

Hood County News

MORE THAN A NEWSPAPER | A HOOD COUNTY LEGEND SINCE 1886



[SATURDAY, June 22, 2024]

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LAYTH TAYLOR | HOOD COUNTY NEWS

Cresson volunteer firefighters wipe down the department's new tanker following the traditional wetdown ceremony Friday, June 14.

A blaze of glory: Cresson VFD event presents new tanker, station expansion

BY ASHLEY TERRY
Staff Writer
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The Cresson Volunteer Fire Department “sparked” enthusiasm Friday evening during the unveiling of the department’s new tanker truck and station expansion.

“I am very blessed,” he said. “The Texas (A&M) Forest Service runs a program whereby they will give you a grant up to a certain amount of money to acquire a fire apparatus. I applied for a grant for Cresson to get an additional tanker truck back in July of

2015. But because they’re kind of stingy down in Austin, they don’t fund this very well, and it was quite a number of years later that the Forest Service advised us they were going to award us the grant. Now, prices go up, so their grant wasn’t enough to totally pay for

During the multi-part event, Cresson Fire Chief Ron Becker announced the recipients of the Chisholm Trail 100 Club’s Lifesaving Awards before launching into a presentation regarding the new tanker truck.

the truck — but under the leadership of President Gerald Miller, and the Johnson County Emergency Service District (#1), they provided a program to help us also acquire new apparatus.”

Becker explained this 4,000-gallon tanker will be the third water tanker truck the department will have on the road in Cresson. Tanker 30 was lovingly dedicated in memory of Assistant Chief Bob Cornett, who passed away earlier this year.

“The tradition for new apparatus coming online at the fire department is you wet them down ... and that tanker is going to come around here and made ready to be pushed in to the new additional building that we have back behind here,” Becker said.

Years ago, fire apparatuses were pulled by horses. After returning from a fire, the apparatus and horses were cooled off by wetting and washing them down.

PLEASE SEE CVFD | A5

Spotlight on Mike Linnabery

The dynamic leader of the Granbury Conference Center

BY LAUREN DAVIS
Staff Writer
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In July 2019, Mike Linnabery stepped into the role of operations manager of the Lake Granbury Conference Center, a sprawling 20,000-square-foot facility known for hosting a variety of community events. He hit the ground running as the center buzzed with events ranging from financial wellness workshops to quilting classes and sci-fi festivals. However, Linnabery soon faced an unprecedented challenge that would test his leadership and resilience: the COVID-19 pandemic.

As COVID-19 swept across the globe, the United States government issued warnings in March 2020, urging people to wear masks, maintain social distancing and stay home. The once-bustling conference center transformed into a ghost town. Ironically, one of Linnabery’s favorite books is Ray Bradbury’s Fahrenheit



MARY VINSON | HOOD COUNTY NEWS
Mike Linnabery

451, in which America has been turned upside down; a dystopian nightmare where the character Clarisse says, “No one has time anymore for anyone else.”

During this period, Linnabery remained optimistic and proactive, contributing to a positive outcome for the conference center. Embracing Albert Einstein’s words, “In

PLEASE SEE LINNABERY | A7

County discusses possibility of funding sound study for Bitcoin mining noise

BY ASHLEY TERRY
Staff Writer
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The Hood County Commissioners Court entertained an hour-long discussion last week about the possibility of funding an independent sound study for the Bitcoin data center on Wolf Hollow Court.

“I put this (agenda item) on here to bring to light what’s happening in the approximate 10-mile radius of the Marathon data center,” Precinct 2 Commissioner Nannette Samuelson said during the June 11 meeting. “I’ve heard from many, many people around the area about the loss of value in their homes and property along with other issues that I’m sure we’ll be speaking about today. I have heard from people as far away as Indian Harbor and DeCordova. This is a risk we need to discuss.”

For more than a year, residents have complained about the sound emanating from

the Bitcoin data center owned by Marathon Digital Holdings LLC. According to residents, the low-frequency hum has greatly impacted their lives and health, with many complaining about vertigo, migraines, hearing loss and nausea.

While the agenda item regarding the sound study was eventually tabled for the July 9 meeting to account for more research and information, several residents spoke up to voice their health concerns as well as the impact the noise has had on their property values.

Tom Weeks, who has lived on Mitchell Bend Court for the last 27 years, said his property has become “absolutely worthless” and that his peace has been taken from him due to the Bitcoin noise.

“I cannot even sit on my deck and enjoy a cup of coffee,” he said. “My house vibrates. The (Fort Worth) Star-Telegram was there the

PLEASE SEE BITCOIN | A3



138TH YEAR, NO. 25

Local, zone(s): 4 sections, 38 pages, plus supplements | State: 4 sections, 38 pages

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COMMUNITY BUSINESS

CHAMBER NEWS

Granbury's Hometown 4th of July Celebration and Parade: Providing the 'wow' for 5 decades

Granbury Chamber of Commerce

Did you know the Chamber's original 4th of July parade in July 1974 didn't have a theme? There was no grand marshal either, but the senior citizens of Hood County were saluted at the first event. The first parade theme, in 1975, was "Independence: Texas Style" and featured Mimi Hines from the Fort Worth Comedy Troupe of Phil Ford & Mimi Hines as the first grand marshal. The inaugural parade in 1974 had 51 entries and fireworks cost about \$500.

For the 10th Anniversary in 1984, 4th of July parade co-founders Charlie and Jean Cate were the grand marshals ... the Cates went on to become grand marshals again in 1992 along with Richard and Jane Wagley. Jean Cate was once again named grand marshal in 2014 along with Ralph Walton. Peter Mayhew (Chewbacca of Star Wars fame) was grand marshal in 2001 along with Jia Perkins and the theme that year was "Granbury's All American All Star 4th Celebration." The names of past grand marshals runs the gamut from local and national ce-

lebrities to every day heroes who were making a difference in their community.

This is a perfect lead-in for this year's 50 Golden Years of Stars & Stripes and our parade grand marshal, Kevin Watson with Empire Realty. Kevin was born in 1974; the year the chamber started the annual 4th of July parade tradition, and here we are 50 years later and we're still going strong! The parade will step off from Granbury High School at 9 a.m. Thursday, July 4, and should arrive at the town square by 9:30-9:45 a.m. We currently have more than 100 entries and most of

them are floats from a wide array of organizations, schools and businesses in Granbury and beyond. And, weather permitting, the fireworks display will start about 9:45 p.m. Thursday.

There will be a large variety of vendors on the square beginning Thursday, July 4 and running through Sunday, July 7. There will be live music and family entertainment at Granbury Plaza Thursday, Friday and Saturday afternoons and family entertainment at the Plaza on Sunday afternoon. A static display of a U.S. Army armored personnel carrier and other former military equipment is available for viewing at the Langdon Center all weekend, and just added: a 30-minute laser light show Saturday at 9:30 p.m. downtown on Bridge Street will light up the area!

The numbers of volunteers who have been a part of this amazing tradition numbers in the thousands, and we couldn't be more proud to have been a part of building Granbury's history as the Celebration Capital of Texas! It's almost time to party, y'all!!



SCHEDULE OF EVENTS

JULY 4

- 7:15am | Kiwanis Firecracker 5k Run/Walk at Tidwell Field
- 9:00am | Parade at Beginning At Granbury High School
- 9:00am-5:00pm | Vendors on the Square
- 11:30am | Mambrino Music Crew at Granbury Square Plaza
- 12:00pm | Texas Elite ATA Martial Arts Demo at Granbury Square Plaza
- 1:00pm-2:00pm | Mysterious Scoundrels Trio at Granbury Square Plaza
- 3:00pm-5:00pm | Jason Elmore and the Hoodoo Witch at Granbury Square Plaza
- 7:30pm | Granbury TX 4th of July Rodeo at Reunion Grounds
- 9:45pm | FIREWORKS SHOW! K-HITS 95.5 will simulcast the Fireworks Show.
- *Military Vehicle Display at Langdon Center All Day-All Weekend

JULY 5

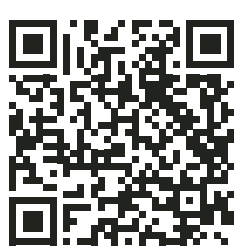
- 10:00am-5:00pm | Vendors on the Square
- 10:30am | YMCA Line Dancing at Granbury Square Plaza
- 11:00am | Dance Dreams at Granbury Square Plaza
- 11:30am | Texas Elite ATA Martial Arts Demo at Granbury Square Plaza
- 1:00pm-2:00pm | Jason Cartmell Trio at Granbury Square Plaza
- 3:00pm-5:00pm | Landon Dodd & TheDancehall Drifters at Granbury Square Plaza
- 7:30pm | Lost Shaker of Salt at Granbury Live
- 7:30pm | Granbury TX 4th of July Rodeo at Reunion Grounds
- 7:30pm | Disney's Newsies The Musical at Granbury Opera House

JULY 6

- 10:00am-5:00pm | Vendors on the Square
- 10:00am | YMCA Zumba at Granbury Square Plaza
- 10:30am | Gym-Kat Sport Center at Granbury Square Plaza
- 11:00am | Hot Dog Eating Contest by Southern Star Market at Granbury Square Plaza
- 11:30am | Texas Elite ATA Martial Arts Demo at Granbury Square Plaza
- 1:00pm-2:00pm | The Suitcase Trio at Granbury Square Plaza
- 2:00pm & 7:30 pm | Disney's Newsies The Musical at Granbury Opera House
- 3:00-5:00pm | Texas Slim Trio at Granbury Square Plaza
- 7:00-9:00pm | Mysterious Scoundrels at Bridge Street
- 7:30pm | Lost Shaker of Salt at Granbury Live
- 9:30pm | LASER LIGHT SHOW at Bridge Street

JULY 7

- 10:00am-4:00pm | Vendors on the Square
- 1:00pm | Texas Elite ATA Martial Arts Demo at Granbury Square Plaza
- 1:30pm | Pie Eating Contest at Granbury Square Plaza
- 2:00pm | Disney's Newsies The Musical at Granbury Opera House



Scan the QR code for a full list of events, trolley info, and where to watch the parade and fireworks.
granburychamber.com/hometown-4th-of-july/

RIBBON CUTTINGS



Bogeys & Stogies: Grand opening of new location, located at 110 N. Lambert St.



Integrity Urgent Care: Grand opening, located at 805 Hill Blvd., Suite 102.

PLEASE SEE MORE COMMUNITY BUSINESS | A4

GRANBURY'S HOMETOWN 4TH OF JULY CELEBRATION

FROM MY FRONT PORCH

White sport utility vehicles are a dime a dozen



BY SAM HOUSTON

Sam Houston is the publisher of the Hood County News. He is also an actor, author, playwright, performer and entertainment producer/promoter. sam@hcnews.com | 817-573-7066, ext. 260

My, oh my, how automobiles have changed since I got my first driver's license some 50-plus years ago. I'm not sure young people today really understand or appreciate the role a vehicle played in society back then. Automobiles were special: they were designed for appearance and for power instead of fuel mileage. Each model was iconic in its own way. People connected to their car, and it helped to formulate their identity.

Nowadays new car models roll out and nobody even knows it has happened. But back in the day, the annual ritual of unleashing the new model cars was something

people looked forward to. There was a great deal of curiosity about what the new models would look like and what exciting new features they would have. Many au-

tomobile dealerships would rent huge search lights and place them in front of their dealership to draw attention, hoping to lure prospective buyers in for a glance. What the new cars would look like was kept a secret until the unveiling day, driving thousands insane with curiosity. Many people would not consider buying a new car in late summer for fear that one of the new cars introduced in the fall would be so spectacular they would want to change their mind as to which car to purchase. The new cars and what they looked like were a common topic of conversation around the water fountain at work, the dinner table, and a huge part of our society. They each had their own style and appearance and were distinctively different from other cars on the road.

Nowadays cars look so much alike because emission standards, fuel consumption standards and safety

standards have compelled engineers to use similar design styles. Back in the '60s and '70s no one would confuse an Oldsmobile Cutlass with a Chevy Impala, nor a Dodge Charger with a Pontiac Tempest. They each had their own special look, design and appeal. Often the car manufacturers designed cars to project a certain image for the buyer and the image was magnified in their advertising. It was your chance to "see the USA in a Chevrolet." People loved it.

My favorite car as a young teenager was the Buick Riveria. The Riveria was a huge vehicle with a unique grill and tapered back side. It was powerful, had a spacious and luxurious interior, and had an aura of individuality. It was not quite as classy as a Cadillac or a Lincoln, but it was special — like something a movie star or a sports figure would drive. It was the epitome of coolness. This past January, I found

myself needing to purchase a car. I wanted something comfortable, efficient, trustworthy and reliable. I settled on a white-colored SUV. Now some six months later, I have been pleased with how the car drives, operates and functions. It has gotten me to work without fail, has room for passengers and there has not been a single mechanical problem. So, what is the problem? There is no pride in ownership: there is no joy or exhilaration in driving the car. It is simply utilitarian.

Recently I went to the grocery store and when I completed my shopping and returned to the lot, I became confused. There were four other white SUVs parked around my car and I could not differentiate between those vehicles and determine which was mine. There was a Lexus, a Nissan, a Chevrolet and a Toyota, and in a quick glance they all looked the same. The outline was the same, they were all

white, they all had a similar grill, and the rear of the cars were almost identical. I finally figured out which one was mine, but I drove away knowing cars were no longer a way to express individual tastes and personalities. They were simply a way to get to work, the bank, and to drop the kids off at school. The images of an Oldsmobile Cutlass convertible, a Mercury Cougar, or a Plymouth Roadrunner were for days gone by, and for auto shows. The American public has gone from owning units of individual expression, to personal buses that provide transportation. Nowadays cars are better made and more reliable, but I miss the thrill of individual expression. Those were the good old days!

Thought for the day: Take care of your car in the garage, and it will take care of you on the road.

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

Folks around town



MARY VINSON | HOOD COUNTY NEWS

Lily Ainsworth

Say hello to our neighbor, Lily Ainsworth!

Lily moved to Hood County in 2018, initially settling in the Cresson area. In 2019, she then moved a little further southwest to find her happy place in Granbury. She now enjoys being able to step out her front door for a short walk to the lovely historic square. Lily often meets friends to enjoy the food, entertainment, and ambiance that our beautiful downtown area has to offer. "I grew up in Fort Worth. I like the difference; it's much quieter here in Granbury," she says. Lily enjoys the laid-back atmosphere and finds it easier to strike up conversations with people in Granbury. We caught up with Lily while she was enjoying ice cream at the Silver Saddle Saloon with her best friend (more like a sister), Destiny, her baby, niece, and nephew. Destiny lives close by, and the foursome often accompany Lily on outings and activities. The Hood County Library is a favorite destination, where they engage in a lot of fun stuff with the kids, nurturing Lily's creative passions for painting and crafting. The Hood County News is a great resource for keeping up with a multitude of local events. Lily appreciates the Hood County News for keeping her and her neighbors informed when the news broke about the historic 2023 Nutt House Hotel blaze.

BITCOIN

FROM PAGE A1

other day, noticing liquids and jars vibrating. I'm sick of it ... The problem is, if we fix this problem, this is going to be stuck to us for years. There's a stigma. It's going to be 'hands off this area.' I'm concerned. I don't like losing money, I don't like watching my neighbors lose money, and I'd like some peace and quiet. There's nobody here to blame, but I just think something has got to be done. It's ridiculous."

Larry Potts, who lives on Contrary Creek Road, said he and his wife live within a quarter mile of the Bitcoin plant. He said he is not opposed to people making money, but he does oppose the sound pollution. He also brought up how his grandchildren had to come down \$100,000 when they sold their home, as they had to disclose that the noise was continuous.

"You lose a lot of money," he said. "You can't hide that thing when you sell real estate. ... I've had some extremely strong health issues, including a pacemaker because of a heart blockage. I have gone almost deaf in my ears because of the sound. You ever lay at night and listen to the crickets sing? I hear them all the time now."

Resident Cheryl Shadden said she recently contested her property taxes with the Hood Central Appraisal District. She said her taxes have now decreased 50% since living across the street from the Bitcoin plant.

"Realistically, what this has taken from me is \$400,000 in my property value," she said. "My property — like everybody else's in this area — is unsellable. I can't just pick up and move. I've paid for my property for 25 years. I've got five years left to pay on my property. For what? I've appreciated nothing."



ASHLEY TERRY | HOOD COUNTY NEWS

Larry Potts, who lives on Contrary Creek Road, said he and his wife live within a quarter mile of the Bitcoin plant. He said he is not opposed to people making money, but he does oppose the sound pollution.

Resident of Pecan Plantation Ward Dunn said his wife has been a realtor in four different states, including Texas. He said she told him if they ever wanted to sell their home, they would have to disclose the noise in the listing.

"We live near the back gate overlooking River Bend directly at the Bitcoin data mining center," he said. "We have continuing headaches, our dogs won't go out at night, and I can name many, many other things. We are definitely in favor of taking action regarding our property values and funding an independent sound study."

Husband-and-wife duo Nick and Virginia Browning also spoke about the noise, with Nick Browning saying he doesn't believe Marathon is being a good neighbor like representatives from the company have previously claimed. Virginia Browning said she also suffers from headaches and vertigo. She added the noise has caused

animals like deer and coyotes to vacate their property and that she can no longer hear birds flapping their wings outside.

"We've lost just about all the animals out there," she said. "They can't stand it, and neither can we. We do need help from somebody. I don't know what you (have) to do, but gosh dang it, do something."

Contrary Creek residents Daniel and Deanna Lakey — another husband-and-wife duo — also took turns at the podium. Daniel Lakey said they no longer spend their evenings watching the sun go down. He also said the sound waves from the plant June 1 measured 81 decibels at their residence. Deanna Lakey, who is a cardiovascular critical care nurse and hospice RN, said her grandchildren have suffered from ear infections and ear pain. She said her husband has also recently suffered from heart issues but was told by their doctor that the

symptoms were more than likely caused by the sound decibels.

"Our medical doctor told my husband, 'You do not need to go to the emergency room. This is not a heart attack. This is going to be related to what's going on out there with the noise.'" Deanna Lakey said. "Some cardiovascular symptoms have been going on (with me). It is not an internal problem with my heart. ... There's something outside of my internal mechanisms that is making my heart beat to a different rhythm. It doesn't cause chest pain; it causes worry. You do not have control of your heart."

Shannon Wolf, Precinct Chair for 211, said the sound readings Constable John Shirley has taken from the plant far exceed the standards outlined by the Centers for Disease Control and Prevention, Federal Aviation Administration, Occupational Safety and

PLEASE SEE **BITCOIN** | A4

CORRECTION

An article in the Saturday, June 15 edition of the Hood County News about Historic Granbury Merchants Association's new president incorrectly cited the reasoning behind some of the members' departure. A few HGMA members resigned weeks before the organization's latest changes took place. The HCN regrets the error.

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CLASSIFIED DEADLINES
Saturday issue:
10 a.m. Wednesday

GRANBURY ASSOCIATION OF REALTORS

Market Selector May 2024 Market Statistics - Hood County

Local Association
Granbury Association of REALTORS®

Market Type
County

Market Name
Hood County

Frequency
Monthly

Date
May 2024

Property Type
All (SF, Condo, Townhouse)

Construction Type
All (Existing & New)

Median Price
\$357,500
▲ 4.8% YoY

Closed Sales
147
▲ 20.5% YoY

Active Listings
611
▲ 32.8% YoY

Months Inventory
5.6
▲ 1.6 YoY

PRICE DISTRIBUTION

< \$100k	2.1%
\$100-199k	4.9%
\$200-299k	21.5%
\$300-399k	33.3%
\$400-499k	11.1%
\$500-749k	13.9%
\$750-999k	6.9%
\$1M +	6.3%

TRANSACTION TIME STATS

Days on Market
55
2 days less than May 2023

Days to Close
34
5 days more than May 2023

Total Days
89
3 days more than May 2023

GROWTH TREND FOR CLOSED SALES AND MEDIAN PRICE

CLOSED SALES AND ACTIVE LISTINGS

HOME VALUATION STATS

Median Price/Sq Ft
\$195.81
▼ -0.4% YoY

Median Home Size
1,870 sq ft

Median Year Built
2004

Close/Original List
96.3%

GRAPHICS COURTESY OF GAR

The graphic shows the Hood County market statistics for May 2024.

NEW MEMBER SPOTLIGHT

granbury CHAMBER

New Member Spotlight

Mercy Homes

“Residential Care home for the aged, located in the heart of Granbury, Texas and can accommodate all levels of care.”

COURTESY GRAPHICS

New Member Spotlight: Mercy Homes. Residential Care home for the aged, located in the heart of Granbury and can accommodate all levels of care. Thank you for joining the joining the Granbury Chamber of Commerce!

granbury CHAMBER

New Member Spotlight

Clear Drip Wellness

“Our mission is to provide high-quality therapy options. By embodying the value of regular nutritional care and a healthy lifestyle, we strive to empower our patients and community to reach their full health potential.”

New Member Spotlight: Clear Drip Wellness. Clear Drip Wellness is dedicated to pioneering an era of health and wellness by offering IV hydration services that not only rejuvenate and rehydrate but also empower individuals to achieve. Thank you for joining the Granbury Chamber of Commerce!

Hood County Housing Report May 2024

Median price
\$357,500
▲ **4.8%**
Compared to May 2023

Price Distribution

\$0 - \$99,999	2.1%
\$100,000 - \$199,999	4.9%
\$200,000 - \$299,999	21.5%
\$300,000 - \$399,999	33.3%
\$400,000 - \$499,999	11.1%
\$500,000 - \$749,999	13.9%
\$750,000 - \$999,999	6.9%
\$1,000,000+	6.3%

Active listings
▲ **32.8%**
611 in May 2024

Closed sales
▲ **20.5%**
147 in May 2024

Days on market
Days on market: 55
Days to close: 34
Total: 89
3 days more than May 2023

Months of inventory
5.6
Compared to 3.9 in May 2023

About the data used in this report
Data used in this report come from the Texas REALTOR® Data Relevance Project, a partnership among the Texas Association of REALTORS® and local REALTOR® associations throughout the state. Analysis is provided through a research agreement with the Real Estate Center at Texas A&M University.

TEXAS REALTORS TEXAS A&M UNIVERSITY Texas Real Estate Research Center

GRANBURY ASSOCIATION OF REALTORS®

The graphic shows the Hood County Housing Report for May 2024.

BITCOIN

FROM PAGE A3

Health Administration and the U.S. Environmental Protection Agency. “They’re saying anything above 65 is going to cause irreversible damage to people — that’s on the government’s website,” she said. “The government backs it up with research. ... We’re asking that this court do everything in your power to investigate and end this humanitarian crisis. Have no doubt the citizens in Precinct 2 are resolved. We are tenacious, we are organized and

we vote.”

While several residents were in favor of the county funding an independent sound study about the noise, some residents said they didn’t believe the study would lead to any solution or relief.

“No matter how badly someone’s private property development impacts your life ... there’s nothing the county can do,” resident Elizabeth Mercer said. “Flat out in Texas, property rights — if you’re in the county as we are — there’s nothing that anybody can do.” Mercer stated that Senate Bill 1929

— relating to the registration of virtual currency mining facilities in the ERCOT power region that demand a large load of interruptible power — has already been approved. She said, additionally, House Bill 591 — relating to an exemption from the severance tax for gas produced from certain wells — would give the plant more tax exemptions.

She said Senate Bill 1751, which relates to the regulation and tax treatment of facilities, would’ve been helpful, but the bill died in state affairs committee.

“I hope that you guys do some-

thing, but on the record, as hard as my heart hurts for these folks, there isn’t a reason for tax dollars to be spent on the sound study that isn’t going to do anything for them,” Mercer said. “Until the state addresses this, it doesn’t matter how bad you feel, you can’t do anything, and because of this, I want you to explain to me why all of the other precincts in the county are being asked to fund a sound survey when you can’t do anything about this.”

Resident Tina Brown said she also had some concerns about the legal-

PLEASE SEE **BITCOIN** | A7

CALENDAR

ONGOING

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

TUESDAY, JUNE 25

MID CITIES Stamp Granbury Branch meets at 7 p.m., Bentwater Activities Center, 1800 Emerald Bend Court. Presentation by Skip Ely on collectable varieties of the 37 cent stamp. Questions call 817-910-8174.

FREE HEALTH and Wellness Expo at the Hood County Senior Center at 501 East Moore Street from 1-4 p.m. Local health and wellness experts offer information, resources and education on living as or caring for older adults. For more information call Trish at 817-573-5533.

THE HOOD County Republican Club meeting will be at Brazos Covenant Ministries, 1950 Acton Highway, Granbury. Speaker: Jaco Booyens on “Breaking Down Alarming Realities of Human Trafficking,” joined by Dr. Shannon Wolf. Social hour and light meal. Doors open at 5:30 p.m.; meeting at 6:30 p.m.

WEDNESDAY, JUNE 26

FIRST BAPTIST Church Vacation Bible School. Free program, theme is “Ready, Set, Move.” Drop off begins at 9 a.m., program begins at 9:30 a.m., parents return at 11:30 a.m., all welcome to stay for lunch which is provided. Questions? Debra DeSario 817-573-7137 or 830-446-0454

FRIDAY, JUNE 28

HOOD COUNTY Americans will meet at Harbor Lakes Country Club, 2100 Clubhouse Drive from 5:30-7:30 p.m. The event will feature speaker of the Texas State House candidate Hannah Bohm. Topic “Defending Democracy: America Cares.” Join the group for “Defending dignity for all Texans.” Questions? Call 972-345-0271.

FREE TRAVEL presentation about Spain at noon as part of the Healthy Connections program at Lake Granbury Medical Center. To register call: 682-500-1524.

SUNDAY, JUNE 30

GRANBURY COMMUNITY Bank Free Patriotic Concert, 3 p.m. at Granbury Baptist Church, 1200 Weatherford Highway.

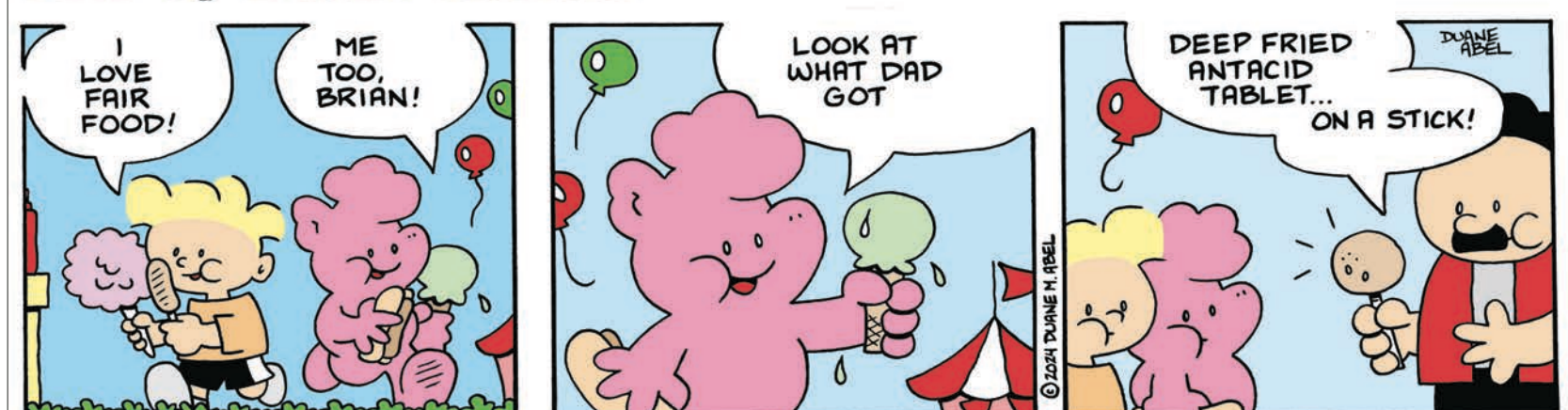
SUNDAY, JULY 7

GRANBURY JAZZ Orchestra Free Concert, 3 p.m. at Granbury Baptist Church, 1200 Weatherford Highway.

TO SUBMIT CALENDAR ITEMS

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

ZED by Duane M. Abel



Local first responders recognized for lifesaving efforts

BY ASHLEY TERRY
Staff Writer
ashley@hcnews.com

CRESSON — Local first responders were recognized by the Chisholm Trail 100 Club for their lifesaving efforts on two separate incidents during the Cresson Volunteer Fire Department's Open House/Celebration event June 14.

FEB. 17 LIFESAVE

According to an award recommendation by Cresson Fire Chief Ron Becker, 76-year-old Norman Davis of Colleyville was enjoying an outing with his son, Aaron, at the Motorsport Ranch facility in Cresson Feb. 17.

Davis was at the wheel of one of the high-performance cars at the DriveXotic attraction, speeding around the



track, when his instructor/coach Jimmy Farr noticed

Davis was not responding. Farr brought the car to

Board members from the Chisholm Trail 100 Club present a Life Saving Award to Jimmy Farr.

LAYTH TAYLOR
HOOD COUNTY NEWS

a safe stop and instructors Ryan Crawford and Hayden Whiteside hurried to assist with the emergency. They alerted Bailey Stone, an EMT with the DeCordova Bend Estates/Acton Volunteer Fire Department (and a paramedic student), that a driver had fallen asleep, and the instructors couldn't wake him.

Stone drove to the unresponsive Davis after requesting DriveXotic Manager Josh Hough to activate emergency responders by calling 911. She began to direct lifesaving measures for Davis. The instructors initially at Davis' side determined he was

pulseless and began providing lifesaving CPR. Ray Whitehead, the acting manager of the facility, brought crucial supplemental oxygen to the scene.

At 10:33 a.m., Texas EMS and the Cresson Volunteer Fire Department (CVFD) were dispatched to the facility for an "unknown problem." CVFD Firefighter and Motorsport Ranch employee Scott Delaney responded, assessed the situation, and directed other arriving CVFD personnel to Davis' location.

Delaney advised that CPR was being provided to Davis. CVFD Chief Becker directed Firefighter Joey Falter to bring CVFD's LifePak 15 monitor/defibrillator to Davis' side and CVFD's EMT (also a paramedic student) Trystan Garrison to confirm the patient's status. CVFD

Chief Becker relieved the track staff and began providing chest compressions. It was confirmed that Davis did not have a pulse.

The track staff informed the CVFD responders they had delivered two defibrillation shocks to Davis with the facility's Automatic External Defibrillator without reviving Davis. Immediately it was determined that he was suffering ventricular fibrillation. CVFD's Garrison and arriving Texas EMS Paramedic Supervisor Michael Ward defibrillated Davis at the recommended 200 joule energy setting within a couple of minutes of CVFD's arrival. Chief Becker resumed CPR when he noticed Davis' chest began rising on its own.

It was confirmed that Davis

PLEASE SEE **AWARD** | A6



A crowd gathered inside the Cresson fire station to enjoy burgers and hot dogs during an open house Friday, June 14.

PHOTOS BY **LAYTH TAYLOR** | HOOD COUNTY NEWS

CVFD

FROM PAGE A1

The tradition began that when a new apparatus is first placed into service, it is ceremonially wet down and washed down.

The Cresson Volunteer Fire Department continued that tradition June 14, by wetting down its new Tanker 30 with master streams from Engine 30 and Engine 330.

After the tanker wetdown ceremony, members of the CVFD wiped down the truck with rags. Once completed, the tanker was ready for its new home in the department's station expansion.

"The Hood County commissioners have been gracious enough to provide us funding through ARPA (American Rescue Plan Act) to expand our facilities here," Becker said. "You look around and see we've got shelves sitting with stuff everywhere, and we're going to be able now to move trucks around a little bit better. Frankly, we're parking trucks outside right now, but we will cut the ribbon on this new building and layout the new tanker to be pushed into the new building."

Before the tanker could be pushed into the station, however, another tradition had to take place. This tradition — called "topping out" — is when an evergreen tree is placed on top of a new building.



The Cresson Volunteer Fire Department's new tanker backs up to the station's addition to be wiped down and pushed in following the traditional wetdown ceremony.

"It all started when the last beam was placed in a facility like this on a new construction project," said David Hendrix, member of the CVFD. "The milestone is commemorated by painting a beam white. I don't know that we did that in here, but that white beam is normally

signed by the construction crew, the owners, the dignitaries, and banking officials for posterity, so each beam usually has an evergreen tree placed on top of it.

"In the steel trade, the tree signifies that construction has reached the sky without loss of life or injury, so it's a

very important tradition and holds a high significance. The tradition was originally spread by the Vikings. They reached America through the Norwegian iron workers in 1898, so it's been a tradition that's been around for a long, long time. The tree actually symbolizes posi-

tive things and good luck for future occupants — which definitely we need as a fire department serving four counties."

Once the tree was placed on top of the new station expansion, Tanker 30 was officially pushed in — kicking off the rest of the event's

festivities.

Residents had the opportunity to engage with local firefighters through demonstration stations, where they could handle a real fire hose and use extrication tools — fostering community connection even on a smaller scale.

Brave community members were also invited by the CVFD to experience riding in a basket attached to an aerial work platform at the end of a ladder.

In total, 200 guests braved the heat Friday to help CVFD celebrate three major accomplishments: the new fire tanker, station expansion, and the recognition of several local first responders who saved not only one, but two lives.

"We had fun visiting with lots of our community members in a setting different than being called to their side for some problem," Cresson Volunteer Fire Department wrote in a post on its Facebook page. "Thank you so much for letting us earn the right to serve you and thank you to all the surrounding government agencies (City of Cresson, Hood County, Johnson County ESD 1, Parker County ESD 6, Tarrant County ESD1, Texas Forest Service) who make it possible for us to do what we do. We're humbled by how many of you turned out to join us on a hot Friday afternoon."



Samuel Escobedo, a Cresson volunteer firefighter, is lifted by the ladder truck and holds the tree for the topping off ceremony of the fire station's expansion.



Young attendees enjoy some hands-on experience with water hoses Friday, June 14, during a Cresson VFD open house.



Volunteer Firehouse 70 assists in controlled burn, gains training experience

BY LAUREN DAVIS

Staff Writer
Lauren@hcnews.com

The dedicated volunteers of Hood County Station 70 Volunteer Fire Department recently conducted a controlled burn on the property of Virg Thomas in Thorp Spring, demonstrating their commitment to community safety and firefighting training.

Thomas had gathered a significant amount of brush and large trees, creating a massive pile in the middle of his field. Concerned about the potential risk of the fire spreading to nearby fields or his home, he reached out to volunteer firefighter Kyle Magby, who made arrangements with Firehouse 70 to assist with the containment of the burn.

"I asked Station 70 if they could help with a controlled burn," Thomas explained. "They sent out a truck and a couple of volunteer firemen to set the fire and ensure it didn't get out of hand. It was a really large pile, and I wanted to make sure it was managed safely."

The firefighters from Station 70 not only ensured the safety of the controlled burn but also used it as a training exercise for their firefighter trainees like Kolton Krottinger. The team employed a brush truck, which carries 300 gallons of water, enabling the firefighters to keep the perimeter of the burn pile wet. The volunteers monitored the fire for several hours, ensuring it stayed under



control and did not threaten the surrounding area.

In appreciation of their efforts, Thomas, along with The Pearl Street Advisors, donated to Volunteer Firehouse 70. "I wanted to do something nice for them," Thomas said. "They were out there for several hours, and their dedication deserves recognition."

The volunteers' focus on safety, training and service means residents can always count on them when needed. For those interested in similar assistance, Firehouse 70 can accommodate requests for controlled burns

when possible, providing both safety and training benefits for their volunteer firefighters.

Firehouse 70's willingness to help residents with controlled burns greatly benefits the community. "We usually get called out two to three times per week for controlled burns," said Krottinger.

For more information or to support Volunteer Firehouse 70, visit the station or contact them directly. Their commitment to serving Hood County positively impacts the residents, ensuring their safety and well-being.



PHOTOS COURTESY OF KOLTON KROTtingER

ABOVE: Volunteer firefighter Kyle Magby stands in front of a large burn pile.

LEFT: Three volunteer firefighters (L to R), Chase Wilson, Taylor Nabors, and Kyle Magby, controlled a large brush fire on Virg Thomas' property.

AWARD

FROM PAGE A5

had regained a pulse, and he was immediately transferred to the Texas EMS ambulance where supportive care was provided by Garrison, Ward, Texas EMS Paramedic Corbin Bullington and EMT Jonathan Head. It was determined at that point that Davis had apparently suffered a posterior myocardial infarction — a very dangerous heart attack.

The Texas EMS providers decided it would be best for the recovering Davis to be transferred to definitive care by air medical helicopter. CVFD Firefighters Kevin Olivarez and Matthew Vaughn secured a safe landing zone for the helicopter. Davis' son, Aaron, joined Chief Becker in the CVFD's command vehicle and was kept informed of what was being done for his father.

The following Monday, after his condition had stabilized, Davis was provided cardiac catheterization. On Feb. 25, Davis returned to his home with no neurological deficits from his cardiac arrest experience.

Becker's award nomination recommends the seven Motorsport Ranch employees be recognized for their crucial role in Davis' successful outcome.

"Had they not acted quickly to start CPR and maintain some level of perfusion to Mr. Davis, he would not have survived, with at least a 15 minute 'down time' from onset to converting defibrillation," Becker's letter states. "It's important to publicize the important steps bystanders at these types of emergencies can take to make a difference rather than just stand to the side. We need more engaged and prepared businesses and employees with AED's readily available as illustrated by this event."

"I also recommend recognition of the six CVFD firefighters. Their immediate response and quick appropriate actions with more sophisticated equipment made the critical difference in saving Mr. Davis' life. I recommend recognition of the three Texas EMS responders who monitored Mr. Davis' post-resuscitation status. As he stabilized, they provided just the needed and appropriate interventions."

Fifteen local first responders were awarded for their heroic actions during Cresson's Open House event, including: Cresson Fire Department responders Becker, Trystan Garrison, Joey Falter, Kevin Olivarez, and Matthew



Firefighter Rita Lenig receives a Live Saving Award related to a May 26 incident.

LAYTH TAYLOR | HOOD COUNTY NEWS

their life."

According to Becker, the two lifesaving occurrences can largely be credited to the use of a relatively expensive device called a LifePak 15 monitor/defibrillator. In fact, the CVFD was able to purchase this important piece of equipment through the city of Cresson's remaining American Rescue Plan Act (ARPA) funds.

"The city of Cresson was able to transfer good use of their ARPA funds," Former Mayor Teena Putteet Conway said. "The specific requirements that you can use them for, the city didn't meet any of them, so we were able to move those funds over to the fire department to buy additional lifesaving equipment. Instead of having one of those units, now we will have four of those units. It's a big deal. You don't make these lifesaving attempts and success stories without the proper equipment."

Becker thanked the city of Cresson for letting the department acquire additional LifePak 15 units, so they could be placed on different firetrucks. He also recognized Parker County ESD #6 for providing one of the units a few years ago.

"These gentlemen that are here probably wouldn't be here with us had Parker County ESD #6 not provided this piece of equipment to us to use, so you can understand why we're excited to expand our capabilities and get more of those on different trucks," Becker said. "Those of you who don't know, we do have a railroad crossing in Cresson, and we want to make sure that we're equipped adequately on both sides of that."

Jon Puryear, EMS CE (continuing education) instructor for the Chisholm Trail 100 Club, also recognized CVFD for its high number of life saves throughout the years.

"We've been on this committee since its inception, but I want you to realize one main thing — that Cresson Fire Department has had by far the most saves," Puryear said. "I've been in this business for 42 years now (and CVFD has had) six saves. In all the counties and cities that we serve, I have done about five life saves, so I want you to understand what a great department that you have led by Chief Ron Becker."

Vaughn; Motorsport Ranch responders Scott Delaney, Jimmy Farr, Ryan Crawford, Hayden Whiteside, Bailey Stone, Josh Hough and Ray Whitehead; and Texas EMS responders Michael Ward, Corbin Bullington, and Jonathan Head.

MAY 26 LIFESAVE

In the early morning hours of May 26, the Cresson Volunteer Fire Department and Texas EMS were dispatched to a rural residence for a cardiac or respiratory arrest, according to Becker's award nomination. Given the chaotic nature of the information provided to the Hood County Sheriff's Office dispatcher, deputies were also dispatched.

At 3:18 a.m., the first Cresson apparatus arrived from its station 9.1 miles away. Cresson Firefighter/EMT Samuel Escobedo and Firefighter Matt Vaughn arrived to find a 19-year-old male lying on his back outside in the yard, not breathing and pulseless. No bystander CPR was being performed.

Firefighter Vaughn immediately began providing chest compressions while EMT Escobedo attached Cresson's monitor defibrillation pads. Escobedo initially observed asystole. Cresson Operations Chief/Paramedic Jerad Gomez arrived and confirmed Escobedo's initial assessment that the male was pulseless and not breathing. After approximately three additional minutes of CPR

by Vaughn, a second rhythm check indicated ventricular fibrillation. While Escobedo prepared to deliver a defibrillation shock, the young patient began to attempt to breathe. The patient's rhythm transitioned from ventricular fibrillation to a regular perfusing rhythm.

Escobedo confirmed the young patient's pulse had returned, but the patient's respirations were shallow. Escobedo inserted an airway adjunct and assisted ventilations with 15 liters per minute of oxygen using a bag valve mask device. Paramedic Gomez obtained IV access. Lt./ECA Kevin Olivarez arrived and 4 mg of Narcan was administered intra nasal due to the respiratory challenges being experienced by the patient. Cresson's policies provide for all available personnel to respond to a cardiac arrest in case hands-on CPR is required. Accordingly, Lt/EMT Richard Ward, Lt/ECA Rita Lenig and Firefighters David Hendrix, Joey Falter, and Michael Thompson arrived in short order.

During the successful resuscitation, Hood County Deputies Jonathan Granado, Mel Boschwitz, Aaron Stone, and Sergeant Cathy Boone were very busy providing a safe working environment for the Cresson responders due to a chaotic scene involving verbal and physical altercations between bystanders.

Texas EMS Paramedic Jacob Gutierrez and EMT Michael Alvarado arrived and provided supportive

care while transporting the young patient to the hospital. After several days of hospitalization, according to the patient's brother, he was released with no neurological deficits.

"I recommend recognition of the Cresson responders for their life saving actions, the Hood County Sheriff Deputies — who without their scene control the Cresson lifesaving actions could not have been performed — and the Texas EMS crew who provided essential stabilizing care while transporting the young patient to the hospital," Becker's letter states.

Fifteen first responders from the CVFD, HCSO and Texas EMS were recognized June 14, for their lifesaving actions on the morning of May 26. They include Cresson Fire Department responders Samuel Escobedo, Matthew Vaughn, Jerad Gomez, Kevin Olivarez, Richard Ward, Rita Lenig, David Hendrix, Joey Falter, and Michael Thompson; Hood County Sheriff Deputies Jonathan Granado, Mel Boschwitz, Aaron Stone and Sergeant Cathy Boone; and Texas EMS Responders Jacob Gutierrez and Michael Alvarado.

"Virtually all first responders, whether it be the police, fire or ambulance, what we do is just part of the job," Tom Cowan, chairman of the awards committee for the Chisholm Trail 100 Club said during the event. "We look at it as just doing what we're supposed to do. From the public's perspective and from

the perspective of the person who is undergoing an emergency, we're heroes. I think basically to each of us, we're heroes as well, because it takes a special kind of person to put themselves out there and be in a position to help people."

The Chisholm Trail 100 Club is dedicated to supporting the first responders in the counties of Johnson, Somervell and Hood. Currently, the organization provides up to \$80,000 in line of duty accidental death and dismemberment benefits to over 1,985 law enforcement officers, firefighters, correctional officers and emergency medical personnel. The club also provides a benevolence disbursement to the family of an active first responder who dies off-duty. All benefits are 100% paid for by members and corporate donors and are also provided at no cost to the first responders.

The Lifesaver Award acknowledges first responders who performed lifesaving skills on a patient/victim in respiratory arrest or full cardiac arrest, which resulted in the patient being resuscitated and returned home alive. Nominations may include patient, family, department, and community testimonials, commendations and relevant media articles.

Every award recipient was presented with a certificate, a lapel pin and a lifesaving clock with an inscription that reads, "the most precious gift a person can receive is the gift of time with which to live

Hospital District board votes to publicly release audio recordings of meetings

BY **ASHLEY TERRY**
Staff Writer
ashley@hcnews.com

The Hood County Hospital District board of directors unanimously voted to begin uploading official audio recordings of its meetings to the Hood County website, during a regularly scheduled meeting June 14.

Before discussion began on the topic, Board President Christy Massey expressed hesitancy about purchasing audio equipment for this purpose as it was just “one more expense,” to the county.

Precinct 2 Commissioner Nannette Samuelson — who placed the item on the agenda — explained that her husband had donated a recording device to the board; therefore, the county would not have to provide additional funding for equipment.

“Well, that’s your recording then,” Judge Ron Massingill said. “We’re not ashamed of anything that’s come up. We’ve got all these citizens. We at least have three recordings being made out here right now, and that makes four; that’s fine. We have enough. We don’t have to undertake this hospital district to say we’ve created an official recording.”

“In the light of being transparent with everything — because this is a hard time of day for people to come that want to hear what’s going on at noon on a Friday — I would like to make the motion that I’ll do the recording ... and that this audio recording be posted on the county website along with the minutes,” Samuelson said.

Resident Donnie Stone also echoed Samuelson’s comment about what time of day the meeting takes place every month and agreed that the board needs to be more transparent with the community.

“I know that we do have multiple people recording, but in light of you guys asking for, you know, \$2 to \$3 million in taxes, it’s not going to hurt you to be more transparent,” Stone said. “I’m one of your biggest advocates in the hospital district, and it’s really hard to defend when it looks like you’re not being transparent or giving all the information to the public. I know that you don’t think that, and I’m not accusing you of that, but I’m just saying the more information that you can get out to more people on a regular basis, the more fans you are going to have when it comes time to pay. Not only are we transparent now, but we’re going to be transparent when we have \$2 or \$3 million of your tax money.”

Stone asked Samuelson if the meeting minutes were also available online for the public to view. Samuelson said they will be available once the new website launches.

“That’s my other point is we have yet to see any minutes from the public’s side of the Hospital District board, so I just encourage you to be as transparent as possible, just to get more information out because you’re trying to get people to agree to a tax in this county right now,” he said. “Like, we all realize that’s the challenge in itself, but the more transparent you can be, I think that would be better for you guys.”

“I agree with you 100%,” Precinct 4 Commissioner Dave Eagle said.

“So, the vote is for you to be able to take and record the minutes and you’re going to put it on the website?” Massingill asked, with confirmation from Samuelson. “I’m totally for that. Great. Good luck.”

With a motion on the table and a second from Eagle, the vote was called; the motion passed unanimously.



The Hood County Hospital District board of directors discuss implementing a formal procedure for public comment during a regularly scheduled meeting June 14.

ASHLEY TERRY | HOOD COUNTY NEWS

Hospital District board adopts formal public comment procedure

BY **ASHLEY TERRY**
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The Hood County Hospital District board of directors unanimously approved the adoption of a formal procedure for public comments, during a regularly scheduled meeting June 14.

Previously, the board has allowed residents to speak up at any point during meetings, but Precinct 2 Commissioner Nannette Samuelson said she thinks a formal procedure will clear up any confusion regarding when members of the public are allowed to speak.

“The only thing I thought — and people in the public can weigh in on this — is that some people don’t know if they can chime in,

so if you have a form and a procedure, they know, ‘OK, I just fill out the form and then I can speak on the topic I’m interested in.’” Samuelson said. “I just want people to know when it’s appropriate to speak.”

“The times I’ve sat on this board, I’ve looked out here and there has been zero people show up to talk,” Precinct 1 Commissioner Kevin Andrews said. “Well, as you can see, there’s some interest that has been

fostered of late, and I think going ahead and putting the formal procedure in place makes sense.”

Resident Donnie Stone spoke up to explain that having a structure would give residents an opportunity to speak up when it’s appropriate.

“It feels rude to raise our hand,” he said. “I don’t want to inject in y’all’s conversation just to make a point ... I mean, you can be flexible with the structure and still allow people to say something if something comes up, because like, for example, in commissioners court, if something’s brought up by another speaker, and you haven’t filled out a paper, you can’t say anything. There’s been a lot of times where we may have wanted to say some-

thing, but if you’re a little bit more flexible with that structure, but still having it there, I think it would be a good idea.”

Board President Christy Massey said she is fine with having a paper at the door to allow residents to sign if they wish to speak on an agenda item, but also said community members can still raise their hand if they wish to make a comment.

Samuelson made a motion to adopt the formal procedure for public comment and the motion was seconded by Precinct 4 Commissioner Dave Eagle. The motion passed unanimously.

The next regular meeting of the Hood County Hospital District board will take place Friday, July 26, at noon.

“We’re hoping to get more young blood, fresh ideas and more energy. If we can get some college kids in there and people who are just out of college, they can start hearing from those people, you know, their experiences, that sort of thing, and they’re going to be able to relate really well.”

DONNIE STONE
Resident

LINNABERRY

FROM PAGE A1

the middle of every difficulty lies opportunity,” Linnaberry and his team took advantage of the downtime to make significant improvements.

Reflecting on the obstacles posed by the pandemic, Linnaberry said, “It (COVID-19) was obviously a challenge (for us) like it was with everybody in the community, so we took that time ... restructured our schedule to do things like resurface the entire floor.” The project involved grinding concrete, resurfacing and staining, perfectly timed with the pandemic-induced lull in sched-

uled events. Linnaberry’s mindset of making the most of each day carried the team through the tough times.

His personal interests and background further illustrate Linnaberry’s character. Growing up in Sugarland, he spent his summers playing baseball, a sport he still loves. He is a devoted fan of the Dallas Cowboys, the Texas Rangers and the Houston Astros — he even worked briefly in the marketing department for the Houston Astros. At 15, he worked as a sacker at Randall’s grocery store, where his affinity for interacting with people became evident. “I am a people person,” Linnaberry says. “I like

people, all people.”

Outside of his professional life, Linnaberry is a devoted father to his two adult children, Carlin and Haven. He built enduring relationships and a strong support system with his sons as they grew up. They made the most of every day, whether it was boating, golfing or hiking. The most memorable, albeit bittersweet, parenting moment was when each of his boys left the nest—moving off to college.

In his nearly three decades in the Granbury area, Linnaberry served as director of operations for Glen Lake Camp and Retreat Center and owned and operated Inn on the River in Glen Rose.

His path to managing the Lake Granbury Conference Center was influenced by Tammy Dooley, director of Visit Granbury. Years earlier, Dooley had been a mentor to Linnaberry, so after he sold the Inn on the River, her connection provisionally opened the door for the Texas State University graduate to manage the Lake Granbury Conference Center.

Faith is a cornerstone in Linnaberry’s life, guiding his approach to his work and interactions. “I like seeing lasting moments and memories being made,” he says. With COVID-19 now in the rearview mirror, the Lake Granbury Conference

Center’s calendar is again bustling with exciting bookings. One particularly heartwarming, memorable occasion for Linnaberry was an event for people having difficulty making ends meet. The focus was on teaching registrants budgeting and money management skills. The event, supported by multiple vendors, provided services, groceries and utilities, and illustrates the center’s role in community support.

Linnaberry’s challenge for the future is maximizing hotel occupancy with two-day conference center bookings, creating another win-win for the city.

For those considering a career in the hospitality

business, Linnaberry offers sage advice: “They have to genuinely love interaction with people. They have to look for the things that work — the things that are positive — the things that would make people’s experiences good ... They have to learn to never say no.” Linnaberry emphasizes the importance of finding a way to say no without actually saying no, a skill crucial for effective leadership.

As the Lake Granbury Conference Center looks to the future, Linnaberry’s leadership, community focus and unwavering optimism continue to drive its success and impact on the community.

BITCOIN

FROM PAGE A4

ity concerning the county using taxpayer dollars to fund a sound study.

“I’m wondering how much this sound study would cost, and can we even legally do something and spend taxpayer money on something that we can’t do anything about? It sounds like we may end up in more trouble legally by doing that,” she said. “Has anybody brought this to the county attorney’s attention about spending money on something that we have no authority over?”

In addressing Brown’s concerns, Hood County Judge Ron Massingill asked County Attorney Matt Mills to give the court his legal position on the matter.

Mills said he wasn’t aware of the agenda item but said



Resident Cheryl Shadden said she recently contested her property taxes with the Hood Central Appraisal District. She said her taxes have now decreased 50% since living across the street from the Bitcoin plant.

ASHLEY TERRY | HOOD COUNTY NEWS

he has been working with Shadden for months to see if there’s a civil action that

can be taken. He also said he agrees HCAD is over-evaluating properties, how-

ever, he still was unsure as to whether the county can legally fund an independent

sound study.

“The way it’s worded, it’s like ‘OK, well, who are you hiring?’ ‘How much is it going to be?’ ‘What account does it come from?’ To my knowledge, that’s not on the agenda,” he said. “But then the next question is, ‘OK, you do an independent sound study,’ and the study comes back and says, ‘Well, the sound is really bad.’ OK, well, now what? ... What does the county do, then?”

“We take this information that’s from non-biased experts, and then we can use that as we go to give information to our state rep, or our state senator, or the committee that is working on legislation for this and say, ‘Here’s the impact,’” Samuelson said. “These are engineering experts that do this all over the world, and it’s not as much as you might

think; it’s less than \$6,000.”

Samuelson said once this information becomes public, it could then be used by journalists for future articles and could help change the state law — essentially giving counties the same authority as cities regarding noise ordinances and similar mandates.

Mills added he would like to discuss the situation with Austin lawyer David Brooks and in the meantime, the court could conduct more research to figure out who to hire for the project.

Following the discussion, Precinct 4 Commissioner Dave Eagle made a motion to reschedule the agenda item for July 9 to allow the unanswered questions to be answered. Precinct 3 Commissioner Jack Willson seconded the motion and it passed unanimously.

Waterview Senior Living Meet & Greet Car Show

It was a hot afternoon, but the annual Waterview Senior Living Meet & Greet Car Show on Friday, May 26 was a blast! The event was a huge success, with many attendees enjoying live entertainment, great food, and a beautiful array of cool cars on display.

PHOTOS BY MARY VINSON | HOOD COUNTY NEWS



POLICE BLOTTER

Granbury Police Department Criminal Activity Report

The following is a breakdown of activity occurred through the Granbury Police Department during the period of June 11-13, which was all that was available at press time. While there were many incidents, this is a partial list of more significant activity.

JUNE 11
5:49 a.m.: possession of a controlled substance on S.

Morgan Street
8:38 a.m.: noise disturbance on S. Hawthorne Street
11:51 a.m.: fraud on E. U.S. Highway 377
10:16 p.m.: loose livestock on Acton Highway
10:23 p.m.: noise disturbance on Paluxy Road
A major accident, four minor accidents, 16 traffic stops and a warrant service occurred this day

JUNE 12
7:24 a.m.: hit-and-run accident on N. Hannaford Street
9:54 a.m.: criminal mischief on S. Morgan Street
2:51 p.m.: theft on Paddle Boat Drive
3:10 p.m.: trespass on E. U.S. Highway 377
Two major accidents, two minor accidents and 13 traffic stops occurred this day

JUNE 13
5:01 a.m.: loose livestock on Holmes Drive
7:35 a.m.: suspicious activity on N. Park Drive
3:18 p.m.: theft on Acton Highway
8:43 p.m.: noise disturbance on Second Street



MARY VINSON | HOOD COUNTY NEWS

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AUGUST	
3	Blazin' Saddle 75 Bike Rally
SEPTEMBER	
Aug. 30-Sept. 2	Labor Day Weekend Celebrations
11	Patriot Day Ceremony at Memorial Lane
21-22	The Spooky Spectacle at Memorial Lane
27-28	Texas Cowboy Symposium - Texas State Championship Chuckwagon Cook-off and Western Swing Festival
28	HANK FM Lake Fest
OCTOBER	
3-27	The Sleepy Hollow Experience - Langdon Grounds

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

SUPPORT SYSTEMS

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

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

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

EVERY SUNDAY STARTING A New Life is a grief support group for those who have lost a loved one through death. This includes the loss of a spouse, child, parent, sibling or close friend. For the past 26 years, this group has helped people work through their grief process. If you, or someone you know, is suffering from the loss of a loved one, come or bring them to our next session that began March 19, 2023. We are Christian based, nondenominational, and welcome all who are suffering.

We meet 3-5 p.m. on Sundays in the parish hall of St. Frances Cabrini Catholic Church. For more information, call Ben Bradley at 575-706-5703 or Sherry Bingham at 817-657-0822.

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

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

GRIEF SHARE 14-WEEK seminar. Next session begins Sept. 10, 6:30-8 p.m. Presented by StoneWater Church, Granbury, this program is a support group designed to help rebuild lives. Book for course, \$20, "Finding hope after the loss of a loved one." Register: GriefShare.StoneWaterChurch.com or call 817-579-9175. May call anytime for help.

PEDALING FOR Parkinson's hosted by the Hood County

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

CELEBRATE RECOVERY, Christ-centered recovery program. Free dinner 6-6:45 p.m., large group meetings 7-8 p.m., small group meetings 8-9 p.m. Lakeside Baptist Church, 500 W. Bluebonnet Drive. 817-573-2094. Questions: Tim White 817-223-0973 or Becky Pierce 254-396-5918.

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

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

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

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

CELEBRATE RECOVERY, Christ-centered recovery program. 12 step groups 7-8 p.m., "Friday Night Live! Church" 8:15-9 p.m. Lakeside Baptist Church, 500 W. Bluebonnet Drive. 817-573-2094. Questions: Tim White 817-223-0973 or Becky Pierce 254-396-5918.

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

FIRST TUESDAY ALZHEIMER'S CAREGIVERS support group, 10:30-

11:30 a.m. in the 1894 Building at Acton Baptist Church, 3500 Fall Creek Highway. For caregivers, family members, friends and anyone in the community. Details: 817-326-4693.

SECOND MONDAY THE LOCAL Chapter (238) of the DAV (Disabled American Veterans) meets at 3601 Fall Creek Highway, (Good Shepherd Anglican Church) on the second Monday of each month at 7 p.m. The meeting purpose is to have camaraderie with other veterans but to learn how the VA keeps its promise to take care of disabled veterans, men and women.

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

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

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

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

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



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

OBITS FROM | A9

John Everidge

October 25, 1935 - June 16, 2024

John Loyd Everidge, a beloved husband, father, and grandfather, passed away on June 16, 2024, in Tolar, Texas surrounded by his family. He was born on Oct. 25, 1935, in Hood County, Texas to parents Troy and Coy Clara "Jake" Everidge, who instilled in him the values of hard work and dedication.

John's life was one filled with love and devotion. On May 28, 1955, he married the love of his life Laura June Everidge. Their union was a testament to enduring love and commitment that lasted for nearly seven decades. John dedicated 31 years of his life to Lockheed Martin where he worked tirelessly as a testament to his strong work ethic and commitment. His contributions were invaluable and left an indelible

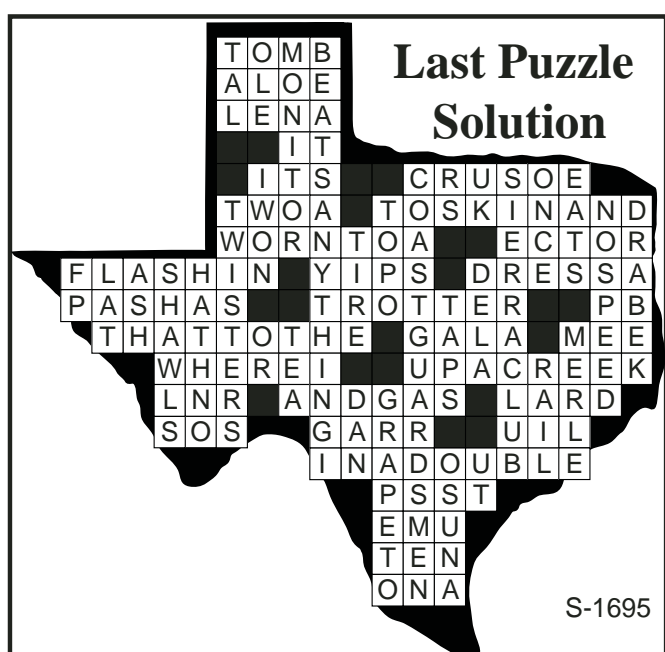


mark on those around him.

John is survived by his loving wife Laura June Everidge; sons Jeff Everidge, Jared Everidge, Jason Everidge and wife Jennifer; granddaughters Whitney Slatten and husband Jarret, and Britney Everidge.

No services have been planned at this time.

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Changes in overtime pay rules set to start July 1



COURTESY PHOTO BY ANDRII YALANSKYI, ADOBESTOCK.COM

The U.S. Department of Labor will set in motion new overtime rules, starting July 1, to allow millions of workers to be eligible for overtime pay.

From Staff Reports

The U.S. Department of Labor will set in motion new overtime rules, starting July 1, to allow millions of workers to be eligible for overtime pay. Some workers are specifically exempt from the Fair Labor Standards Act's minimum wage and overtime protections, including bona fide executive, administrative or professional employees. This exemption, typically referred to as the "EAP" exemption, applies when:

1. An employee is paid a salary;
2. The salary is not less than a minimum salary threshold amount; and
3. The employee primarily performs executive, administrative or professional duties.

The Labor Department estimates that four million salaried workers who weren't previously eligible will qualify. Some occupations — including teachers,

doctors, and lawyers — are not eligible for overtime pay and thus are not affected by the change. Some states, like California and New York, already have salary thresholds that exceed the federal level.

Overtime protections have been a critical part of the FLSA since 1938 and were established to protect workers from exploitation and to benefit workers, their families and our com-

munities. Strong overtime protections help build America's middle class and ensure that workers are not overworked and underpaid.

While the department increased the minimum salary required for the EAP exemption from overtime pay every five to nine years between 1938 and 1975, long periods between increases to the salary requirement after 1975 have caused an erosion of the real value of the salary threshold, lessening its effectiveness in helping to identify exempt EAP employees.

Under the new rules, salary-compensated employees who make \$43,888 or less a year, equivalent to about \$844 per week, will be eligible for overtime pay. The final rule updates and revises the regulations issued under section 13(a)(1) of the Fair Labor Standards

Act.

On Jan. 1, 2025, the department is set to raise the threshold again to those who make under \$58,656 per year, or \$1,128 per week.

The capacity will be raised again July 1, 2027, and every three years after. The standard will be determined by the department to reflect the current earnings data.

The final rule will restore and extend the right to overtime pay to many salaried workers, including workers who historically were entitled to overtime pay under the FLSA because of their lower pay or the type of work they performed. Workers and employers may visit <https://www.dol.gov/agencies/whd/overtime/rulemaking> to learn more about the final rule.

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COURTESY PHOTOS

The Granbury square will soon be lit up in a dazzling performance of lights and colors during Laser Encore's laser light show set for 9:30 p.m. Saturday, July 6, on Bridge St.

Laser light show to dazzle attendees for 50th July 4th celebration

BY ASHLEY TERRY
Staff Writer
ashley@hcnews.com

In the coming weeks, Granbury will shine brighter than ever before at the annual Fourth of July celebration. While many residents will enjoy the always-memorable parade and fireworks display, a dazzling twist will be sure to "beam" community members into a new era of patriotic splendor.

As part of the half-century celebration, the Granbury Chamber of Commerce has coordinated a laser light show to take place at 9:30 p.m. Saturday, July 6, on Bridge Street.

"This was the 50th anniversary and my way of thinking,

we needed to do some things above and beyond what we would consider the norm: parade, vendors, fireworks. So, we actually started thinking about this back in January and were bouncing around ideas," Chamber President Brian Bondy told the Hood County News. "(We wanted) something — relatively speaking — grandiose."

With the company, Laser Encore, already working an event in Dallas July 3, Bondy said it was the perfect way to bring the community together in such a grand celebration.

"It's really designed to bring more people downtown to celebrate the entire weekend — not just the Fourth of July," he said.

Premier rock-n-blues band Mysterious Scoundrels is set to perform from 7-9 p.m. that night and the 30-minute laser light show will kick off promptly after.

"Everything that we do is all choreographed to music," President and owner of Laser Encore Robert Teorey told the HCN. "It's all kind of pop, Top-40, plus classic rock music — a whole combination, but it's fun for the whole family."

Rather than projecting the lasers into the sky, a screen will be set up in the street with a combination of both laser graphics and aerial beams shooting over the audience.

"They're all synchronized, and it's done really

well," Teorey said. "Our laser shows, compared to just a few years ago, have doubled or tripled in size, so anybody who's maybe seen the laser show years ago will be very impressed by the latest and greatest of what we're doing now; it's a dramatic difference."

Laser Encore is a full-service production company that specializes in producing spectacular laser light shows, laser displays and special effects for all types of events nationally and internationally, according to its website.

"We go all over the country," Teorey said. "I used to do a lot of concerts, like Electric Daisy Carnival and Coachella. I just came back from a big nighttime air show

in New Jersey. We do a lot of state fairs and festivals. I specialize more in the stand-alone laser show; that's kind of our specialty."

For more than 30 years, Laser Encore has customized laser light shows for festivals and events all over the nation, with the company improving its technology every year.

"Technology has been a huge part of it, where the lasers themselves used to be extremely expensive, and we used to just bring a couple lasers out," Teorey said. "For the (Granbury) show, I think we're doing 16 systems, and we used to do, like, three. Also on the production side, we have our own in-house art department, which is a

big advantage for our company, so it's just done at a whole other level. We've been doing this a very long time, and we've kind of found our niche."

Bondy added that everyone always brings up the idea for drone shows during celebration events but said the laser light show is a little more "price-conscious."

"To get 30 minutes for what we're paying is a fantastic deal. You only get one chance to do a 50th anniversary, so really, it's something extra special for the community to come out and enjoy," he added. "It's added value for the weekend. If we're going to be the Celebration Capital of Texas, then let's go big."

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LAKE GRANBURY MEDICAL CENTER

HOW TO BEAT THE HEAT

Tips for heart health during high temps

By Lake Granbury Medical Center

Summer 2024 is predicted to bring on the heat which can put extra stress on your heart. For every degree body temperature rises, the heart beats approximately 10 beats per minute faster, according to the National Institute of Health. That's why in hot temperatures it becomes harder for the body to cool off, especially for those with chronic health conditions like heart disease, high cholesterol or atrial fibrillation (AFib).

"Our bodies get rid of excess heat through sweat. Hot, humid weather forces the heart to work harder, kicking it into high gear to pump more blood to the skin," said Dr. Tyrus Frerking, cardiologist at Lakeside Physicians. "While it's important to stay active during summer months, the nausea, fatigue and shortness of breath that come along with many heart conditions make it that much more important to take precautions when heading outdoors."

Another added risk for those with damaged or weakened hearts is that some medications can interfere with the body's response to heat regulation.

"Beta blockers can slow down increased blood flow when overheated, increasing the likelihood

of dehydration or heat exhaustion," said Frerking.

Dr. Frerking emphasizes the importance of continuing to take medication as prescribed and suggests working with your cardiologist to come up with a heart health plan before the weather changes, including:

WATER INTAKE

Too little water consumption can lead to dehydration, and too much can throw off electrolytes.

DIET

Minerals like sodium, potassium and magnesium are depleted while sweating. It's important to replenish electrolytes through proper supplementation and nutrition.

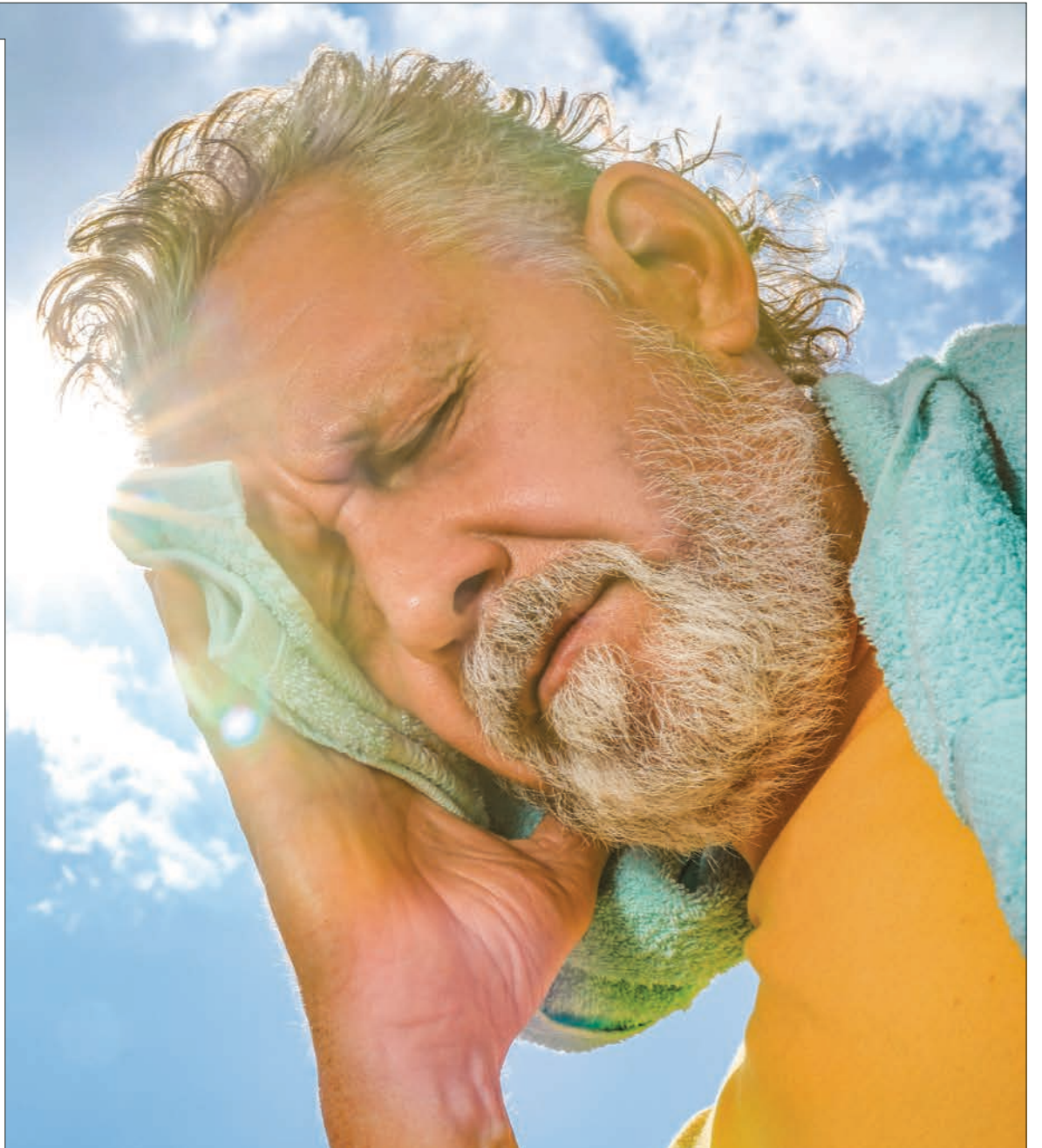


PHOTO COURTESY OF NEW WORLD, ADOBESTOCK.COM

For every degree body temperature rises, the heart beats approximately 10 beats per minute faster, according to the National Institute of Health.

FITNESS ROUTINE

Avoid working out during peak heat hours or stay indoors or in the shade throughout the day.

ATTIRE

Lightweight, dry-fit clothing repels sweat and allows air to circulate to keep skin cooler.

Warning signs that your body isn't keeping up with the heat include:

- High body temperature above

103°F

- Red, hot, dry skin
- Inability to sweat
- Rapid pulse
- Headache
- Dizziness or fatigue
- Nausea or vomiting
- Disorientation
- Passing out

Anyone exhibiting more than one of these symptoms may be experiencing a heat stroke and should call 911 immediately.

While waiting for medical attention, do not consume fluids, and continue efforts to get the body temperature to fall below 102°F, such as moving into the shade, taking a cool (not cold) bath or shower, spraying off with a hose or fanning to move air.

For more information or to schedule an appointment with Dr. Frerking, please call 817-579-3970 or visit <https://lakegranburymedical.com/Frerking>

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NEWS ON THE GO

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PHOTOS BY LAYTH TAYLOR | HOOD COUNTY NEWS

GHS 2024 Summer Tennis Camp

Granbury High School tennis team held its 2024 summer tennis camp for young Granbury athletes 2nd to 9th grade from June 17-20. Photos are from the June 18 camp Tuesday morning. For full gallery go to hcnews.com.

PLEASE SEE TENNIS | B5



UIL playoff expansion draws reactions from coaches

BY RICK MAUCH
Special to the
Hood County News

For a long time, football has crowned two Texas state champions at the various levels. Now, following a ruling by the University Interscholastic League last week, volleyball, baseball, softball, basketball and soccer will also have Division I and Division II state champions beginning in the fall.

Class 1A volleyball, softball and baseball are not affected by the ruling.

Each district will still send four teams to the playoffs. However, now the two qualifying teams from the schools with largest enrollment in the league will go into Division I (big schools) and the two with the smallest enrollment will go into Division II (small school).

This is just like Class 6A football, which for the past two seasons has had its state champions from the same District 11-6A. Duncanville has won the past two Division I titles and DeSoto is back-to-back Division II champ.

Other football levels formerly used this format before splitting their Division I and Division II teams into different regular season districts several years ago.

This will, however, be something new for the sports approved last week.

The change will also mean teams in each division will play one less post-season game en route to the state final. Previously, if a team got there it meant they were playing seven games, whereas now that number will be six.

Also, for the 2024-25 school year, the UIL announced that state tournaments will consist only of championship finals. The pre-determined dates and sites for the state championships will remain unchanged.

Regional tournaments could also be going by the wayside. However, the UIL noted that there will be flexibility on the regional semifinal certification dates, allowing the four teams involved the option to organize their own tournament to complete the regional semifinal and final rounds.

Area coaches and athletic directors responded to the change:

GRANBURY ATHLETIC DIRECTOR LAMONT MOORE

Moore said he believes the format has been for football.

"I honestly don't have an issue with it. It will give another team an opportunity at a title," he said.

"Hard to tell how much of an effect it will have on GSD. Time will tell. The biggest change I noticed was that it will take away one playoff game."

Moore also stressed that alignments do matter and have an effect on school districts, but teams still have to prepare and go play, regardless of the opponent. "That's the beauty of sports. They are won in between the lines, field, court, track, etc., not on paper."

TOLAR ATHLETIC DIRECTOR/ FOOTBALL COACH BLAKE MOUSER

Mouser has had experience with this type of split, being in 6A football as offensive coordinator at Austin Vandegrift for a decade. He said that, for Tolar, this will be a good thing as they move up to Class 3A in the fall.

"If we make the playoffs, we will be competing with schools more relative to our size than the larger enrollments in 3A. There is a big difference between a school with 254 students compared to a school with 544," he said. "As always, the most important step is to make the playoffs but once we get in, this will benefit a program like Tolar."

"Having one less round and taking away regional tournaments will be weird at first but this is a good step the UIL took to make more of a competitive balance without creating a 7A."

LIPAN ATHLETIC DIRECTOR/ GIRLS BASKETBALL COACH AMBER BRANSON

"I'm not sure yet exactly what, or how, it will impact us. Nor do I know how I feel about it yet," Branson said.

"The one thing I don't like for basketball is the state semis won't be in San Antonio, only the state finals."

PLEASE SEE UIL | B2

Juneteenth essay winners

From staff reports

The Juneteenth Essay contest, jointly sponsored by the Democratic Women of Hood County and the Hood County News, recently awarded checks to successful contestants who wrote on the subject "What Juneteenth Means to All Americans".

Juneteenth — officially known as Juneteenth National Independence Day — is a federal holiday celebrated annually June 19 to commemorate the ending of slavery in the United States. The holi-

day's name is a combination of the words "June" and "nineteenth," as it was June 19, 1865, when Maj. Gen. Gordon Granger ordered the final enforcement of the Emancipation Proclamation in Texas at the end of the American Civil War.

The day was recognized as a federal holiday in 2021 when President Joe Biden signed into law the Juneteenth National Independence Day Act. Opal Lee, a retired teacher and activist from Texas, is often described as the "grandmother" of

Juneteenth, having played a large role in Juneteenth becoming the first new federal holiday since Martin Luther King Day was adopted in 1983.

Winners of the essay contest in the high school division are 1st place Eli Sisco; 2nd place Quinn Beekly; runners up are Anthony Batey and Dash Greenway.

Winners in the middle school division are 1st place Jack Martin and 2nd place Nora Asante-Wiredu. This is the third year of the local contest.

LAYTH TAYLOR | HOOD COUNTY NEWS

Representatives from Democratic Women of Hood County along with Sam Houston and the Essay winners. Pictured Left to Right is Sherry Johnson, Ronnie Graves, Nora Asante-Wiredu, Eli Sisco, Sam Houston, Rose Simpson, Dash Greenway, Jack Martin, and Marian Spencer-Morrison.



Former Granbury student competes in Miss Texas pageant

BY EDEN DUNCAN GILBREATH
Special to the Hood County News

Laney Whitefield will compete in the Miss Texas pageant the week of June 23-29. Whitefield is the daughter of Michael Whitefield of Glen Rose, and Landi Friemel, a teacher at Tolar High School.

Whitefield is the current Miss Lubbock, and she attended Granbury schools from the first through the sixth grade.

Whitefield will graduate from Texas Tech University in May 2025. She's studying nutrition and dietetics and plans to become a neonatal intensive care unit (NICU) dietician. Whitefield also serves as the Texas Tech Head Twirler for the second year.

Though pageants are new to her, she is not new to competing. "I have been a competitive baton twirler for 15 years, where we compete in pageants as a phase of competition. This will be my first year competing in a pageant, and in the Miss America Association," she said.

"I grew up watching the Miss Texas Pageant on TV with my parents and even knew baton twirlers who won the title of Miss Texas. I wanted to step out of my comfort zone and challenge myself, so I entered the Miss Lubbock local preliminary contest. I had nothing to lose and so much to gain. I'm glad I took a chance on myself," she explained.

The young lady chosen as Miss Texas will go on to compete in the Miss America Scholarship Competition. The Miss America pageant is the largest organization in the world that provides scholarships to women.

Whitefield cites the many advantages that preparing for pageant competitions have afforded her. "I have learned the art of public speaking, advertisement and marketing strategies, and how to effectively fundraise."

Whitefield goes on, "Each contestant has the opportunity to receive scholarships on stage and through es-

say contests. Last year Miss Texas gave out over \$70,000 in scholarships."

In the Miss America pageant, each contestant competes in fitness, evening gown, on stage question and talent categories.

Whitefield's preparation was extensive. "When preparing for Miss Lubbock, I practiced each phase of competition. I completed multiple mock interviews, practiced modeling techniques, my talent daily, and worked out to remain physically fit," Whitefield explains.

Additionally, Whitefield developed her own community service initiative to present and promote her community: "Food for Thought: nourishing the mind and body through nutrition education."

"Through the connections made in my community and my degree program, I have been able to attend many events and present 'Food for Thought' to classrooms," Whitefield shares.

Whitefield keeps a very busy schedule and she shares that is the hardest part of her journey. "Attending school full time as a student athlete and

working two jobs, a manager at Tea2Go and owning my own business, can be challenging at times. Thankfully I have developed great time management and organizational skills."

The benefits outweigh the challenges. "I hope to grow as a person more than anything. Miss Lubbock has given me a great sense of purpose and I'm so honored to serve my community. I hope I can continue to grow as I learn more confidence and personal development," Whitefield said.

Whitefield encourages other young ladies to consider competing, "Girls who dream of competing should make that dream a reality. There are many local competitions in the area that will begin in August through next year. Once winning a local title, preparation for Miss Texas begins immediately through personal and social development. If anyone is interested, they should reach out to local directors or title holders to learn more about specific local pageants in the Miss America Org."

The competition and awards will be televised on the CW Saturday, June 29.

PHOTOS COURTESY OF LANDI FRIEMEL
Miss Lubbock, Laney Whitefield, will compete in the Miss Texas pageant June 23-29. Whitefield is a former Granbury student



A surprised Laney Whitefield is congratulated by her mother, Landi Friemel, upon winning Miss Lubbock. Whitefield had decided to enter the pageant — her first — just three weeks prior.

Red Cross offers steps to say safe as temps soar

Submitted item

As extreme heat blankets communities in Hood County, the American Red Cross DFW Metro West Chapter is asking residents to take three steps to stay safe: slow down, stay hydrated and spend time indoors.

Slow down by postponing or limiting outdoor activities, including strenuous exercise. If you must work outdoors, take frequent breaks and avoid the hottest part of the day by scheduling tasks earlier or later. Hot cars can be deadly — never leave children or pets in your vehicle alone.

Stay hydrated by drinking plenty of water and avoiding sugary, caffeinated and alcoholic drinks. Check that animals also have access to plenty of fresh water and shade.

Spend time indoors in an air-conditioned place. If you don't have air conditioning, go to a public library, shopping mall or a public cooling center. Call 211 to find an open location. Check on loved ones and neighbors who may be at risk and do not have air conditioning to make sure they are safe.

Download the free Red Cross Emergency app for real-time weather alerts and heat safety information. Content is available in English and Spanish with an easy-to-find language selector. Find the app in smartphone app stores by searching for the American Red Cross or going to redcross.org/apps.

UIL

FROM PAGE B1

GRANBURY BASEBALL COACH BRAD EPPLER

Eppler said as long as the change means all sports outside of football can stay in a district that is geographically reasonable in the next realignment (2026), then he is all for it.

"The football 'pre-separated' model of big 5A and small 5A schools means that schools often drive past a number of schools that are in the same classification on the way to a contest. I don't

love that," he said. "Why can't we just stay closer to home and split them up in the postseason like the old days?"

Eppler noted there is almost a 1,000 total enrollment difference between the largest 5A school and smallest 5A school. He said matching them up in competition would not make sense for the sake of fair play.

"My preference would be to do the postseason split and bring football back into the same district as the rest of the teams. However, I haven't taken a deep enough dive into how that would af-

fect football.

"Bottom line for me is, the powers that be decide and we adapt. Simple as that."

LIPAN BOYS BASKETBALL COACH BRENT GAYLOR

"It won't have much of an impact on us next season because most of the top teams in our region will more than likely be in the small school division with us," Gaylor said.

As for the change itself, Gaylor has no problem. He said there are both positives and negatives with all decisions.

"I personally like the elimination of regional

tournaments, but don't like the Final Four teams not all playing at the state tournament," he said.

TOLAR SOFTBALL COACH CHRISTY COLLIE

"With any change there are things to like and dislike about it, but we'll have to roll with it and see what happens," Collie said, noting the teams still have to compete and make goals to be in the top four in each sport.

"I feel strongly our Tolar teams will accomplish this goal next year," she said. "I'm excited to see the new structure played out this next year,

and after we get a year under our belts we can better compare to what has been."

GRANBURY VOLLEYBALL COACH DESIREE SHAHAN

Shahan was at a coaching clinic and said someone mentioned the change might happen. A couple days later the news broke.

"I was shocked to hear that it was going to happen," she said. "No matter what they decide about playoffs we have to do our job as a team to secure a playoff spot and to work hard to achieve our goals for the year."

HOOD OUTDOORS

Summertime Granbury striped bass heat up!



BY MICHAEL ACOSTA

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

Typically, late in the summer the striped bass bite will slow, but right during the start of the summer the action can be really good with many of the big fish returning to the lower ends of Granbury.

Most days have been hot with light winds. A thermocline is starting to set up around 20 feet down on the main body of the lake. What this means is that all the fish are congregating in the upper column of water making them a little easier to locate.

Another important fact about fishing Lake Granbury is that you need to be on the fish when they are hungry. Granbury is extremely nutrient rich and the bait population is unbelievable on our lake. In other words, it is very easy for the fish to find

food anywhere on the lake.

If you locate the bigger fish and they are hungry, you are in luck. In fact, you may be in for some of the hottest fishing in north Texas. This has been the case the last several weeks. Not every day is a heyday, but there is some great action with some big fish to 12 pounds-plus mixed in. We hope this action continues!

Reports on Granbury have been hit or miss the last several months. Granbury's population of striped bass is not as large as some other bodies of water, but there are still an abundance of fish starting to congregate on the lower ends. There are also numerous reports of top water action from Indian Harbor to the dam.

As the summer wears on, these striped bass will start to feed less as the heat of the water will stress them out some. These fish will hang in the thermozone until they need to feed. Those cooler days, when possible due to a summer rain, may be a great time if you can get on the water. Early and late is typically the norm for striped bass in the summer.

Right now, the bait of choice is live shad. Large live gizzard shad in the 5-to-8-inch size will put fish in the boat. Live perch is another option. Trolling Alabama rigs and/or jigs is also a top producer. Trolling is a great way to locate active fish. Slabs can also be productive at times when dropped and ripped through the fish.

Another summer option is chasing the hybrid striped bass. Hybrid striped bass are a cross between a striped bass and a white bass and they are more tolerant of the Texas heat. The hybrid striped bass action has taken off on numerous north Texas lakes including Lewisville, Cedar Creek, Richland Chambers and Tawakoni.

If you get a chance to get out on Granbury, get there early. Hope to see you all on the water!

HOOD COUNTY FISHING REPORT

Lake Granbury water temperatures are in the mid to upper 80s and even hotter in the backs of creeks and sloughs. There are some indications of a thermocline

setting up on some areas of the lake. Sand bass action is good near Indian harbor on spinners and slabs worked on points and flats. Striped bass to 12 pounds are possible on live bait and trolled/downrigged Alabama rigs fished from DeCordova to the dam. Largemouth bass to 7 pounds are possible working creek entrances from near the Peninsula all the way to DeCordova. Crappie continue to be good to excellent when located on submerged brush, with some good reports coming from near Water's Edge to Bent Water. Catfish are good on cut shad and hot dogs typically in the evening near creek entrances. Some bigger blues are being taken on the upper ends.



Pictured is Mike Tharp with his and his wife Lawanda's limit of big Granbury striped bass caught last weekend.



Pictured is the Granger family with their catch of Granbury big striped bass caught last weekend. From left: Robert Granger, Trevor Granger, Lisa Granger, Tristan Granbury and Josh Stubblefield.

BRIDGE STREET HISTORY CENTER

A History on Edwin A. Hannaford: a man driven by ambition

DAN VANDERBURG



Dan Vanderburg is an author and speaker who loves Texas history. He has published seven historical fiction novels about exciting events in Texas history. As a speaker, Dan presents programs about everyday life in early Texas. Dan is a member of the Sons of the Republic of Texas, David Crockett Chapter in Granbury, and is also a member of the Granbury Bridge Street History Center board of directors.

Edwin A. Hannaford was a man driven by ambition. He survived the Civil War and returned home after serving the Union army with his Ohio regiment. There he earned a college degree as a pharmacist. His entrepreneurial spirit and sense of adventure led him to Texas where new towns and the growing population offered an excellent opportunity for his new business. He first chose Cleburne, but soon learned a new town nearby to be called Granbury was being created. The new town presented a brand new opportunity to be on equal footing with everyone else.

That was exactly what he wanted for his new pharmacy and book business.

Hannaford learned the new town lots would go on sale at daylight, Jan. 17, 1871. Unable to obtain a horse in Cleburne due to a major horse race in town, Edwin set out walking to the new town site. After spending the night at Acton and wading across the cold Brazos River that January morning, he showed up still wet and chilled just in time for the commencement of the sale. Several dozen other buyers were anxious to bid on the newly cleared and staked downtown lots. Before

the day was over Hannaford purchased several downtown and residential lots. In total, over 80 town lots were sold that first day of bidding.

Never one to let grass grow under his feet, Hannaford was ready to establish his business. Within days he rented a wagon and team of horses, made a trip to Fort Worth for supplies, erected a tent with a few wooden shelves to display his merchandise and tucked a cot in the corner to sleep. His was one of the first businesses established on the Granbury town square. He ran his pharmacy from the tent on the north side of the square until he built the two-story stone structure on the northwest corner you see today.

A man of superior business qualifications, good character and industrious habits, Hannaford soon became not only a successful businessman, but a leader of the community. He was instrumental in creating many schools in the county including the

high school and college and was an honored trustee for the college for many years. He also served as a trustee for the bank Dan Cogdell and his partners established. He reached out to several different church congregations and denominations to help them establish their places of worship.

Doc Hannaford, as he became known, worked hard those first several years to establish his business and himself in the community. All he needed was a good helpmate. It took six more years to find her.

Miss Nettie Brous, like Edwin, was also a college graduate. She received her education at Add-Ran College in Thorp Spring. Despite their difference in age, they were attracted to each other by their common interests. She was 19 and he was 37 years old when they married July 7, 1878. Nettie immediately got involved in civic affairs. That same year, Edwin, with the support of his wife and sever-

al of his business colleagues, raised \$25,000 to build the first wagon bridge across the Brazos River at Granbury. She also was supportive several years later when he and his business associates raised the money to bring the railroad to town. Those two accomplishments had a significant positive financial impact to Granbury.

Mrs. Hannaford became involved in leadership roles for charitable causes throughout the community. She was a founding member of the Women's Wednesday Club, a group dedicated to improving the quality of life in the community. The club established fundraising for such entities as the American Red Cross and created educational scholarships. It also raised money for cemetery upkeep and town beautification. She was always a loyal church member and a local officer of the Women's Christian Temperance Union and a Worthy Matron of the Eastern Star.

The Hannafords' marriage produced five beautiful children. Of those, four grew to adulthood. They built one of the first limestone buildings on the square and a grand showplace home surrounded by beautiful flower gardens, a greenhouse and tennis court covering an entire city block within walking distance to the square.

Edwin Hannaford died in 1915 after running his successful business and serving his community for 42 years. Mrs. Hannaford continued to serve her church and community as long as her health allowed. She died in March 1932.

Research credit for this article goes to Vance Maloney from an article written for the Hood County Genealogical/Historical Society titled *Dr. Edwin Augustus Hannaford 1841-1915*.

For more stories like this about early Granbury and Hood County, visit the Bridge Street History Center, 319 E. Bridge St., Granbury.



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Solution for the puzzle on June 15

1	8	9	3	2	6	7	5	4
7	2	5	1	9	4	8	6	3
3	4	6	5	8	7	1	2	9
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4	5	8	7	3	2	6	9	1
5	7	3	2	4	8	9	1	6
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Puzzle by websudoku.com

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Thriving in the heat: A guide to summer plants for Hood County gardens

BY LAUREN DAVIS
Staff Writer
Lauren@hcnews.com

Meet Shawn Massey, a dedicated master gardener from the Lake Granbury Master Gardener's Club. Since moving to Granbury in 2018, Massey has been passionate about gardening. When she learned about the master gardener program, she jumped at the chance to join. Massey loves sharing her gardening knowledge and helping others with their plants. Whether it's answering questions about troubled plants or suggesting what to plant in a specific area, Massey is always ready to lend a hand. One of her favorite plants is the Phlox "John Fanick" for its beautiful pink flowers that attract hummingbirds.

When selecting drought-tolerant plants for Hood County's scorching summers, Massey advises focusing on Texas native perennials. While there are few actual Texas native plants, many have adapted to the area and become native. Massey provides examples such as agave, damianita, buckeye, columbine, coneflower, coral berry, flame acanthus, blackfoot daisy, guara, coral honeysuckle, salvia greggi, goldeneye skeleton-leaf, Texas primrose, turk's cap, verbena, red yucca, and zexmenia. These plants are well-suited to Hood County's climate and can thrive even in drought conditions, making them excellent choices for landscaping.

"For vibrant summer landscapes, consider planting coneflower, flame acanthus, turk's cap, blackfoot daisy, coral honeysuckle, various salvias, lantanas, skeleton-leaf, verbena, and zexmenia," suggests Massey. These hardy perennials thrive in the summer heat and add a burst of color to any garden.

Massey emphasizes the importance of choosing grasses and ground covers that can withstand the Hood County heat. Pink muhly grass, sea oats grass, and Mexican feather grass are among her top picks for resilient grass

options. A few ground covers that thrive in this region are Asian jasmine, mondo grass, and liriopse.

"Plant in well-drained soil amended with compost and expanded shale as needed. Using an automatic watering system with soaker hoses or drippers to water once or twice a week is recommended", Massey says, "additionally, applying a slow-release fertilizer as needed and always mulching beds to keep moisture in, with mulch depth between 1/2 inch to 1 inch, are key practices. It is also crucial to read plant labels to ensure they are placed in their proper locations."

Massey recommends a variety of plants that appeal to bees, butterflies and hummingbirds for gardeners looking to attract pollinators.

- Bees — skull cap, zexmenia, rock rose
- Butterflies — blue mist, butterfly bush, buckeye, columbine, and milkweed for the Monarchs
- Hummingbirds — coral honeysuckle, turk's cap, verbena.
- All three — coneflower, dianthus, guara, pentas, vitex and red yucca

While sharing tips for maintaining a thriving garden, Massey also points out plants that should be avoided. "Certain tropical plants may struggle in colder temperatures, and some species can be harmful to bees, including mountain laurel, jimsonweed, Carolina jessamine, and specific types of rhododendrons," she explains. Additionally, Massey cautions against planting tropical milkweed unless one is committed to cutting it down to the ground every November before Thanksgiving. This practice is essential for preventing a protozoan parasite from infecting Monarchs, disrupting their migration, and potentially leading to their demise. Therefore, individuals seeking low-maintenance options may opt to steer clear of tropical milkweed altogether.

Lastly, Massey addresses the perennial dilemma of deer-resistant plants. "While



COURTESY PHOTOS

A butterfly sits on Blue Mist.

deer will eat almost anything when hungry, many drought-tolerant plants in Hood County are considered deer-resistant," she notes. These include coneflower, guara, and turk's cap, of-

fering homeowners peace of mind in their gardening endeavors.

With Massey's guidance, Hood County residents can cultivate beautiful, resilient gardens that flourish even in

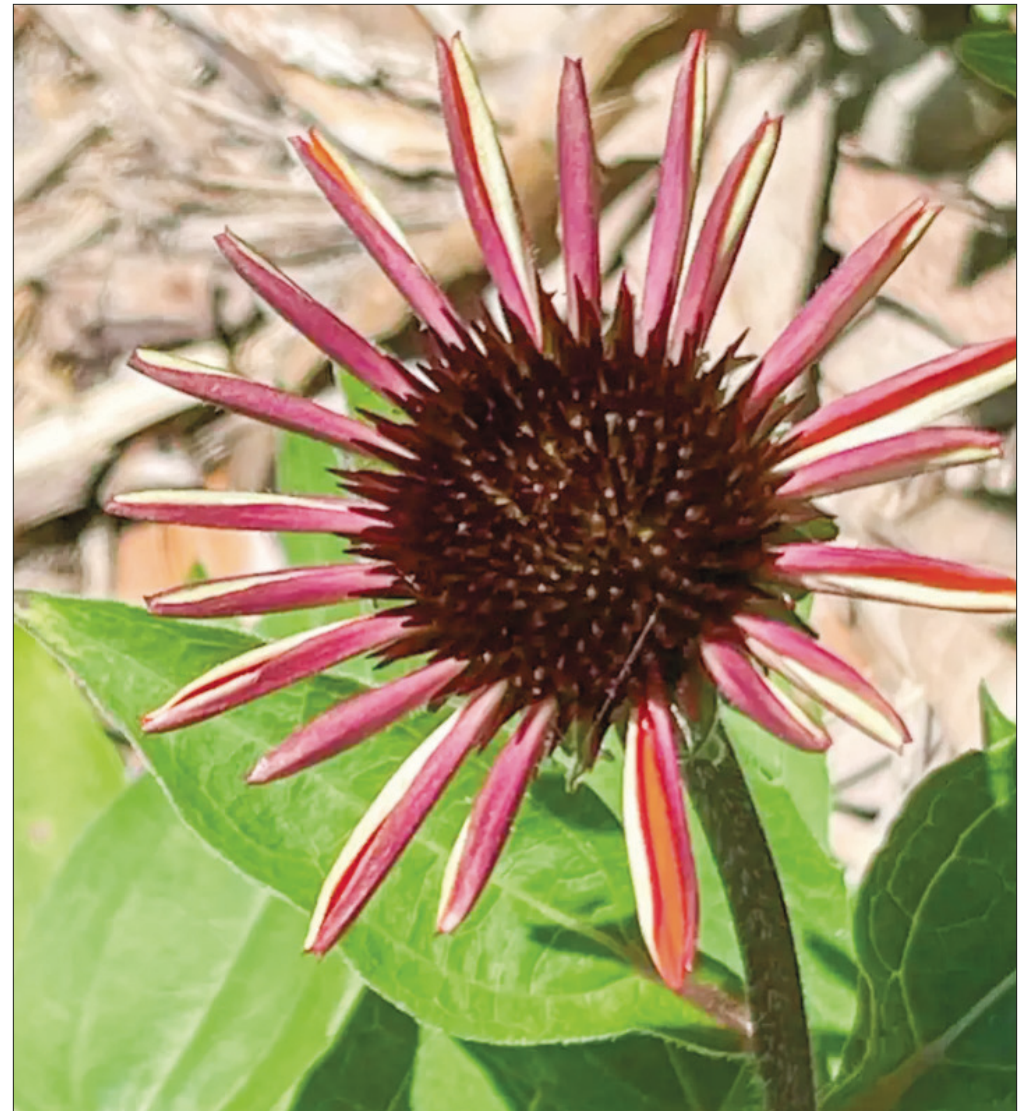
the hottest Texas summers.

Explore Hood County's drought-tolerant plant showcase at the Lake Granbury Master Gardener's demonstration garden at 1410 Pearl St. Witness the resilience of

local flora, including favorites like agave and red yucca. Visit any Monday from 8 to 11 a.m. for expert advice from dedicated master gardeners or browse internet photos for inspiration.



Pictured is a Columbine.



Pictured is a Coneflower.



SAME PAPER
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PHOTOS BY LAYTH TAYLOR | HOOD COUNTY NEWS

Granbury Seal during early season practice May 28.

Rattler lineman go for state title

BY RICK MAUCH

Special to the Hood County News

Any football coach will confirm that life is better when linemen — both offensive and defensive — stand out at their positions. For example, they played a major role in the Tolar Rattlers advancing to the championship game in Class 2A Division I football last season.

The Rattlers will have a group competing in the ninth annual State Lineman Challenge at Hardin-Simmons University in Abilene Saturday, June 22. They qualified by winning their division at the Abilene State Qualifier a few weeks ago.

Competing for the Rattlers will be Bryce Towns, J.W. Rickabaugh, Hunter Michels, Lane Kutej, Cayden Abrego, Sam Stewart, Drew Cooper, Zane Graham, Peyton Brown, Toby Combs and Cash Clark. Not everyone participating in the competition, which includes speed events, is an actual lineman. Brown is one of the nation's top high school running backs, but one of the things at which he excels is blocking.

The competition will feature a number of strongman events, along with speed events.

Last season Tolar finished fourth in Class 2A in the State Lineman Challenge.

SEALS SWIMMING

The Granbury SEALS began their summer competitive season at the Weatherford Meet June 10. Top finishers were (distances in yards):

- Hub Baker, Boys 11-12: Second in 50 breaststroke, 46.31
- Rocky Blutworth, Men 40-Over: First in 100 free, 1:15.72; first in 50 back, 42.20; first in 50 breast, 43.87
- Kori Brawner, Women 18-24: First in 50 back, 31.72; first in 50 free, 27.86
- Kyle Brawner, Boys 13-14:

- Second in 50 fly, 29.44; second in 50 free, 26.87; third in 100 IM, 1:09.06
- Carmen Citzler, Girls 13-14: First in 100 IM, 1:11.15; first in 200 free, 2:30.03
- Leah Citzler, Girls 11-12: Third in 50 back, 41.30; third in 50 fly, 43.97
- Bennett Collins, Boys 11-12: Fourth in 100 free, 1:45.09; fifth in 50 fly, 1:16.89
- Brylen Collins, Girls 8-Under: Second in 25 back, 27.17; third in 25 free, 24.17
- Austin Conn, Boys 8-Under: Second in 25 back, 35.36
- Jason Conn, Boys 8-Under: Fifth in 50 free, 1:16.72; fourth in 25 back, 44.95; fourth in 25 finals, 35.72
- Bethany Crowe, Girls 15-17: Second in 50 fly, 30.72; first in 100 IM, 1:07.62; first in 200 free, 2:13.09
- Logan Crowe, Boys 13-14: First in 50 breast, 31.76; first in 50 free, 25.59; first in 100 IM, 1:02.72
- Zane Frasier, Boys 9-10: First in 50 free, 34.45; first in 25 back, 21.53; second in 25 free, 15.82
- Zane Herndon, Men 18-24: First in 50 breast, 29.97; first in 50 fly, 27.75; first in 100 IM, 1:06.57
- Reid Holdridge, Boys 8-Under: Second in 50 free, 51.18; first in 25 back, 26.98; first in 25 free, 21.07
- Harmony Martin, Girls 9-10: Second in 100 IM, 2:49.45
- Lilli McKelvy, Girls 11-12: First in 50 back, 36.14; fourth in 50 breast, 44.90
- Davis Moore, Boys 9-10: Fourth in 50 free, 48.06; fourth in 25 back, 25.31; second in 25 fly, 24.75
- Elijah O'Brien, Boys 11-12: Fifth in 50 back, 48.73; third in 50 fly, 1:00.17
- Abby Parker, Girls 11-12: Fifth in 50 back, 45.72; third in 50 free, 36.62
- Allie Parker, Girls 13-14: First in 50 back, 34.39; second in 50 breast, 42.29; first in 50 free, 29.62
- Colby Parker, Boys 15-17: First in 100 free, 57.78; third in 50 fly, 28.62; third in 50 free, 25.98
- Mason Prince, Boys 11-12:

- Fourth in 50 breast, 50.63; first in 50 fly, 36.12; fourth in 50 free, 34.14
- Kallen Rogers, Boys 11-12: Fifth in 100 free, 1:50.57; fourth in 50 fly, 1:12.31
- Annabel Ross, Girls 11-12: First in 50 breast, 44.97; second in 50 fly, 36.22; third in 100 IM, 1:34.88
- Eliana Sanchez, Girls 8-Under: First in 25 back, 26.30; second in 25 breast, 32.87; second in 25 free, 23.37
- Patrick Steenberge, Men 40-Over: Second in 100 free, 1:28.93; first in 50 free, 38.91
- Bailey Stone, Girls 13-14: Third in 100 free, 1:08.17; third in 50 free, 30.68; second in 200 free, 2:38.77
- John Stone, Boys 11-12: First in 100 free, 1:09.82; third in 50 breast, 47.88; third in 50 free, 32.53
- Autum Stuart, Girls 13-14: First in 100 free, 1:01.25
- Hayley Taylor, Girls 8-Under: Second in 50 free, 55.53; fourth in 25 back, 31.65; first in 25 breast, 32.18
- Kayla Taylor, Girls 8-Under: Fifth in 25 free, 31.28
- Tyler Crosby, Boys 6-Under: Third in 25 free, 40.02; fourth in 25 back, 54.75
- Noah Wagnon, Boys 11-12: First in 50 back, 38.08; second in 50 free, 31.36
- Jude Ward, Boys 11-12: First in 50 breast, 37.43; first in 50 free, 27.48
- Elizabeth Zieschang, Girls 11-12: Second in 50 breast, 41.28; first in 50 fly, 33.04; first in 100 IM, 1:16.33

JUNIOR GOLF

Granbury's Lincoln Sherrill won first place in the Boys 13-14 Metro Tour age group at the North Texas PGA Junior Golf Tournament at Bear Creek in Dallas recently. He posted a 1-over-par 73. In addition, Sherrill had a runner-up finish at the Cleburne Golf Links. His score of 76 was a single shot out of first place. Also in Cleburne, Landon Womack of Granbury placed second in the Metro Tour



PHOTO COURTESY OF BLAKE MOUSER

Tolar athletes participating in the State Lineman Challenge Saturday, June 22 at Hardin-Simmons University in Abilene are (from left) Bryce Towns, J.W. Rickabaugh, Hunter Michels, Lane Kutej, Cayden Abrego, Sam Stewart, Drew Cooper, Zane Graham, Peyton Brown, Toby Combs and Cash Clark.

Boys 15-18 division with a 74. He tied for 10th at Riverside in Grand Prairie with an 85. At the Bridges at Firewheel course in Garland, Granbury's Townes Chauveaux shot 37 over nine holes to win the Prep Tour Boys 9-10 division. Other top Metro Tour finishes by area golfers recently include: Bear Creek — Boys 15-18: 19. Quinn Bradley, Granbury, 90. Cleburne Golf Links — Boys 13-14: 6. (tie) Jack Smith, Lipan, 89; Boys 15-18: 6. (tie) Grady Molder, Granbury, 80; 9. (tie) Tripp Ballard, Granbury, 83; 11. Jacob Reagan, Granbury, 86; 16. (tie) Braxton Pugh, Granbury, 92.

HIGH SCHOOL RODEO
Several area athletes competed in the Texas High School Rodeo Association Finals that concluded this past weekend in Abilene. Kynzi Callaway of Lipan competed in two events, pole bending and goat tying. She was 14th in goat tying after the first round, the top performance by all locals. Also competing were Tripp Pittman, Lipan, team roping;

Kaylee Garcia, Lipan, team roping; Kilyn Osborn, Lipan, barrel racing; and Hunter Helton, Tolar, team roping.

GRANBURY FOOTBALL
Granbury ISD has made a change with its ticketing process by going completely digital, which means cash and checks will no longer be accepted. The 2024 Granbury Pirate football season tickets will be available for last year's season ticket holders starting July 1. Season tickets are \$40 per seat, plus additional processing fees for five home games. With the move to digital, all prior season ticket holders will have to email the assistant to the athletic director Amber Nikzad at amner.nikzad@granburymisd.org no later than June 28 with their current email address and phone number to receive the season ticket purchase link before it is opened to the general public. The season ticket purchase date availabilities are:
*July 1-15 — previous year season ticket holders can purchase season tickets for the coming season
*July 22-Aug. 5 — open for everyone to buy season

tickets
Season tickets may only be purchased online. Gold Cards will go on sale Aug. 5 and are \$10 for ages 55 and older, also available by credit only. Contact Nikzad or call the athletic office 817-408-4020 for more information.

GRANBURY CAMPS
Granbury ISD summer sports camps, all at Granbury High School, include:
Boys basketball — June 24-27, grades 1-5, 8-10 a.m.; grades 6-9, 10-30 a.m.-12:30 p.m. Cost \$80
Football — July 29-31, grades 7-9, 8-11 a.m. Cost \$75
Volleyball — July 29-31, grades 7-9, 8-10 a.m. Cost \$75

TOLAR CAMPS
Tolar summer sports camps, all at Tolar High School, include:
Football — June 24-28, grades 7-9, lineman camp, 10 a.m.-noon. Cost \$40
Football — July 29-Aug. 1, grades K-9, 6-8 p.m. Cost \$40
Volleyball — July 29-31, grades 7-9, 8-10 a.m.; grades 4-6, 11 a.m.-1 p.m. Cost \$50

TENNIS

FROM PAGE B1



TARLETON STATE UNIVERSITY™

Tarleton State men claim national crown at CNFR, women reserve champions

Tarleton State University

STEPHENVILLE — The Tarleton State University men's team claimed the program's 38th and 39th national championships at the College National Finals Rodeo (CNFR) in Casper, Wyoming, jumping up from third place at the start of Saturday's last go-round.

The men, paced by individual saddle bronc riding champion Gus Gaillard, amassed 895 points to top runner-up and National Intercollegiate Rodeo Association Southwest Region rival Clarendon College.

"Anytime a group of guys work as hard as these guys did, it's great to see them rewarded," said Tarleton State rodeo head coach Mark Eakin.

"We felt pretty good going into the finals. Things had to fall just right, but we were in a good position. We had eight of our 10 team members, men and women, who were in a position to challenge for a national title."

Gaillard scored an impressive 83.5 to tie for first in the championship finals and win the average with a four-head total of 319, featuring 78.5 scores in all three preliminary rounds.

"I felt like I rode pretty consistently all week," he said. "I went at each ride the same way but I got a little better horse in the finals and I was able to take advantage



Pictured is the Tarleton State University Mens' and Women's rodeo team at the CNFR.

PHOTOS COURTESY OF TARLETON STATE UNIVERSITY

of that."

Gaillard edged Tarleton State teammate Ira Dickinson, who tied for first in the finals with his own 83.5, earning reserve champion status with a composite 317.5.

Bareback rider Roedy Farrell took top honors in the championship finals

with his 81.5 and wound up fourth in Casper with a 313 total. Landris White cemented a fifth-place CNFR finish in the finals with his personal CNFR best 4.5 in steer wrestling.

The team of Gaillard, Dickinson, Farrell, White, saddle bronc rider Bailey Small and bull rider Mason

Spain combined to claim Tarleton State's second national crown in the last three years.

Gaillard was not surprised at the final team results. "Not surprised at all," he said. "That's what we all came for. Obviously, we all wanted to win individual titles, but the team title came

first for all of us. Anything we did individually benefited the team, so we all went out there and did all we could. Didn't leave anything on the table."

Tarleton State's women, barrel racers Jordan Driver and Hadley Tidwell, along with goat tyers Rayme Jones and Tori Brower, trailed

only the University of West Alabama on the final leaderboard.

Driver's 14.15 Saturday put her in third position in the average with a combined 56.53, including a 13.84 to win the third go. Tidwell's 57.33 total included a 14.26 Saturday and was good for seventh on the night and ninth overall.

Jones' 10th-place 8.5 in the goat tying finals gave her a fourth-place 27.2 in the average and featured a 6.1 first-place time in the second go-round. "Our ladies had an outstanding showing at the CNFR," said Tarleton State women's coach Brittany Stewart. "Goat tying and barrel racing are arguably two of the most competitive events. To see them support each other the way this team does makes college rodeo an amazing thing to be a part of."

A founding member of The Texas A&M System, Tarleton State is breaking records — in enrollment, research, scholarship, athletics, philanthropy and engagement — while transforming the lives of nearly 17,000 students in Stephenville, Fort Worth, Waco, Bryan and online. True to Tarleton's values of excellence, integrity and respect, academic programs emphasize real world learning and address regional, state and national needs.



TSU men's rodeo team brings home the National Championship.



Saddle Bronc Rider Collegiate National Champion buckle.



Jackie Jensen participating in the ride-up goat tying event at the CNFR.



LHS Summer Basketball Camp



PHOTOS BY LAYTH TAYLOR | HOOD COUNTY NEWS

Lipan High School basketball team held its 2024 summer basketball camp for young Lipan athletes 1st to 9th grade from June 17-19. Photos are from the June 19 camp Wednesday morning. For full gallery go to hcnews.com.



H&CN Junior

World Rainforest Day, celebrated on June 22nd, is a fantastic opportunity for kids to embark on a virtual journey to the lush and vibrant world of rainforests. It's a day to explore the wonders of these incredible ecosystems, discover their diverse inhabitants, and understand the vital role they play in sustaining life on Earth.

For children, World Rainforest Day can be a day of learning and appreciation. Parents and educators can engage kids with fun and educational activities, from reading rainforest-themed books to creating art projects that showcase the beauty of these unique environments.

Kids can also learn about the importance of rainforests in maintaining biodiversity, regulating the Earth's climate, and providing habitat for countless plant and animal species. Understanding the value of rainforests inspires a sense of responsibility for their conservation.

Virtual tours, documentaries, and interactive websites can transport kids into the heart of the rainforest, allowing them to witness its wonders from the comfort of their homes. Families can discuss the importance of sustainable practices and how everyone

can contribute to protecting these vital ecosystems. World Rainforest Day is not just a celebration; it's a call to action. Kids can engage in small but impactful actions like reducing paper usage, supporting sustainable products, and spreading awareness about rainforest conservation. Through education and advocacy, children can become guardians of these precious ecosystems, ensuring they thrive for generations to come.

World Rainforest Day

June 22, 2024



The amazon rain forest Spanning nine South American countries and 2.5 million square miles



Rainforest

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

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

Word Bank

- 1. macaws
- 2. amazon
- 3. wildlife
- 4. rainforest
- 5. ecosystem
- 6. habitat
- 7. indigenous
- 8. biodiversity
- 9. tropical
- 10. rainforests

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Reading on the Beach



PHOTOS BY LAYTH TAYLOR | HOOD COUNTY NEWS

Since the Hood County Public Library's Summer Reading Program kicked off, the bookmobile has been making appearances at City Beach Park Friday mornings in the month of June. There, library staff also host Story Time on the Beach weekly. On Friday, June 14, Hood County residents gathered under the gazebo on the beach to enjoy story time. You and your family can catch Story Time on the Beach once more, Friday, June 28. Full gallery is on hcnews.com.



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Tails of Triumph



Sandi Walker's efforts to create Second Chance Farm

PHOTO COURTESY OF SECOND CHANCE FARM GRANBURY

Tuff — adopted, healthy and happy.

BY LAUREN DAVIS
Staff Writer
Lauren@hcnews.com

On any given day, Sandi Walker is surrounded by her beloved rescue animals at Granbury's Second Chance Farm. This sanctuary exists because of her unwavering dedication to animal welfare. Founded in 2012 by Walker, SCF has become a refuge for neglected, abused and abandoned animals. But the path to establishing this haven was challenging. Walker's journey is one of perseverance, sacrifice and an unyielding commitment to giving animals a second chance at life. Here are some inspiring tales of triumph from her remarkable journey.

BLAZE AND ANNIE: THE GUIDING BELL

Walker's passion for animals started long before SCF became a reality. Annie, a cow, arrived after she became disabled giving birth, and she was down for 53 days. Walker worked with her daily despite whispers that she would never walk again. "She finally got up one day and walked," said Walker. "She was crippled, but she got around okay, and she was happy."

Blaze was Walker's horse of 25 years. He became blind toward the end of his life. She put the blind horse and the disabled cow together to graze. "Somebody gave me the idea of putting a bell around the cow's neck, so I did," Walker said. "Every

time Annie lifted her head from eating, drinking, or whatever, that bell would sound, and the horse would go to her. Blaze followed that cow everywhere — to water, food, grazing, whatever."

Even though they were different species, they still got along great. "People told me, why don't you put them down? Why? They're not hurting anything," Walker remarked.

"Blaze and Annie were my first rehabs; they taught me so much about resilience and the power of compassion," Walker reminisced. Despite their physical challenges, both animals found comfort and companionship in each other's presence. These early experiences of rehabilitating and caring for

animals laid the foundation for what would eventually become SCF.

FUNDING THE DREAM: PERSONAL SACRIFICES

For many years before officially founding SCF, Walker owned and operated three small businesses in Granbury, including a salon and a beauty supply store; she poured the profits from these businesses into her rescue efforts. "I worked my tail off," Walker said. "I paid my personal bills, and everything else went to the animals."

Walker's dedication left little room for personal luxuries. Despite the financial strain, she remained steadfast in her mission. "There was no time or money for vacations. Everything went to the animals," she explained.

As word of Walker's rescue efforts spread, so did the calls for help. "Everybody started calling; I've got this dog with mange, or there's a dog that needs an amputation," Walker recalled — her rescue quickly gained recognition. "We're known in Oklahoma, we're known in Louisiana, Houston — a lot of places." SCF rescues animals from many shelters and works closely with the Humane Society of North Texas and Hood County Animal Control.

Despite the growing demand, resources remained

limited. Walker and her small team, consisting of six daily staff members and numerous volunteers, worked tirelessly to care for the influx of animals. The community's support became crucial, with volunteers assisting with tasks ranging from animal transport to administrative duties.

THE TURNING POINT

In 2012, Walker officially registered SCF as a nonprofit organization. "That's when it exploded," she said. The nonprofit status allowed the farm to receive donations and grants, providing much-needed financial support. The 70-acre farm became a sanctuary for dogs and various animals, including horses, pigs and even ducks with special needs.

TUFF: THE FIGHTER

Tuff came to Granbury's Second Chance Farm from a Fort Worth shelter and was near death. "The dog was very lethargic — very anemic," Walker said. "His gums were white, and there were other clear signs that he was in serious trouble health-wise. His insides swarmed with parasites. They were eating him alive." Tuff wasn't with them for five minutes when they called the emergency vet clinic and transported him to Mansfield. He was on the verge of dying.

PLEASE SEE **TAILS** | C3

All God's Little Children

A ministry of compassion and craftsmanship



PHOTO COURTESY OF JAY WORREL

From left: All God's Little Children team members Bill Brewer and Mike Inbody apply finishing touches to small caskets.

BY LAUREN DAVIS
Staff Writer
Lauren@hcnews.com

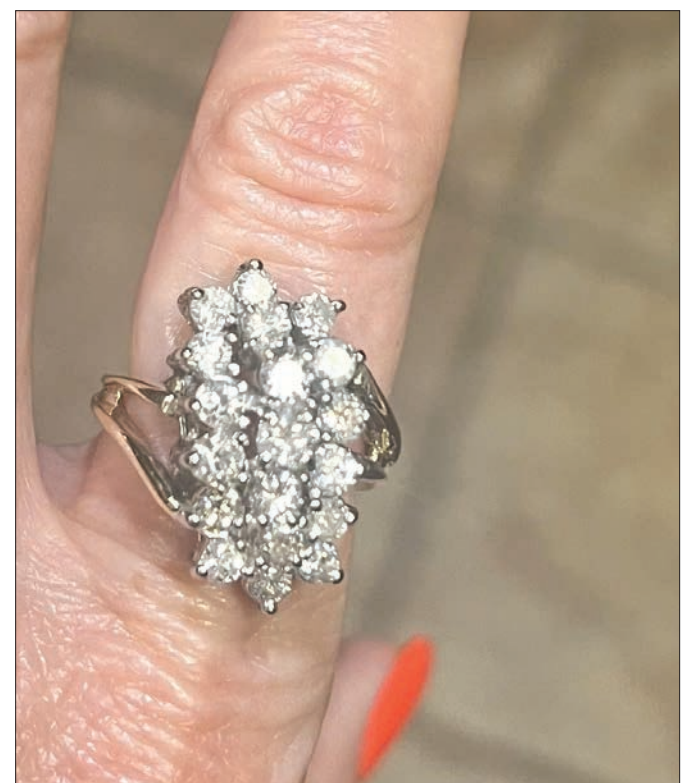
A chance viewing of a television program has evolved into a heartfelt mission for Jay and Colleen Worrel, offering solace to grieving families in Granbury and neighboring towns. Their journey began when they came across a broadcast on EWTN where four men discussed their ministry in Metairie, Louisiana. This ministry started when a friend of the Sampey family tragically lost a grandchild. Faced with the unimaginable pain of a stillborn baby and lacking the means to afford

a burial, Don Sampey took action. With no prior experience, he crafted a casket and enlisted his Catholic Men's Prayer Group, "The Monday Night Disciples," to build baby caskets for families in need.

"Their story struck a chord," Jay Worrel recalled. Inspired, the Worrels decided to bring this endeavor to their own community. They traveled to Metairie to meet Sampey, who graciously shared his knowledge, wood and several baby caskets to help them get started.

With no woodworking

PLEASE SEE **MINISTRY** | C2



LAUREN DAVIS | HOOD COUNTY NEWS

Karla Martin's lost and found ring.

Ring in the News

The tale of missing treasure

BY LAUREN DAVIS
Staff Writer
Lauren@hcnews.com

Faye Dodson was a single mom raising four kids. The family was very poor, so there were no luxuries, especially no diamond rings. Daughter Karla Martin shared that her father left when she was 5 years old and was not seen again for 23 years. Then Dodson met a man who lived in Granbury and remarried.

Dodson's life circumstances changed, and she received her first big diamond ring

— two carats. "She was so proud of that ring, and it's always been my favorite. She passed away in 2001 and left the ring to me," said Martin.

"I've been going in there for years," Martin said, referring to Dave's Jewelry. "My eldest granddaughter wants to wear her grandmother's ring to her wedding in July. I thought, okay, well, I need to get it cleaned, and there was a diamond I wanted to replace in the ring, so I took it to Dave's Jewelry."

Martin brought her mother-

PLEASE SEE **TREASURE** | C2

Gov. Abbott speaks at June 10 ribbon cutting ceremony for the world's largest Buc-ee's

From Staff Reports

On Monday, June 10, Buc-ee's hosted a ribbon cutting ceremony for its newest location in Luling, with Texas Gov. Greg Abbott as a featured speaker. The center is set to become the largest convenience store in the world at 75,000 square feet. The Luling center beats the previous record holder by approximately 300 square feet. The previous record was also held by Buc-ee's with its Sevierville, Tennessee location.

Founded in 1982, Buc-ee's is known for being a chain of enormous gas stations and general stores. Equally famous is its selection of roadside snacks, which includes items such as BBQ brisket sandwiches, beef jerky and its signature Beaver Nuggets. It also boasts the "world's cleanest bathrooms" and the

"friendliest" beaver mascot. The record-breaking gas station will consist of 120 fuel pumps, at least 200 employees, and "thousands of snack, meal and drink options for travelers on the go," the company told USA Today.

"The new Buc-ee's Luling will be the largest Buc-ee's location in the country, bringing the largest Buc-ee's back where the legend began," the company stated in a May 28 press release. Opening two hours west of Houston, the new store will replace the current Buc-ee's in Luling, which was built as the brand's first travel center in 2003. In 2018, the company began to expand outside Texas, creating a multi-state footprint of nearly 50 stores located in 41 cities across seven states and territories, according to hasdata.com.

During the event, Gov.

Greg Abbott spoke to more than 200 Buc-ee's customers and local leaders, praising the strength of the Texas economy. "As the state's greatest fan of 'beaver nuggets,' I am proud that Texas is home to the world's best convenience store," said Abbott. "With more than 200 new jobs and a \$40 million investment, this Buc-ee's is key to the future of Luling. This Texas-based chain now has locations across Texas and in states like Alabama, Colorado, Florida and Georgia. They helped spread Texas hospitality, good barbecue and beaver nuggets wherever they go. Texas is proud to be the homebase of the growing Buc-ee's empire. Buc-ee's is just one important piece of the economy of the bigger, better Texas we are building for generations to come."

The governor highlighted

that in April of this year, Chief Executive Magazine named Texas the Best State for Business for the 20th year in a row. In 2023, Site Selection Magazine named Texas the Top Business Climate in the nation. Abbot attributed these accolades to the state's highly skilled workforce and reasonable regulations. He praised Buc-ee's for providing good-paying jobs to its employees, emphasizing the company ranks among the top five U.S. retailers for entry-level salaries, with general managers earning up to \$225,000 annually.

Additionally, Abbott touted signing the largest property tax cut in Texas history into law and noted he will continue to advocate for greater property tax cuts during the next legislative session.

The governor was joined at



COURTESY GRAPHIC

Founded in 1982, Buc-ee's is known for being a chain of enormous gas stations and general stores.

the ribbon cutting ceremony by President and CEO of Buc-ee's Arch "Beaver" Aplin III, State Rep. Stan Gerdes, Caldwell County Judge Hoppy Haden, Luling Mayor CJ Watts, former Mayor of

Luling Mike Hendricks, and other state and local officials. A tour of the new store followed the ceremony and included the stock room, kitchen and main floor.

TREASURE

FROM PAGE C1

er's ring to the shop and four other pieces that needed cleaning and possible repair. "Dave didn't think anything was wrong with the diamond but said he would let it soak," explained Martin. Dave recommended she leave it all to be cleaned and return in an hour, so Martin agreed and left the shop.

"I came back in an hour," said Martin, "and Dave put a cloth out and laid four pieces out on that cloth, and you know they looked amazing! Everything was so clean. I was asking him about which ones needed diamonds replaced in some of the pieces when suddenly Dave says, 'Wait a minute, there was another ring.'"

Martin realized he was right. "Yes, my mother's ring," she said.

"Dave went to the back area of the shop and checked — and then his wife, Sandy, was checking — and then nothing. He returned and said, 'Okay, I know who has your ring. It was an accident.'"

Another customer had come in with his wife's jewelry to be cleaned that day as well.

Dave and his wife determined Sandy possibly scooped Martin's ring out of the cleaner with the other customer's rings. When Dave's wife took his jewelry out of the cleaner, Martin's ring was in with the man's jewelry. "They just put it all in a pouch and handed it to him, and he had no idea that he had my ring, and then he goes out the door," said Martin.

"So, I'm emotional — I mean all day long — and poor Dave. He's the sweetest man."

Martin called every few hours, asking, "Dave, do you know anything yet?" And then I just started crying and telling him that ring is the only thing I've got of my mom's, you know," explained Martin, adding, "Dave said, 'I promise you I will find that ring.'"

When Martin left the store, she called her granddaughter, Maryn, with the news that her great-grandmother Dodson's ring was gone.

Martin said. "Maryn, I don't have the ring, and she's like, 'What?' I don't have it. It's lost, and someone else has it, so you need to make other plans just in case I don't get it back, and Maryn said, 'I'm so sad.'"

Martin admits she didn't think she would get the ring back. "I did not have hope because we didn't have a name. Dave is the sweetest man, and he consoled me every time I called and promised me, he was going to get my ring back."

Using footage from the security camera in his store, Dave posted screenshots on Facebook of the man they thought for sure had Martin's ring. "Dave knew he was going to get backlash, but he did whatever he had to do to get my ring back," said Martin.

A man named Dan saw the photos on Facebook and recognized the man in the screenshot. Dan posted on FB, "He's my neighbor!"

Dan promptly went to his neighbor, Mr. Henderson, to inform him that he had accidentally taken Martin's ring. Martin then messaged Dan,



LAUREN DAVIS | HOOD COUNTY NEWS

Dave's jewelry store, Granbury.

"I'm sending you a message because this is my ring."

Mr. Henderson checked the pouch containing the jewels and left a message on Dave's answering machine at the jewelry shop that he had Martin's ring and would bring it to him the next day.

Mr. Henderson's daughter brought the ring back to the store the next day, and Dave replaced two diamonds in it, going above and beyond what Martin had asked him to do. He also replaced a diamond in another ring. When

Martin took out her card to pay, Dave wouldn't let her. "Not after what you went through," he said.

"I was devastated because I couldn't replace that ring," Martin said. "At no point was I angry. Dave thanked me also because I was sweet during the whole thing."

"People came together, and it's just wonderful — the number of people who shared the post about the ring and the pictures of Mr. Henderson. There were probably 700 to 800 shares.

It was unreal!" Martin exclaimed. She acknowledged that if Dave had not posted the photo from his store, no one could have guessed the man's name.

"I told Dave I hated to read the backlash that he got. I hated that," lamented Martin. "He doesn't deserve that."

Martin says she tried to answer everybody's posts. "It's over a thousand people. I tried to answer because Granbury came together, and they found the ring for me."



PHOTOS COURTESY OF JAY WORRELL

From left: All God's Little Children team members Jerry Colborg, John Bowen and Harvey Ewing.



From left: All God's Little Children team members John Bowen and Pat Riley discuss casket construction.

MINISTRY

FROM PAGE C1

experience themselves, the Worrells reached out to friends skilled in the craft. Their enthusiasm was unanimous, and All God's Little Children Inc. was born Oct. 19, 2023. This nonprofit 501(c)(3) corporation, guided by a board of directors including John Bowen, Ray Rodriguez and Jay Worrell, provides caskets at no charge for babies who are miscarried, stillborn or otherwise lost during infancy.

The ministry has grown to include 13 members, each contributing through various stages of casket

construction in their wood-working shops. Tasks are divided according to the available equipment, from sawing and sanding to the final finishes. Moore's Custom Cabinets in Tolar has generously donated all the wood needed for this noble cause.

Each casket is personalized with the baby's name and an engraved Christian cross. The process begins with a group prayer, imbuing the work with purpose and compassion. "We find ourselves drawn to this project, knowing we are helping families who cannot afford to bury their babies," Jay Worrell shared.

The ladies ministry team, dedicated to honoring the babies and supporting families in their times of need, transforms donated wedding dresses into beautiful baby outfits. The fabric is also used for casket lining. As Colleen Worrell aptly said, "It's all about the babies." This heartfelt gesture brings comfort to grieving families.

Contributions to All God's Little Children Inc. are tax-free, and the organization meets quarterly to ensure transparency and provide updates to its supporters. Their combined efforts show the power of community and compassion, com-

forting those experiencing the most profound loss.

The Worrell's personal experiences with loss have influenced their mission. Both Jay and Colleen Worrell lost their spouses, and five years ago, they found solace in each other and remarried. They met at mass, a mobility that Jay recalls with emotion. "Colleen became my new source of strength and life partner."

Together, they watched the TV program that inspired their ministry. They have helped numerous families, including some in the Hood County area. Jay Worrell recalled a specific instance where a family at

Granbury Hospital lost their baby. The nurses, familiar with the Worrells' ministry, provided the family with a calling card for All God's Little Children to assist.

The caskets range from 6 to 24 inches. They also have a team member who assists with Spanish-speaking families needing their services. "We try to help as many people as possible," Jay Worrell emphasized.

Families can email to connect with All God's Little Children, as the organization does not yet have a website. For more information, contact: allgodslittlechildren22@gmail.com.



All God's Little Children casket sizes range from 6 to 24 inches.



COURTESY PHOTO

Founded in 1981, the Granbury Melody Belles were formed by a group of seven friends in DeCordova Bend Estates who enjoyed getting together to sing.

Granbury Melody Belles seeks accompanist

From Staff Reports

The Granbury Melody Belles are currently in need of an experienced accompanist ahead of their December concert.

Founded in 1981, the Granbury Melody Belles were formed by a group of seven friends in DeCordova Bend

Estates who enjoyed getting together to sing. This singing group has grown considerably since then, with the group now consisting of 18-30 members. The Belles have two concert seasons each year — springtime and Christmas.

Over the years, the Belles have performed in Fort

Worth, Weatherford, Glen Rose, Stephenville, Keller and, of course, all around Hood County. The Belles enjoy singing for a variety of audiences including assisted living and rehab facilities, church and social groups, and civic organizations, including the Granbury Chamber of Commerce. The

groups' audiences usually number from around 30 to more than 100, and the music is suitable for all ages.

The Granbury Melody Belles have given public concerts for the community at the Langdon Center Concert Hall and have been honored to be the opening musical program for

Granbury's Candlelight Tour at the First Presbyterian Church for many years. Each season the Belles have a concert with lunch or dinner at the DeCordova Bend Estates Country Club for their friends and families, to which the public is also invited.

Although the Belles group

is presently in need of an experienced accompanist, the group is always ready to entertain the addition of additional singers. If anyone is interested in joining the Granbury Melody Belles, please reach out to President Eve Behan via email at evebehan@charter.net.

TAILS

FROM PAGE C3

ed. The people who adopted him adore him," Walker said, "I also board dogs here at SCF, and I've kept Tuff when his family went on vacation. He has gained weight, and there's a picture of him sitting at their place at sunset. He now has the wonderful life he deserves, and they truly adore him."

SAMSONITE THE SURVIVOR

SCF got Samsonite about two weeks after an incident of cruelty. The details are harrowing: two men set him on fire, locked him in a suitcase for five days, and shut him in a closet. "Think about those open wounds and him urinating on himself. I cannot imagine. We've cried so many tears over Samsonite," said Walker.

Walker and the investigators later learned how events transpired. The dog's circumstance worsened after five days when one of the perpetrators remarked, 'he stinks,' and the other decided, 'We've got to get rid of it.' They took him, still in the case, to a Dollar General or something similar and left him in a dumpster. A boy exiting the store heard whining, smelled the situation, retrieved the suitcase, and called the police.

"God, that dog was skin and bones," Walker said in disbelief. "He should have died too ... he should have died." The investigator on the scene named the dog after the luggage brand.

SCF and the investigators kept Samsonite until the perpetrators were tracked down and convicted. There was a wound on the back of Samsonite's head. Initially, police thought he had been shot with an airsoft pistol, but the men confessed they had slammed his head on the concrete, causing the wound. It was horrific, and both men went to jail with third-degree felonies on their records.

Samsonite's rehabilitation was extensive and challenging. Walker used red light therapy on him and applied silver cream to his wounds. "It took about three months



PHOTOS COURTESY OF SECOND CHANCE FARM GRANBURY

Gouda after some facial reconstruction with more to come.

of antibiotics, pain medication, and red light therapy for Samsonite to heal," Walker said. She sees rapid recovery with red light therapy and says the LED lights increase blood flow and circulation, cutting healing time in half.

"Samsonite — he's great! He slept underneath my covers," disclosed Walker. "I said whoever adopts him will never be cold in winter because he radiates heat. He was hot-natured. I've got numerous pictures of Samsonite under the covers, and he loves people. He should hate people, but dogs and animals are so resilient. Samsonite was adopted to a great home close by." Despite the unimaginable cruelty he endured, Samsonite's gentle spirit continues to shine.

Second Chance Farm rescues all kinds of animals in every condition. "We get animals that were run over, shot, abandoned and dropped off. We get all kinds of things. I've got two dogs that only have two legs. One of them was born with only

back legs. Her name is Grace, and she has the best balance! I had her and her brother, but he died a couple of years ago of an enlarged heart. They came from Oklahoma. Their daddy only had two legs, and they didn't have him fixed, so he just passed on that gene. I still have Grace."

LEGEND THE RUNNER

Legend came from the Marshall shelter after being hit by a car. One of his back legs had already been amputated, and the opposite front leg had atrophied due to nerve damage. Eventually, just last year, the staff arranged to have the damaged front leg amputated as well since it was of no use to him. Not long after the surgery, Walker saw Legend in the pasture and marveled, "He can run! He's an amazing dog."

FROM SEIZURE TO SANCTUARY

SCF participated in a large-scale animal seizure in Erath County and Stephenville,



Tuff — before and after.

taking in 11 pigs, including a sow who gave birth to nine babies shortly after arriving. The total number of animals from the seizure was 20 pigs, three miniature horses, one standard-sized horse, and ferrets. Two goats and a blind cocker spaniel, also from that seizure, were adopted quickly.

While many pigs have found new homes, the babies are old enough to be adopted. SCF ensures each pig receives the care and attention it needs to thrive, whether awaiting adoption or living out its days at the farm. Recently, SCF successfully found homes for several more goats and some sheep — two more have special needs.

THE EQUINES

SCF is well-known for its dedication to rescuing horses. From those who have been abused or neglected to those with special needs, every horse at SCF receives personalized care. The farm also houses miniature horses, offering them a safe and nurturing environment.

Walker's connection with horses runs deep, dating back to her first rescue, Blaze. Her experience and compassion ensure that every horse at SCF has the opportunity to heal and thrive — providing second chances.

GOUDA THE ROCKSTAR

And then there's Gouda — Cane Corso and Italian mastiff. When he arrived at SCF,

he was a puppy, about six or eight weeks old. "There was a shelter in south Dallas that posted on a Sunday night, 'This dog needs help now!'" said Walker. She determined SCF would take it and immediately arranged transport. When the dog arrived, she saw that part of his face was gone. Walker could tell by the nature of the wound that a much bigger dog had ripped off part of the pup's face.

"His nose and his top lip were gone," Walker said. "He was in incredible pain, and the vet immediately started him on antibiotics and pain meds. It was better the next day, and I could look at it. I didn't know if his teeth were

PLEASE SEE TAILS | C7

Quick Peach Cobbler

BY NANCY PRICER

Special to the
Hood County News

When my family and I moved into our home in 2001, we were fortunate enough to have a wonderful neighbor who we called "Tail Gunner Ed" because he was a tail gunner during WW II.

He was the kind of neighbor you would hope for — kind, friendly, chatty and he loved to garden and so did we. In addition to his large vegetable garden, he had a peach tree, a fig tree and was a beekeeper. His generosity led us to have lots of peaches, figs and honey. His wife had recently passed away and he didn't want to mess with picking and putting up the peaches

and figs.

At the time, I had made peach cobbler many times, but always seemed to use a different recipe. I was inspired to find the very best recipe for the cobbler and stick with that one. The second year we were there, we were there for the full peach season and Ed was begging us to pick all the peaches before they went bad. We did, and as a result, I made many peach cobblers and found the recipe that I liked the best — Quick Peach Cobbler from Southern Living. The original recipe doesn't call for cinnamon and nutmeg, but I added them to the peaches and sugar mixture after it came to a boil.

QUICK PEACH COBBLER

(Adapted from Southern Living 1981 Annual Recipes Cookbook)

1/2 cup butter
1 cup self-rising flour
2 cups sugar, divided
1 cup milk
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg
4 cups sliced fresh peaches, no need to peel
Melt butter in a 13x9x2 baking dish.

Combine flour, 1 cup sugar, and milk; mix well.

Pour over melted butter; do not stir.

Combine peaches and remaining cup sugar in a saucepan; bring to a boil.

Pour over batter; do not stir.

Bake in a 375 degree oven until browned.

Serves 10.

Quick Peach Cobbler

1/2 cup butter

1 cup self-rising flour

2 cups sugar, divided

1 cup milk

1/8 teaspoon cinnamon

1/8 teaspoon nutmeg

4 cups sliced fresh peaches, no need to peel

Melt butter in a 13x9x2 baking dish.

Combine flour, 1 cup sugar, and milk; mix well.

Pour over melted butter; do not stir.

Combine peaches and remaining cup sugar in a saucepan; bring to a boil.

Pour over batter; do not stir.

Bake in a 375 degree oven until browned.

PECAN PLANTATION BITS

Pecan group looks forward to summer gatherings and fellowship



BY DIANE LONG

A Mississippi native who has been a Texas transplant for 29 years, Diane Long is a wife, mother, and former English teacher who has written Pecan Plantation Bits for 16 years cumulatively. She spends her time both gathering neighborhood news and collecting new books to read.
dianedlong@yahoo.com | 817-579-9360

Pecan Plantation boasts a number of groups who appreciate good food and fellowship, and at the top of the list is the Widows and Widowers Club. Having enjoyed a pleasant six months of meetings in 2024, the group continues to grow not only in attendance but also in great programs.

In May, members facilitated a covered dish dinner at Shady Campground RV Park in Pecan. Although the event saw some rain early in evening, the party was not

dampened and the picnic (organized by Mary Gourley assisted by Gloria Enriquez) and games (facilitated by Susan Wesley) pursued with fierce competitions in Jenga, corn hole, and even few hula hoops.

Now that summer has arrived, the group will meet again Tuesday, June 25, at the clubhouse, and the dress code is "cool and casual" so attendees may enjoy visiting with one another, and more games are on the agenda. For the

June meeting, bingo is the competition of choice, and club members are asked to search closets for a "white elephant" item, place it in a brown paper bag, and bring it along to the gathering. The winner of each bingo set will choose which bag he or she desires as a prize, with such "rewards" no doubt adding merriment and laughter to the evening.

The group welcomes all Pecan widows and widowers, and for more information about the group and its presence in our community, contact Caryl Mahaffey at caryl.mahaffey@charter.net.

MEMBER RENEWAL

The Pecan Plantation Woman's Club happily announces its website now includes a link for members to renew their membership

for the 2024-2025 club year. Ladies may visit myppwc.com to pay their dues. The new club year promises to be spectacular with new, noteworthy programs, as well as favorite annual events such as the Christmas Tour of Homes, Santa's Workshop and Bakery, and the western themed Boot Scootin' dinner and dance.

Woman's Club welcomes all female residents to join the group whose tenets include friendship, fellowship, philanthropy and a love of the arts.

AUXILIARY EVENT

The next fundraiser facilitated by the Pecan Plantation Volunteer Fire Department/Emergency Medical Service Auxiliary is a gold and silver purchasing event happening

today, Saturday, June 22, from 9 a.m. to 3 p.m. at the EMS building located on Monticello Drive. Cowtown Gold & Silver will be on hand to buy scrap gold and silver with 10% of the purchases benefiting our VFD/EMS volunteers. Old, broken jewelry and coins are welcome. Pure gold and silver items should be hallmarked, and if in doubt, the gold and silver buyers can test for purity.

YOUTH GOLF

Signups for Pecan's Junior PGA League are happening now at the golf pro shop: 817-573-2645. Summer 1 League runs June 26-28 and Summer 2 July 24-26 from 9 to 10 a.m.

ART TIME

An "Expedition: Art" event for Pecaners ages 7 to 12 is on the calendar for Tuesday, June 25 through Friday, June 28 with participants being led by Pecan Plantation Art Guild members. The days will include four different projects with all supplies (and snacks!) included. Spots are limited; sign up at the PAC.

BREAKFAST CLUB

Pecan's Breakfast Club will meet again Wednesday, June 26 with full breakfast service beginning at 9 a.m. and the program commencing at 9:45 a.m. Folks will hear from Texas Commissioner of Agriculture Sid Miller who is also an eighth-generation farmer, rancher and former Texas congressman who authored numerous important legislative initiatives. Reservations are due by noon Tuesday, June 25: 817-573-2641.

GOOD READ

The Hood County Library's bookmobile will be in the PAC parking lot Wednesday, June 26 from 3:30 to 5 p.m. Patrons may both check out and return materials to the bookmobile, and folks may contact Robin Scanlon with questions about this service of our local library: 817-573-3569.

CANDLE CREATION

A candle making class with "Scents of Humor" will happen Saturday, June 29 from 2 to 4 p.m. at the PAC. The fee is \$55 per participant and includes a 16-ounce candle and a car diffuser. Folks may register at the PAC.

GOOD TIME

Pecan's Men's Golf Association's member/guest week 2024 was a rousing success seeing approximately 2,000 people attending both nights of concerts and tournament days boasting visitors with participation at an all-time high.

The golf play was strong with Phillip Benson and Chris Baltzell winning the Friday and Saturday shoot-outs, Chris Pankey securing the closest to the pin challenge, and the team of Andrew Herres and Scott Gordon taking home the tournament championship, winning the battle of the first flight. Many thanks go to the participants of the tournament, as well as to the volunteers and clubhouse staff who made the event happen. Member/guest 2025 is on the calendar for June 2-8, and plans have already begun.

GOOD CATCH

Pecan's annual summer fishing tournament for children found 37 participants at the number 10 golf course pond last week. This PAC sponsored event brought winners in multiple categories and one "biggest fish" winner who took home a new rod and reel. Top anglers for the day were Tripp Carson, Levi Ford, Levi Warren, Mady Warren, Connie Jo Carson, Harper Brummer, Caleb Warren, Landon Winston, Josh Warren, Rylee Reed and Bailey Reed. Congratulations to these young folks on such a successful outing!

TRASH ROUTE

With our community's population on the rise, Waste Connections has made changes to its trash pickup routes and will continue to adjust its paths as more neighbors join our community. As a reminder to Pecaners, trash should be put at the street between 4 p.m. each Monday and 6:30 a.m. each Tuesday for collection, unless the regular "pickup Tuesday" is a scheduled holiday. Empty trash containers should be removed from the street as soon as possible following the trucks' collection.

WELL DONE

Multiple Pecan Plantation Pickleball Association members volunteered at the PAC last week to hang new wall pads in the gymnasium. With the addition of a fourth indoor pickleball court, the PAC purchased these additional pads for added safety. A big pat on the back to the volunteers who spent the day drilling holes and hanging the pads.

SYMPATHY

Our deepest sympathy goes to the family of Dennis Cazobon, who passed away May 26, and also to the family of Sandra Nichols, who passed away June 13.



COURTESY PHOTO BY CARYL MAHAFFEY

The Pecan Plantation Widows and Widowers Club has enjoyed festive (and well attended) meetings thus far this year, and their next gathering will combine food, fellowship, and bingo playing. Pictured (left to right) at the most recent collective gathering are club members Donna Thompson, Marty Hintzen, Mariette Estabrook, Peggy Wetle, and Susan Wesley.



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BOOK REVIEW

Eeeeeeeek!

BY TERRI SCHLICHENMEYER

You spotted a shadow that clung to the floorboards as it disappeared down the tiniest of holes near the cabinet — a hole you never noticed, a hole that's practically like a garage. You've seen that shadow before and basically ignored it, but now you know what it is and that makes you shudder. It explains the scratching in the ceiling and things missing from your pantry. As in the new book "Stowaway" by Joe Shute, meet your new neighbor. Manchester terriers were bred long ago for one main thing: to kill rats. Joe Shute got to see that in action one night when he went out with a rat-hunter and his two dogs, and though Shute didn't get to see the dogs in action, he knew the end result.

That's fine for a lot of people who think a dead rat is a good rat. Most folks, in fact, don't have nice things to say about the rodents that steal our food, destroy buildings and cause millions in damages. Rats spray urine and that's super-disgusting. They carry disease.

"Rats," Shute says, "are like ghost stories: everybody has one."

His is this: Shute once very much feared rats. Just the idea of them gave him the heebie-jeebies but as he began learning more about them and writing this book, he realized he needed to live with a rat, for research purposes. He and his wife brought home a pair of adorable and soon beloved rat pups, Molly and Ermintrude.

Rats, Shute says, are extremely fecund: one breed-

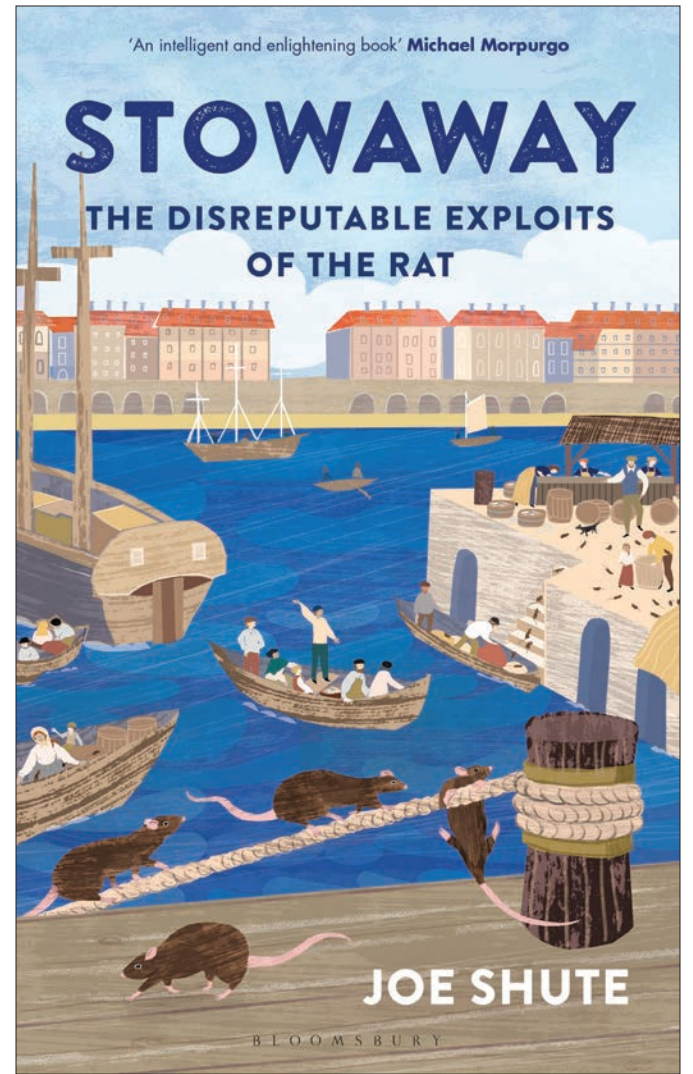
ing pair, according to a journalist in 1813, could result in three million young in three years' time. All those rodents, collectively, have "sacrificed more in the pursuit of understanding the human condition than any other" creature, but they've also been the carriers of several deadly diseases. Through the centuries, humans have tried to fix that, to eradicate rats, but the best (and most repeated) advice Shute got was to learn to live alongside them.

We need rats and " ... rats need us ..."

Judging by what author Joe Shute learned while writing "Stowaway," most people fall into one of two camps on this subject: extreme fascination or extreme freak-out. People love rats, or they detest them, with very little middle ground. Don't expect them to leap out at you here, though; instead, you'll start to think about them in a unique manner.

Over and over, Shute asks readers to consider the "hubris" of humans and "what right ... we have to deem which animal is permitted to share the earth with us, and which is not?" To contribute to the discussion, he swallows his fear, creeps into a waterside tunnel, tickles rats to hear them giggle, watches them work, and goes on a hunt for them. It's a brave, open-minded narrative that leads readers on a journey of curiosity, wonder and a few good grimaces.

Be prepared to consider your position, and this is a book you'll enjoy. Whether it makes you shudder or not, "Stowaway" is worth a pEeeeeeeek!



"Stowaway: The Disreputable Exploits of the Rat" by Joe Shute c.2024, Bloomsbury, \$26.00, 272 pages



Author - Joe Shute

TAILS

FROM PAGE C4

gone because I couldn't lift his lip — it hurt (him) so bad."

Gouda underwent many major surgeries. At Mesquite Ridge Animal Clinic in Granbury, Dr. Lammers does some of the surgeries; however unusual they may be, he is about to operate on the dog again. "Gouda's nasal passages are still there," Walker explained, "but the outside part is gone, and that outside wound will grow granulation tissue and close up because it's trying to heal the wound. He can breathe out of his nose okay during the day because he can pant. But at night, when he lays down and his mouth closes, it's like (he has) sleep apnea."

SCF works with many veterinarians in different towns, but Dr. Lammers will try something new regarding Gouda's next surgery. A woman who worked as a vet tech years before saw a post about Gouda's medical difficulties: she shared an idea about a type of stent they had used to keep a cat's bladder open. It was a tube made of surgical-grade stainless steel. Walker began to research the idea, and then she ordered them. "We took them to Dr. Lammers, and he will use them in the nose hole to keep his nose hole open. We will try it and see if it keeps the granulation tissue from growing and closing his nose hole. He'll never have a normal



Samsonite is happy and healing.

PHOTOS COURTESY OF SECOND CHANCE FARM GRANBURY

face."

"Gouda is eight months old and growing like crazy. He's going to be a very large dog, but he is our new rock star," said Walker. One of his jobs in life is going to be to go to schools and daycares to talk about bullying. He has already started. A little bullying occurred recently at a daycare, so Walker brought Gouda for the lesson.

"I've had over 200 four-legged children," Walker said. Her deep commitment to animal rescue has shaped her life, and her pride in all that has been accomplished is evident. "We've grown into a nice rescue and have a great reputation. We do what's right for

the animals."

She says the salon industry started her rescue. As Walker shared those early years, she looked out her kitchen window where a blind hound dog was walking around in her front yard and said, "He was shot in the face last year and left for dead — shot in the face — and it blew one eye out and blinded the other one. His name is Bullet." Walker posted on her Facebook page that morning that two employees were driving one of the golf carts and who was sitting between them? Bullet! Bullet! The Brave. "He was just barking and having so much fun as they were taking him for a ride around the driveway."

The farm's facilities are designed to prepare animals for adoption. Dogs live in insulated, climate-controlled cabins, which help them transition to home environments. "It is rare that a dog has an accident," disclosed Walker. These tiny homes, complete with cameras for monitoring, ensure the animals' comfort and safety.

COMMUNITY SUPPORT

The support from the community has been instrumental in SCF's success. Donations from local businesses and individuals have funded critical medical treatments, like Tuff's life-saving blood transfusions. Social media has also played a key role in raising awareness and supporting the farm's efforts.

Walker's journey from a small business owner to a renowned animal rescue founder is a story of resilience, compassion and unwavering dedication. Her struggles have shaped SCF into a sanctuary where every animal, no matter how dire their circumstances, is given a second chance to thrive.

For more information about Granbury's Second Chance Farm or to support its mission, visit its website www.scftx.org, or follow them on facebook www.facebook.com/scftx. Walker's story is a powerful reminder of the impact one person can make through determination and love.



Samsonite shortly after his rescue.

THE IDLE AMERICAN

On bubble-blowing and peace pipes ...



BY DON NEWBURY

Dr. Don Newbury is a longtime public speaker and former university president who writes weekly. newbury@speakerdoc.com | 817-447-3872

Aunt Maude, wed to my Uncle Mort since Noah's ark went into dry dock, says her hubby regularly encounters premonitions while in dreamland.

"When he says, 'I'll bet you can't guess what I dreamed last night,' I know that soon he'll be untangling his dreams in his workshop, not likely to be heard from again until suppertime," my aunt observes.

Invariably, his dreams become schemes. His every blink provides imaginary dollar marks, and then, the fun begins once more on what he considers low-hanging fruit in the orchards

alongside gold-paved roads leading to instant riches ...

"It was a really strange one last night," Mort said. "I kept dreaming about alternate songs, with Texas A&M flags fluttering in the breeze. One seemed to fit, and why wouldn't it? It was the 'Aggie War Hymn,' warming the hearts of Texas A&M faithful since its introduction back in 1907. Alternating with it, however, was a chorus of Aggies — doing their best to stay 'in tune — singing 'I'm Forever Blowing Bubbles!'"

Huh? Learning that the bubbles tune came along just

one decade later, Mort tuned in to ESPN, and — shocker of shockers — the Texas Aggies were winning a Super Regional Championship, thus qualifying for the NCAA College World Series in Omaha! And every time they scored a run, pretty bubbles wafted skyward, not by the dozens or hundreds, but by the tens of thousands! ...

Turns out, a couple of players brought small bottles of bubbles — with tiny plastic wands — to a game several years ago. Then, "copycat-itus" took over. Fans started bringing bubble-blowing paraphernalia, and now they even have rentals inside the stadium. Some of the bubble machines are now affixed to the dug-out, allowing for the emission of bubbles big enough to startle pilots 20,000 feet in the air.

This may be the most creative use of bubbles since the 1940s, when dancers discovered a third option available to skirt the law — in addition to strategic placement of fans and feathers.

The "Aggie War Hymn" is, of course, here to stay. But don't be surprised if Aggie fans — perhaps led by the 12th man — don't cut loose with the bubbles melody when their team scores in the College World Series. There, it may require mirrors in addition to feathers, fans and bubbles to win it all ...

This, then, is the backdrop for Mort's current "premonition."

That he would dream of such songs involving Aggies hours before seeing bubbles engulfing Blue Bell Park seemed providential.

"My mind started spin-

ning, conjuring ways to make big money promoting giant-sized bubble peace pipes that ought to be popular with both the Aggies and the University of Texas Longhorns. After all, the athletic heavyweights — archrivals in the old Southwest Conference — soon will be slugging it out as members of the Southeast Conference," Mort mentioned ...

In his workshop, Mort concocted distinctive bubbles — Aggie maroon and UT burnt orange.

Marketing should be a no-brainer.

He envisions selling the soapy liquid near stadium entrances, by the gallon or by the barrel ...

Further, he envisions bubbles representing a peace gesture between the long-warring universities. "Instead of smoke signals of

war, why not gather around the campfire and blow bubbles together?" he joked. Since Aggie brain trusts recently nixed resumption of the bonfire, maybe a joint campfire is just the thing to mend fences and start anew.

"I'm a concept person," Mort maintains. "I'll let others work out the details."

It may not be a stretch for Mort's claim to be a "former student." (He knows Aggies bristle upon hearing the words "ex-students." They prefer "former students.") Technically, Mort may be a "former student." Years ago, he enrolled in the school of engineering, but he dropped out after one day. He may have been too 'finely focused' on job security, figuring that we'll always need engineers to drive the trains ...

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Exercise can be good for the brain

It is well documented that physical activity can be beneficial for the body, but what about the effects of exercise on the brain? Exercise enthusiasts will be glad to learn there are some notable ways that physical activity can benefit the brain.

A 2018 study published in *Frontiers in Psychology* indicated that much evidence shows that physical exercise is a strong gene modulator that causes structural and functional changes in the brain that can benefit cognitive functioning and well-being. Exercise also seems to be a protective factor against neurodegeneration.

Dr. Scott McGinnis, an instructor in neurology at Harvard Medical School, says there is a lot of science behind exercise boosting memory and thinking skills. Exercise can encourage production of growth factors, which are chemicals that affect the growth of new blood vessels in the brain and even the number of brain cells and their ability to thrive. Various studies point to exercise causing growth in the parts of the brain that control thinking and memory. The World Health Organization even notes that

about two hours of moderate activity or 75 minutes of vigorous activity per week can help improve thinking and memory skills.

Another study, led by a team of sports scientists at the University of Geneva, grouped 350,000 people in the United Kingdom according to genetic variants associated with more or less physical activity. Those who had a genetic proclivity toward being active tended to perform better on a set of cognitive tests. Additional studies have found that more physical activity correlated to better cognitive performance at age 69 among individuals who had been tracked for 30 years.

Although many health professionals agree that exercise is good for the brain, the amount of exercise and where it takes place also may play a role in cognitive health. A 2023 study published in *Scientific Reports* found that time spent in natural outdoor environments led to increases in cognition similar to those resulting from acute exercises. Researchers found that when exercise and nature are combined, the impact on cognition is magnified.



COURTESY PHOTO BY SAB, ADOBESTOCK.COM

Exercise can encourage production of growth factors, which are chemicals that affect the growth of new blood vessels in the brain and even the number of brain cells and their ability to thrive.

Researchers have not pinpointed whether one exercise is better than another

for improving brain health. Walking is one way to start, as it is accessible for people

of all ages and requires little to no equipment. Anyone beginning an exercise regimen

should discuss plans with a doctor and speak about their exercise goals.

Boost your diet with these powerhouse foods

A nutritious diet is a key component of a healthy lifestyle. That's an important thing to remember for people looking to turn over a healthier leaf and accomplish their long-term wellness goals.

Avoiding certain ingredients, like saturated fats and added sugars, and choosing

foods known for their nutritional benefits is one way individuals can utilize diet to live healthier. Although such foods cannot entirely eliminate risk for certain diseases or make a person invincible, eating more of them certainly can benefit individuals' overall health.

Kale: Kale long has had

a place on healthy eating lists. Kale is a good source of vitamins A, C and K, and also contains alpha-linolenic acid, which is an omega-3 fatty acid. According to *Britannica*, studies show kale can help combat heart disease and cancer, and also boost eye health by reducing risk for cataracts and macu-

lar degeneration. Kale is not the only dark, leafy green vegetable that has earned superstar status. Swiss chard, spinach, collard greens, and turnip greens are equally beneficial.

Berries: There is strong antioxidant capacity associated with berries that helps reduce the risk of heart dis-

ease and other inflammatory conditions, says *Healthline*. That's why blueberries, strawberries, blackberries, raspberries, and cranberries are so revered by nutritionists. They're also great sources of fiber, vitamins and minerals.

Honey: This natural sweetener is a powerful

ally to animals and insects. Honey is one of the most appreciated and valued natural products, according to the study "Honey and Health: A Review of Recent Clinical Research," published in 2017. Since ancient times, honey has been used

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How it pays to spend time in nature

Few things can be as distracting as a beautiful day. When the weather outside is welcoming, it can be hard to focus on indoor activities, including work and tasks around the house. Though it's not advisable to ignore responsibilities at work and at home when the weather outside beckons, it can be beneficial to spend ample time in nature when circumstances allow.

People tend to flock to the great outdoors in spring, summer and fall, and some are even so devoted that they bundle up and head outside throughout winter. Whether they know it or not, people who love to spend time in nature are doing their mental and physical health a lot of good by embracing the great outdoors.

Mental health benefits
The National Alliance of Mental Illness notes that a growing body of research supports the idea that time in nature is good for mental health. A 2015 study from researchers at Stanford University found that people who walked in a natural area for 90 minutes exhibited decreased activity in a region of the brain associated with depression compared to those who walked in high-traffic urban settings.

The United Kingdom-based Mental Health Foundation also touts the mental health benefits of the great outdoors. According to the MHF, research shows that people who are connected with nature are more likely to report their lives are worthwhile than those with no such connectedness. In addition, the MHF notes time in nature has been shown to generate positive emotions, including calmness and joy, and promote greater creativity.

When seeking to capitalize on the mental health benefits of time in nature, people should know that where they spend time outdoors matters. As the Stanford study indicated, time outside in high-traffic urban settings may not produce as profound an effect as time spent in natural settings, like forests, that tend to be more serene. People who live in cities or other densely populated areas can still benefit from time outdoors, but they might experience even greater health gains if they make consistent efforts to spend time in more natural settings.

Physical health benefits
The physical health benefits of time in nature are



COURTESY PHOTO BY LESZEKGLASNER, ADOBESTOCK.COM

Exercise can encourage production of growth factors, which are chemicals that affect the growth of new blood vessels in the brain and even the number of brain cells and their ability to thrive.

equally notable. Perhaps the most obvious physical benefit is related to physical activity. People tend to embrace physical activity when spending time in nature. Hiking, jogging, walking, nature-based recreational activities like kayaking, and playing sports like basket-

ball or pickleball all involve physical activity, which can help people avoid the consequences of a sedentary lifestyle, such as an increased risk for chronic diseases. More specifically, the New York State Department of Environmental Conservation notes the

physical health benefits of spending time outside include:

- A stronger immune system
- Lower blood pressure
- Increased energy levels
- Improved sleep

Each of those benefits contributes to greater over-

all health, making time outdoors among the more beneficial behaviors a person can embrace. There's no shortage of benefits to spending time in nature. That's something to keep in mind the next time welcoming weather beckons you to get some fresh air.

How routine physical activity affects mental health



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According to the Mental Health Foundation, physical activity releases chemicals in the brain that positively affect mood, thus making exercise a tool anyone can utilize to improve their mental health.



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The physical changes people experience after committing to routine physical activity are visible to the naked eye. After making such a commitment, particularly if one is accustomed to a sedentary lifestyle, people may shed a noticeable amount of weight, move more quickly and even appear younger, a change that is perhaps related to the positive effects exercise has on sleep.

Less noticeable but no less advantageous are the mental health benefits associated with routine exercise. According to the Mental Health Foundation, physical activity releases chemicals in the brain that positively affect mood, thus making exercise a tool anyone can utilize to improve their mental health. As individuals ponder the benefits of physical activity, they can keep the following ways exercise affects mental health in mind.

• Exercise and stress reduction: A 2022 Gallup poll found that 40 percent of adults worldwide experienced a lot of stress. The

poll asked adults in 142 countries and areas, which underscores the significance of stress as a legitimate global health concern. The MHF notes that the most common physical signs of stress include difficulty sleeping, sweating and loss of appetite, symptoms that are triggered by a flood of the stress hormones adrenaline and noradrenaline released in the body. Those hormones increase blood pressure and heart rate. Exercise can help to alleviate stress, and the MHF notes that adults who are highly active have been found to have lower rates of stress than those who live more sedentary lifestyles.

• Exercise and self-esteem: A 2022 study published in The Journal of Sports Medicine and Physical Fitness compared 352 participants between the ages of 20 and 40 who regularly exercised at least two days per week for the previous six months with 350 similarly aged sedentary individuals. The study assessed various characteristics of each group and

researchers ultimately concluded that those who exercised had higher levels of self-esteem than those who did not. As a result, the authors behind the study recommended exercise as a preferred method to increase self-esteem.

• Exercise and depression: A systematic review and network meta-analysis of randomized control trials found that exercise is an effective treatment for depression. That review and analysis, published in the peer-reviewed medical journal The BMJ in 2024, reviewed 218 unique studies involving more than 14,000 participants. Walking, jogging, yoga, and strength training were found to be especially effective at treating depression, which the World Health Organization estimates affects about 280 million people worldwide.

The physical benefits of routine physical activity may be most noticeable. However, regular exercise also has a profound effect on individuals' mental health.



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How exercise builds a stronger heart

The benefits of physical activity are well-documented. Adults may be reminded of the short- and long-term benefits of exercise when visiting their physicians for annual well visits or to treat an illness. Though exercise is often viewed as a means to losing weight, it's equally important for people of all ages to recognize the many other ways physical activity benefits the body, including its role in heart health.

World Health Organization reports that cardiovascular diseases (CVDs) are the leading causes of death across the globe. A host of variables can lead to a CVD diagnosis, and a sedentary lifestyle is among them. By including

exercise in their daily routines, individuals can build a stronger heart that benefits their bodies in myriad ways.

EXERCISE, THE HEART AND LUNG FUNCTION

The National Heart, Lung and Blood Institute notes that regular moderate- and vigorous-intensity physical activity strengthens the heart muscle. A stronger heart is more capable of pumping blood to the lungs, which the NHLBI notes ensures a stronger blood flow to the muscles.

EXERCISE AND BLOOD OXYGEN LEVELS

Exercise helps to increase oxygen levels in the blood

by improving the ability of the heart to pump blood not only to the lungs, but throughout the body. That's a notable benefit, as the Cleveland Clinic notes hypoxia, a condition marked by low blood oxygen levels, can lead to adverse health conditions, such as damage to individual organ systems, including the brain.

EXERCISE AND CORONARY HEART DISEASE

Coronary heart disease is a condition marked by the buildup of plaque in the coronary arteries, which the NHLBI notes supply the heart muscle with oxygen-rich blood. Moderate- and vigorous-intensity aerobic activity has been linked to

a lower risk for coronary heart disease because it can help people lower their blood pressure; reduce a type of fat in the blood known as triglycerides; increase "good" cholesterol levels; help the body manage its blood sugar and insulin levels; and reduce levels of C-reactive protein (CRP), which is a sign of inflammation associated with a higher risk of heart disease.

These are just a handful of the ways that exercise can help individuals build a stronger heart. Individuals who have already been diagnosed with heart disease and have lived a largely sedentary lifestyle are urged to speak with their physicians

about safe ways to incorporate exercise into their daily routines. Vigorous aerobic activity may not be safe for people who have heart disease, so anyone in that situation should not simply begin exercising on their own.

A healthy heart is a building block of a long life. More information about exercise and heart health can be found at nhlbi.nih.gov.



COURTESY PHOTO BY WIRESTOCK, ENVATO.COM

A healthy heart is a building block of a long life.

What's a good heart rate for your age?

A resting heart rate can be a good indicator of health. According to the Mayo Clinic, generally speaking, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. Athletes tend to have lower normal resting heart rates than non-athletes. Conversely, an unusually high resting heart rate may signify an increased risk of heart disease or another medical condition, advises Harvard Health.

While the official stance on resting heart rate for adults indicates it should range from 60 to 100 beats per minute (bpm), most healthy adults fall between 55 and 85 bpm. However, certain peo-

ple may fall outside of this range and still be healthy. Penn Medicine says resting heart rate generally should not be too fast or too slow, and should not fluctuate all that often.

What qualifies as a healthy resting heart rate changes as one ages. In fact, heart rates for children are much different from adults.

- **Newborn babies:** 100 to 205 bpm
- **Infants under 1 year:** 100 to 180 bpm
- **1 to 2 years:** 98 to 140 bpm
- **3 to 5 years:** 80 to 120 bpm
- **6 to 7 years:** 75 to 118 bpm
- **Older children and teens:**

60 to 100 bpm

• **Adults:** 60 to 100 bpm
Men and women differ slightly in resting heart rate. The National Institutes of Health says the average adult male heart rate is between 70 and 72 bpm, while the average for adult women is between 78 and 82 bpm. This is due in large part to the fact that men have larger hearts than women. This occurs even after accounting for age and physical fitness.

There are ways to lower resting heart rate. Exercise, quitting smoking and relaxing to reduce stress and anxiety can promote a low resting heart rate.



COURTESY PHOTO BY TLOVENTURES, ADOBESTOCK.COM

Men and women differ slightly in resting heart rate. The National Institutes of Health says the average adult male heart rate is between 70 and 72 bpm, while the average for adult women is between 78 and 82 bpm.

How women can safeguard their mental health

Women face numerous challenges as they move forward in their personal and professional lives. In order to overcome such obstacles, women may feel the need to continually put on brave faces and act strong in assorted situations.

Over time, feeling the need to always appear ready to tackle the world can slowly chip away at women's well-being, particularly their mental wellness. In order to right the ship, it may be necessary for women to identify behaviors that can improve and protect their mental health.

The following lifestyle strategies can help.

Get ample rest. Give yourself permission to rest when you need it, and do not feel guilty for not being productive. In fact, think of the time you devote to yourself as productive since it is benefiting your health.

Consider meditation. Meditation can help soothe the mind and body. There are different meditation modalities. Some people like to sit listening to soothing music. You may want to join a yoga class where you can learn to breathe deep-

ly. Alternative meditation disciplines may be more in-depth or involve spirituality. Experiment with what works for you.

Exercise regularly. The health organization Women's Care® says exercising regularly can help maintain mental health. Exercise often is mentioned as a cure-all for many different conditions, and may produce the same mood-boosting benefits of prescription medications used to treat mental health conditions.

Make friends. Socialization can help you

feel less isolated and alone. Participating in activities with others and gaining new connections is a healthy way to boost the brain and improve mental health.

Participate in activities you enjoy. Make time for activities that fuel hobbies or interests rather than just those required for work or maintaining the household.

Eat healthy foods. Food can affect mood in various ways. Certain foods may contribute to inflammation throughout the body, which can increase risk for certain conditions. Choose foods

that are rich in omega-3 fatty acids to boost mental health. Others, like those rich in vitamin K, lutein, folate, and beta carotene, can be crucial for the proper function of the brain and nervous system, says the Family Institute.

Learn about hormones. Fluctuating hormone levels during menstruation, preg-

nancy and menopause may put you at risk for various mental health conditions. Speak with a doctor about what you can do to keep hormones more stable or to treat conditions as they pertain to these hormones.

Maximizing mental health may come down to certain practices that prioritize mental well-being.

Fill up on healthy eating pointers

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes. In addition, these healthy living strategies can improve personal appearance and improve overall well-being - helping people

live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempting to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

Eat colorful, varied,

nutritionally dense foods. Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

Choose fiber-rich foods. Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

Note how you feel after eating. Create a food journal where you jot down notes about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

Explore the Mediterranean diet. While you should avoid fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors

of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and "good" fats like olive oil.

Control portion sizes. Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day. The National Institutes of Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.



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Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein.

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6 ways to reduce stress

Stress is a significant public health challenge. The Ipsos Global Advisor survey for World Mental Health Day 2022 found that most Americans feel the United States health care system places less importance on mental health than physical health, and the majority of adults reported experiencing high levels of stress over the last two years. The Centers for Disease Control and Prevention says mental health problems may occur as more adults deal with stress. In August 2022, more than 32 percent of adults in the U.S. reported having symptoms of anxiety or depression in the last two weeks.

The stress response gets a person through tough times, as the body rallies to evade a threat. Typically, when the danger subsides, the body

can go back to business as usual. However, when stress is ongoing, it can cause harm like chronic inflammation. In addition, the constant activation of the immune system raises the risk for many adverse health effects, including heart disease and stroke.

Men and women experience stress differently. Debra Bangasser, Ph.D., and her colleagues at Temple University found that, in response to significant life stress, men are more likely than women to experience effects on the cognitive processes like memory. High job insecurity is a notable stress trigger for men.

It's key to keep stress at a minimum for personal well-being. These strategies can help.

1. Get active: Exercise will not make stress disappear, but it can relieve some of the

emotional responses and clear thoughts to let you deal with problems more readily.

2. Use laughter: Harvard Health says laughter reduces stress hormones and is a way to experience joy, optimism and hope.

3. Reduce loud noises: Sometimes loud noises can trigger a stress response. It can make it hard to think and take you away from being mindful. Avoiding loud scenarios or wearing earplugs or noise-canceling headphones can help.

4. Avoid unhealthy habits: Some people turn to alcohol or smoking to deal with stress. Overall, these habits can exacerbate stress and lead to additional health problems.

5. Meditate: The Mayo Clinic says attention is focused to help calm the thoughts in the mind and

give a sense of peace and calm. Meditation can include guided imagery, mindfulness and visualization exercises.

6. Connect with others: Meaningful relationships can create feelings of belonging. Feeling cared for and supported can help people cope with stress and be more resilient. Building connections involves reaching out to community, family or friends. Sometimes just talking things out with others as a sounding board can alleviate stress, especially when others share that they have experienced similar situations.

Stress can be detrimental to men's overall health. Taking steps to reduce stress can improve quality of life.



COURTESY PHOTO BY YURIARCURSPeopleIMAGES, ENVATO.COM

It can make it hard to think and take you away from being mindful. Avoiding loud scenarios or wearing earplugs or noise-canceling headphones can help.

6 tips for staying hydrated this summer

Summer is marked by hot and humid conditions. After all, the band The Lovin' Spoonful didn't sing, "Hot town, summer in the city. Back of my neck getting dirty and gritty" because the summer weather is crisp and cool. Although summer temperatures can make a day at the beach or in the pool ideal, that rising mercury also can contribute to dehydration.

The Mayo Clinic advises that water is critical to every cell, tissue and organ in the human body. The body relies on water to function properly. Water helps to regulate body temperature, flush waste from the body, lubricate and cushion joints, and promote healthy digestion. And that's just the start. So when temperatures climb and the body begins sweating to cool off, it is vital to replenish lost fluids at a faster rate. The U.S. National Academies of Science, Engineering and Medicine says women should consume 2.7 liters of fluid per day, while men need 3.7 liters. These amounts increase if one is exercising, sweating, has an illness like a fever, or is vomiting.

The following are six ways to stay properly hydrated to avoid adverse reactions during hot summer days.

1. Consume a glass of water when you wake up. Start the day off with some water to give you an energy boost and get your metabolism moving.

2. Coffee and tea count toward fluid intake. Drinking your favorite tea or coffee is another way to take in



COURTESY PHOTO BY SAB, ENVATO.COM

Hydrating foods include cucumbers, celery, tomatoes, watermelon, strawberries, grapefruit, and peppers.

fluids. A 2016 meta-analysis published in the Journal of Science and Medicine in Sport found that caffeine doesn't contribute to dehydration for healthy adults, so having a cup or two should be fine.

3. Certain foods are hydrating as well. Hydrating foods include cucumbers, celery, tomatoes, watermel-

on, strawberries, grapefruit, and peppers. The Mayo Clinic says the average person gets 20 percent of his fluid intake from food.

4. Make water more fun. Add unsweetened flavoring to water if you find plain water too bland. You can squeeze in lemon or lime juice, or float cucumber or apple slices in the water for

some flavor.

5. Reach for calorie-free beverages before food. It's easy to mistake the signs of dehydration for hunger. By drinking a glass of water or another unsweetened beverage prior to every meal, you can stay hydrated and reduce the amount of food you eat. This can be part of a healthy weight loss plan.

6. Occasionally consume electrolyte powders and drinks. Working out in the heat or sweating profusely can unbalance electrolytes in the body. The Cleveland Clinic says electrolytes are substances that help the body regulate chemical reactions and maintain balance between fluids inside and outside of your cells.

They include sodium, calcium and potassium. An electrolyte-infused beverage can help replenish these lost substances.

Staying hydrated is essential at all times, but it's especially important when summer temperatures can make loss of body fluid more significant.

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In recent years, the health care landscape has increasingly embraced an integrative approach, blending the strengths of naturopathic health services and allopathic health care. This synergy aims to provide patients with comprehensive care that addresses both the symptoms and root causes, encouraging overall health and wellness.

World Wide Naturopathic Health Service is grounded in natural therapies and a holistic view of health. Dr. Andre Kulisz and Rebecca Morris NPM focus on treating the whole person—mind, body, and spirit. They emphasize prevention, support and the promotion of health using natural methods and modalities that encourage the self-healing process. When the body gets what it needs naturally, it usually heals itself.

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World Wide Naturopathic Health Service combines the best of both worlds, offering a patient-centered approach that respects the benefits of both naturopathic health services and allopathic practices. This approach is particularly beneficial in managing chronic conditions such as diabetes, hypertension, and autoimmune diseases, where a comprehensive treatment plan can include medication alongside natural methods & modalities, dietary changes, stress management, and physical therapy.

One of the key advantages of World Wide Naturopathic Health Service is personalized care. Practitioners spend more time with patients, understanding their histories, lifestyle, and personal preferences. This thorough approach allows for tailored treatment plans that enhance compliance and efficacy. For instance, a patient with chronic pain might receive allopathic an-

algesics alongside natural modalities to reduce inflammation and promote health.

CHALLENGES AND CONSIDERATIONS

Despite its promise, integrative health care faces challenges. Collaboration between naturopathic health services and allopathic practitioners requires mutual respect and understanding, as well as overcoming skepticism from both sides. Regulatory and insurance frameworks also need to evolve to support integrative practices and ensure accessibility for patients.

THE FUTURE OF HEALTH CARE

The integration of naturopathic health services and allopathic health care represents a forward-thinking model of health care that prioritizes patient well-being and comprehensive care. As this approach gains traction, it has the potential to transform how we handle health and disease, offering a more balanced and natural pathway to wellness. By embracing both the natural and scientific. Together Dr. Kulisz can focus on natural options for individuals and their families and Catherine Wilson FNP-BC can focus on the allopathic options.

This is the future of health care, where the focus is on nurturing health.



COURTESY PHOTO

Dr. Andre Kulisz is the founder of World Wide Naturopathic Health Service and Rebecca Morris.

Are there ways to prevent Alzheimer's disease?



COURTESY PHOTO BY SAB, ENVATO.COM

The Mayo Clinic says there is strong evidence that healthy lifestyle habits may play a role in reducing AD risk, as well as risk for other types of dementia.

Researchers around the globe continue to investigate Alzheimer's disease, the most commonly diagnosed form of dementia. The Centers for Disease Control and Prevention says Alzheimer's disease (AD) is a progressive form of dementia that affects around 6.5 million people in the United States. Since AD affects parts of the brain that control thought, memory, and language, notable symptoms include memory loss and difficulties communicating.

AD can be a debilitating condition, so naturally people want to do all they can to avoid it. Right now there are no proven prevention strategies nor a cure. However, the Mayo Clinic says there is strong evidence that healthy lifestyle habits may play a role in reducing AD risk, as well as risk for other types of dementia. The Alzheimer's

Association and the Mayo Clinic recommend these strategies to help reduce dementia risk.

Reduce risk for heart disease. Some autopsy studies show that as many as 80 percent of individuals with AD also have cardiovascular disease. Lowering blood pressure and cholesterol levels may, in turn, help individuals reduce their risk for AD.

Eat a balanced diet. Many doctors recommend the Mediterranean diet, which is rich in vegetables, fruits and lean protein coming from sources containing omega-3 fatty acids. This diet also is heart-healthy.

Embrace physical activity. Regular physical activity may lower the risk of AD as well as vascular dementia. Exercise can boost blood and oxygen flow in the brain. Cardiovascular exercise is an essential part of any wellness plan.

Quit smoking. Quitting smoking can help maintain brain health and reduce the risk for various diseases.

Avoid head injuries. Always wear protective safety equipment when participating in sports or while riding motorcycles or other motorized vehicles. Fall-proof your home and wear seatbelts while riding in cars.

Maintain social connections and activity. A number of studies indicate that maintaining strong social connections and keeping mentally active as people age might lower the risk of cognitive decline as well as AD.

Keep a healthy weight. Manage weight through diet and exercise.

Although there is no guaranteed way to avoid a dementia diagnosis, certain lifestyle changes may help people reduce their risk.

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Activities that can promote cardiovascular health

Resolving to be physically active is an important step towards heart health and overall well-being. Exercise is one of the most effective tools for strengthening the heart and avoiding various illnesses, including high cholesterol, that can affect cardiovascular health, according to Johns Hopkins Medicine.

Although any exercise can be beneficial, there is a fitness recipe designed to be the most effective for strengthening the heart and helping it to work to its full potential. Here are the guidelines recommended by the American Heart Association and Johns Hopkins Medicine.

Get 150 minutes per week or more of moderate-intensity aerobic activity or 75 minutes per week of vigorous-intensity aerobic activity, or a combination of both. These activities can include run-

ning, cycling, swimming, and others that will get the heart pumping.

Incorporate moderate-to high-intensity muscle-strengthening activity at least two days a week.

Strength training should be designed to work the entire body. It doesn't have to be traditional weightlifting, either. Body weight exercises, yoga, Pilates, and even tai chi can build strength and offer additional benefits like improving balance.

Consider HIIT exercises. HIIT stands for high-intensity interval training, which involves exercising as hard as one can for a short period, and then resting briefly before exercising hard again for a short period. While there are many different HIIT programs, UT Southwestern Medical Center says a popular one involves exercising hard for four minutes, fol-

lowed by three minutes of recovery time, for four cycles total.

While stretching, flexibility and balance exercises do not directly affect heart health, they do help one stay flexible and free from joint pain and other issues that can sideline a person from exercise. Doing what one can to protect against falls and reduce risk of being sedentary will benefit the heart in the long run.

Don't discount everyday activities in relation to how they can enhance heart health. Walking, gardening, playing with children, or tossing a ball to a family pet are beneficial aerobic activities.

Heart health is something to take seriously, and exercise plays a key role in strengthening the heart.



COURTESY PHOTO BY WINNIEVINZENCE, ENVATO.COM

Don't discount everyday activities in relation to how they can enhance heart health.

FOODS

FROM PAGE D2

therapeutically due to its antioxidant, antimicrobial, anti-inflammatory, and anti-proliferative effects.

Walnuts: Studies have found that those with higher nut consumption have improved cardiovascular risk factors and lower rates of cardiovascular disease. Nuts are an important part of the Mediterranean diet, which has been found to be heart healthy as well, according to Harvard Health. Walnuts are a particularly good choice for lowering LDL cholesterol, triglycerides and apoprotein B (a protein linked to cardiovascular disease).

Legumes: Legumes, also known as pulses, include beans, lentils, peas, peanuts, and alfalfa. Legumes are full of nutrients, like minerals, protein, fiber, and B vitamins. Healthline notes legumes also improve feelings of fullness, which may help

people eat less at each meal.

Teff: Not too many people have heard of teff, which is a very small grain that is a dietary staple in parts of eastern Africa. Teff is high in the nutrients iron, magnesium, zinc, calcium, and vitamin C. Teff also contains ample protein and fiber. Teff also is gluten-free, so it can be ground and used in place of other flours in cooking, says Britannica.

Kefir: Fermented foods and beverages have garnered increased attention recently because of their effect on helping maintain gut health. Kefir is loaded with vitamins, minerals and nutrients, says the Cleveland Clinic. It is a fermented milk that boasts higher concentrations of probiotics than some other fermented foods, like yogurt. Kefir has approximately 12 active probiotic strains.

These nutrient-rich foods can make great additions to health-conscious individuals' diets.



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Eating foods known for their nutritional benefits is one way individuals can utilize diet to live healthier.

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