazzo Venezia in Rome on January 28. Mussolini predicts complete victory for the Fascists as he campaigns for a general election in Italy.
- On January 31, within weeks of his wife's death, Prussian state executioner Paul Spaethe dresses in formal evening wear and lights 45 candles. Each candle signifies a person Spaethe had beheaded, and once each candle is lit, Spaethe takes his own life with a revolver.

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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.

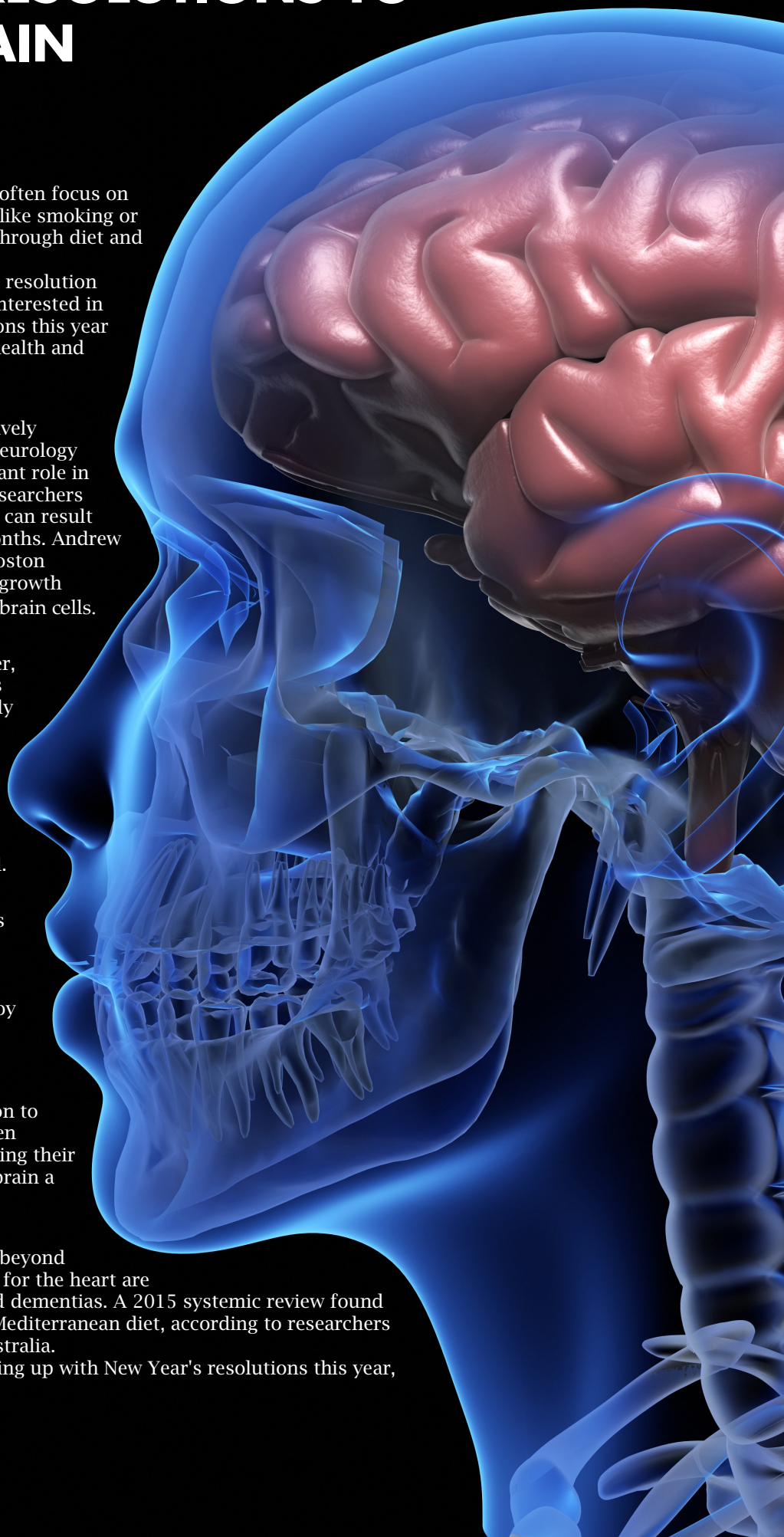
PRACTICE MINDFULNESS MORE OFTEN

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.



DeCordova Bend Estates - Financial Reports

De Cordova Bend Estates							
Income Statement - Consolidated - October, 2023							
	Current	Current Mo.		Year	YTD		Total Yr
	Month	Budget	Variance - Favorable (Unfavorable)	To Date	Budget	Variance - Favorable (Unfavorable)	Budget
TOTAL REVENUE	622,145	594,806	27,339	5,181,673	4,955,438	226,235	7,333,402
TOTAL COST OF SALES	80,496	55,465	(25,031)	781,164	518,555	(262,609)	732,468
GROSS PROFIT	541,649	539,341	2,308	4,400,509	4,436,883	(36,374)	6,600,934
TOTAL SALARIES & WAGES	281,948	294,823	12,875	2,571,589	2,464,177	(107,412)	3,536,723
TOTAL OTHER EXPENSES	172,256	159,876	(12,380)	1,621,809	1,381,960	(239,849)	1,929,784
NET INCOME(LOSS) BEFORE DEPREC	87,445	84,642	2,803	207,111	590,746	(383,635)	1,134,427
TRANSFER TO RENOVATION CIP	(26,095)	(27,040)	(945)	(234,719)	(216,320)	18,399	(324,480)
TRANSFER TO GENERAL CIP	(24,944)	0	24,944	(99,775)	0	99,775	0
TOTAL NET INCOME(LOSS) BEFORE DEPRECIATION	36,406	57,602	26,802	(127,383)	374,426	(265,461)	809,947

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Cash Summary - October, 2023	
Operating Funds	\$250,823
Contingency Reserve	\$300,000
Capital Reserve	\$780,238
Renovation Retainage to be paid	\$0
Total Cash Funds	\$1,331,061

Capital Summary - October, 2023	
Current Capital Funds Available	\$780,238
Total Approved Capital Projects Remaining	\$56,564
Capital Funds Remaining	\$723,674





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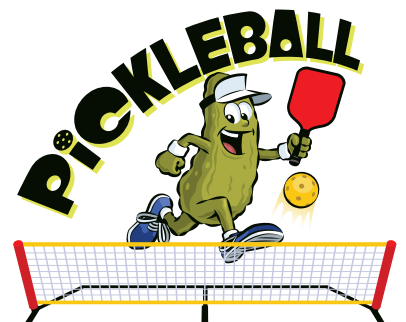


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Clockwise from top left: Meghan Jordan and Dean Jordan were the Champions, Baylor Richie & Pete Becker came in second, Conner Hay & Alyssa Alvarez came in third



THE BASICS OF PICKLEBALL

A court sport is sweeping the nation, and it isn't tennis or basketball. According to the Sports & Fitness Industry Association, 4.8 million people played pickleball in 2021, marking a nearly 15 percent growth in the total number of players from the year prior.

Data from the SFIA suggests pickleball is popular among people of all ages. Total participation among players between ages six and 17 (21 percent), 18 and 34 (29 percent) and 35 and 54 (20 percent) is significant, and players 65 and older also are well represented (18 percent).

As the popularity of pickleball grows, now is a great time to explore the basics of this game that's become a go-to pastime for so many people.

WHAT IS PICKLEBALL?

USA Pickleball™ notes that pickleball combines many elements of tennis, badminton and ping-pong. That game is played with a paddle and a plastic ball with holes and can be played both indoors and outdoors on a badminton-sized court with a slightly modified tennis net. Much like tennis, pickleball can be played in a singles (one-on-one) or doubles (two-on-two) format.

HOW LONG HAS PICKLEBALL BEEN PLAYED?

Despite a recent and meteoric spike in popularity, pickleball has been around since 1965. The brainchild of three fathers from Bainbridge Island (which is just a brief ferry ride away from Seattle), the game was invented as a means of entertaining bored children. It has since evolved from those roots and become a wildly popular game across both the United States and Canada, and the game has even begun to spread into Europe and Asia.

HOW IS PICKLEBALL PLAYED?

A game is typically played to 11 points, and a team must win by two. Tournament games may be played to 15 or 21, and a team must win by two.

DOES PICKLEBALL UTILIZE REFEREES?

Recreational games of pickleball can rely on the honor system much like pick-up games of other sports do. However, USA Pickleball™ notes that referees and line judges are important components of tournament play.

WHY SHOULD I PLAY PICKLEBALL?

Players enjoy the game of pickleball for a multitude of reasons, including the thrill of competition, the chance to socialize and the opportunity to exercise outside of a gym or home fitness center. But many play the game because they find it fun.

Pickleball has experienced a notable spike in popularity in recent years. More information about the game and how to get involved is available at <https://usapickleball.org>.



An extensive list of the rules of pickleball can be found by scanning this QR Code.



DCBE Pickleball Courts can be reserved on the FourTees App!

More information about becoming a pickleball referee can be found by scanning this QR Code.



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SECURITY REPORT

November 2023

During the month of November 2023, security responded to 68 calls for service and issued 13 Notice of Rules Violations (NORV).

Happy New Year from your DCBE Security Department!

Security would like to thank everyone who brought food and snacks to the gates over the Holidays, everything was really good and much appreciated.

I would like to remind everyone that golf carts should pull over to the side of the road and let vehicles pass and walkers and joggers should face oncoming traffic.

I have had some members try and call-in guests using the Security Office number, if you need to call in a guest, please call one of the gates.

FROM THE CHIEF

Please don't forget to check out the security page on the DCBE website and make sure to watch for security alerts.

■ Always call 911 first if you have an emergency

■ North/Back Gate
817-326-5277

■ Main/Front Gate
817-326-4640

■ Security Office
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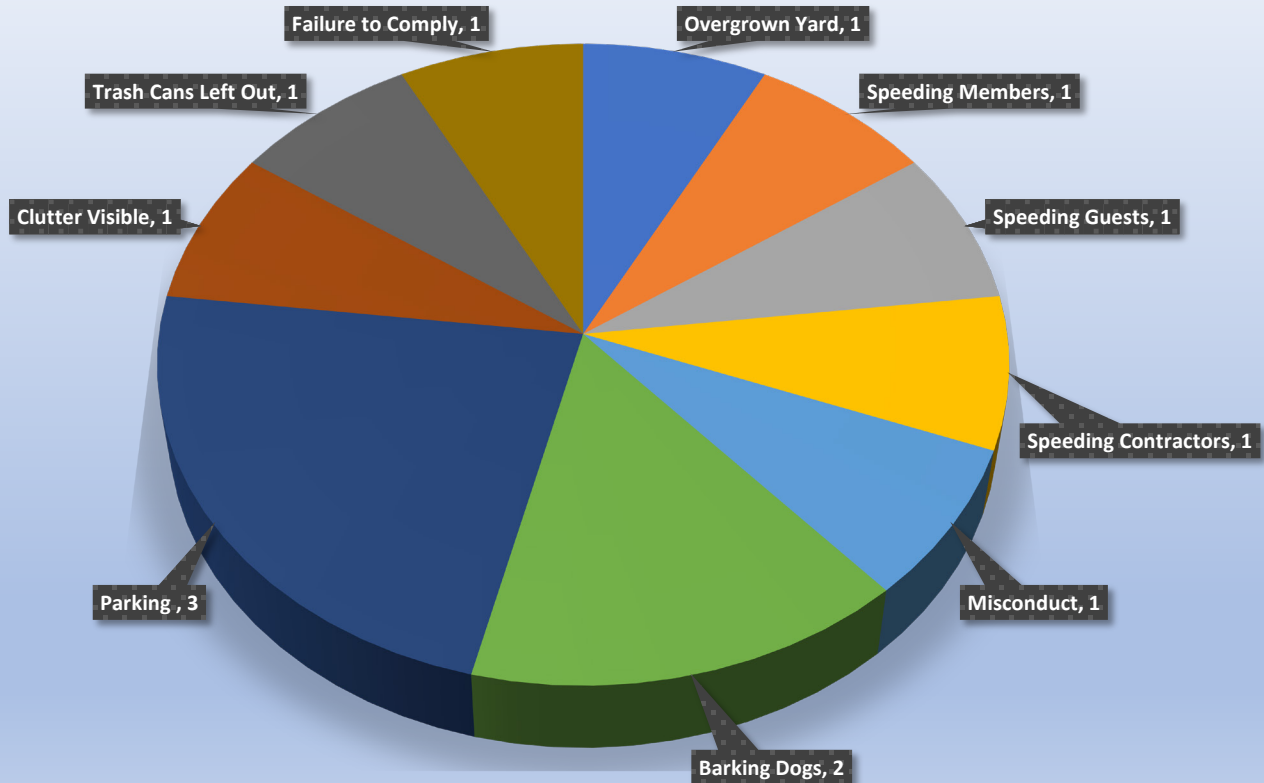
I am asking all DCBE members to please contact me if you feel that security was unable to handle your complaint in an efficient professional manner so that I can address the situation. I am available 24/7 at 817-964-8114. You can also stop by my office or simply send me an email at chief@dcbeweb.com.

Synopsis Report Totals FYE 2023

Type Offense	Jan-23		Feb-23		Mar-23		Apr-23		May-22		Jun-23		Jul-23		Aug-23		Sep-23		Oct-23		Nov-22	
	Reports	NORV'S	Reports	NORV'S	Reports	NORV'S	Reports	NORV'S	Reports	NORV'S	Reports	NORV'S	Reports	NORV'S	Reports	NORV'S	Reports	NORV'S	Reports	NORV'S	Reports	NORV'S
Traffic																						
Speeding		4	1	10	3	6	3	7		7		7		7		5		3	1	8	1	3
Misc. Traffic/Accident	1				6		3		1		2	1	2		2		1		5			
Hit/Broke Gate Arm	2	3	2	3	2	1	2	1	1	3	5	6	3	3	3	2	3	3	2	1		
Parking/Temp. Parking		2		4		6		6		6	1	2	1	7	3	4	3	4	3	4	3	3
No Driver's License/INS.	2	1	1	1		1		3				2	2	2	1	1	1	1		2		
Underage Driving		1		1					1	1	1	1	1	1								
Failure to Stop											1	1	1	1		1						
Suspicious Vehicle					3															2		
Reckless Driving			1		1		1	2						1			1	1				
Animals																						
Barking Dog	3		3	1	5		1						3		1		3		7		5	2
Leash Law					2										3		2		1	1		
Aggressive Animal	1	1	2				1	1							3				2	1		
Incidents																						
Curfew Violation			1																			
Misconduct/Disorderly	1	5	2	2	1	1	4	4	1		2	2	3	1		1			1	1	1	1
Failure to Provide ID																						
Dmstic. Disturbance																						
Disturbances	1																					
W Being Chks	1		1		3		3						1		2		1		1		2	
Member Assists	27		8		15		24		42		42		40		31		33		25		38	
Theft							1						1		2				1			
Burglary																						
Medical Assists	11		15		9		21		29		6		6		10		11		9		13	
Misc. Rules Violations	2		3	2	3		1	7	1	6		8		6	6	6	13	3	2	8	1	3
Vandalism																						
Noise Complaint	1				3						1		3									
False Alarm	1		2		2		3						2		1				1		1	
Failure to Comply	1	1							1	2	2	2	1	1	2	2					1	1
Assault																						
Unauthorized Entry	5	2			3	1	4	4	6		4	4	2	2	2	2	4	2	1	1		
Misc. Complaints	8		3		6		7		5				8	1	8		12		9		1	
Fireworks/Firearms	2												3	3								
Mischief	2				1		1						2						1		1	
Fire	1		2																			
Burning on Property	1	1																				
Suspicious Person	1		1		3		1				1		1		1		1					
Lost Child																						
Totals:	75	19	50	20	75	11	87	35	87	24	68	36	86	36	81	24	86	16	74	27	68	13

NORV - Notice of Rules Violation

Notice of Rules Violations November 2023



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RUNNER-UP

NACHOS MAKE THE IDEAL GAME DAY SNACK

Big games dot the college and professional football landscapes each year beginning in late summer and ending in mid-winter. But no games are bigger than those that take place once the calendar turns to a new year. That's when the postseason begins in both college and professional football.

Game watches with fellow fans, family and friends are a great way to make playoff football even more enjoyable. With so many big games on the horizon, football fans would be wise to ready their culinary arsenal. Whether you're hosting at home or going to a game watch at a fellow fan's house, keep in mind that food and football are a great match. Certain dishes have long since staked their claim on the game watch dinner and snacking tables, and nachos certainly need no introduction to football fans. As this year's playoffs kick off, football fans can try this recipe for "Loaded Beef Nachos" courtesy of AllRecipes.com.





TACO SEASONING

5 teaspoons paprika
 1 1/4 teaspoons garlic powder
 1 1/4 teaspoons ground cumin
 1 1/4 teaspoons onion powder
 1 teaspoon chili powder
 1 teaspoon oregano leaves
 1 1/2 teaspoons salt

NACHOS

2 tablespoons vegetable oil
 1 pound ground beef
 1 cup diced onion
 1 cup diced green bell pepper
 1 10-ounce can diced tomatoes with green chiles (such as RO-TEL®)
 1 15-ounce can Mexican-style corn (optional)
 1 16-ounce can refried beans
 1 cup shredded Cheddar cheese, or as needed
 4 ounces tortilla chips, or as needed

TOPPINGS (OPTIONAL)

1/2 cup sour cream (optional)
 1/2 cup salsa (optional)
 1/4 cup sliced black olives (optional)
 1/4 cup sliced jalapeños (optional)
 1/4 cup green onion

Serves 4

FOR TACO SEASONING

Stir paprika, garlic powder, cumin, onion powder, chili powder, oregano, and salt together in a small bowl; set aside.

Heat oil in a large skillet over medium-high heat; cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 minutes. Stir in onion and green pepper; cook and stir with oil and juices from browned meat until much of the liquid has evaporated, about 2 minutes more.

Stir 1/2 can diced tomatoes with chilies and Mexican-style corn into skillet. Season beef mixture to taste with prepared taco seasoning mix.

Stir together the remaining 1/2 can diced tomatoes with chilies and refried beans in a microwave-safe bowl. Microwave on high until heated through, stirring every 30 seconds, 1 to 3 minutes.

TO ASSEMBLE NACHOS

Lay half of tortilla chips in a single layer on a microwave-safe plate, then drop teaspoons of refried beans onto chips, followed by meat mixture and shredded cheese. Repeat with remaining chips, beans, meat, and cheese to make a second layer.

Microwave on high until cheese is melted and nachos are warm, 2 to 3 minutes. Top with sour cream, salsa, olives, jalapeños, and green onion as desired.

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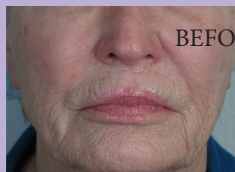


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TEXAS CROSSWORD PUZZLE

By Charley & Guy Orbison

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ACROSS

- Middle East prince
- TXism: "so broke I couldn't buy hay for a night ____"
- cattle ____
- TXism: "pay ____ never mind"
- Fossil ____ Wildlife Center arose (2 wds.)
- Oklahoma town
- pre-game exercising (2 wds.) disfavored group: ____ Klux Klan
- TXism: "does a ____ office business"
- groove-billed bird at Bentsen State Park
- TXism: "risky ____ leak in a match factory" in Hall County on U.S. 287
- ____ Bissinger book "Friday Night Lights"
- "Texas Wheelers" fictional town
- Texas basic skills test (1991-2002)
- this Warren starred with TX Quaid in "Tough Enough"
- runway with no terminal (2 wds.)
- TXism: "____ it with kid gloves"
- Texas town where no cars are made
- famed TCU coach ____ "Dutch" Meyer
- this TX Martin was TV's "Peter Pan"

DOWN

- TX Goetzmann won Pulitzer for "Exploration and ____"
- this Dean starred in "Four For Texas"
- nickname of former Cowboy assistant coach Ditka (2 wds.)
- decorate again
- dir. to Burnet from McGregor
- TX gunfighter Ben Thompson wore a ____ hat
- people can take ____ the Alamo
- in Davy Crockett National Forest on highway 7
- TX V.T. Hamlin's comic strip "Alley ____"
- Amarillo's "____-State Fair & Rodeo"
- TX Jayne Mansfield was born Vera Jane ____
- Eagle Pass is the seat of this county
- spoken
- big theatre in Fort Worth
- "Did so" response
- this world org. has depository library at UT (abbr.)
- Tom Kite assn.
- TXism: "Panhandle rain"
- "____ of" (rare)
- mom's description of messy room
- Ranger & Astro leag.
- "My Gal ____"
- TXism: "got ____ on" (angry)
- TXism: "____ the dogs" (ruined)
- reserve funds for a special purpose
- the Mysterians only hit, "96 ____," was recorded in Texas
- TXism: "couldn't find hide ____ hair of it"
- the central idea
- they are prepared before publication
- foreign car
- George W. brother
- TXism: "in this ____ of the woods"
- African river
- improve by editing

Puzzle solution for Crossword Puzzle on page 52.

Last Puzzle Solution

S-1592

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TEXAS CROSSWORD PUZZLE

By Charley & Guy Orbison

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ACROSS

- 1 hula hoops and mullets, e.g.
- 5 TX George Jones' "The Race ___"
- 6 "___-tat" (knocking or gunfire)
- 7 TX Jamie Foxx's first name at birth
- 8 TXism: "Devil's ___" (praying mantis)
- 17 "Texas Tea"
- 18 TXism: "___ ___ duck in water"
- 21 4-term Dallas mayor: ___ Thornton
- 22 truck rubber
- 23 TXism: "he's ___ walk the river with"
- 24 TX Bob Wills' "Take ___ to Tulsa"
- 29 Laredo had a large anti___ smelter
- 30 this Bob started a chain of Texas cafeterias
- 31 big Texas-___ game
- 32 TXism: "like two dogs fighting ___" (vicious)
- 34 QB Blake for IFL Frisco Fighters ___ and reel
- 36 Anglican church service at sunset
- 37 in Coleman County on U.S. 283
- 38 TXism: "would ___ maggot" (putrid)
- 39 TXism: "thick as ticks ___" (___)
- 41 two-___ (fake)
- 42 "without further ___"

- 43 TXism: "get your ducks in ___" (get organized)
- 44 this Warren starred with TX Dennis Quaid in 1983 film "Tough Enough"
- 45 "The Texas Chain ___ Massacre" (1972)
- 46 former Cowboy DE Ed "___ Tall" Jones
- 47 a birdie is one ___ par
- 48 walked ostentatiously
- 50 "___ hunt" (prank)

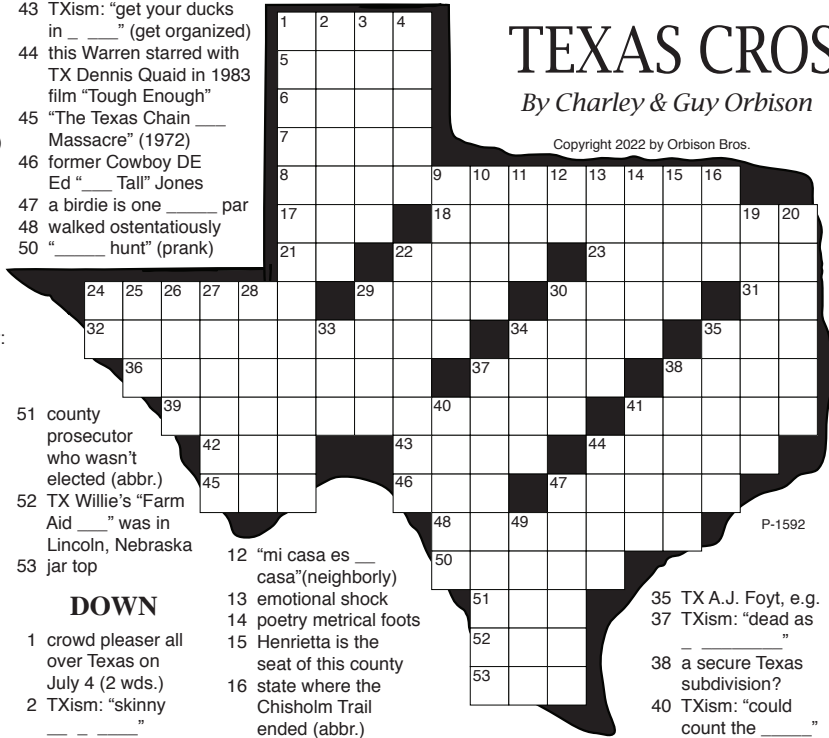
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DOWN

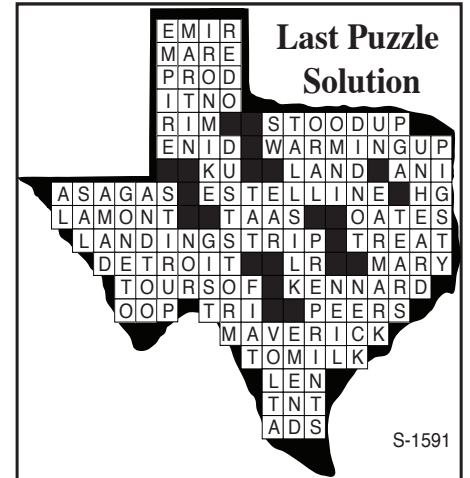
- 1 crowd pleaser all over Texas on July 4 (2 wds.)
- 2 TXism: "skinny ___"
- 3 TXism: "it'll ___ something better comes along"
- 4 between meals treat
- 9 TXism: "you can write it ___" (certain)
- 10 "___ a scratch" (unharmd)
- 11 it's now Verizon

- 12 "mi casa es ___ casa" (neighborly)
- 13 emotional shock
- 14 poetry metrical foots
- 15 Henrietta is the seat of this county
- 16 state where the Chisholm Trail ended (abbr.)
- 19 "The Three ___"
- 20 Barbary sheep
- 22 "shoo" is a word said ___
- 24 "Mighty ___" does not flow in Texas
- 25 New Year's ___
- 26 UT-Austin mascot
- 27 AT&T Center and Toyota Center

- 28 country of Astros and Rangers Blue Jays foe
- 29 TXism: "___ mama" (waitress)
- 30 ___-Temco-Vought was a Dallas corp.
- 33 TXism: "he's ___ big for his britches"
- 34 white precipitation
- 35 TX A.J. Foyt, e.g.
- 37 TXism: "dead as ___"
- 38 a secure Texas subdivision?
- 40 TXism: "could count the ___" (light rain)
- 41 TX Buddy Holly's "Not ___ Away"
- 44 TXism: "went to the well ___ too often"
- 47 volunteer worker
- 49 TX Willie's "Farm ___" was in Manor, Texas



Puzzle solution for Crossword Puzzle on page 51.



Last Puzzle Solution

S-1591

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