

# Hood County News

MORE THAN A NEWSPAPER | A HOOD COUNTY LEGEND SINCE 1886



[SATURDAY, September 28, 2024]

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## Granbury's inaugural Super Soaker Battle



MARY VINSON | HOOD COUNTY NEWS

A monumental effort was made to organize Granbury's first ever Super Soaker Battle at Blue Branch Historic Ranch. The kid-friendly event took place on Saturday, Sept. 21. See more photos, page A6.

## County commissioners adopt no new revenue rate for tax relief

BY ASHLEY TERRY  
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The Hood County Commissioners Court voted 3:1 to adopt a no new revenue tax rate of \$0.267258 during a regularly scheduled meeting Sept. 24. This rate will essentially decrease the average homeowners' county taxes by approximately \$38.83 compared to last year.

During the meeting, County Auditor Stephanie Matlock provided an update on the financial implications of the proposed tax rates, using a median home value of \$335,167. She explained that while the no new revenue rate would reduce taxes, the modest increase option, set at a rate of \$0.282622, would only raise taxes by approximately \$12. In contrast, the highest proposed rate of \$0.309524 would lead to an increase of \$102.83.

Hood County Republican Chair Greg Harrell addressed the court during public comments and urged the commissioners to take into account the financial pressures on families in Hood County. While he advocated for the no new revenue rate, he also acknowledged, based on Matlock's updates, that the middle option for the tax rate — a \$12 increase — was "pretty modest" as well. He expressed that he was there to represent many Hood County residents who cannot attend public meetings. Harrell also emphasized the importance of supporting community members facing difficulties in making ends meet — especially during these challenging economic times.

"Times are tough, and so as you consider what to do to move forward, I would just ask you to consider that and keep that in the forefront of your mind," he said. "There are a lot of people out there who are truly struggling, and I know that responsibility weighs heavy on each of you as well."

Harrell emphasized that he is not suggesting a delay in decision-making but believes the economy will improve once President Donald Trump is back in office. He expressed optimism that policies implemented after the election will boost the national economy and, in turn, positively impact Hood County's economy. As a result, he thinks next fiscal year might be a more appropriate time to consider a tax rate increase.

Hood County Judge Ron Massingill agreed

with Harrell, stating that a modest \$12 increase in taxes would likely go unnoticed by most residents. Massingill explained that the increase would generate around \$1.4 million, which he said was "a small price to pay" for extra funding amidst uncertainty about the future.

He then proposed a motion to set the tax rate at \$0.282622, but the motion failed for lack of a second.

Precinct 2 Commissioner Nannette Samuelson said she appreciated Harrell's comments, but that the county has an opportunity to "do something" for the taxpayers.

She noted that recent resolutions require the Hood Central Appraisal District (HCAD) to return excess funds to taxing entities, as they are not allowed to maintain a fund balance. Samuelson pointed out that, similar to the state's surplus of \$34 billion during the 88th legislature, Hood County has a fund balance that exceeds its policy limits based on the county's recent audit. She argued that this money should not be held unnecessarily.

"Our annual audit states that we have a fund balance well above our fund balance policy, so we have an opportunity here to give that money back to the taxpayers," Samuelson said. "We shouldn't be holding on to money that is the taxpayers just for the purpose of holding on to it."

Samuelson then moved to adopt the no new revenue rate of \$0.267258, and Precinct 4 Commissioner Dave Eagle seconded the motion.

"I would like to see us even go lower than that, but I can live with the no new revenue rate," Eagle said. "To echo what Commissioner Samuelson said, we passed a resolution not too long ago admonishing the Hood Central Appraisal District for overfunding themselves and then having money left over in a fund balance for a rainy day, so to speak. We did vote on a policy to have about four months into a fund balance that's unallocated, which even making up the difference with the no new revenue rate fund balance, we're still going to be well above that number. I think the prudent thing to do right now is to keep it down as low as we can."

The motion passed 3:1 with Massingill voting "No." Precinct 3 Commissioner Jack Wilson was absent from the meeting.



ASHLEY TERRY | HCN FILE PHOTO

Cresson Mayor Ron Becker speaks to the Hood County Commissioners Court about renaming the Cresson Bypass the "Bob Cornett Parkway" during a regularly scheduled meeting Sept. 24.

## Cresson Bypass to be renamed in honor of late mayor Bob Cornett

BY ASHLEY TERRY  
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With the finish line finally in sight for the Cresson bypass, many residents are excited about the change as they look forward to quicker travel times and a smoother commute overall.

But it won't be long before this newly built roadway will represent more than just improved traffic flow; soon, it will carry the name and legacy of a devoted community leader.

In honor of the late William "Bob" Cornett, the Hood County Commissioners Court unanimously adopted a resolution to name the U.S. Highway 377 Cresson Relief Route the "Bob Cornett Parkway" during a regularly scheduled meeting Sept. 24.

Cornett, who served as the Cresson mayor from 2003 to 2020, passed away Dec. 31, 2023. He was one of the first council members to serve the city of Cresson following the city's incorporation as a municipality in 2000. He also served as assistant fire chief at the Cresson Volunteer Fire Department, volunteering a total of 35 years with the department.

Throughout his decades of dedicated service, Cornett actively promoted growth in Cresson and collaborated with state and



COURTESY PHOTO

Bob Cornett

regional agencies to advance the plans for the Cresson Bypass Project.

The Cresson City Council unanimously passed its own resolution June 11, and asked for the Texas Department of Transportation, the Texas Legislature, the Hood County Commissioners Court and the Johnson County

Commissioners Court to also agree to designate the Cresson Bypass as the "Bob Cornett Parkway."

"We want to do as much as we can to help our neighbors out," Precinct 4 Commissioner Dave Eagle said during Tuesday's meeting. "And the city of Cresson has unanimously voted to name the Cresson Bypass after a former mayor."

According to Cresson Mayor Ron Becker, now that Hood County Commissioners Court has passed the resolution, Sen. Brian Birdwell will present it in the upcoming legislative session for approval. He noted that the Johnson County Commissioners Court had already

PLEASE SEE CORNETT | A3



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# COMMUNITY BUSINESS

## CHAMBER NEWS

# Inspiring the champion in you

## Shine Bright! A grand success at the Women In Business Summit

By the Granbury Chamber of Commerce

The Granbury Chamber of Commerce recently hosted its Third Annual Women In Business Summit, and it was a resounding success. The event, held at the picturesque Lake Granbury Conference Center, brought together women from various industries and backgrounds to celebrate the strength, resilience and achievements of women in our community. Attendees experienced a magical day of empowerment, enlightenment and networking opportunities. None of this would have been possible without the unwavering support of our sponsors, enlightening speakers, passionate volunteers and the enthusiastic participation of our attendees. The Granbury Chamber of Commerce extends its heartfelt gratitude to all who played a pivotal role in making this event a success.



This year's summit featured keynote speaker, Leah King, president and CEO of United Way of Tarrant County. She encouraged attendees to recognize their unique strengths and to uplift one another in their professional endeavors. King also discussed the role of women as catalysts for change, urging them to take bold steps in leadership and advocacy. Her message resonated deeply, leaving participants motivated to shine their light in their careers and communities.

The Summit also included a lineup of passionate speakers that inspired attendees to reach new heights in their

professional and personal journeys. Stacie Brown, director of curriculum, instruction, and assessment for Granbury ISD, kicked off the event speaking on not fearing to polish our stars. Lacey MacLeod, founder and CEO of Talent Uplifted, gave valuable insights on how having gratitude will help you beat burnout. She was followed by Madison Baker, VP of business insurance at Marsh McLennan Agency, who showed us how to overcome Imposter Syndrome, leading to unlocking YOUR TRUE potential. Amy McKay lightened things up by sparking insights on how to maintain your frame, build your in-

ner strength, inner stamina, inner endurance and your inner flexibility. The summit finished the day with an engaging music playlist party and an interactive networking good time led by Tracie Harper with Daffan Cooling and Heating and Taylor Hatfield with The FIT Lounge. It was a smashing time had by all!

The Women in Business Summit would not have been possible without the generous contributions of its sponsors and the enlightening speakers. The Granbury Chamber of Commerce is deeply grateful for your commitment to women in business.

- Presenting Sponsor: Beam & Branch Realty, N on the Square and The Nest
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- Chef Rose Pebbles who provided a delicious breakfast
- Restaurant Anise who provided a fabulous lunch
- VYBE Marketing for supporting the promotions and marketing materials for this event
- Amauri at B & A Media Tech for taking care of all the amazing music
- Carrie Spivey with CFX Photo for capturing all the excitement of the day
- Staged by Jessica for her amazing stage and photo booth décor
- Keynote Speaker: Leah King
- Session Speakers: Stacie Brown, Lacey MacLeod, Madison Baker, Amy McKay
- Shine Bright Party Playlist: Taylor Hatfield and

Tracie Harper

The chamber also wants to extend a special thank you to the Women In Business Summit Committee for its unwavering support and commitment in organizing this incredible summit. Without these amazing volunteers, this event would not be possible. We truly appreciate their dedication to empowering women in the business community.

As the Granbury Chamber of Commerce looks forward to future events, the commitment to supporting and celebrating women in business remains strong. Mark your calendars for the next WIB event — an after-hours Holiday Fashion Show at Hotel Lucy Nov. 19 at 5:30 p.m. For more information and to purchase tickets, visit [www.granburychamber.com](http://www.granburychamber.com) or call 817-573-1622.

Don't miss this chance to connect, celebrate and continue shining bright!

## NEW MEMBER SPOTLIGHT

**New Member Spotlight**

**Rouge Catering**

Check out Rouge Catering for all of your catering needs.

Services:  
Meal Prep  
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Cooking Classes

COURTESY GRAPHICS

New Member Spotlight: Rouge Catering LLC. Rouge Catering is fresh, innovative and personal. "Let us help you make the perfect meal!" Offering cooking classes, private chef services, meal planning, and catering. Thank you for joining the Granbury Chamber of Commerce!

## AMBASSADOR SPOTLIGHT

**AMBASSADOR OF THE MONTH**

**JEAN CATE**

**Business:**  
Mission Granbury

**Time as Chamber Ambassador:**  
15 Years

**MISSION GRANBURY**

Ambassador of the Month: Jean Cate. We are so thankful for our amazing Ambassador of the Month, Jean Cate with Mission Granbury. Jean has been an ambassador for 15 years and when asked why she loves being an ambassador, she said "I love being an ambassador because working with people and getting to welcome new people to the chamber is a blast. My life revolves around people." Fun Fact about Jean: "Personally I would say that I love to dance and at 94 still drive a crew cab pickup. And some years ago I took belly dancing classes." Thank you, Jean, for being an ambassador of the Granbury Chamber of Commerce!!

## RIBBON CUTTING CEREMONY

**ribbon cutting CEREMONY**

40th Anniversary! - Lake Granbury Area Beautification Council

October 1st | 4:00 pm  
LaRoe House - 303 N. Houston  
(across from Shanley Park)

**granbury CHAMBER**

Lake Granbury Area Beautification Council

# RIBBON CUTTINGS



COURTESY PHOTOS

Impact Performance Physical Therapy PLLC.



Anxiety Solutions of America — Blue Branch Historic Ranch.

FROM MY FRONT PORCH

# A generational relationship with music



**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

I think it was in the fall of 1974 when my roommate in college introduced me to the music of Jerry Jeff Walker. Some of you will recognize his name immediately as the singer songwriter of the iconic tune Mr. Bojangles and one of the founders of the music which has come to be known throughout the world as the Out-law Sound. He and his musician friends Ray Wylie Hubbard, Guy Clark, Jimmy Buffet, Michael Martin Murphy, Gary P. Nunn, Willie Nelson, Townes Van Zandt and others, created a sound and feel which was unique and immensely popular. Based out of Austin, it is still popular today.

I have been listening to Jerry Jeff for 50 years and know all his songs by heart. His cassette tapes wore out long ago, but I have managed to download most all his work, which I listen to regularly. I never seem to tire of hearing his music.

It is hard for me to explain why Jerry Jeff means so much to me. Something about his lyrics simply connect to my heart and in so many ways, they tell the story of my life, too. There is a connection I felt when I first heard his music, and it still burns bright.

I have been to see Jerry Jeff in concert perhaps 20 times and only God knows how many iced cold Adolphus C. Coors I con-

sumed. I had the pleasure of booking one of his concerts and over the years had several chances to sit down and visit with him and learn firsthand just a little about the man behind the music. Unfortunately, Jerry Jeff died a couple of years ago due to complications from cancer. I sure do miss going to a concert hall and seeing my old compañero, but he lives every time I turn on his music.

This past weekend, I went to see Django Walker in concert. He is the son of Jerry Jeff. I had heard good things about Django, but I had never had a chance to see him in person. I was curious what the experience would be like, and I was certainly

not disappointed. In fact, I was thrilled.

Django has a very nice voice, and his songs carried the same sort of interesting, heart touching lyrics his dad was famous for. At one point in the show Django sang a song he wrote about his famous father, and the air in the room got very heavy. It was apparent the crowd was pleased and touched somewhere down deep. It was a good feeling for all of us and something special.

After the show I went backstage and introduced myself to Django and found him to be a very nice and open sort of person. I told him how much his dad had meant to me and the differ-

ence his music had made in my life. I also told him that I knew his dad was proud of him ... and then I shook his hand and told him, "I am proud of you too, son." He looked me in the eye, and we nodded heads. There wasn't anything else to say but, "so long" ... but for the instant we both knew we shared something. And it was special. I don't know of anything but music that can do that ... and isn't that special?

Thought for the day: "One good thing about music, when it hits you, you feel no pain" Bob Marley.

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

## Folks around town



COURTESY PHOTO

Wayne Stratton

### Say hello to our neighbor, Wayne Stratton!

Wayne and his wife Suzy have lived in Granbury for four years. They made the move from Midland at the beginning of Covid. Wayne has been a professional photographer for over 15 years, doing it part-time while working a full-time IT job for a major oil company in Midland. He started out taking team photos of little leagues, then moved on to family portraits, landscapes, and high school senior portraits until Covid hit. Wayne was given a severance package from the oil company, and after a lot of prayers the couple took a leap of faith and moved to Granbury. "I asked our realtor, Wendy Howard if she would give me a chance to take photos of a home for her. From that point on, I have worked very hard to refine and shape my Real Estate Photography business into one that I am proud of." Wayne fell in love with Granbury and appreciated the kindness of the people there. Simple things like everyone waving each other through at a four-way stop delighted him, as well as the local events and the large number of small, independent businesses. He also enjoys living near the lake and being closer to his family, who moved to Granbury almost 10 years ago. When Wayne is not taking pictures, he enjoys refurbishing old computers and donating them to those in need. To date, he has donated over 75 computers to places like the Forward Training Center, the Senior Center, Rancho Brazos Community Center, and Ruth's Place. Wayne also enjoys reading the people stories in the Hood County News; they help him stay in touch with the individuals in Hood County. "I love the people stories."

## County designates Oct. 1 National Night Out



ASHLEY TERRY | HOOD COUNTY NEWS

The Hood County Commissioners Court officially designated Oct. 1 National Night Out in Hood County during a regularly scheduled meeting Sept. 24.

**BY ASHLEY TERRY**  
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The Hood County Commissioners Court officially designated Oct. 1 National Night Out in Hood County during a regularly scheduled meeting Sept. 24. This annual event, celebrated on the first Tuesday in August nationwide, focuses on fostering community relationships and enhancing cooperation between residents and law enforcement.

The county's proclamation highlights the crucial roles played by the Hood County Sheriff's Office and the Hood County Constables in ensuring the safety of citizens. It also emphasizes the importance of crime prevention programs and the positive impact community engagement can have on reducing crime, drugs and violence.

According to the National Day Calendar, the event promotes police-community partnerships in neighborhoods across the coun-

try. The event focuses on the community and raising awareness through camaraderie. By improving area relationships, the hope is to make our neighborhoods safer.

As law enforcement partnerships, neighborhood safety and awareness cooperation are important themes of National Night Out, the Hood County Commissioners Court calls upon all citizens of Hood County to join them along with the Hood County Sheriff's Office, the Hood County Constables and the

governor of Texas in support of National Night Out Oct. 1.

To honor the occasion, Hood County Sheriff Roger Deeds explained during the meeting that two different community events are currently scheduled for that day — one in Precinct 4 in Bentwater and one in Precinct 3 at DeCordova Ranch.

"My guys will be out there. We'll all be out there, and we'll be having a good time talking to a lot of kids," Deeds said.

## CORNETT

FROM PAGE A1

passed a resolution the day before, as part of the bypass is located in Johnson County.

Becker also pointed out that the city of Cresson will be responsible for any signage costs, removing any ambiguity about responsibilities for Hood or Johnson County.

"I appreciate Commissioner Eagle concurring with what we thought was probably the best thing to do and for carrying this," Becker said. "I think many of you knew Bob. His family continues to be involved in various aspects of public service — both with Cresson and wider than that — and we think this is the right thing to be doing for this halfway-open bypass."

In November 2019, TxDOT commenced construction on a three-mile relief route west of Cresson, officially desig-

nated as the U.S. Highway 377 Cresson Relief Route. Commonly referred to as the "Cresson Bypass," this four-lane divided highway is designed to ease traffic congestion along U.S. 377. The route begins one mile south of the intersection with State Highway 171 and extends one mile north of the same intersection.

While the southbound lanes of the Cresson Bypass officially opened July 12, the overall completion date for the project is currently anticipated to be late 2025 — although there is some speculation that it might be finished sooner.

Becker told the Hood County News he was told at a recent TxDOT meeting that with incentives now in place for the contractor, TxDOT officials expect eastbound-northbound traffic to be flowing on the new road by Thanksgiving of this year.

"We all heard that," he said. "However, I'm not aware that TxDOT has ever put a possible November 2024 completion date in writing."

During Tuesday's meeting, Hood County Judge Ron Massingill humorously recounted that meeting, adding that when an official mentioned that the northern section of the bypass would be open by Thanksgiving, Massingill jokingly asked which Thanksgiving.

Becker noted that recent signs on the Johnson County side indicate plans to shift northbound traffic onto the new section of the bypass, which were originally set for Sept. 24, but were then postponed to Sept. 25.

He remarked that the existing southbound and westbound sections have been functioning well since their July opening, mentioning that emergency calls on the new roadway have been unrelated

to traffic issues.

"I'm hopeful that the eastbound-northbound side, when it gets going, is well received and smooth as it seems like the other one's been," Becker said.

Following discussion, Eagle proposed a motion to adopt the resolution, and Hood County Judge Ron Massingill seconded the motion.

"I knew Bob very well," Massingill said, as he reflected on their shared leadership experiences. "He's got a bunch of children and grandchildren that still do everything for the fire department. Of course, everybody in Cresson is somehow doing something for the volunteer fire department out there, because it's a great deal."

The motion to rename the Cresson Bypass to the "Bob Cornett Parkway" passed unanimously, 4-0. Precinct 3 Commissioner Jack Wilson was absent from the meeting.

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# October: Fentanyl Poisoning Awareness Month in Texas

BY LAUREN DAVIS  
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Texas Gov. Greg Abbott has declared October Fentanyl Poisoning Awareness Month in the state, a move designed to address the escalating crisis of fentanyl-related fatalities. This proclamation, issued in August 2023, accessible at gov.texas.gov, aims to heighten public awareness about fentanyl, a potent synthetic opioid contributing to a significant rise in overdose deaths.

Opioid essentially means "like opium" and refers to substances that act on the same receptors in the brain as opium does. The term covers both natural and synthetic substances that have similar effects to opium.

Natural opioids originate from the opium poppy plant (*Papaver somniferum*). According to Medicalnewstoday.com, Morphine and codeine are prime examples of these opioids, as they are directly extracted from the plant or its resin. Having been utilized for centuries, natural opioids have a long-standing history in medical practice for managing pain.

Synthetic opioids are artificial, man-made drugs made to act like natural opioids. Scientists start by designing chemical structures that work with brain receptors mimicking natural opioids. These designs are combined with other chemicals in the lab to create the final drug. After making the drug, it is checked to ensure it's safe. The clean drug is then turned into its final form, like pills or patches, so patients can appropriately use it.

Cdc.gov reports that fentanyl is a powerful synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. Just 2 milligrams of fentanyl, equal to 10 to 15 grains of table salt, is considered a lethal dose.

## MANUFACTURING AND DISTRIBUTION

Illegally manufactured fentanyl is found in heroin, cocaine, methamphetamine and counterfeit pills. As a

result, many people may not know they're ingesting fentanyl, leading to accidental poisoning.

A Washington Post investigation by Nick Miroff, Scott Higham, Steven Rich, Salwan Georges and Erin Patrick O'Connor reveals that U.S. efforts to address the fentanyl crisis have been inadequate over the past seven years. The investigation highlights how multiple administrations failed to effectively tackle the crisis, which has become the leading cause of death for Americans aged 18 to 49.

Illegal fentanyl mainly comes from Mexico and China. In Mexico, drug cartels are the primary producers of illicit fentanyl. The Drug Enforcement Administration reports that Mexico makes the drug and that China has been a significant source of fentanyl as well as the chemicals needed to make it.

Even though China has tightened its regulations, some of these chemicals still end up in illegal production networks in Mexico. These cartels have advanced methods for producing and trafficking fentanyl, including making fake prescription pills that contain the drug.

The Washington Post investigation explained that the White House Office of National Drug Control Policy, struggling for relevance and resources, has been unable to devise an effective strategy. David King of the federal drug task force in San Diego remarked, "Law enforcement did the best it could ... but in Washington, they have been very slow to respond to this." DEA administrator Anne Milgram admitted in the Post's report, "It is a new, deeper, more deadly threat than we have ever seen," reflecting the agency's delayed recognition of the problem's severity.

## ONE PILL KILLS

The DEA's "One Pill Kills" campaign raises awareness about the dangers of counterfeit pills containing fentanyl and other potent substances. It aims to address the surge in overdose deaths by educating the public on how to identify and avoid

fake medications.

The campaign emphasizes the importance of using only legitimate prescriptions and advocates for increased access to naloxone to reverse opioid overdoses while promoting broader education about fentanyl risks.

According to the Texas Department of State Health Services, fentanyl was responsible for more than 2,000 deaths in Texas in 2023, reflecting a sharp increase from previous years. The crisis has notably affected young adults aged 18 to 34, who accounted for nearly 40% of all overdose deaths in the state. There has also been a troubling rise in fatalities among teenagers.

Abbott's proclamation is part of a more significant effort to combat this epidemic. Various initiatives will be launched throughout October, including community outreach, educational campaigns and partnerships with local organizations to raise awareness and prevent further deaths. "Simply put, fentanyl is a clandestine killer, and Texans are falling victim to the cartels that are producing it," Abbott said.

Under Abbott's direction, the Texas Department of Public Safety is actively working to raise awareness about fentanyl and curb its trafficking.

Since March 2021, DPS' Operation Lone Star has seized more than 505 million lethal doses of fentanyl. Given that the estimated population of the U.S. is approximately 332 million people, this means the amount of fentanyl seized would theoretically be enough to kill every single person in the country and still have some doses left over.

Criminal drug networks are pushing counterfeit pills, which may look like legitimate prescription medications such as oxycodone/Percocet, hydrocodone/Vicodin, alprazolam/Xanax or stimulants like amphetamines/Adderall. They are commonly laced with deadly doses of fentanyl. These fake pills are often sold on social media and e-commerce platforms, making them accessible to a wide audience, including teens and young adults.

## YOUNG VICTIMS

Among the tragic victims of this crisis are Tucker Turner and Samantha Flores. An Msn.com documentary revealed Tucker, a 19-year-old Texan, died after ingesting a counterfeit pill laced with fentanyl, mistakenly believing it to be a prescription medication.

Similarly, Flores, a 20-year-old college student from Houston, died from fentanyl poisoning after taking a counterfeit pill.

Veronica Kaprosy, still grieving the tragic loss of her daughter, Danica, to fentanyl poisoning last year, is determined to ensure her daughter's death is not in vain. Fox San Antonio's Matt Roy writes, "Danica didn't commit suicide, and it wasn't an overdose—my daughter was murdered," Kaprosy said fighting back tears. Now, she is courageously sharing her story, hoping to raise awareness about the dangers of fentanyl and prevent others from suffering the same heart-breaking loss.

On July 20, 2022, Veronica called out for her daughter, Danica, to see if she wanted breakfast.

Danica did not answer. "I go to wake her up and she has her legs crossed and she's faced forward slumped over and I go to wake her up and she's cold," Veronica said.

Danica was already gone. She had severe allergies and insomnia, leaving her in constant pain. Unbeknownst to Veronica Kaprosy — her daughter had been taking Xanax and Percocet to ease her pain and help her sleep better.

"Until she took that one pill and didn't wake up at the next day," the grieving mother lamented.

Just like that — Kaprosy's world changed. Now, she is telling Danica's story. "I don't want another parent to feel like me," Veronica said.

## SIGNS OF OVERDOSE

Signs of a fentanyl overdose include pinpoint pupils, pale or clammy skin, limp body, bluish or purple nails or lips and difficulty breathing.

Immediate actions to save

a life include:

- Calling 911
- Administering naloxone if available
- Performing rescue breathing or CPR
- Staying with the person until emergency help arrives

Learn the signs of fentanyl poisoning and speak with your doctor or pharmacist about obtaining naloxone to carry and keep at home. Naloxone is a medication that can reverse an overdose of opioids — including fentanyl. The Cdc.gov advises if you or someone you know is at risk of an opioid overdose, speak with your doctor or pharmacist about obtaining naloxone to carry and keep at home. A prescription is not required.

Whether you want to inform your child of the risks or are concerned about a loved one who uses drugs, it's time to talk about fentanyl. Have a calm, direct conversation, and listen without judgment. Work together to make a plan to stay safe.

Due to high levels of stress, first responders and healthcare workers are at risk for substance use disorders. The Heroes Helpline is a free, confidential telephone support line available to EMS and health care workers. Callers can access free peer support, learn how to navigate treatment and referral services, and receive information about employment and licensing concerns. Go to Heroes Helpline or call 833-367-4689.

Schools and youth programs are encouraged to keep naloxone on hand and train staff on its use. For more information and resources on fentanyl awareness, visit the Texas Department of State Health Services website.

"On my desk in my office at the Capitol, I have a picture of Danica Kaprosy," said Governor Abbott, per the office of the Texas Governor. "It reminds me of the stakes we face in this fight against the fentanyl crisis. Although we cannot bring her or the thousands of other people back who have fallen victim to this drug, we can work together to ensure this does not happen to more Texas families."

## CALENDAR

### ONGOING

#### FORWARD TRAINING

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

**THE GRANBURY Doll Club** is looking for docents and volunteers on Fridays and Saturdays. Call 817-894-5194.

**GRANBURY QUILT Guild** Raffle for "Jane Austin" quilt, 80-inches x 100-inches. Ticket prices are \$1 each or six for \$5 and can be purchased from guild member Gail Olney at 972-876-8304. Drawing Oct. 2, need not be present to win.

### SATURDAY, SEPT. 28

#### TEXAS DEMOCRATIC

Women of Hood County Annual Luncheon. Guest speaker: Holly Taylor, Democratic candidate for presiding judge of the Texas Court of Criminal Appeals, Place 1. Silent auction. 11 a.m. DeCordova Bend Estates Country Club. \$40, with proceeds benefiting local high school scholarships and candidates. Details: 254-716-5195.

**ROCKS ALIVE!** at Acton Nature Center from 10 a.m. to 2 p.m. Free, open to the public and family friendly. Educational and fun interactive exhibits and children's activities about the essential nonliving parts of ecosystems: rocks, soil, water (on and below the surface), weather, fossils and more. 6900 Smoky Hill Court, Granbury. Questions? Melody Holm, mholm@riobrazosmn.org, 303-349-5531.

### MONDAY, SEPT. 30

**HOOD COUNTY Master** Thoroughfare Planning workshop 6-8 p.m. at the Emergency Operations Center, 401 Deputy Larry Miller Dr., Granbury. For more information contact 817-408-2515.

### TUESDAY, OCT. 1

**OPERA GUILD** of Granbury monthly meeting/luncheon at DeCordova Country Club, 5301 Country Club Drive. 10 a.m.: social/check-in; 11 a.m.: entertainment — Papa Yodelgoat (aka Jim Johnston) with the "Me, Myself and I" orchestra. Short business meeting: 11:30 a.m. Optional lunch (\$18) at noon: Reservations required by Friday, Sept. 27, contact granburyog@gmail.com or 817-776-2898. New members: general membership, single \$25, joint or business membership \$35.

### TO SUBMIT CALENDAR ITEMS

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

# City, county proclaim October 2024 Domestic Violence Awareness Month

BY ASHLEY TERRY  
Staff Writer  
ashley@hcnews.com

Members of the Granbury City Council and the Hood County Commissioners Court both proclaimed October 2024 Domestic Violence Awareness Month during their recently regularly scheduled meetings.

According to the city's proclamation read by Place 6 Councilman Greg Corrigan Sept. 17, domestic violence is a serious crime that touches all communities regardless of age, race, disability or socioeconomic status.

The National Domestic Violence Hotline reports that an average of 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States — which is more than 12 million women and men over the course of a single year.

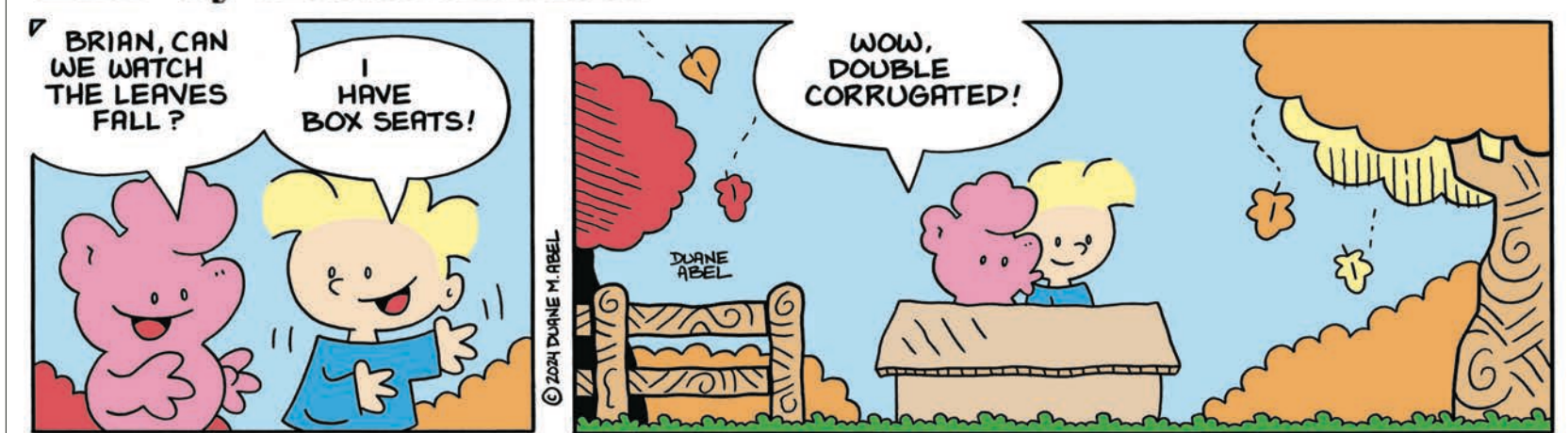
One in four women and one in seven men aged 18 and older in the U.S. have been the victim of severe physical violence by an intimate partner in their lifetime, according to thehotline.org.

PLEASE SEE  
AWARENESS | A16



ASHLEY TERRY | HOOD COUNTY NEWS  
The Hood County Commissioners Court also proclaimed October 2024 Domestic Violence Awareness Month during a regularly scheduled meeting Tuesday, Sept. 24.

## ZED by Duane M. Abel



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# A HEALING HAVEN FOR HEROES

*Blue Branch Historic Ranch opens doors for veterans, first responders*



PHOTOS COURTESY OF GRANBURY CHAMBER OF COMMERCE

A new sanctuary for veterans and first responders struggling with mental health challenges has officially opened its doors in Granbury — promising a supportive retreat in the serene setting of Blue Branch Historic Ranch.

BY ASHLEY TERRY  
Staff Writer  
ashley@hcnews.com

A new sanctuary for veterans and first responders struggling with mental health challenges has officially opened its doors in Granbury — promising a supportive retreat in the serene setting of Blue Branch Historic Ranch.

Nestled among the trees near Lipan at 2811 Clay St., Anxiety Solutions of America offers a tranquil experience and sanctuary for our local heroes, as they disconnect from reality and relax in nature's calming embrace.

Former veteran Kolton Krottinger, the brainchild of the organization, officially cut the ribbon on his 22-acre mental health retreat Sept. 19, as a way to offer a place of healing and peace to veterans and first responders — completely free of charge.

During the ribbon cutting, Krottinger explained that the land has been in his family for about 50 years. They always had the intention of developing it into something meaningful.

"Whenever I came here for the first time two years ago, I knew that this was going to be a special place," he explained. "I sold my home and pretty much everything I had to come out here and build this — that was a year ago, and this is where we are today."

According to a previous interview with the Hood County News, Krottinger served in the Navy from 2009 to 2013, including a deployment in Somalia. As a result of his time in service, he now lives with post-traumatic stress disorder and anxiety.

After leaving the military, he found himself in a homeless shelter, where he started documenting his battles with anxiety. Driven by a desire to share his story, he wrote and self-published his first book, which became a bestseller in just 12 hours, selling over 60,000 copies.

This success allowed Krottinger to move out of

the homeless shelter, and he subsequently founded Facebook groups to raise awareness about mental health among veterans. These groups have grown to include more than 250,000 members, reaching 30 million people each month on social media.

Inspired by the overwhelming support from his online communities, he envisioned creating a physical space dedicated to mental health and healing.

"It's so much more rewarding in my opinion when you can do something physical," Krottinger previously told the HCN.

He convened a meeting with his family to explore how to bring his vision to life. During the discussion, Krottinger's grandmother suggested using his grandfather's property, which has been in the family since it was purchased in 1973.

Now known as Blue Branch Historic Ranch, Krottinger got to work putting his plan into action — eager to see his vision come to life.

The rest, as they say, is history.

"We had a diamond in the rough, 22 acres full of trash, burn piles, ants, no access to water or electricity, no toilets, no showers, but a big vision bigger than the land," Krottinger said in a Facebook post. "We started off with nothing but some dirt and a dream."

Now, the walls are up on his projected 8,000 square-foot facility — but Krottinger said this is only the beginning for the retreat.

With plans for an outdoor balcony, a walkway to the 30-foot-tall viewing tower, and cabins nestled by the



Former veteran Kolton Krottinger officially cut the ribbon on his new organization, Anxiety Solutions of America, Sept. 19. This 22-acre mental health retreat offers a place of healing and peace to veterans and first responders — completely free of charge.

water, Krottinger hopes this retreat will serve as a safe space for veterans, first responders and their families.

"I didn't go to college. I'm not a therapist. I'm not a counselor. I pretty much just tried to build something that I wish that I had whenever I was having really bad issues after I got out of the military," he explained.

The 22-acre retreat also pays homage to the 22 veterans who commit suicide every day, with Krottinger noting there will also be 22 campsites — each dedicated to a different veteran's memory.

"The one thing guiding me to do this is creating a place that could have helped me during my dark time," Krottinger said, in a previous interview with HCN. "I've lost 52 service members, mostly to suicide. I think of them, and I wonder (how different things might have been) if they could disconnect for a week or a weekend and (have the opportunity) to seek some help in a safe setting."

The retreat will not only feature activities like kayaking, camping and fishing, but will also offer therapy and counseling as part of its

comprehensive approach to mental health support.

"We can work on disability claims, financial assistance, spousal support — anything mental health and really anything veteran-related, so we're building offices here for that," Krottinger said. "This is bigger than me; it always has been. Mental health is a very serious thing."

As a way to kick off the new organization and retreat, Krottinger held Granbury's first Super Soaker Battle Sept. 21, to promote a big "splash" into mental health awareness.

"Anxiety Solutions of America is now established with so many incredible people and organizations making this happen," Krottinger wrote on social media. "There is a board of directors and the collective is delivering on the mission."

Several board members also shared their experiences of healing since becoming involved with the retreat.

"I've been coming here since this place was empty," Radio Host Erin Wilde said. "I've been affected by suicide and PTSD from being married to a first responder,

so it was really hard for me and my family. But I literally got healing out here all summer long, by just helping, being together, getting in the river, and forgetting about the outside world and talking to people who have been through it."

Yogi Jones, president of the Riley Stephens Memorial Post 7835 VFW Auxiliary, said she has been coming to the ranch since the beginning and has already experienced its benefits.

"My boyfriend also suffers from PTSD, and there's been times I come out here and he or another are just sitting in the middle of the field, just living," she said. "It's a good retreat place. It's a good place to just unwind and just be with nature, and it's very calm out here."

"You got the tower where you can look at the stars," Wilde added. "It's like you can shut off this crazy world and heal in nature with great people."

Board member and Precinct 1 Commissioner Kevin Andrews explained that it feels "absolutely amazing" to contribute to something as important as Anxiety Solutions of America.

"You know, I remem-

ber the first time I came out here and walked the grounds and saw the different things that you could do — kayaks down here, fishing poles just sitting there ready to go," Andrews said. "This place is beautiful and amazing, and I saw the vision at that time, Kolton's vision, and said, 'You know, I'm 100% on board with this.'"

As Krottinger continues to expand on his vision, he emphasizes that Anxiety Solutions of America will extend beyond Texas.

"We are open to impacting all 50 states," he wrote on social media. "Always remember, connection is the cure."

He added that this journey never would have been possible without the thousands of people who stood by him and his team.

"Blue Branch Historic Ranch is officially open to veterans and first responders and it will never cost them a penny," Krottinger said. "With the American and Texas flags flying high, we celebrate not just a building, but a community rising from struggle to strength. This is only the beginning."

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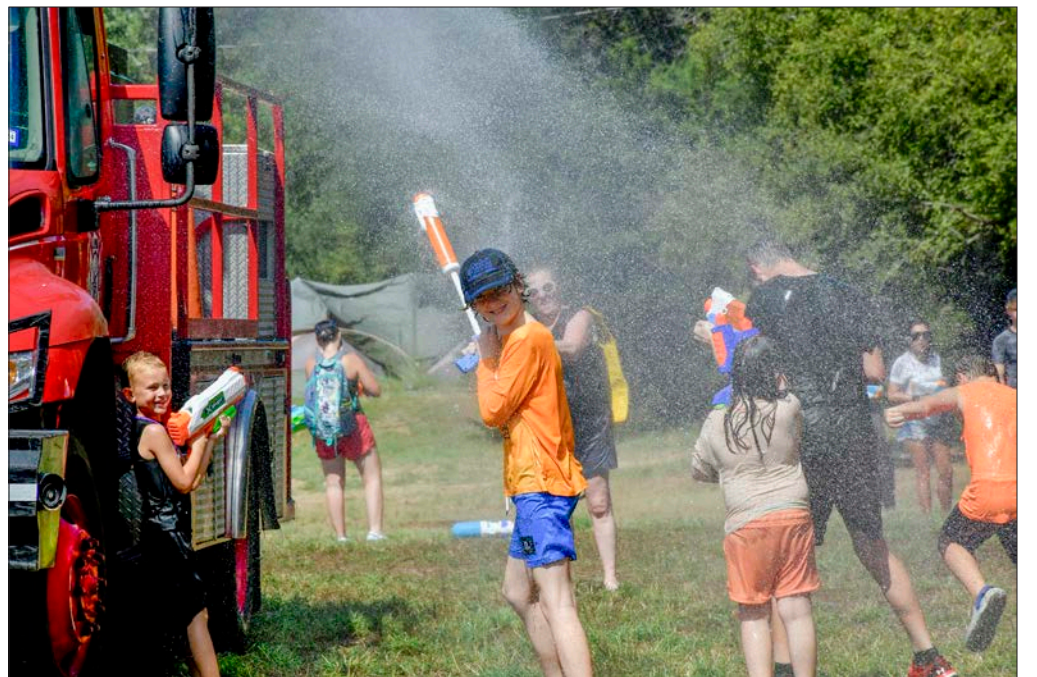
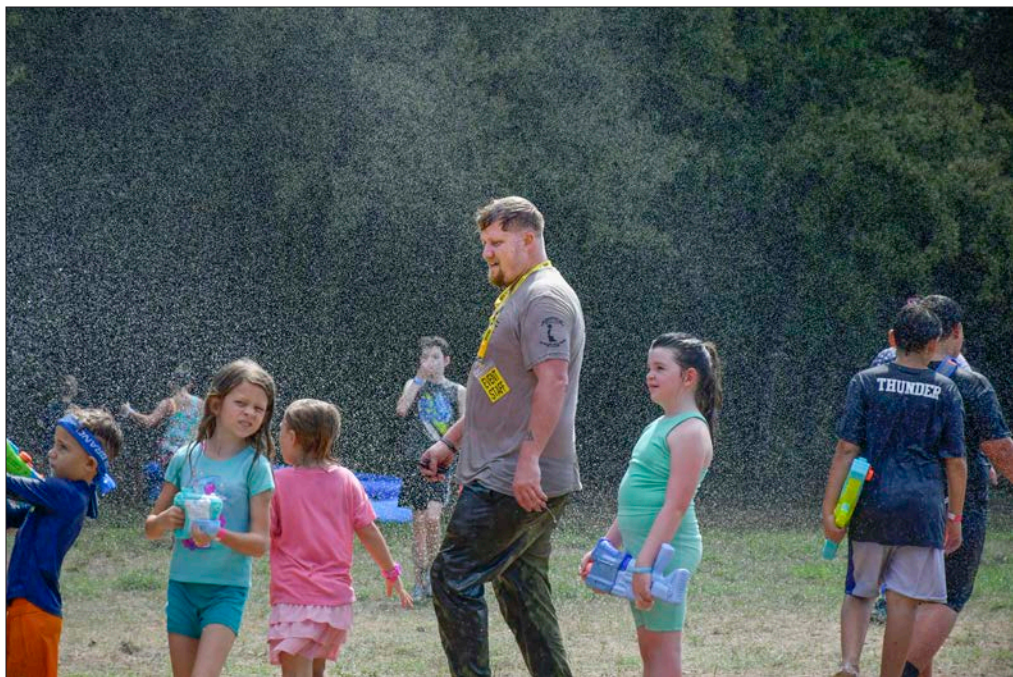


PHOTO COURTESY OF SICHON, ADOBESTOCK.COM



PHOTOS BY MARY VINSON | HOOD COUNTY NEWS

Granbury's first ever Super Soaker Battle at Blue Branch Historic Ranch was free to the general public and featured vendors, music and more. Everyone was encouraged to bring their super soakers for the wet-and-wild water gun battle. Kolton Krottinger, event host from Anxiety Solutions of America, gathered a large group of sponsors, volunteers and well-wishers dedicated to raising awareness and breaking the stigma surrounding mental illness through his mental health nonprofit.



# Dova Katherine Grimm Callihan-Runyan

April 13, 1944 - September 23, 2024

Born Dova Katherine Grimm on April 13, 1944, in Levelland, Texas to Henry and Wilma Grimm, both now deceased. She is survived by one brother, Henry (wife, Billie) Grimm of Dexter, New Mexico and two sisters, Birdie Helmstetler and Linda (and husband Dean) Belyeu, of Roswell, New Mexico.

Dova's family bought a farm and moved to Dexter, New Mexico when Dova was in fourth grade. Life changed dramatically on the family farm. She learned how to be a farmer's daughter, which included driving a tractor, chopping cotton, grinding hay, milking a cow, gathering eggs, plucking chickens and so much more!

She was married to James C. Callihan for 56 years (1959-2015). James and Dova had two sons: James Dean (wife-Lisa) Callihan of Brownwood, Texas, and Kenneth Charles Callihan who passed away Sept. 24, 2023 (survived by wife-Cindy) of Kremmling, Colorado. She is also survived by five grandchildren: Randi (Blake Williams), Amber Callihan, Bethanie (Scott) Linn, and Eric Overbey, and James Craig Callihan. She is also survived by eight great-grandchildren: Audrey Williams, Caleb Williams, Kennedy Callihan, James Atticus Callihan, Livia Loya, Michael James Loya, Aurora Overbey, and Franklin Overbey. After James's death, Dova married Troy C. Runyan of Granbury, Texas, which added two daughters: Jamie Gentry, Alisha (Keith) Savage; one son: Bruce (Sylvia) Runyan; seven grandchildren and two great-grandchildren. Dova also enjoyed a host of nieces, nephews, and other extended family.

Dova attended nursing school and graduated with an associate degree in 1976 at ENMU-Roswell. Her first job was at St. Mary's Hospital as a staff RN on the Surgical Unit that provided grounding in the basic care of surgical patients. She then was promoted to head nurse of the pediatric unit that also provided outpatient chemo patients. The love of cancer patients lead to opening the Out Patient Surgical Unit for Eastern New Mexico Medical Center where she gave chemotherapy and worked with ostomy patients. After obtaining a BSN at UTEP in 1987, followed by a master's in nursing in 1991 at UTEP, Dova took a faculty position at ENMU-R and taught first-year nursing students for 10 years, while continuing to see wound/ostomy patients at St. Mary's and Med Center. A change in her husband's



health led to returning to the Med Center, where she attended the University of New Mexico on weekends to obtain advance practice status as a clinical nurse specialist with a focus on wound and ostomy care. She opened an Outpatient Wound/Ostomy Clinic for Eastern New Mexico Medical Center. She ran the clinic until her retirement in 2009.

In 1989, Callihan joined the Reserve Army Nurse Corp as a 1st Lt. and was assigned to the 829th Station Hospital in Lubbock, Texas, where she performed clinical duties of an RN at the University of Texas until the 829th Station Hospital was reassigned as a Mash Unit. Lt. Callihan was promoted to Captain in 1991. She was asked to assist Lt. Cornel Jolene Walsh to develop and implement a program for 2nd Lts. to be promoted to 1st Lt. after completing a bachelor's degree in the nursing program. Walsh and Callihan were honored in an article in USAA Magazine Today when the first class graduated.

During her 25 years as a wound/ostomy nurse, she was chosen as the Nurse of the Year at the National Meeting of the United Ostomy Association in 1996. In addition, she was chosen as Nurse of the Year of the Chaves County Nurses District 5 Association twice. She served on several national nursing committees.

Dova accepted Jesus Christ as her Lord and Saviour at the age of 12 and was an active church member in church wherever she lived. She taught Sunday school for many years, including both children and adults. After she retired from working, she especially enjoyed leading Bible study for older adults in an independent living center.

Service: 10:30 a.m., Wednesday, Oct. 2, 2024, Granbury Baptist Church, Graveside Service: 3 p.m., Wednesday, Oct. 2, 2024, Lost Creek Cemetery, May, Texas. Visitation: 6 - 8 p.m., Tuesday, Oct. 1, 2024, Wiley Funeral Home, State Room A.

Services under the direction of Wiley Funeral Home, Granbury.

# Mary Frances Dunn

September 5, 1931 - September 21, 2024

Mary Frances Dunn, 93, beloved mother, grandmother, great-grandmother, and great-great-grandmother, of Granbury, passed away peacefully on Saturday evening, Sept. 21, 2024, in Granbury. Visitation was held Wednesday evening, Sept. 25, 2024, from 6 until 8 p.m., at Wiley Funeral Home, 400 Highway 377 East in Granbury. Burial was held at 2 p.m., Thursday, Sept. 26 at Granbury City Cemetery.

Mary was born Sept. 5, 1931, in Mississippi. She married Murphy Lee Dunn Sr. and together they had five children. Mary worked at the Granbury Dairy Queen for 30 years! She enjoyed gardening and cooking. Most of all, Mary cherished time spent with her family.

Mary is survived by her



children, Murphy Lee Dunn Jr., Nellie Morgan Townsend and Patricia Booth; by 11 grandchildren; 22 great-grandchildren; and by 34 great-great-grandchildren.

In addition to her parents, Mary was preceded in death by her husband, Murphy Lee Dunn Sr. and by her daughters, Betty Frame and Mary Ann Dupre.

# David Keith Spradlin

January 26, 1934 - September 18, 2024

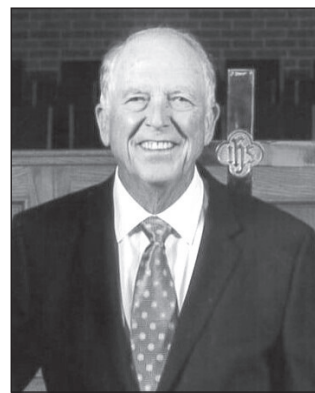
David Keith Spradlin passed away suddenly in Granbury, Texas, on Sept. 18, 2024, at 90 years of age. Keith was the first of three children and only son of Grace Lavine Ann (Mize) Spradlin and Leon Fred Spradlin. He was born at home in Oilton, Oklahoma, on Jan. 26, 1934. He grew up in Madill, Oklahoma, in the Pure Oil Camp on Lake Texoma.

Keith earned his bachelor's degree in petroleum engineering from the University of Oklahoma in 1956. He soon began working as a petroleum engineer for Pure Oil Company, which later became Union Oil of California (Unocal), in Fort Worth. Keith worked for Unocal in Fort Worth, Van, Midland, Andrews, and Snyder, Texas, as well as Hobbs and Lovington, New Mexico. Along the way, he became a licensed professional engineer and maintained that credential long after retirement. He retired from Unocal with 40 years of service in 1996, but he continued to do petroleum engineering consulting work for an additional 20 years.

Keith married Wyvone Robinson on June 18, 1961, at the Wesley Chapel on the OU campus. Together they raised three sons (Jeff, David, and Benton), primarily in Lovington, New Mexico, and made lifelong friends in that community, where they were extremely involved. Keith served on the city and county commission for many years and also as Lovington's mayor for six years from 1981-1987. He and Wyvone were very involved in the First United Methodist Church of Lovington where, among many roles, they served as MYF (Methodist Youth Fellowship) leaders.

In 1987, Keith and Wyvone moved to Midland, where they lived until moving to Granbury in 2003, to be closer to their children and grandchildren. They joined Acton Methodist Church and participated in numerous service organizations and activities in the Pecan, Granbury and Acton communities. Keith was active in Rotary Club, Methodist Men, and ringing the bell for the Salvation Army on the Granbury Square during the Christmas holidays. In recent years, he became very involved in Meals on Wheels, delivering and serving meals weekly with his Acton Methodist Sunday school classmates-with whom he had a close bond.

Keith was a very active person that was always on the go. Keith loved to play golf and spent a great deal of quality time on the golf course with friends and family. He was also an avid



exerciser and runner. He ran or, as he would say "run some, walk some," many races in the North Texas area and even completed the full (26.2 mile) Cowtown Marathon in Fort Worth in 2011, at the age of 77 years. Of all his many varied interests and activities, his favorite, by far, was spending time with his children, grandchildren and extended family. He was most happy when he was able to get together with his whole family.

Keith was married to Wyvone for 50 years until her passing in 2012. He married Jackie (Martin) Marshall on July 6, 2013, and they were married until Jackie passed away in 2020.

Keith is survived by his two sisters, Sue Cearley of Lawrence, Kansas, and Judith Mathison and husband Dave of Norman, Oklahoma; brother-in-law, CJ Robinson and wife Patti, of Norton; his three sons, Jeff and wife Kathy of Hico, David and wife Mary of Fort Worth, and Benton and wife Sara of Albuquerque, New Mexico; six grandchildren, Sam Spradlin, Sarah Spradlin, Hallie Grace Spradlin, Thomas Spradlin, Ben Spradlin, and Ella Spradlin; two nephews, Deron Robinson and wife Jessica of Lantana, and Nels Steanson and wife Aimee of Stillwater, Oklahoma; and five nieces, Marijon Dixon and husband Bob of Longmont, Colorado, Erin Cochran and husband Terry of Fort Collins, Colorado, Sarah Howard and husband Steve of Tonganoxie, Kansas, Inger Laws of Fort Collins, Colorado, and Connie Davenport of Ballinger.

Visitation with family members was held on Wednesday, Sept. 25, from 6 - 8 p.m., at Wiley Funeral Home in Granbury.

Funeral Services were held on Thursday, Sept. 26, at 11 a.m., at Acton Methodist Church, with burial following at Acton Cemetery.

In lieu of flowers, memorials may be made in Keith's name to Meals on Wheels Hood County (817-573-5533).

Please visit Keith's tribute page at [www.wileyfuneralhome.com](http://www.wileyfuneralhome.com) to share memories and stories.

# Robert "Bob" Shea

March 6, 1968 - September 12, 2024

It is with deep sorrow and a heavy heart that we announce the passing of Robert "Bob" Shea, A beloved husband, father, papaw and business owner of Texas Tree Care.

Bob passed away suddenly and unexpectedly late on the afternoon of Thursday, September 12, 2024.

Robert Shea as he was known for at home and with family was born on March 6, 1968, to Norman and Nancy Shea. Robert was a man of old-school wisdom and know-how. A man's man who knew what it was to take care of those he loved. He was no stranger to hard work and family values. He believed that a man did everything he could to take care of and provide for his family regardless of what the task was and he did that every single day.

Robert loved his family and spoke of them as often as he could. Married to his best friend and wife, Lauree Shea, together they shared five children, Amber Rickenbode, Justin Shea, Dustin Shea, Joshua Kelley, Sarah Clark and bonus son Brandon Drewry.

His world started anew with the birth of his first grandson Tyler and it just kept on growing with the birth of Jordan, Mason, Kingston, and Maverick. The love and pride he had for them was astonishing to see.

Bob, as he was known in the community and in work, was a proud man and the pride he had for himself, his family and his business was rightly deserved and shown through in the way he carried himself, spoke of family and worked his business.

He prided himself on the fact that he could say his business was "built not bought." That meant everything to him knowing he had either fabricated, built or reworked every truck, trailer or piece of equipment into what he needed to make his business the biggest and best around and to know he did it all himself and without owing anyone for it. He put every fiber of his being into Texas Tree Care for over 20 years. His reputation and vast knowledge far exceed many others around making him highly sought after and a pleasure to talk to. His effortless ways of climbing and cutting skills in the trees were graceful and incredible to watch. He just made everything look so easy and the trees so beautiful when done.



Customers loved talking with him like an old family member and specifically requested only Bob to be the one touching or treating their trees.

The tree industry, Hood County and his family have lost a great man with a good work ethic, and knowledge of all things tree related.

Trees and tree work were more than just a job to him, it was a passion, like blood in his veins, and a new daily challenge each morning as he headed off to work.

He loved being an arborist and a third generation one at that. The health of trees were very important to him and saving all our iconic ones were top of his list.

Bob may be gone but his company is still alive and the family will do everything they can to keep his dream, company and legacy alive and thriving for him, them and hood county.

Robert "Bob" Shea was a blessing to each and everyone of us.

His charming, quick wit, love to aggravate, debate, common sense attitude, be there at a moments notice, strength, and loving ways will be forever missed.

Taken too soon, never forgotten and left an impression grateful to have been granted.

Bob was a tree guy through and through, The family will be buying and planting a mature Oak tree in honor of him for his March 2025 birthday at the Shea home.

If you would like to contribute and add donation to our personal tree fund, please let us know. Thank you all, sincerely the Shea Family.

A funeral service was held from 6 to 8 p.m. on September, 23, 2024 at Wiley Funeral Home, 400 E. Highway 377 Granbury, Texas. 76048.

PLEASE SEE OBITS | A8

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### ACROSS

- 1 TXism: "jumpy as \_\_\_ on ice"
- 5 an Astro evading a tag at second base
- 6 in Fort Worth: "\_\_\_ Carter Museum of American Art"
- 7 late TX Swazye film: "\_\_\_ of Kin" (1989)
- 8 in Amarillo: "\_\_\_ & \_\_\_"
- 17 TX George W. to TX George H.W.
- 18 sunglasses that go to the sides too
- 21 TX Willie Nelson's "\_\_\_ the Road Again"
- 22 praise in public
- 23 TXism: "wouldn't cut warm \_\_\_" (dull)
- 24 a Christmas game uses \_\_\_ Wrap ball
- 29 TX Dennis Quaid 2023 film: "On a \_\_\_ and a Prayer"
- 30 TX Christopher Rich sitcom (2001-07)
- 31 dir. from Seymour to Dublin, TX
- 32 singing under the window of a girl
- 34 Drake of 1953 film "Down Laredo Way"
- 35 org. for one country music award show
- 36 TXism: "\_\_\_ \_\_\_ whipped pup"
- 37 Dak knows how to \_\_\_ a football
- 38 TXism: "\_\_\_ to" (intend)
- 39 symptoms of people with the flu (2 wds.)
- 41 TXism: "he's new to these \_\_\_"
- 42 TXism: "worn \_\_\_ frazzle" (tired)
- 43 TX Sam Rayburn was in Congress 48 \_\_\_
- 44 country singer, Hill
- 45 TXism: "blister \_\_\_" (handle)
- 46 drink slowly
- 47 Buna and Linden, e.g.
- 48 TXism: "that \_\_\_ float"
- 50 Duncanville MLB pitcher, David
- 51 TXism: "\_\_\_ enjoyed all this I can stand"
- 52 Shrimp catcher
- 53 negative vote

## TEXAS CROSSWORD

by Charley & Guy Orbison  
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13 in El Paso County on I-10

14 Caribbean island

15 tiny bit

16 TXism: "he's lower than a snake's belly in a wheel"

19 Texas "Monkee," Michael

20 TX Roy Orbison's "In \_\_\_" (1963)

22 first Texas Lottery Commission director, Nora

24 TX Strait's "Gone \_\_\_ a Girl Can Get"

25 TXism: "it ain't \_\_\_ in cement"

26 Greek given name

27 TV controller

28 TXism: "she could talk the legs off \_\_\_ stove"

29 "\_\_\_-washy"

30 TX Perot who twice ran for president

33 New Orleans Saints, "Who \_\_\_?"

34 movie chewies

35 transports for amateur golfers

37 historic Port Aransas hotel (2 wds.)

38 song written by TX Rodney Crowell: "\_\_\_ Living Long Like This"

40 TX "Bum" Phillips real first name

41 least valuable chess piece

44 Tex-Mex, e.g.

47 Baylor basketball "\_\_\_" Carter

49 TXism: "\_\_\_ holler" (call me)

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# LETTERS TO THE EDITOR

## GRANBURY DESERVES PROFESSIONAL LEADERSHIP

Dear Editor,  
It's become increasingly evident that Mayor Jarratt has chosen to prioritize pomp and circumstance over professional, constructive leadership. His repeated instances of publicly parading his distaste for the school board in various forums do nothing

to advance the important issues at hand.

As an elected official, Mayor Jarratt, of all people, should know and respect the importance of handling issues without resorting to political grandstanding. While he may have legitimate concerns, the manner in which he has chosen to express them — through public shaming and grandstanding — undermines his message and does a disservice to the people of

Granbury. What we need from our leaders, particularly in times of disagreement, is a commitment to mature dialogue and a genuine effort to work collaboratively toward solutions. Unfortunately, Mayor Jarratt's approach has been anything but professional. His actions suggest that he is more interested in making a spectacle than in making progress.

Granbury deserves leaders who lead by example,

who are willing to roll up their sleeves and engage in adult conversations to address the challenges we face. It's time for Mayor Jarratt to put aside the theatrics and start focusing on what truly matters — finding solutions that benefit our community. Until he does, his argument will continue to be overshadowed by the immature way he is handling it. In the end, his behavior reflects the unfortunate reality

that he may be all hat and no cattle.

Get off your high horse.  
Sincerely,  
L. Sharee Westlund

## GUIDELINES FOR LETTERS TO THE EDITOR

Submit letters to [www.hcnews.com/forms/letters](http://www.hcnews.com/forms/letters). Letters must include author's first and last name, and home address. Specific address will not be

published.

Writers are limited to one letter every 30 days. Letters should be 500 words or less. All letters are subject to editing. All submissions to the Hood County News will become the property of the Hood County News. Letters to the Editor will appear in the Saturday edition of the Hood County News.

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

## OBITS FROM A8

### Carmela Salame`-Clark

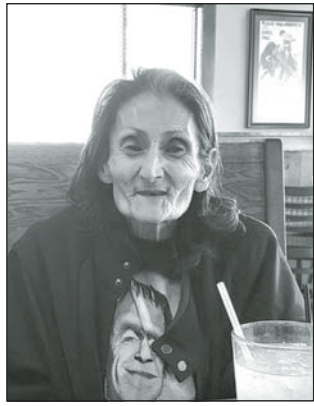
November 11, 1957 - September 11, 2024

Carmela (Carmen) Salame-Clark, 66, passed away on Sept. 11, 2024, in Granbury, Texas.

Carmen was born on Nov. 11, 1957, in Stephenville, Texas to Burnita Ramon-Salamé and Daniel Salinas Salamé. Her careers in life extend from an esteemed waitress, an employee of The Nutshell, and a long career with David's. She spent the rest of her life as a devoted and loving housewife.

Carmen was a woman with a personality bigger than life itself, and every person who knew her shared that sentiment. She made people laugh when they least expected it, she offered wisdom and sound reason when sought, and she was a woman of passionate conviction that would be moved seldom by anyone from her beliefs - and when done it was always within good reason. She had a great love for music, a belief in life being lived to its absolute fullest and all the adventures it could bring, and she was an impeccable companion who will be remembered. An excellent listener, an outspoken individual, incredibly intuitive, and highly intelligent. In terms of faith, her relationship with God was one that was deeply personal and private.

She was the heart of our



family, and we will struggle carrying on without a pulse.

Carmen has reunited with her parents Burnita and Daniel and her brother Eckzar.

She is survived by her children Holly Salame and Wesley Clark, her husband Thomas Clark, her brothers Daniel Salame and Ruben Salame. Her niece Abigail Howard-Salamé, her nephews Aaron Salame, Daniel Jr. Salame, and Eckzar Salame Jr., with Eckzar Jr.'s wife Iola Salame and children Addison and Eckzar III Salame, and Carmen's beloved pet pomeranian Gizmo Clark.

A visitation is scheduled for Sunday, Oct. 6, 2024 from 1 to 2 p.m. Wiley Funeral Home Chapel in Granbury.

A Celebration of Life service will be held at 2 p.m. on Sunday, Oct. 6, 2024, at the Wiley Funeral Home Chapel in Granbury.

### Roger B. McGrath

May 23, 1946 - September 19, 2024

Roger B. McGrath, LTC USAF (Ret.), formerly of Granbury, died on Sept. 19, 2024 in Bedford, Massachusetts.

He was born in Zanesville, Ohio on May 23, 1946, and was the son of the late John F. and Naomi (Wince) McGrath.

Roger graduated from Zanesville High School and was a track and football star. He then went on to Carthage College and ran track. Roger continued his education at Wharton School of the University of Pennsylvania where he earned his MBA.

Roger had a long and adventurous career as a fighter pilot with the U.S. Air Force. He flew many planes including T-38, F-4, F-106, F-15 and more. His callsign was Buckeye, a tribute to his Ohio roots. He was a well-respected leader and was in command of different flybys over places like the Air Force Academy and Oshkosh Airshow. He served his country in Vietnam and the Gulf War. After over 25 years as a fighter pilot, he went into the FAA and worked in airspace management for over 15 years.

During his retirement, Roger lived in Granbury, Texas until October of 2023 when he moved to Massachusetts to be closer to family. He was an avid supporter of the arts and loved to build model airplanes, most of which have been donated to and are on display at the Granbury



Airport.

He is survived by his son, Jeffrey McGrath and his wife Jennifer of Whidbey Island, Washington and daughter Lori Robertson of Concord, Massachusetts, former spouse Kathy McGrath, five granddaughters Cailean, Cristina, Erica, Claire and Emma and one grandson, Ewen. He is preceded in death by his sister, Betty Flynn McGrath and brothers, Richard and Ed McGrath.

Visitation was held at the Bedford Funeral Home, 167 Great Rd., Bedford, on Thursday, Sept. 26, from 9 to 10:30 a.m. followed by a service at 10:45 a.m.

Interment followed at Winchendon Veterans Memorial Cemetery at 1 p.m.

Memorial contributions may be made to the Michael J. Fox Foundation for Parkinson's Research, Grand Central Station, P.O. Box 4777, New York, NY 10163 in his name or to the Bedford VA Healthcare System CDCE 135, 200 Springs Rd., Bedford, MA 01730.

### Sharon Lee Ward

July 12, 1937 - September 20, 2024

Sharon Lee Ward, 87, of Granbury, Texas passed away on Sept. 20, 2024. Sharon was born in Kansas City, Missouri. She was the daughter of Dean and Jewel Kennedy. Sharon lived in Raytown, Missouri during her formative years graduating from Kansas City Central High School and then Missouri Valley College. She married Ronald Kenneth (Ken) Ward Jr. in 1960. Ken joined the U.S. Army and they moved to Stuttgart, Germany where he was stationed. During that time they had one son, Michael Ward.

After they returned to the U.S., they lived in Raytown where she went to work as an elementary school teacher. They relocated several times, living in Topeka, Kansas and Sachse, Texas before landing in Granbury in 1976. In Granbury, she continued her work as an elementary school teacher teaching first grade for nearly 20 years and then teaching sixth grade art for the last three years of her career. Upon retirement, she remained active traveling, playing bridge with her friends, taking care of the library at the First United Methodist Church and cheering on the Texas



Rangers baseball team.

She was preceded in death by her husband Ken and her parents Dean and Jewel Kennedy.

Survivors include Michael and his wife Vicki, her brother Larry Kennedy and his wife Susie, all of Granbury, niece Stacy Slaten, nephew Casey Kennedy and numerous great nieces and nephews. A Celebration of Life will be held for Sharon on Saturday, Oct. 5, 2024 at 10:30 a.m. at the First United Methodist Church of Granbury.

In lieu of flowers please make a donation to Sharon's favorite local charity, Friends For Animals, 2885 Fall Creek Hwy, Granbury, TX 76049; <https://www.granburyadoptapet.org>.

### Thomas E. Hodge

August 19, 1940 - September 22, 2024

Thomas E. Hodge, 84, passed away peacefully on Sept. 22, 2024, in Granbury, Texas. He was born Aug. 19, 1940, in Los Angeles, California, son of the late Edward and Kathleen (Prizler) Hodge.

Mr. Hodge is survived by his son, Edward Hodge, and his partner, Michail Sykianakis, of West Hollywood, California. He is also survived by his sister, Barbara Murphy of Knoxville, Tennessee; sister-in-law, Pandora Wertz (widow of Thomas Wertz) of Bedford, Pennsylvania; sister-in-law Maria Scott-Bollman (wife of Joshua Bollman) of Bedford, Pennsylvania; niece Dyan Englund (wife of Shawn Englund) of Newcastle, Washington; niece Lara Justice of Farragut, Tennessee; niece Lauren Scott (wife of Stephen Miles) of Pittsburgh, Pennsylvania; and nephew Connor Scott of Bedford, Pennsylvania. He was preceded in death by his wife of 53 years, Toni (Mahalsky) Hodge, and his brother Gregory Hodge.

Mr. Hodge was a veteran of the U.S. Navy, having run away from home at the age of 18 to enlist.

While serving his country, he was stationed aboard several battleships and trained at the Navy's Nuclear Power School, which would ultimately define his career. On leaving the Navy, Mr. Hodge earned a Bachelor of Science degree from George Washington University, graduating at the top of his class. He then settled in Newport News, Virginia where he worked in nuclear power, repairing the USS Enterprise aircraft carrier and numerous submarines.

In 1980, Mr. Hodge moved with his wife and son to Granbury, Texas where he joined the start-up team at the Comanche



Peak Nuclear Power Plant. Eventually, his work took Mr. Hodge all over the country, bringing power plants online, cleaning contaminated sites, and, for his final project, working on the first U.S. power plant designed to convert atomic bombs into fuel to power cities. Mr. Hodge's priority was always making life better for people, whether at work or in his personal life. He led a local Boy Scout Troop, was a member of the Knights of Columbus, donated to area charities, and, along with his wife and son, opened their home to people in need, providing a safe place to stay. He gave quietly and humbly, never seeking recognition. His only goal was that people were cared for.

Mr. Hodge once said that he wanted his obituary to say that he was "a Catholic, a sinner, and an imperfect husband and father who was always striving to live up to his own high standards." But his family will remember him as a perfect dad who lived a life of love and sacrifice.

A funeral mass was scheduled for 11 a.m. Friday, Sept. 27, 2024, at St. Frances Cabrini Catholic Church. In lieu of flowers, donations may be made to Mission Granbury at <https://www.missiongranbury.org/donate>



## Watch out for these investment scams

**TY ANDREW**  
Edward Jones  
Financial Adviser

When you invest, you'll find that knowledge is power. The more you know about your investment choices, and who is offering them, the better prepared you'll be to make good decisions. And this diligence can also help protect you against investment scams.

How widespread is this activity? Consider this: Investment fraud losses totaled more than \$4.5 billion in 2023, according to the FBI's Internet Crime Report.

Here are some common types of scams:

### CRYPTOCURRENCY

Not all cryptocurrency offers are scams, but many are. The scammers will contact you via social media, claiming they've made a lot of money in crypto and are willing to help you do the same. They may direct you to a website or app to invest, but the "company" taking your money may not even exist, and, after taking your money, may disappear.

### INVESTMENT PROGRAMS

These programs claim to have "proven" strategies that can enable you to get rich by investing in financial products. But these strategies are dubious at best and can cost you thousands of dollars that could otherwise go into an investment plan based on your goals, risk tolerance and time horizon.

### REAL ESTATE

Typically, a real estate scam tries to get you to invest in a "world-class" or "luxury" property development, but these properties may take years to build, if they're built at all. Also, various real estate "seminars" claim they can teach you how to get wealthy by buying and selling real estate, but these programs are expensive and usually worthless.

### GOLD AND OTHER PRECIOUS METALS

Scammers who call themselves "rare coins" merchants may try to sell you gold coins, bul-



Ty Andrew

lion or other types of precious metals, claiming that these assets will always go up in value (which isn't

true) and that "now is the best time to act." You can find legitimate ways to invest in precious metals, possibly through mutual funds, but you'll need to determine whether these assets can be an appropriate part of your investment portfolio.

So, how can you avoid these scams? Here are some suggestions from the Federal Trade Commission:

- Don't be pushed into snap decisions. Scammers will pressure you to act quickly because "space is limited" in an investment offering or a "special deal" won't last long. If someone won't give you time to consider an offer, it's not worth considering.

- Be suspicious of "risk-free" claims. All investments carry risk, and no variable investments can claim to provide "guaranteed returns." If an individual or organization downplays the risk of an investment and doesn't want to provide risk disclosures, just walk away.

- Ask about licensing or registration. Legitimate investment professionals must be registered with the Financial Industry Regulatory Authority (FINRA) and be licensed by your state's securities regulator before they can sell you any investment product. You can check the status of an individual or firm by using FINRA's BrokerCheck tool at [brokercheck.fina.org](https://brokercheck.fina.org).

- Do some research. You can search online for the name of the company or individual offering you an investment opportunity. By entering terms such as "review," "scam," "fraud" or "complaint," you may well find that other people have experienced problems or been victimized.

To achieve your financial goals, you'll likely need to invest for decades — so, be wary of scammers who claim to offer a shortcut to success.

# County addresses concerns regarding sheriff's office funding

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

The Hood County Commissioners Court addressed growing concerns regarding funding for the Hood County Sheriff's Office during a regularly scheduled meeting Sept. 24.

During the court's last regular meeting Sept. 10, Lt. Gary Roberts spoke during public comments, drawing attention to the notable pay differences between the Hood County Sheriff's Office and other local law enforcement agencies.

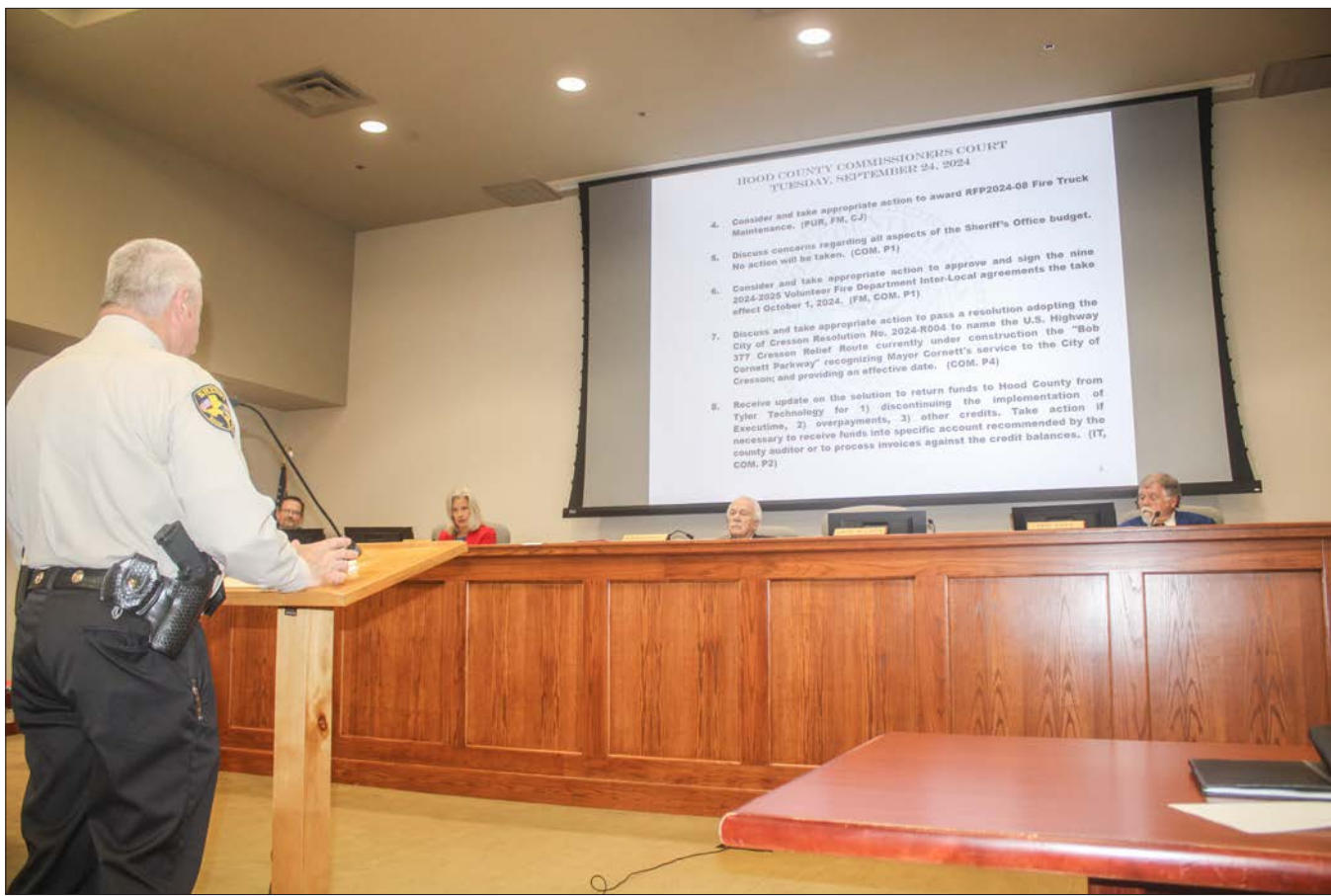
Roberts noted that deputies in Hood County start at \$61,000 and top out at \$69,000, while officers at Granbury Police Department begin at \$70,000 and can earn up to \$105,000. He also pointed out that Weatherford Police Department's pay range is also higher, with starting salaries of \$65,000 and maximums of \$95,000.

As for sergeants, Roberts noted that starting salaries at the HCSO range from \$72,000 to \$82,000, while Granbury PD offers a starting pay between \$89,000 and \$134,000. Roberts mentioned that his own salary caps at \$87,000, while a similar position at GPD earns up to \$156,000.

"So, the guy that does my job at GPD makes \$156,000 — \$70,000 more than I make," he said. "Now, I'm not in here fighting for my money. I'm fighting for my guys' money. But it ain't right."

Roberts expressed frustration that despite the increasing demands on the department, pay scales have stagnated over the past three years. He emphasized that the pay gap of around \$30,000 across the board is unjust, particularly given that Hood County serves a population of over 60,000 residents compared to Granbury's 12,000.

He expressed concern regarding the HCSO having an excessive amount of compensatory time. Roberts said while the HCSO has a similar number of employees compared to Weatherford PD — 61 at HCSO versus 63 at Weatherford — Hood



**Hood County Sheriff Roger Deeds speaks to the Hood County Commissioners Court regarding funding concerns for the Hood County Sheriff's Office during a regularly scheduled meeting Sept. 24.**

ASHLEY TERRY | HOOD COUNTY NEWS

County serves a population twice as large. He explained that Weatherford manages its comp time through overtime payments and annual reductions. However, he said the HCSO cannot mitigate comp time in the same way, which results in slightly fewer comp hours — 4,508 compared to Weatherford's 4,630.

"We have on our books for our 61 employees, 4,508 hours of comp time, 180 hours less than the agency down the road with half the population," Roberts said. "And they pay overtime, and they pay off their comp time every year. So, stop telling the sheriff back there that's going into his fifth term that he doesn't know how to manage his agency. He does. We're doing better than everywhere around us."

Roberts also voiced his frustration regarding the recent denial of the HCSO's requests for both a fraud investigator and a drug investigator.

"Y'all say you can't afford it, but I think it's just that you don't care," he said. "I never thought I'd see (this) in Hood County, but I think what a few of you guys are

doing is called defunding the police. I'm tired of it. You guys, we can't operate like this ... We cannot be safe and operate in what y'all are doing. I never thought I'd see it from this group of people sitting up there, but that's exactly the message you're sending to our people."

During the Tuesday, Sept. 24 meeting, Precinct 1 Commissioner Kevin Andrews said the court needed to clear the air regarding Roberts' concerns.

"Last court we were accused of defunding the police, and that had picked up some steam on social media," Andrews said. "I was pretty riled up at that point. In the four years that I've been here, with this being the fourth budget that I've gone through, the sheriff's budget has increased 156%. I feel like we've gone out and made huge strides. Are we all the way there? I'm not saying that we are, but I feel like we made big strides in getting to the right place."

Andrews also clarified that defunding the police means taking something away — not "growing at 156%." He explained that in regard to salaries, the HCSO

is only trailing in its starting salary behind Tarrant and Parker County.

"We're ahead of Johnson, Somervell, Erath and Palo Pinto," Andrews said. "I feel like we're doing a pretty good job of taking care of the sheriff's department, but I felt like we needed to talk about it and get this out to the public to clear the air that there's not any defunding going on here."

Hood County Judge Ron Massingill noted that Sheriff Roger Deeds had requested two vehicles and four additional officers, but the court chose not to approve his request.

"It's not defunding, but it's not keeping up with the times either," Massingill said.

He also emphasized the close proximity of Hood County to the Dallas-Fort Worth area and the potential threat posed by gangs. He suggested that residents might be open to a slight property tax increase if it meant enhanced safety and protection for the community.

Massingill also expressed concern about the court second-guessing Sheriff Roger Deeds regarding the

resources he believes are necessary for the HCSO.

Deeds acknowledged that while the court has been supportive in the past, recent requests for resources have not been met.

"The court's been great to us over the years, no doubt," Deeds said. "I just want to keep up with what's going on around us too, and like the judge said, the county's growing, city's growing, everybody else is moving forward, and I don't want to lag too far behind."

Deeds mentioned that the recent influx of American Rescue Plan Act funds and Senate Bill 22 resources have helped acquire necessary equipment, but he is hopeful for the renewal of funding for additional deputy positions in the future.

"We keep moving forward, but I don't want to lag behind or go in reverse in any way," he said. "I appreciate everything that the court has done over the years. Let's just keep moving forward — not moving backwards."

Precinct 2 Commissioner Nannette Samuelson explained that the staff-related budget lines for sheriff, administration and dis-

patch have increased 54% compared to the 2021-22 budget. She emphasized that between capital funds and ARPA, there is a commitment of \$1 million annually, totaling \$3 million, aimed at securing necessary safety equipment for the HCSO.

"We want the safety equipment, the ballistic glass, the ammunition, the different firearms that were required, because we want all of our law enforcement to be safe and to go home to their families every day," Samuelson said. "As Commissioner Andrews has said, this is the opposite of defunding. We want our sheriff's department to have the equipment and safety equipment that they need to be safe."

Precinct 4 Commissioner Dave Eagle urged attendees to review the video from the Sept. 17 special called meeting in which he presented a PowerPoint detailing the support that the Hood County Commissioners Court has provided to the HCSO in recent years.

"For us to get accused of defunding the police is pretty ridiculous, actually, but I urge you to go take a look at that," he said.

Eagle also pointed out that a bond measure for up to \$50 million will be on the ballot in November to fund the expansion and renovation of the county jail. The bond will include building additional jail space for 209 beds, and refurbishing the current facility, which holds 192 beds — creating a total of 401 beds in the jail.

He noted that the upcoming presidential election could also impact the county's budget and revenue, adding that it could be "one of the most important presidential elections in our entire history."

"I appreciate everything the sheriff's department has done, and we support our law enforcement," Eagle said. "But the sheriff was elected to be the sheriff over the law enforcement. We were elected to watch the budget and to make sure that we're taking care of the taxpayers who are paying for this."

# City of Granbury Police Department Criminal Activity Report

The following is a breakdown of activity that occurred through the Granbury Police Department during the period of Sept. 17-23. While there were many incidents, this is a partial list of more significant activity.

**SEPT. 17**

- 12:12 a.m.: vicious animal on Jacinth Lane
- 8:32 a.m.: violation of protective order on NE Loop 567
- 8:58 a.m.: theft of property on E. U.S. Highway 377
- 1:39 p.m.: theft over \$100 and under \$750
- 1:48 p.m.: property found on E. U.S. Highway 377
- 4:11 p.m.: harassment on W. U.S. Highway 377
- 5:22 p.m.: theft on E. U.S. Highway 377
- 5:53 p.m.: noise disturbance on W. Pearl Street
- 6:31 p.m.: harassment on W. U.S. Highway 377
- 9:14 p.m.: suspicious activity on Dove Hollow Road
- 9:37 p.m.: noise disturbance on Temple Hall Highway
- 10:53 p.m.: assault on S. Morgan Street
- \*\*Three major accidents, one minor accident and 31 traffic stops occurred this day\*\*



MARY VINSON | HOOD COUNTY NEWS

**SEPT 18**

- 12:17 a.m.: shot fired on N. Plaza Drive
- 9:23 a.m.: hit-and-run accident on S. Morgan Street
- 10:13 a.m.: fraud on Summerhill Court
- 12:27 p.m.: shots fired on Third Street
- \*\*One major accident, one minor accident, two warrant services and 16 traffic stops occurred this day\*\*

**SEPT 19**

- 2:54 p.m.: threat on N. Plaza Drive
- 3:03 p.m.: animal bite on E. U.S. Highway 377
- 6:01 p.m.: theft of proper-

ty on E. U.S. Highway 377

- 7:45 p.m.: hit-and-run accident on S. Morgan Street
- 8:03 p.m.: criminal trespass on Pebble Bay Court
- 8:08 p.m.: harassment on Walters Drive
- 9:13 p.m.: assault on Crossland Road
- \*\*Two major accidents, one minor accidents, and 25 traffic stops occurred this day\*\*

**SEPT 20**

- 6:55 a.m.: criminal mischief on N. Park Drive
- 8:05 a.m.: noise disturbance on E. U.S. Highway 377
- 8:41 a.m.: possession of a

controlled substance on W. Pearl Street

- 10:36 a.m.: possession of a controlled substance on NE Loop 567
- 11:22 a.m.: hit-and-run accident on S. Morgan Street
- 1:20 p.m.: theft of property on E. U.S. Highway 377
- 2:44 p.m.: criminal mischief on S. Morgan Street
- 8:08 p.m.: hit-and-run accident on Kemah Court
- 11:51 p.m.: intoxicated person on Meadows North Drive
- \*\*One major accident, three minor accidents and 13 traffic stops occurred this day\*\*

**SEPT 21**

- 11:33 a.m.: found property on E. U.S. Highway 377
- 11:46 a.m.: missing person on Torrey Street
- 3:19 p.m.: assault on W. Fifth Street
- 3:59 p.m.: criminal trespass on E. U.S. Highway 377
- 4:51 p.m.: theft under \$100 on E. U.S. Highway 377
- 7:46 p.m.: theft over \$100 and under \$750 on E. U.S. Highway 377
- 9:47 p.m.: theft under \$100 on N. Plaza Drive
- \*\*One minor accident, a warrant service and 16 traffic stops occurred this day\*\*

**SEPT 22**

- 1:20 a.m.: noise disturbance on W. Pearl Street
- 1:47 a.m.: suspicious person on S. Morgan Street
- 2:44 a.m.: noise disturbance on W. Pearl Street
- 9:42 a.m.: possession of drug paraphernalia
- 10:16 a.m.: threat on Walters Drive
- 1:03 p.m.: suspicious vehicle on E. U.S. Highway 377
- 3:17 p.m.: theft over \$100 and under \$750 on E. U.S. Highway 377
- 3:38 p.m.: theft of property on E. U.S. Highway 377
- 5:47 p.m.: theft under \$100 on E. U.S. Highway 377
- 8:12 p.m.: assault on N. Plaza Drive
- \*\*One major accident, one minor accident and 21 traffic stops occurred this day\*\*

**SEPT 23**

- 11:19 a.m.: noise disturbance on W. Pearl Street
- 9:59 a.m.: found property on E. Pearl Street
- 12:57 p.m.: animal cruelty on E. U.S. Highway 377
- 1:05 p.m.: hit-and-run accident on Fall Creek Highway
- 3:24 p.m.: animal bite on Hedge Row Street
- \*\*Two major accidents and 19 traffic stops occurred this day\*\*

# Ready, prep, go

## Hood County's Emergency Preparedness Fair returns Sept. 28

BY ASHLEY TERRY  
Staff Writer  
ashley@hcnews.com

**D**o you know what kind of items you need to include in an emergency kit? Are you familiar with developing a disaster plan?

If not, Hood County's Emergency Preparedness Fair is the perfect opportunity to learn these essential safety strategies to protect yourself and loved ones during unexpected situations.

In honor of National Preparedness Month, Hood County's Office of Emergency Management

will host its second annual Emergency Preparedness Fair Saturday, Sept. 28, from 9 a.m.-1 p.m. in the Hood County Annex 1 parking lot, located at 1410 W. Pearl St.

Emergency Management Coordinator Margaret Campbell explained the goal of the event is to enhance community awareness and preparedness through en-

gaging activities and providing valuable information to the public.

"We've asked our first responding agencies to please bring response vehicles, and any activities, props, equipment and educational material that might be useful in helping our community learn about emergency preparedness," she explained. "Our goal is to allow the community a firsthand look at local first responder organizations, meet private and nonprofit agencies that provide disaster relief for the community, and learn how to create a personal preparedness kit."

Campbell said the event will feature several state partner organizations, allowing the community to see how the Office of Emergency Management collaborates with larger agencies during emergencies.

She also mentioned there will be a station to help attendees create their own

**Last year's inaugural event exceeded expectations, attracting around 20 vendors and approximately 150 community members. A crowd favorite was Smokey Bear, who will also be in attendance this year as well.**



COURTESY PHOTOS

**In honor of National Preparedness Month, Hood County's Office of Emergency Management will host its second annual Emergency Preparedness Fair Saturday, Sept. 28, from 9 a.m.-1 p.m. in the Hood County Annex 1 parking lot, located at 1410 W. Pearl St.**

emergency kits and that NOAA — the National Oceanic and Atmospheric Administration — Weather Radios will be available for distribution. The NOAA Weather Radio is a service provided by NOAA that broadcasts weather information 24 hours a day, seven days a week.

Campbell said last year's inaugural event exceeded expectations, attracting

around 20 vendors and approximately 150 community members. She noted that the crowd favorites were Smokey Bear and the local fire departments — both of which will be in attendance this year as well.

"We received lots of positive feedback regarding the event and how excited they were for this to continue each year," she said. "We hope to continue to grow

the event in the coming years and provide new activities and learning opportunities each year."

For more information about the Emergency Preparedness Fair, call the Hood County Office of Emergency Management at 817-579-3335 or email Campbell at mcampbell@hoodcounty.texas.gov.



# Hitch right, save lives and shine bright

BY LAUREN DAVIS  
Staff Writer  
lauren@hcnews.com

A preventable tragedy involving a loose trailer claimed the life of Kelly Hall, a homeschooling mother of three and Tyler resident, in March 2021. As Texans continue hitching trailers for work and recreation, her story underscores the importance of proper towing practices and heightened trailer safety awareness.

Kelly Hall was 49 years old when a food trailer detached from an oncoming truck and collided with her vehicle on a toll road near Tyler. The crash was instantaneous, leaving her family devastated. Her husband, Cliff Hall, shared his wife's story to raise awareness and prevent similar tragedies.

"My wife Kelly's death was entirely preventable," Cliff Hall said. "If the other driver had taken the time to ensure the trailer was properly secured, she'd still be with



PHOTO COURTESY OF ADRIENNE DEALY

**Kelly Hall, a homeschooling mother of three and Tyler resident, died in March 2021 when a trailer detached and hit her vehicle head-on.**

us today."

Cliff Hall emphasized that critical steps — such as checking the hitch, ensuring safety chains are in place, and confirming lights and brakes are functioning — can prevent fatal accidents. "I urge everyone to take the

extra time to double-check everything before towing. It could save a life."

In response to incidents like Kelly Hall's, the Texas Department of Transportation has launched a new safety campaign to educate drivers on

proper trailer hitching and towing techniques. As part of its "Be Safe. Drive Smart." initiative, TxDOT promotes key safety tips to help prevent trailer-related crashes.

**TxDOT'S KEY SAFETY TIPS INCLUDE:**

**Choosing the correct equipment:**

- Check your vehicle's tow rating in the owner's manual to confirm it can tow the trailer's weight when fully loaded.

- Ensure your hitch ball is the correct size and capacity for the coupler, trailer and load. Hitch balls and couplers are stamped with their size and maximum weight capacities. Improper ball size or capacity could cause the trailer to detach from the tow vehicle.

- Check the tire pressure on the tow vehicle and trailer, including the spare tires. Your vehicle's tires may require higher pressure while towing. For more information, check the vehicle

owner's manual.

**Tips for safely hitching a trailer:**

- Verify each part of the hitch system is in good condition.

- Ask a friend or coworker to help you line up the vehicle and trailer.

- Determine the appropriate rise or drop of the ball mount. The trailer should ride parallel to the ground when being towed to ensure stability. Follow the manufacturer's instructions to properly attach the coupler to the ball mount and install a safety pin. Double-check that the hitch is secured properly before towing.

- Always use safety chains. They are required by law and are your first line of defense if the trailer detaches. Make sure the safety chains are properly crisscrossed and connected. Also, check that the trailer lights, running lights and brake lights are working.

- Properly distribute and balance your trailer load

weight and secure all cargo.

**Tips for driving safely when towing a trailer:**

- Slow down, stay alert and leave plenty of stopping distance. It will take longer to stop with a trailer than with a vehicle alone.

- Watch for trailer sway. If you see the trailer swinging back and forth, remove your foot from the gas and gently apply the trailer brakes until the swaying stops.

- Take extra care when turning or changing lanes. TxDOT's campaign is part of its broader #EndTheStreakTX effort to eliminate daily traffic fatalities in Texas. The last day without a traffic-related death in the state was Nov. 7, 2000.

Scott Rash, a Bennett's Camping Center salesperson, highlighted that many trailer hitch issues stem from user error. "People tend not to hook them up right or grease things they shouldn't," he said, noting

PLEASE SEE **HITCH** | A16

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# City invites residents to second Comprehensive Plan meeting Oct. 3

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

Residents will soon have a second opportunity to voice their opinions and contribute ideas for the future of Granbury.

On Thursday, Oct. 3, community members will be invited back to City Hall from 5:30-7 p.m. to participate in the city's second open house meeting regarding the Comprehensive Plan.

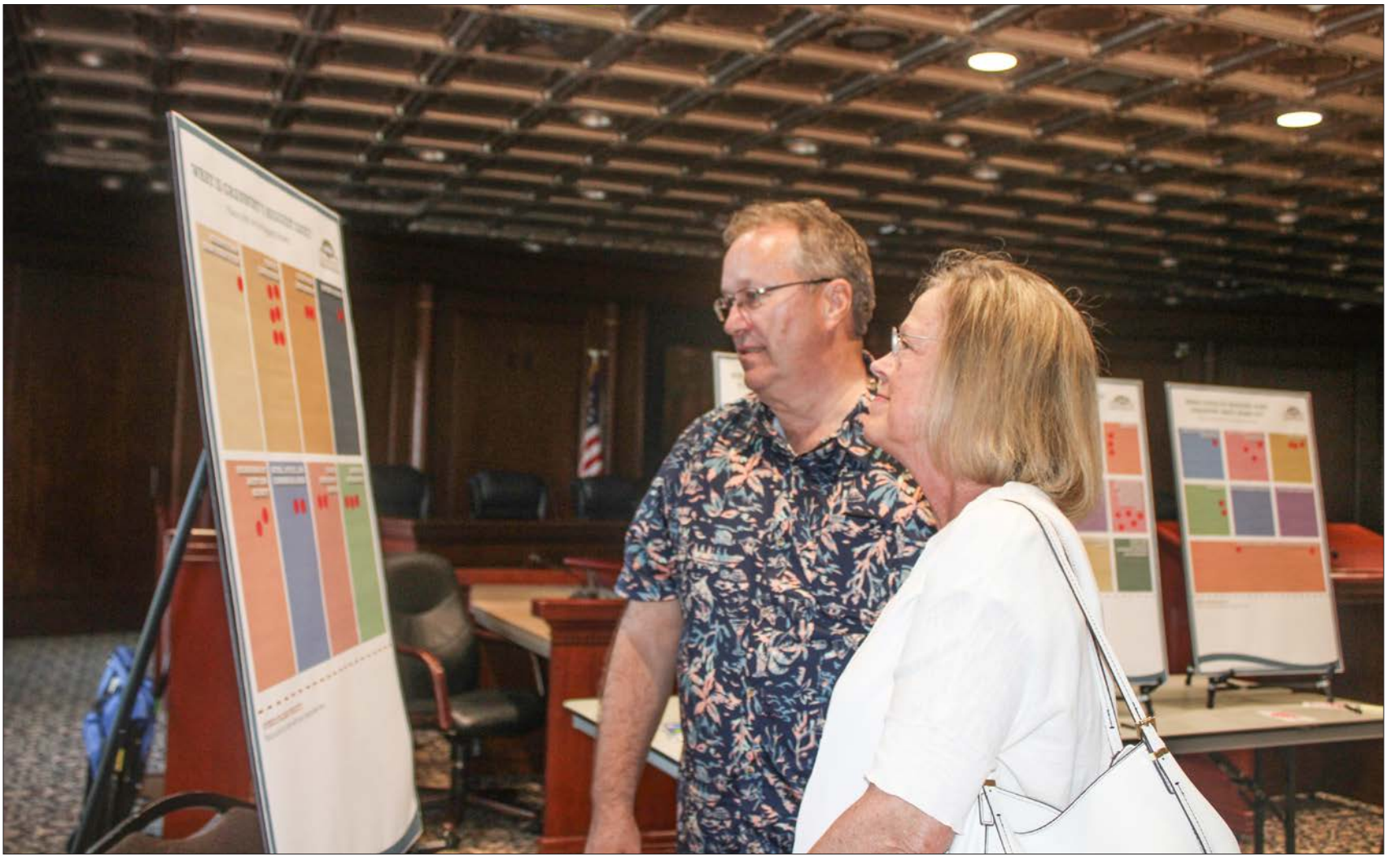
Essentially serving as Granbury's "road map," the city's Comprehensive Plan will outline a strategic vision for the next 10 to 20 years — focusing on key issues such as housing, transportation, land use, downtown development and economic growth.

The Granbury City Council, Planning & Zoning Commission, and city staff will use this plan to guide important decisions related to land use, budgeting and development.

"We really want members of the community to be engaged in this process," Communications Manager Jeff Newpher told the Hood County News. "These open house meetings are not a check-the-box kind of (initiative). The city is very much interested in having community members give their thoughts and ideas."

All residents are encouraged to attend the come-and-go open house for approximately 30 minutes to share their input on the future of Granbury and ensure their voices are heard by decision makers.

While the format and location mirror the April 2024 Comprehensive Plan Open House, the October meeting will build upon the feedback gathered earlier this year. The input provided in April has been thoroughly studied by comprehensive planning experts and reviewed by the city's Planning and Zoning



Greg and Debbie Schneider study a presentation regarding Granbury's biggest issue during the city's first Comprehensive Plan open house meeting April 18.

ASHLEY TERRY | HCN FILE PHOTO

Commission. This open house serves as a follow-up, continuing the discussion and refinement of the plan.

"This is building on the information that has been collected this year through surveys, through the open house, and through comments that have been made at council meetings or Planning & Zoning meetings," Newpher explained. "This meeting is building upon that to try and more narrowly focus and make sure that people's opinions, attitudes and desires are clearly being understood."

During the city's last open house April 18, attendees

were shown a short video detailing the importance of the Comprehensive Plan, as well as Granbury statistics and data.

Following the video, attendees were then instructed to go upstairs to the council chambers, where a variety of interactive presentations were set up to gauge the community's input on Granbury's future.

At a few of the presentations, attendees were asked to weigh in on key issues facing Granbury. Traffic congestion emerged as the top concern, with residents voting it as the city's biggest issue, followed closely by industrial development.

The community also expressed a strong desire for improvements in roadway infrastructure and mobility, highlighting it as a priority for the city's future. Other important areas of focus included establishing a clear brand and community identity, preserving historic places, and maintaining existing roadway infrastructure.

In terms of retail and dining preferences, residents indicated a strong interest in increased entertainment options, along with more sit-down dining, brew pubs and medical services.

Looking ahead to 2045, attendees have indicated they want Granbury to be primar-

ily known for its authentic/unique downtown, as well as its small-town charm, waterfront community and historic places.

While this is only the city's second Comprehensive Plan Open House, Newpher expressed there will likely not be a third. However, this will not be the last time for residents to voice their opinions on the future of Granbury.

"There will be opportunities for citizens to respond at Planning & Zoning meetings and city council meetings," he said. "It's not an end of public comment. Will there be another meeting identical to the one on Oct. 3? Probably not, but com-

munity engagement will continue."

Newpher noted that although the data from last year's open house isn't being used directly to shape this discussion, it is still being considered as part of the broader context for community input.

"This is not the second verse of the same song," he added. "This is trying to gather additional information that has not been given before."

For more information about the Comprehensive Plan Open House, email Newpher at [jnewpher@granbury.org](mailto:jnewpher@granbury.org).

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Deadline: Saturday issue, 10 a.m. Wednesday

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Hours: 8 a.m.-5 p.m. Monday-Thursday • 8 a.m.-1 p.m. Friday

## CLASSIFIEDS DIRECTORY

<b>Real Estate for Sale</b> 1010 Acreage for Sale 1020 Cemetery Lots 1030 Commercial for Sale 1040 Duplexes for Sale 1050 Homes for Sale 1060 Waterfront Homes 1070 Lots for Sale 1080 Mobiles for Sale 1090 Waterfront Mobiles 1100 Real Estate Notes 1110 Townhomes & Condos 1120 Property For Trade 1130 Want To Buy	2050 Four-Wheel Drive 2060 Motorcycles 2070 Pickups & SUVs 2080 Vans & Campers 2090 Trailers 2095 Heavy Equipment	<b>Farm &amp; Ranch</b> 3010 Corrals & Fencing 3020 Farm Equipment 3030 Feed & Pasture 3040 Stock Trailers 3050 Related Items	<b>Finance</b> 4010 Business Opportunities 4020 Insurance 4030 Investments 4040 Mortgages & Notes	<b>Home &amp; Business Services</b> 5010 Adult/Elderly Care 5020 A/C Heating Repair 5030 Appliance Repair 5040 Automotive Services 5050 Bulldozer Services 5060 Business Services 5065 Carports 5070 Cement/Concrete 5075 Chimney Sweeping 5080 Child Care 5090 Cleaning Services 5100 Computer Services	5110 Construction 5120 Clock Repair 5130 Dock repair/Rebuild 5140 Electrical 5150 Electronics Repair 5160 Exterminating 5170 Fencing 5180 Floor Coverings 5190 Health Care 5200 Home Improvement 5210 Home Services 5220 Landscaping/Tree Service 5230 Interior Design 5240 Masonry 5250 Mobile Home Service 5260 Moving/Hauling 5265 Plumbing 5270 Sand/Gravel/Soil 5280 Roofing 5290 Painting 5295 Pressure Washing 5300 Septic/Sewer 5310 Small Engine Repair 5320 Secretarial/Office 5330 Storage 5340 Tractor Service 5350 Welding	<b>Merchandise</b> 6510 Antiques 6520 Appliances 6530 Arts & Crafts 6540 Building Materials 6550 Computers 6560 Electronics 6570 Firewood 6580 Furniture 6590 Health 6600 Air Conditioners 6610 Lawn Equipment 6620 Miscellaneous 6630 Musical Instruments 6635 Pocket Stuffers 6640 Portable Buildings 6650 Tools 6660 Trees 6670 Wanted	<b>RV's/Travel Trailers</b> 6070 RV's/Travel Trailers 6080 Sporting Goods	<b>Employment</b> 8510 General 8520 Construction 8530 Food Services 8540 Medical/Dental 8550 Office Employment 8560 Professional 8570 Sales 8580 Salon Personnel 8590 Employment Wanted 8600 Employment Information 8610 Carpool Information	<b>Education</b> 7010 Tutor/Instruction 7020 Music 7030 Computer 7040 Art Instruction	<b>Public Sales</b> 9570 Auctions 9580 Flea Markets 9590 Out of Town Sales Cresson Garage Sales 76035 Granbury Garage Sales 76048 Granbury Garage Sales 76049 Lipan Garage Sales 76462 Tolar Garage Sales 76476
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**3BR SINGLE FAMILY HOME - GRANBURY** 3 BR/3 BA Newer Appliances in Kitchen New Roof!! This is the Perfect AFFORDABLE dream home. Established part of Subdivision on a Quiet cul-de-sac. Beautiful custom cabinets & granite counter tops with island in Kitchen. Come and see what this home has to offer!! Offered by Elevate Realty Group, Carol Seitz, Agent \$287,000.00 (817) 243-6153 CarolSeitz@Charter.net

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**1530 Duplexes for Rent**  
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## Mobiles for Rent

3-bedroom, 2-bath, Indian Harbor, washer/dryer connections, fenced front yard, shed, \$1,350/mo, \$1,500 deposit. 817-776-1559.  
 3-2, 1417 Meander Rd behind HEB area, stone wrapped skirting. \$1,200/mo, \$500 deposit. 2-2, 126 Myrtle Ln. \$1,000/mo, \$500 deposit. 817-919-4487.  
 2-bedroom, 1-bath, large covered deck, appliances, mowing and trash paid. NO PETS! \$900 plus deposit. 817-613-1465.

**MOBILE HOME - CRESSON** Recently Updated: Mobile Home 2-1-1 car carport, fenced \$1,000/mo with approved credit plus deposit. Weatherford School Dist. Call or text 817-706-1738

2-2-1 garage w workspace in WHH. Total Updated, lake access, HOA pool, \$1,550/mo, \$1,550 deposit, pets ok. Call or text 817-894-0934.

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 - HVAC ASSISTANT Granbury ISD is currently looking for an HVAC Assistant to join our outstanding Maintenance team. Only responsible and qualified candidates need apply. Criminal background checks and fingerprinting will be required. Competitive wages and excellent benefits, including health insurance and retirement. Apply online at https://www.granburyisd.org/jobs Granbury ISD is an Equal Opportunity Employer.  
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## EMPLOYMENT

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 - HVAC ASSISTANT Granbury ISD is currently looking for an HVAC Assistant to join our outstanding Maintenance team. Only responsible and qualified candidates need apply. Criminal background checks and fingerprinting will be required. Competitive wages and excellent benefits, including health insurance and retirement. Apply online at https://www.granburyisd.org/jobs Granbury ISD is an Equal Opportunity Employer.  
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# NOTICES

## Public Notices

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

ROYAL OAKS ADDITION,  
Lots C-R1 & C-R2

The Hood County Commissioners' Court will meet to consider the application and to hear any protest to the revision on Tuesday, October 8th, 2024, at 9 a.m. in the Central Jury Room of the Ralph H. Walton Jr. Justice Center, 1200 West Pearl Street, Granbury, Texas 76048.

GRANBURY INDEPENDENT SCHOOL DISTRICT AIRCRAFT FOR SALE

Granbury ISD is accepting bids for the sale of a RANS S-21 Outbound aircraft. Minimum bid: \$185,000 Bid opening: September 10, 2024

A minimum bid bond of \$500 must be included with all bids.

- Aircraft specifications:
- Two-seat, side-by-side configuration
  - Titan 340 engine with 8:1 compression & P-mags
  - Taildragger with Tundra tires (nose-wheel mount for convertibility)
  - 10" Dynon Skyview HDX
  - Dynon Auto Pilot
  - Garmin Comm Radio
  - LED Lighting
  - Unpainted

Bids should include the bidder's name, address, phone number, and the proposed purchase price for the aircraft, as well as a \$500 bid bond. The district reserves the right to reject any and all bids.

The bid bond must be in the form of a certified check or money order made payable to Granbury ISD and must be received with the bid. The bid bond will be returned to all bidders submitting a bona fide bid. The bond of unsuccessful bidders will be returned within ten (10) business days after the bid opening.

The aircraft will be located near Granbury Airport inside a hangar and can be viewed by appointment only. Purchasing must be present for any viewings. Prospective bidders are encouraged to inspect the aircraft prior to submitting a bid.

The aircraft is being sold as-is, where-is, with no warranties or guarantees of any kind.

For full details and bidding instructions, contact: Mark Kirk Email: mark.kirk@granburysd.org  
Submit sealed bids to: Granbury ISD Attn: Houcine Chraibi 217 N. Jones St. Granbury, TX 76048  
Granbury ISD reserves the right to accept or reject any and all bids.

Advertisement to Bid  
City of Granbury

The City of Granbury is accepting Statement of Qualifications for Engineering Services Bid No. 23-24-14 until Tuesday October 15, 2024, at 2:00pm CST, at which time they will be opened publicly at 401 N Park St. Granbury, TX 76048. Please electronically submit proposal in .pdf format via

1. Email to crussell@granbury.org
2. OR submit your proposal to the address below on a thumb drive:

City of Granbury  
Attn: Christy Russell, Purchasing Manager

401 N. Park St., Granbury, Texas 76048.  
3. Or <https://www.granbury.org/72/Purchasing>

Bid packet and documents will be available on the City of Granbury website <https://www.granbury.org/72/Purchasing> starting Monday, September 30, 2024 at 2pm. Specific information regarding this bid shall be requested from Purchasing Manager at crussell@granbury.org. Any Bids received after the closing date and hour will not be accepted and will not be returned. The City reserves the right to reject any and/or bids and to waive any formality in connection therewith.

Advertisement to Bid  
City of Granbury

The City of Granbury is accepting sealed competitive unit bids for the following:

Roof Replacement on Granbury Square Plaza RFP No. 23-24-15 until Thursday October 17, 2024, at 2:00pm CST, at which time they will be opened publicly at 401 N Park St. Granbury, TX 76048. Bids should be mailed, or hand delivered in a sealed envelope addressed to:

City of Granbury Municipal Service Center  
Attn: Purchasing Department

"Roof Replacement on Granbury Square Plaza RFP No. 23-24-15"

401 N. Park Street  
Granbury, TX 76048

Bid packet and documents will be available on the City of Granbury website <https://www.granbury.org/72/Purchasing> starting Monday, September 30, 2024 at 2pm. Specific information regarding this bid shall be requested from Purchasing Manager at crussell@granbury.org. Any Bids received after the closing date and hour will not be accepted and will not be returned. The City reserves the right to reject any and/or bids and to waive any formality in connection therewith.

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9031

## Public Notices

A Public Hearing will be held on Tuesday, October 8, 2024, at 9 a.m. in the Central Jury Room of the Ralph H. Walton Jr. Justice Center at 1200 W. Pearl St., Granbury, Texas 76048, for the discussion and input into the following proposed traffic regulation and take appropriate action:

- a. Reduce the speed limit of 45 MPH to 35 MPH on a section of Williamson Road from SH 144 to Contrary Creek Road.

### NOTICE PURSUANT TO TEXAS NATURAL RESOURCES CODE, TITLE 3, SUBTITLE B, §91.116 FOR COMMERCIAL SURFACE DISPOSAL FACILITIES

Application was filed on August 6, 2024. Location is located at 7600 E Hwy 377, Granbury, Hood County, Texas, in the J Howard Survey, Abstract 716. Nearest municipality is Cresson. The owner of the site is Screaming Eagle Energy Service, LLC. The applicant is Screaming Eagle Energy Service, LLC. The type of fluid or waste to be disposed of at the facility is salt water. Injection disposal method. Affected persons may protest this application. Protests must be in writing and must be received by the 15th day after the last date of publication of this notice. The last date of publication of this notice is expected to be October 5, 2024 which means protests should be received by October 21, 2024. Protests must be sent to: Technical Permitting Section, Oil and Gas Division Railroad Commission of Texas, PO Box 12967, Austin, Texas 78711, 512-463-3840.

Advertisement to Bid  
City of Granbury

The City of Granbury is accepting sealed competitive unit bids for the following:

Tree Trimming for Electric System and Various City Properties RFP No. 23-24-16 until Wednesday October 16, 2024, at 2:00pm CST, at which time they will be opened publicly at 401 N Park St. Granbury, TX 76048. Bids should be mailed, or hand delivered in a sealed envelope addressed to:

City of Granbury Municipal Service Center

Attn: Purchasing Department

"Tree Trimming for Electric System and Various City Properties RFP No. 23-24-16"

401 N. Park Street  
Granbury, TX 76048

Bid packet and documents will be available on the City of Granbury website <https://www.granbury.org/72/Purchasing> starting Monday, September 30, 2024 at 2pm. Specific information regarding this bid shall be requested from Purchasing Manager at crussell@granbury.org. Any Bids received after the closing date and hour will not be accepted and will not be returned. The City reserves the right to reject any and/or bids and to waive any formality in connection therewith.

## PUBLIC SALES

9570

### Auctions

AUCTION: GRANBURY 3118 W US Hwy 377- Property of Pia Christian, Thomas Karr, Richard Wood consisting of misc household items, being sold to satisfy landlord's lien. Sale to highest cash bidder. Tuesday September 10

Granbury 76048

### Garage Sales 76048

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

### New Beginnings Resale Shoppe & Boutique



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

GARAGE SALE: GRANBURY 1700 Weatherford Highway- Garage Sale for Scholarships! On Masonic Lodge parking lot. Saturday October 05

Multi-Family Yard Sale. Sunset Acres Ct. Fri-Sat, Sept 27-28, 8am-5pm.

Lots of misc., home decor, kitchen items, baby accessories, tools, clothing, much more! Rain or shine! 3543 Kelly Ct. Fri-Sat, Oct 4-5, open at sunrise.

MOVING SALE: 1251 N Meadows Dr Apt 47. Thurs, Fri & Sat 10/3, 4, & 5, 8:30am - 5:00pm. Chest freezer, washer & dryer, portable ac units & misc.

Granbury 76049

### Garage Sales 76049

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DECORDOVA RANCH COMMUNITY SALE Sat, Oct. 5th, 8am-4pm Entrance is on Davis Rd.

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# Granbury fiddler Ridge Roberts claims second Grandmasters victory in Tennessee

**BY LAUREN DAVIS**  
Staff Writer  
lauren@hcnews.com

Ridge Roberts, a 21-year-old fiddler from Granbury, secured his second victory at the prestigious Grandmasters Fiddle Contest held in Franklin, Tennessee, this past weekend.

The competition, which attracts top fiddlers from coast to coast, is one of the most renowned events in the fiddling community.

Roberts, who began playing the fiddle at age 7, first claimed the Grandmasters title in 2019. His recent victory solidifies his reputation as one of the top young fiddlers in the country. "This was my second time winning, so I was really excited about that," said Roberts. "The competition here is different because a lot of players from Tennessee, Kentucky and other parts of the east come to compete."

The Grandmasters Fiddle Contest, formerly held in Nashville, took place in Franklin this year. Along with the title, Roberts earned \$1,200, a plaque commemorating his achievement and the opportunity to judge next year's event.

He will also be returning to play on the famed stage of the Grand Ole Opry in 2025, marking his second performance there after a previous appearance in 2021.

"This is the best part," Roberts told the Signal American regarding the chance to perform again at the Opry. "It's an awesome experience, I just love coming here. It's a gift from God that I get to play, so I'm just really grateful."

Roberts' fiddling career has been marked by a long list of accolades. He first entered the competitive scene in 2013, winning his first contest at age 10. His impressive resume includes championships at the Oklahoma

State Championship, Grand Lakes National Championship and the World Championship in Crockett, all won in 2018. He added the Colorado State Champion title to his name in 2019.

The Grandmasters contest, now in its 53rd year, featured fierce competition. Sixteen fiddlers competed over two days, and Roberts emerged victorious after a third round that left no room for error. As reported by the Signal American, Roberts' performance has not only earned him accolades but also inspired younger fiddlers across the country.

As Roberts prepares for his next performance at the Grand Ole Opry, his hometown of Granbury continues to celebrate his achievements. From his early days performing at local civic meetings to becoming a two-time Grandmasters champion, Roberts' passion for the fiddle shows no signs of slowing down.



Recently at the Grand Master Fiddler Championship in Franklin, Tennessee Todd Varble, left, and Marty Elmore, right, accompany Granbury fiddler, Ridge Roberts (front center).



COURTESY PHOTOS

Ridge Roberts wins the Grandmaster title in open fiddler's competition in Franklin, Tennessee, Sept. 21.

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# Eight things to 'come clean' about

By Lake Granbury Medical Center

**W**e've all been there before. You're filling out paperwork at a health-care provider's office and stumble across questions about how much you drink or exercise. If you've slightly fudged the numbers, you aren't alone.

A study published in 2022 found that 60 to 90% of patients have fibbed when talking to their doctors. Maybe it's because they are embarrassed or don't want the doctor to lecture them, but what may save your ego in the short term could have serious consequences — including misdiagnoses and medication problems.

"It's very important to know all the aspects about your health," mentions Dr. Aaron Shaw, board-certified internal medicine physician

at Lakeside Physicians Fall Creek. "We have seen and heard it all and every detail that you can share with us, even things that might seem embarrassing, is important for us to know so we can best help you."

If you've stretched or omitted the truth in the past, it's okay (obviously, most of us have before). From this point forward, just vow that no more "fudging" is allowed in your doctor's office, especially regarding these eight aspects of your health.

**1. BATHROOM ISSUES**

Maybe talking about bathroom habits makes you feel like a party pooper, but it's important to come clean. Issues with urination or passing stools could be a symptom of a larger problem like infection, pelvic floor disorder, gastrointestinal conditions, diabetes and other issues.

**2. DOCTOR'S ORDERS**

Not following your medication schedule? It's crucial to inform your doctor to find alternative treatments or adjust your plan. Otherwise, your condition might not show the expected response to their initial recommendations, and your doctor won't know why.

**3. EATING AND EXERCISING HABITS**

Maybe don't tell your doc-

tor you're eating salads when you're really eating a whole bag of chips for lunch every day. Being honest enables the identification and early detection of possible health concerns, encouraging a proactive approach to your overall well-being.

**4. MEDICATIONS AND SUPPLEMENTS**

Don't be afraid to tell your doctor what you're taking, even if it's a viral social media supplement. This helps your doctor understand your full health picture and prevents potentially dangerous interactions between different substances.

**5. MENTAL HEALTH**

Feeling melancholy or so anxious your heart feels like it's racing? Your doctor can suggest counseling, prescribe medication and

identify or rule out underlying causes. It's important to remember that some physical health issues can cause symptoms of mental health conditions.

**6. SEX LIFE**

Many people feel embarrassed about discussing sex, but doctors handle these conversations sensitively and confidentially. It's important to be honest about sexual desire, performance, satisfaction and sexually transmitted infections for proper treatment.

**7. SLEEP HYGIENE**

If you have trouble sleeping or feel excessively fatigued during the day, it's important to tell your doctor. Lack of sleep can weaken the immune system, increase the risk of chronic conditions or be a sign there's an

underlying problem.

**8. SUBSTANCE USE**

Don't tell your doctor you have four glasses of wine a week when it's four per night. Smoking, alcohol and illegal drug use can affect how your body responds to medications, anesthesia and other treatments, so it's important to be honest.

Remember, your doctor will not judge you for any of these issues. Being honest with them better helps them do their job, which is to find ways to keep you as healthy as possible.

For more information or to schedule an appointment with Shaw, please call 817-326-3900 or visit <https://lakegranburymedical.com/InternalMedicine-Shaw>.

**HITCH**

FROM PAGE A11

that improper greasing of weight distribution hitches can compromise safety.

Rash emphasized the importance of safety chains, noting that improper use could lead to severe ac-

cidents and fines. Drivers need to ensure all connections are secure before hitting the road, which is much like the pre-flight check performed by pilots — an essential step to avoid potential dangers.

At Tractor Supply in Granbury, team leader Page Hernandez warned that

dragging chains can cause sparks and lead to fires, another dangerous oversight. Hernandez, who has extensive experience towing trailers, advises drivers to regularly check trailer lights and hitch connections before every trip.

"It's crucial to double-check everything. A trailer

that's not properly hitched or visible at night can cause a lot of damage," Hernandez said.

As Texans gear up for camping season or prepare tow trailers for business, these experts agree that small mistakes — such as not securing safety chains or using the wrong hitch

ball — can lead to deadly consequences. By following basic safety guidelines and thoroughly inspecting trailer connections, drivers can prevent accidents and save lives.

At #EndTheStreakTX (tx-dot.gov), users can access a variety of resources, such as videos, photos, interviews,

peer testimonials and social media graphics, all aimed at raising awareness about the issue. Visitors are encouraged to use these materials and to share their personal stories about why ending the streak is important to them.

**AWARENESS**

FROM PAGE A4

The proclamations state that Mission Granbury received and responded to 950 domestic violence hotline calls last year alone. Additionally, the need for safe housing continues to be rated as a survivor's most urgent need.

Mission Granbury pro-

vides a safe-haven shelter for women and children who are victims of domestic violence. For victims who are not seeking shelter, Mission Granbury's nonresidential program provides victims with safety planning, counseling, case management and resources. In Fiscal Year 2024, Mission Granbury's Family Violence Program provided services to 181 women, 132 children and

nine men.

The proclamations also state that Domestic Violence Awareness Month provides an excellent opportunity for citizens to learn about preventing domestic violence and to show support for the organizations and individuals who provide critical advocacy, services and assistance to victims.

In recognition of the important work done by

survivors, domestic violence programs and victims' service providers, the city and county proclaimed October 2024 Domestic Violence Awareness Month in Granbury.

Following the city's proclamation Sept. 17, Mayor Jim Jarratt made a startling revelation regarding the number of Mission Granbury hotline calls made last year.

"It occurred to me that 950

is almost three a day, every day of the week, every day of the year. Thank you. Thank you so much," he said to the Mission Granbury staff.

Rebecca Freeman, shelter program director for Mission Granbury, also highlighted an upcoming event: a candlelight vigil on the square scheduled for Oct. 22 at 7 p.m.

"It's for all the victims who lost their lives in 2023

in Texas who were victims of domestic violence," she explained. "We'll have the victims' names attached to a candle just to honor them."

For more information about the candlelight vigil or Mission Granbury in general, go online to [missiongranbury.org](http://missiongranbury.org).




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## Cantrell ready for whatever gets job done



COURTESY PHOTO BY LOVE WELL CREATIVE MEDIA

Granbury junior linebacker Chase Cantrell learned from his father to do whatever is needed to get the job done, which helps explain his success in leading the Pirates' defense.

**BY RICK MAUCH***Special to the Hood County News*

Chase Cantrell sees being a leader as being willing to do whatever is needed to get the job done — such as when he moved from defensive end to linebacker prior to his sophomore season on the Granbury Pirates football team. The move was successful as he earned all-district honors and led the team in tackles with 65 (43 solo), including four for a loss and two sacks.

**PARENTAL INSPIRATION**

Cantrell was simply following the example of his father, Nicholas, who he said inspires him. Cantrell's dad was in the Army for seven years. When he got out, he moved his family from Colorado Springs, Colorado to Granbury in 2011, doing whatever had to be done to take care of his family.

"He didn't have a degree. When

we moved here he had several jobs," Cantrell said. The elder Cantrell got an online degree from the University of Arizona and now owns Capitol Roofing with his father.

"He raised us to be a leader, to be responsible and look out for family and to do whatever it takes," Cantrell said. "When times are tough, you always have to keep your poise, when you have that you're able to play and think clearly."

His mother, Alicia, is a nurse practitioner. Cantrell said, likewise, she is an inspiration.

"Having to deal with four kids and a husband, that's not easy, but she does it every day with love," he said. "And she has a rewarding, but tough job, but she's always coming home with a smile."

**A DIFFERENT CLOTH**

Cantrell's brother, Weston, is headed back to Colorado Springs

after this school year as he has accepted a scholarship to play soccer. Cantrell, however, said he never considered the European style of football for himself.

"I tried a lot of different sports, but football suited me best," he said. "Being a bigger kid (6-foot, 3-inches, 225 pounds) — I'm not slow, but bigger, thicker — it just seemed to work best."

He can also play tight end if called upon, though his preference is hitting someone instead of getting hit.

"Defense has always been my thing," he said. "I like the challenge of stopping someone."

In addition to football, Cantrell has had success throwing the shot put and discus in track. In powerlifting, he advanced to regionals as a sophomore, coming up 15 pounds shy of reaching state.

**LOVES TO LEAD**

Though a junior, Cantrell has

risen to the role of leader on the Pirates, first-year coach Bobby Allison said.

"He leads by example, but he's also vocal," Allison said. "He leads in every way."

"He plays the game (like) you want it to be played — and he's smart."

Allison said, in fact, he became aware of Cantrell and his skills before even taking the job.

"Even as I started the process of interviewing for this job, I looked at Granbury on Twitter and he just jumps out at you," Allison said. "Then, when I got here, the way he warmed up, even though I was seeing him for the first time I knew it was Cantrell."

"You would have thought he was definitely a senior. He proved himself among those older players and continues to do so."

Cantrell loves being a leader. His dad taught him the role of a leader is huge and should be accepted

with open arms and a positive attitude.

"Societies through history, at the head is a great leader," Cantrell said.

**COLLEGE**

Cantrell said he'd love to play in college, given the opportunity. Among schools at the top of his wish list is Texas Tech.

"It's where my aunt and uncle met," he said.

Wherever he goes, his plan is to study mechanical engineering.

"It's so hands-on and a lot more fun. I'm a hands-on person," he said.

Offensive players on opposing teams can certainly attest to this.

"If I can be an all-around good player and have a chance to get a scholarship, that would be great," he said.

## 'Bee' the change

ANC to host 'buzzing' pollinator lecture Oct. 6



COURTESY OF WENDY MOORE

Pollinators, like bees and butterflies, facilitate the reproduction of plants by transferring pollen from one flower to another — playing a crucial role in the health of ecosystems and food production.

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

The Acton Nature Center will soon be "buzzing" with excitement, as community members come together for the latest community lecture series on pollinators.

Set for 2 p.m. Sunday, Oct. 6 at the Opal Durant Acton Community Center at 6430 Smoky Hill Court, ANC's lecture will dive into the vital

role of pollinators and discuss how we can unite as a community to support their sustainability in our own backyards.

Pollinators, like bees and butterflies, facilitate the reproduction of plants by transferring pollen from one flower to another — playing a crucial role in the health of ecosystems and food production. Pollinators are a necessary component of sustaining life on Earth for all

species, including humans. However, with numerous threats such as habitat loss, pesticide use and climate change, pollinator populations are in decline, putting both ecosystems and food security at risk.

Wendy Moore, a Texas Master Naturalist from the Rio Brazos Chapter, will serve as guest speaker for the ANC lecture, where she

PLEASE SEE **BEE** | B2

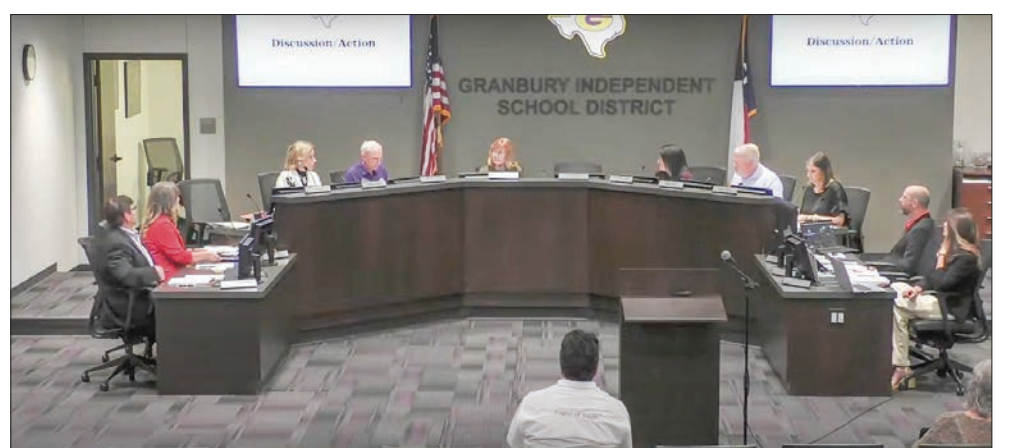


PHOTO COURTESY YOUTUBE SCREENSHOT

The Granbury Independent School District board of trustees discusses which firm should lead the superintendent search during a special called meeting Sept. 17.

## GISD selects Arrow Educational Services to lead superintendent search

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

The Granbury Independent School District board of trustees voted unanimously to hire Arrow Educational Services to lead the search for a new superintendent during a special called meeting Sept. 17.

Arrow Educational Services was one of three search firms presented to the board, along with Texas Association of School Boards and Walsh Gallegos, the district's current legal counsel.

Before the presentations,

resident Monica Brown questioned TASB as one of the choices, citing its negative reputation in the community due to concerns regarding alleged student indoctrination.

She also raised concerns about the potential

conflict of interest with Walsh Gallegos, noting they already serve as the district's attorneys. Brown also explained how the firm previously conducted an investigation into former Assistant Superintendent Jimmy Dawson, when he was disciplined for using the district's plane for family trips last June. She added many in the community were left dissatisfied due to the way Walsh Gallegos attorney Joey Moore handled the situation.

Ultimately, Brown proposed that Arrow Educational Services could

PLEASE SEE **GISD** | B6

# Plot twist! Arts & Letters 'books' it to Weatherford for launch of second location

BY ASHLEY TERRY  
Staff Writer  
ashley@hcnews.com

Arts & Letters Bookstore is about to turn the page on a new chapter with the grand opening of its second location in Weatherford set for Saturday, Oct. 5 at 10:30 a.m.

Located in a beautifully restored 116-year-old building just off the Weatherford historic square at 124 York Ave., the bookstore's second location is sure to become a popular hang-out for readers of all ages.

Featuring new releases, bestsellers, stationery, children's books, greeting cards, toys and games, the new location will be Parker County's one-stop shop for all things literary and fun.

Roxanne Laney, the heart and soul behind Arts & Letters, has been navigating the ups and downs of the book business since opening the original store in Granbury in 2019.

"Five months after we opened, we had to close because of COVID, and that was kind of a struggle because we really hadn't established ourselves," Laney explained. "When we reopened, business was pretty slow most of that year because people just didn't know what was up, and it was really hard to stay open — but we managed."

Despite the challenges of the pandemic, Laney and her team have worked diligently since then to adapt their business model, cultivate a loyal customer base, and ultimately create a vibrant community hub that celebrates the joy of reading.

"We've tried a lot of things, we've tried a lot of different sidelines, but we finally had a 'Come to Jesus' moment about a year ago," Laney said.

She explained that after experimenting with various strategies during the pandemic, she experienced a pivotal moment when she spoke with a fellow bookstore owner from Colorado that essentially transformed her entire business model.

After one conversation, Laney said she started focusing on managing her inventory, rather than just revenue. She said she also realized that much of her stock was tied up in unsold books, which limited her ability to invest in new titles.

"A couple of other revelations that we had was he said, 'People only buy stuff at eye level, turned forward,' and I thought, 'OK,' so we started turning more of our books facing forward, and



COURTESY PHOTO

Arts & Letters Bookstore is about to turn the page on a new chapter with the grand opening of its second location in Weatherford set for 10:30 a.m. Saturday, Oct. 5 at 124 York Ave.

changed up (our) children's (section) to put the books on the wall," Laney said. "I can't believe the difference in our sales."

To tackle the inventory issue, Laney said the team also started selling their unsold books back to the publishers — a change that took nearly a year to implement but is now finally paying off.

With these improvements in place, Laney said she felt it was the right time to open a second location, as she can spread overhead costs across two stores and work toward profitability.

"I've never taken a dime out of this business — not once," she said. "So, I would really like to have some return on my investment at some point."

As Arts & Letters was also approaching its fifth anniversary, Laney said it was an interesting time to start thinking about opening a second store — especially since she had cash on hand from the sale of The Square Cafe earlier this year.

"I just thought, 'Well, maybe this is what we should do,'" she said.

After contemplating locations in Stephenville and Fort Worth, Laney fell in love with the charm and potential of a beautifully restored building that was originally constructed in 1908.

The building, which has recently undergone extensive renovations, features a stunning blend of historic elements

and modern touches. With its grand double doors and elegant plate glass windows, the space exudes an inviting atmosphere for book lovers who are eager to delve into their next adventure.

Laney — who described the building as "gorgeous," — said she was particularly impressed by the restoration process, which revealed the original paint color and uncovered a beautiful black-and-white penny tile entrance with a brass insert reading "Welcome Est. 1908."

"It is so nice," she said, adding that she is particularly excited about the unique personality the Weatherford store will bring, compared to its sister location in Granbury.

"I did some research," Laney said. "We live on the tourist business here, and I don't think Weatherford is the tourist town that Granbury is, but Parker County is way bigger than Hood County by like 100,000 people or more. I just thought, 'Well, that might be enough to sustain it.'"

With the grand opening only a week away, Laney said she is excited for her returning customers to check out the new space, while also encouraging new customers in Weatherford to check out the space in the hopes of becoming regulars.

PLEASE SEE BOOK | B3

## BEE

FROM PAGE B1

will share her journey of transforming her yard into a pollinator-friendly garden.

"I have always been concerned with environmental issues," Moore told the Hood County News. "I was inspired by the two-part lecture given by Dr. Billy Teels at the Acton Nature Center Lecture Series in January and April 2023, where he talked about his efforts to restore his property with native grasses. I had been turning my yard into a pollinator garden and thought my example as a homeowner could be instructive and I hoped, inspirational (for the lecture)."

Moore noted that pollinators come in various forms, including insects, mammals and birds, but her lecture will primarily focus on insects.

"Pollinators are required by many plants to reproduce, and some of these have evolved to work with only one species of pollinator," she explained. "The gardens I have been planting are intentionally grown for wildlife in general and specifically for insect pollinators and butterflies and moths."

Moore emphasized that pollinators play a crucial role as both keystone and indicator species. While keystone species are essential to the stability of their ecosystems, their removal can lead to significant ecological changes. Indicator species, on the other hand, provide valuable insights into environmental shifts and serve as early warning signs for ecosystem health due to their sensitivity to changes.

A big threat to pollinators, Moore said, is the widespread use of pesticides in commercial scale agriculture. She added that it's also becoming increasingly difficult to find interconnected natural habitats due to the widespread conversion of land for agriculture, housing, urban development, roads, parking lots, shopping centers, and, notably, manicured lawns that fail to support pollinators.

"Our natural environments and food sources are in jeopardy without pollinators and we could find ourselves in dire trouble if pollinators start disappearing," she explained.

With pollinators facing serious threats, Moore explained that whole ecosystems could soon be in trouble.

According to the United States Department of

Agriculture, about 35% of the world's crops depend on pollinators to reproduce — which means that one in every three bites of food we consume is entirely dependent on these essential creatures.

"Pollinators are vital to natural environments and to us," Moore said. "There is a lot of attention paid to non-native honey bees but native pollinator species are so very important and I would like to bring that message to the public and encourage each and every person to help."

Moore explained that she has been developing her gardens for several years and has ambitious plans for the future. She encourages individuals to make their own choices about what to plant or remove and said she plans to share her own experience as a model for others.

"I have seen so many changes in my yard since I began this project," she said. "I document what species come to my yard and am up to 45 species of birds and 39 species of butterflies and moths and counting! I enjoy the sounds of bees buzzing and the joy of seeing birds successfully raise their broods. Even the smallest efforts can yield big results and bring pollinators to anyone's porch or yard."

With 15 years as a Texas Master Naturalist in the Rio Brazos Chapter, Moore said she continues to learn more about environmental issues and Texas land stewardship. Through her volunteer efforts with state and public parks, she said she has seen the effects of overused land returned to a more natural state. She added she has also observed the return of various plant and animal species and said she appreciates the importance of restoration and caring for land.

"There are lots of environmental problems out there," Moore said. "Sometimes it can all seem overwhelming but there really are a lot of things that an individual can do that will make a real difference. While you are out there making that difference you have the added benefit of getting to enjoy the beauty that you create."

The ANC pollinator lecture will be open to the public. Those interested in attending via Zoom can register for the link by sending an email to [actonnaturecenter@gmail.com](mailto:actonnaturecenter@gmail.com).

As the community gathers Oct. 6 to explore the essential role of pollinators, Moore hopes to inspire individuals to take action in their own yards, as together, we can "bee" the change.



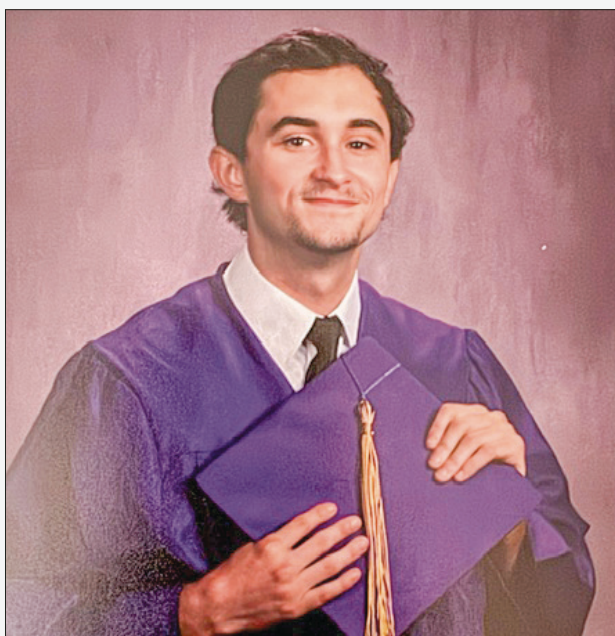
COURTESY PHOTO OF WENDY MOORE

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## ENLISTMENT ANNOUNCEMENT

### Rei Guidry

Rei Guidry enlisted in the United States Marine Corps after graduating from Granbury High School in May. He left for basic training Sunday, Sept. 22. "Rei, your service will come with great sacrifice. You are embracing a lifestyle of challenge. We could not be prouder of you as a family," said Guidry's parents, Jeff and Alisa Compton, in a statement.



COURTESY PHOTO

HE RIDES AGAIN

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OCTOBER 3-27, 2024

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# GISD board approves strategic campus goals

**BY LAUREN DAVIS**  
Staff Writer  
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The Granbury Independent School District board of trustees unanimously approved the Campus Improvement Plans for the 2024-2025 school year during its meeting Sept. 16.

The plans, presented by Assistant Superintendent Tammy Clark, aim to enhance student academic performance and overall campus culture through targeted strategies aligned with the district's strategic goals.

**CLARK PROVIDED:**

- A detailed overview of the improvement plans;
  - The collaborative efforts of campus principals;
  - Campus administrative teams; and
  - Leadership committees
- "Each campus has worked diligently to set performance objectives that focus on growth, career and college readiness and increased student attendance," Clark said. The plans also prioritized

safety and security measures, individualized instructional support, and fostering a positive school culture while integrating the district initiative — Capturing Kids' Hearts (CKH).

The development of the Campus Improvement Plans began with a comprehensive needs assessment for each school, allowing administrators to evaluate their unique challenges and strengths. "This process of continuous improvement ensures that we are data-driven in our decision-making," Clark explained.

The plans are designed to be revisited throughout the year, with scheduled check-ins in November, February and April to assess progress and make necessary adjustments.

Key goals outlined in the plans include:

- Academic achievement: Focused strategies for enhancing student learning and closing achievement gaps, particularly for special populations.
- Human capital develop-

ment: Prioritizing professional growth for teachers through mentoring programs, targeted professional development and enhanced support for new educators.

Community connection: Strengthening partnerships with families and local organizations to improve communication and involvement in school activities.

Safety and facilities: Ensuring that all campuses maintain secure environments and are equipped to support the district's growth.

Clark highlighted the importance of community involvement in the improvement process. While parent representation exists through campus leadership teams, she acknowledged there is room for improvement in communication and outreach to ensure broader community engagement. "We are actively working on enhancing our communication strategies to involve parents and the community more effectively," she stated.

The board expressed gratitude for the hard work put into the plans. Place 2 trustee Nancy Alana remarked on the collaborative nature of the efforts, noting, "I'd like to thank the parents, teachers and administrators for their dedication in developing these comprehensive plans."



MARY VINSON | HOOD COUNTY NEWS

The campus improvement plans are designed to be revisited throughout the year, with scheduled check-ins in November, February and April to assess progress and make necessary adjustments.

After a motion to approve the plans was made, the board voted in favor, with a tally of 5-0 and two members absent — President Barbara Townsend, and Place 7 trustee Karen Lowery.

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# GISD to rent space to United Way for community services

**BY LAUREN DAVIS**  
Staff Writer  
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During the school board meeting Sept. 16, Granbury Independent School District officials approved a motion to enter into a memorandum of understanding with United Way of Hood County to lease a district building located at 305 N. Hannaford St. This collaboration aims to enhance community support services by providing the United Way with operat-

ing space. An MOU is a formal agreement that outlines the intentions and terms of a partnership between two parties without creating a legally binding obligation. In this case, the MOU will facilitate the leasing process, allowing the United Way to utilize the space for its programs and services aimed at supporting local families.

The motion was introduced by Place 1 trustee Mike Moore, with a second from Place 2 trustee Nancy Alana. The board engaged in

detailed discussions regarding the space's specifics and lease terms.

GISD Chief Financial Officer Emmett Whitefield clarified that the building, which previously housed the Parks and Recreation Department, includes approximately 6,398 square feet of usable space. The plan involves sealing off certain areas while allowing the United Way to use designated offices and conference rooms for storage and operations.

Board members inquired

about the status of the lease agreement. Whitefield indicated that both organizations' legal teams are reviewing the contract, which has undergone some redlining. He emphasized the importance of ensuring that the final terms meet the needs of both parties before proceeding.

"It's crucial to finalize an agreement that works best for both the United Way and the district," Whitefield said, adding that authority to negotiate and sign the lease will be delegated to Interim Superintendent Ann Dixon.

The proposed agreement includes a three-year lease term, with the option for annual renewals for up to five years. United Way has expressed a desire to begin operations as soon as possible, targeting a move-in date of Oct. 1, although this date is still subject to negotiation. The space's rental fee is \$900 per month, a discounted rate given United Way's status as a nonprofit organization. The board discussed various responsibilities, including that United Way

will be responsible for maintaining HVAC and plumbing systems. Place 3 trustee Melanie Graft expressed concerns about the lease, resulting in a split vote among board members. Two board members, Karen Lowery Place 7 and Barbara Townsend, president, were absent from the meeting. Ultimately, the motion passed with a 4-1 vote to grant Dixon the authority to finalize the lease agreement.

# Thomas receives Regional Scholar Award

Submitted Item

Grace Classical Christian Academy junior Pierce Thomas has received the 2024 Regional Scholar Award from the Classic Learning Test for his outstanding performance on the CLT10, a college preparatory exam and PSAT® alternative.

The Regional Scholar Award recognizes ninth and 10th graders who scored in the top 5% of their geographic region on the CLT10 during the 2023-2024 academic year. Thousands of students take the CLT10 each year.

Founded in 2015, the Classic Learning Test offers assessments for Grades 3-12 and alternatives to exams

like the SAT®, ACT® and PSAT®. Its college entrance exam, the CLT, is accepted at over 250 colleges and universities across the U.S. and abroad. Recently, CLT made national headlines when the state of Florida approved the CLT as an accepted admissions test at all its public universities.

Grace Classical Christian Academy is a classical Christian school for ages pre-K through 12th grade in Granbury. GCCA implements a Christ-centered, classical model of education that provides vigorous academics through a Christian worldview. To learn more, visit [www.graceclassical.com](http://www.graceclassical.com).



COURTESY PHOTO

Pictured is Pierce Thomas.



COURTESY PHOTO

Arts & Letters Bookstore owner Roxanne Laney said she was particularly impressed by the restoration process of the Weatherford building, which revealed the original paint color and uncovered a beautiful black-and-white penny tile entrance with a brass insert reading "Welcome Est. 1908."

**BOOK**  
FROM PAGE B2

"I've had a really good response over there," she said. "People come in all day long wanting to know about the opening. I've even had people call this store and say, 'Hey, I heard this. I just wanted to tell somebody, because I'm so happy,' but I think that's good. We're a team, and we have different personalities to accommodate, and I think the new store (will have) a different set of personalities, so it'll look a little different, and I think that's exciting." Laney expressed that she

is particularly excited about managing the Weatherford location with the benefit of experience, noting that she had little knowledge of the book business when she first opened her store five years ago.

"I have five years of experience now, and I've had help from peers," she said. "We kind of know what to do, and I think it'll be exciting to see if we can do better in a new location."

With both stores managing as one business, customers can use their Frequent Buyer Points, gift cards and trade credits interchangeably. As another benefit of the combined op-

eration, if one store doesn't have a book a customer is looking for, Laney mentioned that the staff can deliver it from the other store within a day.

"We can see the inventory at both stores, so we can get something quickly," she added. "Our shelves have been installed and we're already busy filling them with the best selections."

Hours of operation for the Weatherford location will be 10:30 a.m.-5:30 p.m. Monday through Saturday.

The next couple of weeks will also be jam-packed for the bookstore, with the grand opening of the Weatherford location set

for Saturday, Oct. 5, and the five-year anniversary celebration set for the next week at 10 a.m. Saturday, Oct. 12.

In the lead-up to the grand opening, customers are encouraged to follow Arts & Letters on social media for the latest updates, sneak peaks and exclusive event details.

As Laney prepares to turn the page and dive into an exciting new adventure, she encourages patrons to visit the new location for an experience they "just can't download."

"It's an adventure," she added. "We'll see what happens."

## SAME PAPER

## AT YOUR FINGERTIPS

# 2024 SPOOKY SPECTACLE

PHOTOS BY MARY VINSON | HOOD COUNTY NEWS

A steady stream of enthusiastic attendees came to the Spooky Spectacle at the Lake Granbury Conference Center to celebrate everything paranormal. This year's event took place Sept. 21-22 and was a perfect way to kick off Granbury's Halloween season with vendors' booths featuring ghost hunters, fun and exciting wares, and services relating to sci-fi, fantasy, cosplay and more. Spooky Spectacle 2024 was well attended, drawing folks from near and far to Granbury. For full gallery got to hcnews.com.



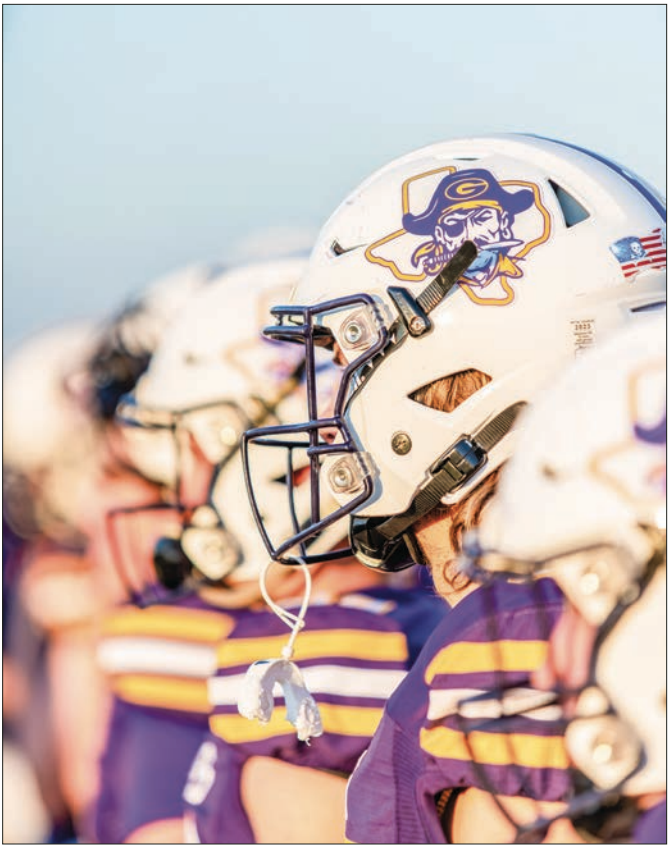
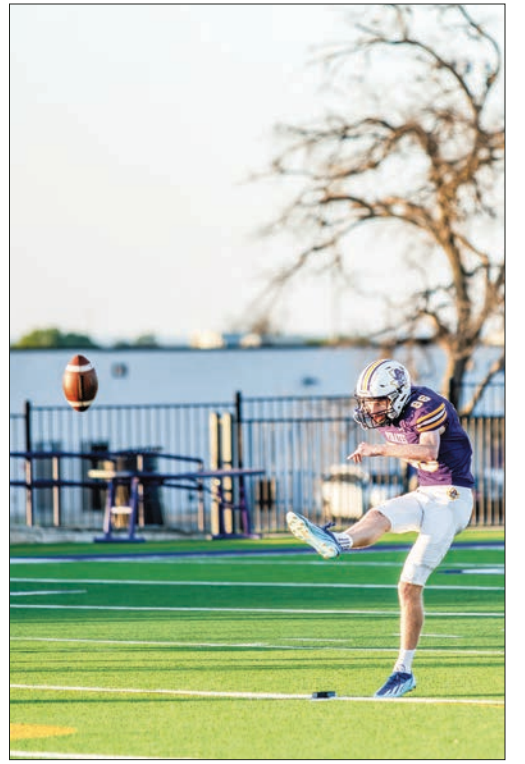


# Granbury Football



PHOTOS BY LAYTH TAYLOR | HOOD COUNTY NEWS

The Granbury Pirates took on the Fossil Ridge Panthers in a district football game Friday Sept. 20, at Granbury's Pirate Stadium. The Panthers took the victory with 31 points, but the Pirates weren't going quietly and put up 16 points in the second half, following halftime performances from the Granbury Stowaways and the Pride of Granbury marching band. For full gallery go to [hcnews.com](http://hcnews.com).





LAYTH TAYLOR | HOOD COUNTY NEWS

Granbury Pirates coming out on the field for the second half of the game on Friday, Sept. 20.

# Pirates, Rattlers welcome off week

## Tolar VB runs win streak to 13

**BY RICK MAUCH**  
Special to the  
Hood County News

### GRANBURY FOOTBALL

The Pirates (1-3, 0-2 in District 3-5A Division I at press time) will take a break from game action this coming weekend before returning to league play Friday, Oct. 11 at home against Aledo. Granbury was playing at Denton Ryan, the No. 1 team in the state in 5A Division II, at press time.

The Pirates fell 31-16 to visiting Keller Fossil Ridge Friday, Sept. 20, which was also Senior Night.

Offensive leaders vs. Fossil Ridge: Hayden Meyer 15-of-29, 95 yards, interception; Spencer Taylor 13 carries, 102 yards, two TD; Jonathan McCandless six catches, 38 yards; Jackson Arnett four catches, 35 yards.

Defensive leaders vs. Fossil Ridge: Chase Cantrell 10 tackles, two for loss, sack; Tahj Clayton nine tackles; Cooper Cumba eight tackles, one for loss; Kaleb Johnston seven tackles; Eli Sisco six tackles, three for loss.

Offensive season leaders: Meyer 476 yards, five TD, four interceptions; Anthony DeBello 57 carries, 190 yards; Gage Archer 36 carries, 154 yards; Arnett 16 catches, 226 yards, two TD; McCandless 17 catches, 228 yards, two TD.

Defensive season leaders: Cantrell 32 tackles, five for loss, two sacks; Clayton 28 tackles; Cumba 21 tackles, two for loss, sack.

The game against Aledo is also Pink Out Night, which

will benefit and bring awareness to the battle against breast cancer. October is National Breast Cancer Awareness Month.

The Bearcats (3-1, 2-0 at press time) are two-time defending state champions with more state titles (12) than any other program in Texas history.

The series between Granbury and Aledo dates to 1950, with the Bearcats leading 7-4 with seven straight wins. The most recent meeting was a 68-0 Aledo win in 2015, with Granbury's last win being 21-14 in 1981.

### TOLAR FOOTBALL

The Rattlers (3-1 at press time) were wrapping up pre-district play at press time in Breckenridge. This was preceded by a 14-7 at home against Comanche Friday, Sept. 20.

Following the game at Breckenridge, Tolar will have an open week before beginning District 5-3A Division II play at Early Friday, Oct. 11 at 7 p.m.

Offensive leaders vs. Comanche: Peyton Brown 24 carries, 127 yards, TD; Briton Rice 10-of-16, 17 yards, TD, two interceptions; Brylen Feist five catches, 87 yards, TD.

Defensive leaders vs. Comanche: Drake Owens 13 tackles; Kelvin Murray 11 tackles, two for loss; Cash Clark 11 tackles, sack; Brooks Stone nine tackles; Feist interception.

Offensive season leaders: Rice 60% completion, 666 yards, five TD, three interceptions; Brown 55 carries, 300 yards, two TD; Feist 13 catches,

229 yards, TD; Owens seven catches, 157 yards, TD; Dacen Watkins seven catches, 138 yards, TD.

Defensive season leaders: Owens 39 tackles, 1.5 for loss, interception, two fumble recoveries; Clark 38 tackles, two for loss, two sacks; Murray 30 tackles, four for loss; Cayden Abrego 28 tackles, 2.5 for loss.

The Rattlers and Early (1-3 at press time) have played every season since 2016, with Tolar holding a 5-3 advantage in the series. The Rattlers are on a two-game winning streak in the series, winning 48-14 in 2023 and 51-14 in 2022.

### TOLAR VOLLEYBALL

The Lady Rattlers (20-8, 4-0 in District 8-3A) won 3-0 at Millsap on Friday, Sept. 20, followed by a 3-0 at home against Eastland on Tuesday, Sept. 24, running their win streak to 13 consecutive matches.

Standouts against Millsap were Senne Imel 19 kills, 16 digs; Allie Terrell 17 kills, 6 digs; Abbie Soileau 45 assists, 12 digs.

Standouts against Eastland were Sophia Walters (12 digs, 5 aces), Emma Jackson (2 aces, 2 blocks), Terrell (16 kills) and Soileau (37 assists, 8 digs, 3 aces).

Tolar was playing at Peaster at press time, a match that would determine the lone leader in the district standings. The Lady Greyhounds are ranked No. 24 in the state in Class 3A by the Texas Girls Coaches Association.

The Lady Rattlers are at home for Early on Tuesday, Oct. 1 at 5:30 p.m. and visit Comanche on Friday, Oct.

4 at 4:30 p.m. GRANBURY VOLLEYBALL

The Lady Pirates (19-17, 2-1 in District 5-5A) defeated Keller Fossil Ridge at home, 3-0, Sept. 20.

Leaders vs. Fossil Ridge Kills: Blakely Bleeker 7, Sienna Watts 7

Aces: Kyleigh Huggins 2, Allyson McCabe 2

Blocks: Addi Cowling 2, Bleeker 2

Digs: Lilyan McCall 16, McCabe 13

Assists: McCabe 26

Receptions: McCall 13

The Lady Pirates were playing at Saginaw at press time. They travel to Azle Tuesday, Oct. 1 and host Brewer Friday, Oct. 4. Both matches begin at 6 p.m.

### GRANBURY CROSS COUNTRY

The Pirates and Lady Pirates competed in the Castleberry Invitational Friday, Sept. 20.

The Lady Pirates finished third as a team, led by Josefina Berry's sixth-place individual finish with a time of 21:53.07 over the 5K course. Also for the Lady Pirates:

11. Adalyn Hollis, 22:24.81  
14. Ava Stein, 22:30.91  
17. Kambri Zschiesche, 22:45.62

26. Karolina Berry, 23:53.03  
29. Alexie Patrick, 24:08.89  
45. Ziva Sedgwick, 25:38.14

The Pirates were led by Aiden Lemens, who was fifth individually, clocking a 17:35.47 over 5K. Also for the Pirates:

15. Jacob Wolfe, 18:19.19  
31. Brendan Thane, 18:57.75

49. Samuel Valdez, 19:35.17

53. Nolan Segars, 19:52.85

Elyse Jernigan placed second for the Granbury junior varsity girls, posting a 26:35.30. Aiden Padillo paced the Pirates JV, taking 14th in 20:55.62.

The Lady Pirates were hosting the Granbury Race for the Loot at press time. They will next run in the Brewer Invitational Oct. 4 at Central Park, which is the same site as the District 5-5A Meet Oct. 11.

The Pirates were running at Southlake at press time. Their next competition will be the District 5-5A Meet.

### TOLAR CROSS COUNTRY

The Rattlers and Lady Rattlers competed in the Dublin Invitational Sept. 18.

Leading the Rattlers over the 5K course was Ernesto Ramirez, who was 20th with a time of 20:14.97. Connor England finished 41st, clocking a 28:06.23.

Pacing the Lady Rattlers in the girls 3200-meter race was Lucy Warner with a time of 15:58.73.

Tolar was running at Brock at press time. They will compete in the Stephenville Thrill of the Hill Oct. 2. The Rattlers and Lady Rattlers will be back in Dublin Oct. 9 for the District 8-3A Meet.

### LIPAN CROSS COUNTRY

The Indians and Lady Indians competed in the Poolville Battle of the Back 40 Sept. 18.

Court Gaylor of the Indians was the top runner for Lipan. He clocked a time of 19:12.02 over 5K to finish sixth individually.

Also for the Lipan boys, Wyatt Yates placed 27th with

a 20:36.75 and Colby Scott was 36th in 22:06.27.

The Lipan girls were led by Zoe Bolfling, who ran a time of 15:34.93 over 3200 meters for 34th place.

Lipan will compete at Hamilton Oct. 2 before hosting the District 11-2A Meet Oct. 7.

### GRANBURY TENNIS

The Pirates/Lady Pirates made short work of visiting Brewer Sept. 17, 18-1. Granbury improved to 8-6 overall and 3-2 in District 5-5A.

Individual winners for Granbury were:

Boys singles: Roland Krause, 6-3, 6-4; Colten Whitefield, 6-2, 6-4; Tyler St. Don, 6-0, 6-1; Oakley Boyd, 6-1, 6-0; Braxton Bailey, 6-0, 6-0; Chase Bohney, 6-0, 6-3.

Girls singles: Mandi Labelle, 6-4, 6-7, 10-7; Ava Hamrick, 7-6, 6-2; Albane Combres, 6-1, 6-1; Atleigh Young, 6-3, 6-3; Lili Vaughn, 6-3, 6-2.

Boys doubles: Krause/Boyd, 6-1, 7-6; Whitefield/St. Don, 6-0, 6-0; Bailey/Bohney, 6-1, 6-2.

Girls doubles: Hamrick/Paloma Sandoval, 6-4, 5-7, 10-3; Combres/Vaughn, 7-6, 6-4, 10-7; Allie Kazmier/Young, 6-2, 2-6, 10-3.

Mixed doubles: Labelle/Sullivan Williamson, 6-2, 6-0.

In extra matches, Williamson won 8-0 in boys singles and Kazmier won 8-3 in girls singles.

Granbury was playing at Denton at press time and wraps up district play at home against Saginaw Oct. 1 at 4 p.m. They end the regular season at Arlington Lamar Oct. 4 at 5 p.m.

## GISD

FROM PAGE B1

be a more appropriate choice for the superintendent search.

### ARROW EDUCATIONAL SERVICES

Russell Marshall, president and CEO of Arrow Educational Services, introduced his company, which has specialized in superintendent searches for 26 years. He emphasized the company's extensive experience, claiming to have conducted over 210 searches across Texas, which he said is more than any other firm in the state. Marshall explained that even though 70-80% of searches are similar regardless of the firm used, Arrow aims to stand out by leveraging its strong connections and reputation.

"Our job is to walk with you as we do the search, as we bring the next man or woman into this district that's going to be a superstar, the person that's going to unite you, the person that's going to be the face of this district, the person that's going to be able to not only be successful in this room or in their office, but in the community, in

the town and the communities around," Marshall said. "You've got a very, very diverse community here, and you're going to need a leader that's going to be able to reach out to the different people and hear their needs ... We're going to need a communicator that's going to be your biggest cheerleader in our search."

Marshall explained his company's approach to the search process, noting the importance of community input through online surveys rather than traditional meetings, which he said can be inconvenient for educators. He also described the process of creating a candidate profile as collaborative, comparing it to painting a portrait where each stakeholder contributes their ideas.

Marshall assured the board his firm will provide a comprehensive list of candidates and not limit the search to a top few. He committed to being transparent about the strengths and weaknesses of each candidate and stated that the interview process will involve structured questions to identify candidates who can effectively lead the district and engage with the community.

"If we didn't think we were your best option, we wouldn't be here tonight," Marshall concluded.

Following the presentation, Board President Barbara Townsend asked Marshall to explain some of the ways Arrow will vet candidates for the district.

Marshall responded that Arrow's approach involves going beyond standard reference checks and conducting deeper investigations. He mentioned that it's essential for Arrow to be transparent with the board about any past issues a candidate may have faced in previous districts. Marshall also assured the board that the firm will provide a complete picture of the top candidates, maintaining contact even after the search is complete to ensure ongoing support.

As for the size of the districts Arrow typically works for, Marshall explained its focus is primarily on medium-sized districts — around 3,000 to 5,000 students — although he said it has experience with smaller districts as well. He noted the firm has successfully conducted superintendent searches for both Cleburne and Little Elm.

Place 3 trustee Melanie

Graft also asked Marshall if he was aware of any issues in the GISD that could hinder a successful search for a new superintendent. Marshall responded that as long as they are honest about the challenges, quality applicants will not be deterred.

"What we've got to have is somebody that understands the main thing is the children in education — their safety and their education first and foremost," Marshall explained. "But then they've also got to be a leader that can put the other pieces together that make it work ... They've got to have nerve. They've got to have nerve to agree with this man and disagree with this man."

Presentations were also made by TASB and Walsh Gallegos regarding their services for the superintendent search.

### TASB

George Kazanas, TASB's executive search and field services officer, emphasized the importance of selecting the right superintendent for Granbury ISD, as it's a decision that significantly impacts the district's future.

With over 32 years in edu-

cation, including 24 years as a superintendent in districts similar to Granbury like Wichita Falls and Midway, Kazanas highlighted the tailored approach TASB takes in its search process.

He outlined how the organization combines field services with executive search to enhance communication and streamline operations. Kazanas also detailed the comprehensive process that involves community input, candidate vetting and structured interviews, ensuring that the school board remains actively involved throughout. He noted the inclusive nature of TASB's service, with no hidden fees, and emphasized that it's role is to support the board in finding a leader who aligns with their vision for the district.

"Your vision statement is to empower students to be future ready," Kazanas said. "No decision is more important to all of you than your superintendent position, and so we are here to help you with that, to have that future ready mindset, to find that right leader that can lead Granbury ISD into the future."

### WALSH GALLEGOS

One significant point

that emerged from Walsh Gallego's presentation was the role of Ann Dixon, the district's current interim superintendent, who would also serve as the educational consultant for the firm.

Attorney Joey Moore from Walsh Gallegos explained that while the firm would provide legal support, Dixon would handle the actual vetting and search processes for the district's superintendent.

During the Walsh Gallegos presentation, Dixon detailed her extensive experience conducting superintendent searches in the Dallas area, noting she has completed 54 searches and has a deep understanding of the local education landscape.

"I've been the interim and not done the search, I've done the search and not been the interim, and I've done them both," Dixon said.

She described her approach to vetting candidates as "extreme vetting," stating she rarely relies on references provided in applications, as she chooses to contact former employers and superintendents in order to gather com-

PLEASE SEE GISD | B8

# TARLETON STATE UNIVERSITY™

## Britten's record-breaking night propels TSU to road win at UNA in UAC opener

### Tarleton State University

FLORENCE, Ala. – Senior running back Kayvon Britten's 273 rushing yards with four touchdowns set the single game program rushing record to lift Tarleton State Football to a 28-14 road win at North Alabama in its United Athletic Conference opener Saturday, Sept. 21 at Braly Stadium.

Britten, who averaged 13 yards per carry Saturday, broke a nearly 20-year-old record set by Derrick Ross Sept. 10, 2005, against Western New Mexico. He was

just four yards shy of his career-high set during his time at Arkansas Pine-Bluff Oct. 16, 2022.

Tarleton State's defense, which was tied for third in the country for most takeaways entering Saturday, came up with two more in the win against North Alabama. Senior defensive back Kasyus Kurns collected his fourth takeaway of the season with a fumble recovery in the third quarter while junior defensive back Blake Smith obtained his first interception of the season in the fourth quarter.

Looking to strike first on

the opening drive, North Alabama began the first quarter by setting up its offense on Tarleton State's five-yard line. After Tarleton State forced the Lions into a combined two rushing yards on their next two plays, the Texans prevented North Alabama from getting in the end zone on third down. North Alabama scored the only points of the first quarter with a 20-yard field goal and carried the 3-0 lead through the end of the first quarter.

After Tarleton State was forced to punt for the second time in the second

quarter, the Texans' defense came in clutch. The Texans forced the Lions into another punting situation after junior defensive back Dabari Hawkins broke up North Alabama's pass on third down. The Lions looked to make life difficult for the Tarleton State offense, with their 41-yard punt pinning the Texans back to their own 4-yard line.

The Texans, however, bulldozed their way through the length of the field.

With the powerful Tarleton State offensive line creating holes for the run game, Britten took advantage and gave the Texans the lead with a 96-yard touchdown. Britten's 96-yard touchdown was the longest running play by a Tarleton State player in the Division I Era.

North Alabama looked to respond on its final offensive drive of the first half, setting up first and goal after a 10-yard reception. The Lions came knocking on the door with an 8-yard run, but the Texans prevented the touchdown by forcing an incomplete pass on third down following a tackle for loss by Smith. A 22-yard field goal allowed the Lions to cut the deficit to 7-6 going into halftime.

The Texans were forced to punt on their opening drive of the second half but got the ball right back thanks to

their special teams. North Alabama muffed the punt return, allowing Kurns to recover the fumble and put Tarleton State's offense on the Lions' 19-yard line. The Chicago native was tied for first in the nation in fumble recoveries heading into Saturday.

Tarleton State quickly took advantage, with Britten gaining all 19 yards off five rushing attempts en route to his second touchdown of the game. North Alabama responded by marching down the field to set themselves up in the red zone following a 31-yard pass and catch. The Lions got in the end zone thanks to a 10-yard run and tied the game 14-14 by converting the two-point conversion.

The tie would be broken just two plays later, with Britten going 65 yards untouched for his third touchdown of the game to give the Texans a 21-14 lead. Junior defensive lineman Brandon Tolvert sacked the North Alabama quarterback on third down of the Lions' final offensive drive of the quarter, allowing Tarleton State to keep its lead.

North Alabama looked to tie the game on its first drive of the fourth quarter, marching the ball to the red zone. While the Lions completed three consecutive passes, the Texans' defense forced

North Alabama into a turnover on downs. Tarleton State's defense once again prevailed in the Lions' second offensive drive of the fourth quarter, forcing the Lions to go three and out.

Tarleton State continued to feed Britten, who gained 33 yards before junior quarterback Victor Gabalis connected with senior wide receiver Darius Cooper for a 34-yard gain. Gabalis and Cooper successfully set up Britten's fourth touchdown that extended Tarleton State's lead 28-14.

Getting the ball down to Tarleton State's 19-yard line in the closing minutes, North Alabama looked for a shot in the end zone. The Texans spoiled North Alabama's hopes of a comeback, with Smith coming down with the interception to put the ball back in Tarleton State's hands.

With the win, Tarleton State has started 3-1 for the third consecutive season. The win at North Alabama marks the third consecutive year the Texans have opened conference play victorious.

Tarleton State returns to Memorial Stadium this weekend after being on the road for a month. The Texans will face Southeastern Louisiana in their final nonconference game of the season on Saturday, Sept. 28 at 6 p.m. for Family Weekend.



PHOTO COURTESY OF TARLETON STATE UNIVERSITY

Senior running back Kayvon Britten's 273 rushing yards with four touchdowns set the single game program rushing record to lift Tarleton State Football to a 28-14 road win at North Alabama in its United Athletic Conference opener Saturday, Sept. 21 at Braly Stadium.

## Texan Volleyball wins TSU Invitational with five-set thriller against ULM

### Allison Bryant named tournament MVP

#### Tarleton State University

STEPHENVILLE – Tarleton State Volleyball won its third and final match of the Tarleton State Invitational, earning the crown with a five-set victory against Louisiana Monroe Saturday, Sept. 21 at Wisdom Gym.

The Texans (5-8) notched their fourth consecutive victory, all at Wisdom Gym over the Warhawks (4-8). Tarleton fell behind, 2-1, but outlasted ULM winning the final two frames for the five-set victory, 25-20, 23-25, 16-25, 25-14, 15-9. The Purple and White were crowned the Tarleton State Invitational champions as the only team to have three victories over the weekend.

Allison Bryant was named the invitational's MVP as she led the Texans with 13 kills in the final match of the weekend. Bryant also achieved her third double-double of the season during the win (13 kills, 11 digs).

Emma Halcomb and Megan Hodges were named to the All-Tournament team as well. During Saturday's match against Louisiana-Monroe, Halcomb led the team with 26 digs, which broke her

career high of 25. Halcomb broke her own record atop of the WAC single-match leaderboard and added to her conference-leading season dig total. Halcomb also tied her season high for assists with six for the third time this year. Across the weekend, Hodges' 67 assists led the Texans including 23 against the Warhawks.

Yuna Ansquer led the match in assists with 27, which shattered her previous career high of 24 against McNeese Sept. 17.

The first set was a testing battle between both teams. The Texans led 20-19 before the Texans went on a 4-0 run fueled by back-to-back kills by LaNeah Lara. The Purple and White notched the first set victory, 25-20.

Tarleton found themselves on the wrong side of a rally in the second frame. The Warhawks overtook the Texans in the middle of the set on a 10-5 run. ULM never looked back and won the second stanza, 25-23.

Louisiana Monroe controlled the third set from the beginning. The Texans were unable to stop the rolling Warhawks en route to their

25-16 third-set victory.

However, the Texans responded in the fourth set. They went on a 5-0 run midway through the set thanks to back-to-back kills from the MVP Bryant and two aces from Hodges. Tarleton kept its momentum rolling, clinching the fourth period on back-to-back aces from Tatum Busch. The Texans recorded eight service aces in the fourth set alone, their most in a single set this season.

In the fifth and final set, Tarleton finished on a 7-2 run to win the tournament. The final point was capped off by an emphatic kill from Tatum Busch with the set from Ansquer.

2024 Tarleton State Invitational All-Tournament Team

MVP: Allison Bryant, Tarleton State  
Emma Halcomb, Tarleton State  
Megan Hodges, Tarleton State  
Ariana Brown, Louisiana-Monroe  
Cameron Rogers, Louisiana Monroe  
Audrey Pearce, Houston Christian



PHOTO COURTESY OF TARLETON STATE UNIVERSITY

Tarleton State Soccer ended its nonconference slate on a high note with a 2-1 victory the morning of Thursday, Sept 19 against the Southeastern Louisiana Lions at the Tarleton Soccer Complex.

## TSU Soccer notches sixth victory to end nonconference slate

#### Tarleton State University

STEPHENVILLE – Tarleton State Soccer ended its nonconference slate on a high note with a 2-1 victory the morning of Thursday, Sept 19 against the Southeastern Louisiana Lions at the Tarleton Soccer Complex.

The Texans (6-3-3) notched their second home victory in their final nonconference home game against the Lions (1-4-1). The victory ties the Texans for the most wins since their inaugural season, 2022.

Sam Liaty found the back of the net for her second goal of the season in the 58th minute. Junior Kaitlyn Flanagan also notched her second goal of the year just a few minutes later.

Keeper Mikayla Kendall notched three saves increasing her season total to 56.

In the 26th minute, the Texans nearly broke

through first. Jaycie Bass found a loose ball bouncing around the box and fired a point-blank shot at the Lions keeper, that was just in her reach.

With less than 10 minutes remaining in the half, Zoë Lam found herself with a shot to tie the game, but her shot fell just wide. Bass found a ball less than a minute later and rifled a second shot on goal but the Lions keeper was able to keep the score deadlocked at one.

In the first half, the Texans led with five shots to the Lions' four. Both teams registered a pair on goal with two saves for each keeper.

The Texans jumped on the board first scoring in the first 15 minutes of the second half. Julia Bell brought the ball down the opposite sideline of the benches and sent a cross to the middle of the box. Una

Hlynsdóttir one-touched it for Liaty where she knocked in her second goal of the season.

Just six minutes later, Kaitlyn Flanagan scored her second goal of the season off the corner by Bass. After Bass' corner was headed into the keeper, Flanagan found the loose ball and swiftly put it in the back of the net.

In the 72nd minute, the Lions cut their deficit in half. Halli Roe knocked in the ball in the front of the net assisted by Nicole O'Neil.

Both teams recorded eight shots and four on goal. Tarleton edged Southeastern Louisiana in corner kicks, 8-5.

The Texans will start their WAC slate Saturday, Sept. 28 at home against Utah Valley. Kick is slated for 12 p.m. from the Tarleton Soccer Complex.



PHOTO COURTESY OF TARLETON STATE UNIVERSITY

Allison Bryant was named the invitational's MVP as she led the Texans with 13 kills in the final match of the weekend.

HOOD OUTDOORS

# Fishing between welcomed cool fronts



**BY MICHAEL ACOSTA**

As a licensed professional fishing guide, Michael Acosta shows you how to find them. The Granbury resident of 30 years has been fishing all his life and has been a licensed guide since 1998.

This time of year, and for that matter, the remainder of the fall, winter and spring will have cool or cold fronts periodically passing through our area. Barometric pressures will change, and the fishing patterns will change. Picking the best times to fish around a front can increase your success rate if you can choose your times to fish. If you are fishing in a tournament, you may not have a choice. Then you must also know how to coax a bite when the bite is off. There are, of course, many different factors that can affect the fish bite but knowing how these changes in the weather impact the bite can be to your advantage.

As most of us know, right before the cold front hits is probably the best time for catching fish. The fish seem to know that it is time to feed before the higher pressure moves in. An overcast sky before the front moves in normally makes for even better fishing conditions. If the fish are biting right before the front and the front pushes through while you are on the water, the bite will probably continue for a short while after the passage. Active fish will generally continue to bite after the front pushes through for a short while but when they stop biting it is probably

time to go home.

Barometric changes generally have more impact to the fish species that are closer to the surface. For instance, black bass in 5 to 15 feet of water may stop feeding and hold closer to structure. This is the case for many species. On the other hand, fish that are holding deeper in the water column are less impacted to the changes happening above the water. I have seen great action in relatively deep water (30 to 50 feet) while striped bass fishing after a cold front.

Fishing during the transition of air masses during a slow cold front passage can

be some of the best fishing of all. The weather can be cold, rainy and miserable but the fish seem to prefer this environment. Most of you have probably heard that striped bass bite best in bad weather. Many times this is true. Just be careful out there when the weather turns.

Cold front systems will push through our area this time of year fairly frequently. After a front passes it is usually a couple of days later when the wind will shift back from the south. This is when I generally prefer to get on the water (if I have a choice). Fish that have not been feeding during the higher pressure may start biting due to the falling barometer.

If you don't have a choice and you get out after the front passes and high pressure has settled in, you may have to alter your fishing patterns some to get the fish to bite. Black bass may move out to deeper holes and you may have to slow your presentation. Striped bass normally gorge themselves and then don't eat for a while. In this case, you may have to travel some to find active fish. When you locate some fish, you may have to put your bait right on their nose to coax a bite. If you can't get the fish to bite, try chumming an area with diced shad. The cut shad scent, blood and scales may get them into the feeding mode.

We can never be sure what mode the fish are in regardless of the weather. Fish may



COURTESY PHOTO BY MICHAEL ACOSTA

**Pictured (L-R) are Randall Aiken and Jack Spicer from DeCordova Bend Estates with their catch from Lake Granbury last weekend.**

bite on those "Blue Bird" days contrary to all expectations. However, there are certain times that are generally more productive than others. The best thing to do is to wet your line and see if the fish will bite. Just be prepared for those weather changes.

**HOOD COUNTY FISHING REPORT**

Granbury water level is around normal pool. Water is cooling some with temperatures in the upper 70s to low 80s. Temperatures

have been see-sawing with the weather. Granbury sand bass fishing is good to excellent on slabs and spinners on many areas of the lake. There are lots of small sand bass, but some bigger ones are mixed in. Look for sand bass schooling action from in town around the Shores to Striper Alley. Striped bass are slow to fair on live bait to 10 pounds on the lower ends from DeCordova to the dam in 15 to 20 feet of water. Look for those striped bass near schooling sand bass. Largemouth bass continue

to be good on crankbaits and soft plastics fished near humps and ridges near creek entrances. Largemouth top water is good in the back of sloughs where baitfish are holding. Crappie catches are fair to good on small jigs and minnows fished on submerged structure in 10 to 20 feet of water. Best reports on crappie have been from near Waters Edge to Bentwater. Catfish action is good on cut shad and prepared baits on many areas of the lake. Look for catfish on shallow humps in 10 to 15 feet of water.

**GISD**

FROM PAGE B6

prehensive insights on the applicants.

"If there's something in the background, you're going to know it. If I know the color of their underwear, you're going to know the color of their underwear," Dixon said. "And I think a plus is I know your district. I can sell your district. I could sell this district to anybody. This district is fabulous, and I can't say that about everywhere I go."

She mentioned that the number of applicants can vary, with a typical return rate of around 70%, as some individuals may not follow through after expressing initial interest. Dixon also emphasized her consistent

track record, stating that she has never conducted a search that resulted in an unsuccessful negotiation of a contract with a finalist.

Townsend noted that hiring Dixon would likely increase her workload from about 40 to 60 hours a week. Dixon responded that it could actually be closer to 80 hours, as she prefers to work in the evenings. She explained that her passion for work and her extensive experience as an interim superintendent makes her well-prepared for the role.

**BOARD MEMBERS WEIGH IN**

Before the vote took place, Townsend clarified that regardless of the chosen firm, Walsh Gallegos would handle the legal aspects of the contract. She also added

that all three choices would cost about the same amount of money for the district.

Place 2 trustee Nancy Alana and Place 1 trustee Mike Moore both stated that all three firms are extremely qualified, however they both felt Arrow came out on top.

"I think they all did a great presentation. They answered all our questions for the most part before we asked most of them," Vice President Courtney Gore said. "I believe Dr. Dixon has a unique position being an interim to know our district inside and out. With that said though, I would have to agree, I feel like Arrow came out on top."

Gore said she appreciated Marshall's enthusiasm and passion, nothing that

she didn't think the district "could go wrong" with Walsh or Arrow. However, she said the stigma that TASB has in the community would be a negative, and that they were trying to avoid that at all costs.

Secretary Billy Wimberly stated that for him, all three options were solid but he preferred Dixon due to her familiarity with the district. He also noted that he had concerns about Arrow's experience with a bigger school district.

"I would like to see the community come together, and I think there is a lot of stigma with TASB and Walsh and Gallegos, so my pick is Arrow as well," Graft said.

Townsend explained that she had researched the

three candidates by speaking with school board presidents from various districts currently searching for superintendents. She noted that many districts are looking for leadership, and that two firms — Arrow and Walsh Gallegos — received positive feedback, which is why they were considered.

"I wanted a third, and we have TASB," Townsend said. "I agree with the sentiments of TASB. I think all three could do a good job for us. I do believe one of our main goals with coming up with a good superintendent is bringing our district together, our community together, so I agree with that. Walsh Gallegos is going to do all three, so to me, it's looking at, 'Do we want Ann or do we want Dr. Marshall?' and

I'm really having a very hard time with that. I see it would be great because she (Dixon) knows our district, she knows what we're looking for, but at the same time, I agree with the enthusiasm that Dr. Marshall has, and he's not doing anything else ... I'm leaning toward Arrow just because I want Ann to spend her time on our district and let someone else do the search."

Moore then made the motion to approve Arrow Educational Services as the search firm for GISD's superintendent. Following a second from Alana, the motion passed unanimously.

"I hope that the community has learned a lot today and will be happy with the process we are going to go through," Townsend added.



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**SUDOKU**  
Solution for the puzzle on September 21.

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

Puzzle by websudoku.com

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



**HCNEWS.COM**

# SAME PAPER

## AT YOUR FINGERTIPS





# Tolar Football



PHOTOS BY **JESSE RAMIREZ JR.** | HOOD COUNTY NEWS

The Tolar Rattlers football team took on the Comanche Indians Sept. 20 at Rattler Stadium. The Rattlers beat the Indians 14-7. For full gallery go to [hcnews.com](http://hcnews.com).



## H&CN Junior



COLOR Time



### Did You Know?

THE U.S. HAS DESIGNATED SOME 840 MILLION ACRES AS PUBLIC LAND SET ASIDE FOR ALL.



### New Word



**Public Lands:**

Public lands are areas of land and water that today are owned collectively by U.S. citizens.

Mark your calendars for September 28th as we celebrate National Public Lands Day, a special occasion dedicated to recognizing the importance and beauty of our public lands. This day serves as a reminder of the invaluable natural resources that belong to all of us and offers opportunities for volunteering, outdoor recreation, and conservation efforts.

National Public Lands Day presents a chance for everyone to connect with nature, explore the great outdoors, and contribute to the preservation of our public lands. Whether you're hiking through a national park, camping in a forest, or enjoying a picnic in a wildlife refuge, there are countless ways to celebrate and enjoy these treasured landscapes.

Volunteering for a local clean-up or restoration project is a meaningful way to participate in National Public Lands Day. Join

fellow nature enthusiasts to improve trails, plant trees, remove invasive species, and help maintain the natural beauty of our public lands for future generations.

Take advantage of free admission to many national parks and other public lands on National Public Lands Day. Pack a picnic, lace up your hiking boots, and embark on an adventure to discover the scenic beauty and diverse ecosystems that our public lands offer.

National Public Lands Day also serves as a time to reflect on the importance of conservation and environmental stewardship. Whether you're learning about the history of our public lands, advocating for their protection, or simply enjoying their beauty, National Public Lands Day is a reminder of the invaluable natural resources that belong to all of us.

Throughout the day, var-

ious events and activities are held across the country to celebrate National Public Lands Day. From guided hikes and educational programs to volunteer opportunities and community festivals, there's something for everyone to enjoy.

One of the most significant aspects of National Public Lands Day is the opportunity to connect with others who share a passion for the outdoors and environmental conservation. Whether you're volunteering alongside friends, bonding with family members over a shared love of nature, or meeting like-minded individuals in your community, National Public Lands Day fosters a sense of camaraderie and stewardship.

Participating in National Public Lands Day not only benefits the environment but also provides numerous personal benefits. Spending time in nature has been shown to reduce

stress, improve mental well-being, and increase physical activity levels. Whether you're exploring a scenic trail, observing wildlife in its natural habitat, or simply enjoying the peace and tranquility of the outdoors, National Public Lands Day offers a chance to recharge and reconnect with the natural world.

As we celebrate National Public Lands Day on September 28th, let's come together to honor and appreciate the incredible landscapes, habitats, and recreational opportunities that our public lands provide. Whether you're volunteering, exploring, or simply enjoying the great outdoors, there's no better way to show your appreciation for these treasured places than by spending time on our public lands. Let's join forces to protect, preserve, and enjoy these natural treasures for generations to come!

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# Granbury Volleyball



PHOTOS BY LAYTH TAYLOR | HOOD COUNTY NEWS

The Granbury High School Lady Pirates hosted the Fossil Ridge High School Lady Panthers in a district game Sept. 20. The Pirates defeated the Panthers in three sets, 25-16, 25-12 and 25-12. In addition to the game Sept. 20, the Lady Pirates honored their favorite teachers for Teacher Appreciation Night. For full gallery go to hcnews.com.



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COURTESY PHOTO

Green's journey through music has not only shaped her career but also touched the lives of countless performers in Granbury.

## Ashley Green

*A life in music, ministry, and Granbury Theatre*

BY MICKY SHEARON  
*Special to the Hood County News*  
micky@hcnews.com

Ashley Green's love for music runs deep in her veins. Green, a beloved voice teacher, singer, actor and music director for the Granbury Theatre Company, has spent her life immersed in the world of performance. With a natural gift for nurturing talent and a deep passion for her community, Green's journey through music has not only shaped her career but also touched the lives of countless performers in Granbury.

### A LIFELONG GRANBURY RESIDENT

Green has called Granbury home since she was 5 years old, when her family moved to the area so her father could become the principal of Granbury High School.

Reflecting on her roots, Green said, "We moved to Granbury a week before I started kindergarten." Raised in a family with a shared love of music, Green's passion was cultivated early on. Her father, Troy Green, now retired, serves as the pianist at his church, while her mother, Janet, also has musical talents she prefers to keep under wraps. "Mom can also play piano," Green revealed with a playful laugh, "but she doesn't like to admit it and be put on the spot. Sshhh! Don't tell her I told you!"

While her father's role as high school principal shaped her early years in Granbury, Green found her own path in the school's choir and theatre programs. "I was too consumed with choir to be anything but a weird music nerd," she joked. Her dedication to music and performance paid off, leading her to the prestigious UIL TMEA All-State Choir during her junior and senior years. "Musicals and choir were how I spent my high school years, and I wouldn't change it for a thing! Luckily for me, my parents enjoyed those things as well!"

### FROM STUDENT TO TEACHER

After graduating from Granbury High School in 2005, Green pursued her love for music across the country at California Baptist University in Riverside, California. She earned Bachelor of Music and Master of Music degrees, with an emphasis in vocal performance. By 2012, she was fully equipped with the technical and artistic expertise to pursue a career as a singer and teacher.

Although Green dabbled in teaching voice lessons as early as 2016, it wasn't until the fall of 2018 that she took the leap and made teaching her full-time career. "When I walked away from the security of my day job, I only had four, maybe five students," she recalled. But her faith in her calling quickly paid off. By spring 2019, her roster had grown exponentially, with 20 to 30 students per week, most of whom were connected to Granbury Theatre Company.

### A JOURNEY WITH GRANBURY THEATRE COMPANY

Green's relationship with Granbury Theatre Company began in 2017, when she was cast in the ensemble of "Joseph and the Amazing Technicolor Dreamcoat." It didn't take long for her to make an impression. Later that year, she was cast as The Wardrobe in "Beauty and the Beast." "The Wardrobe's name was Madame de la Grande Bouche, which translated means 'Lady of the Big Mouth,' which, let's be honest, fits me perfectly," joked Green.

During a "Beauty and the Beast" rehearsal, when the scheduled music director was unavailable, Green was asked to step in and run the music review. The director, impressed by her skills, asked her to direct the music for her first show, "Into the Woods," the following year.

Her directorial debut was a triumph. The pro-

PLEASE SEE **GREEN** | C3

# Dancing saved his life

*Jay Hunter: an inspiration for others to kick up their heels*



PHOTO COURTESY OF MICHELLE WALTERS

At age 72, Jay Hunter continues to dance — shown with his partner Michelle Walters. Despite having four heart attacks, two knee replacements and more, Hunter dances and teaches on a daily basis.

BY RICK MAUCH  
*Special to the Hood County News*

Jay Hunter plans to keep dancing as long as life lets him. And it appears that, while throwing more than a fair share of challenges at him, life is going to let him continue.

Hunter, 72, a dance instructor who specializes in country and ballroom, has survived four heart attacks. Count 'em: four.

He can be found daily at The Dance Connection, 1405 N. Plaza Drive in Granbury teaching — pardon the pun — his heart out.

"I feel totally blessed to be alive and able to give others the joy and benefits dancing can provide. I believe we all have a purpose, God waits to claim us until we have succeeded!" Hunter said. "My purpose is to pass as much of this on to others as I can. Best part is, learning is forever."

In fact, he said it's because of dancing that his heart is still functioning. With each heart attack he received stents for blockage. However, he said doctors kept seeing something interesting.

"Each doctor noticed there was no heart scar tissue left after 98% blockage, which was unusual. They directed me to keep dancing, it made my heart very strong," he said.

"I was with him for his third heart attack," good friend and business partner Michelle Walters said. "If he'd not been dancing all these years, he'd probably not be moving at all."

### OVERCOMING MORE

Hunter has also undergone angioplasty, had both knees replaced, four discs implanted in his back, numerous stents in his lower abdomen and the circulation in his legs has deteriorated greatly.

"My knees continued to deteriorate through years of dancing. I replaced them seven years ago. The first knee took two weeks and I was back on the floor. Second knee took a month," he said. "My doctor and rehab agreed my recovery was unusually quick as a result of my dancing." His back problems were largely the result of two car accidents. He was rear-ended twice in a two-year period, the second incident leading to lengthy rehabilitation.

"Five years ago my back problems caught up with me. I spent eight months of intense pain until a former student, back and spine sur-

geon, heard of my problem," he said. "Within 10 days and five hours of surgery, he had implanted four discs and secured them with stainless steel. Been great ever since!"

"He was at a ballroom competition on Sunday and went in for a knee replacement on Monday," Walters said. "He's unstoppable."

### DISCOVERING DANCING

By age 17, as a junior in high school in Chicago, Hunter had lost both parents and was on his own. But he felt he had a special future ahead of him, something that would make his mother and father proud.

He finished high school, and enrolled in college at the University of Southern Illinois, where he played middle linebacker. However, knee problems took their toll. After transferring to a school in Florida, he gave up the

PLEASE SEE **DANCING** | C5

# Master Gardeners to host annual monarch festival

From Staff Reports

The Lake Granbury Master Gardeners will host the annual "Romancing The Monarch, A Butterfly Festival" Saturday, Oct 5, 1:30 to 4 p.m.

The event takes place at the LGMG Demonstration Garden behind Hood County Annex 1 at 1410 W. Pearl St. The public is invited to attend, and admission is free. Rain date will be Sunday, Oct. 6 if the event is rained out.

Residents of Hood County are fortunate to be in the path of the monarch butterfly migration. Each year from September to November, monarch butterflies migrate through North Central Texas on their way to overwinter in Mexico.

Six years ago, when the group first launched what is now a popular and well attended event, the Master Gardeners had the lofty goal of making Hood County the monarch butterfly capital of North Texas. They are getting ever closer to that goal with support

from local government and businesses.

"We continue to encourage the community to help us reach our goal," says event chair Deborah Rollins.

"Please join us at the festival for a unique nature experience where you'll have the opportunity to learn about attracting, providing for and protecting monarch butterflies," Rollins continued.

Activities planned for this special day include a live monarch butterfly release, instruction on how to create a butterfly-friendly garden, tours of the demonstration garden, face painting and children's crafts. Visitors will also learn how and why monarchs are "tagged" as they migrate through Hood County. It promises to be an interactive learning event, which is designed to entertain and educate attendees of all ages.

Attendees are encouraged to arrive early to register to participate in the monarch release. For more information,



COURTESY PHOTO BY PHYLLIS WEBSTER

The Lake Granbury Master Gardeners will host the "Romancing The Monarch, A Butterfly Festival" on Saturday, Oct 5. Attendees are encouraged to arrive early to register to participate in the live monarch release.

contact the Lake Granbury Master Gardeners by calling the Texas AgriLife Extension,

Hood County at 817-579-3280 or go online to <https://txmg.org/hcmg>.

# Rebirth of the legendary Nutt House Hotel

BY LAUREN DAVIS  
Staff Writer  
lauren@hcnews.com

The Nutt House Hotel, an iconic piece of Granbury's history at 119 E. Bridge St., is experiencing a dramatic transformation thanks to new owners and longtime area residents Trisha and Ike Thomas.

After a devastating fire threatened its future, the Thomases and a group of investors took on the challenge of restoring the beloved building. For them, the project is more than just a business endeavor — it's a heartfelt commitment to preserving the town's legacy.

After extensive research into the property's history and the Nutt family, Trisha Thomas firmly denies the persistent rumors that the Nutt House Hotel had once been a brothel.

The Nutt brothers were devout Christians who played a significant role in establishing a Baptist church in Granbury. The hotel originally began as a mercantile business before transitioning into a hotel in 1916. She noted that in the early years, the brothers even housed vendors in their home.

Ike Thomas shared a bit of the building's history: "They originally had a wooden structure on the site, which they moved to the courthouse square to keep the mercantile business running while the stone building was being constructed."

The Thomases' connection to the Nutt House Hotel goes back decades. Trisha Thomas fondly recalled her first visit: "The first time I met Ike's parents, we went to the Nutt House after church. And I remember thinking, 'We're going to the Nutt House to eat?' It was

quite a surprise that this beautiful dining room had comfort food and kind of a buffet style."

Mary Lou Watkins owned the hotel at the time and Trisha Thomas' ties to it strengthened after she married Ike Thomas in the mid-1970s and began working as a bookkeeper for Watkins, whose cousin was Joe Nutt, an investor. Trisha Thomas was responsible for gathering information and processing checks for Watkins' employees.

"Mary Lou Watkins is Mary Lou Nutt Watkins," Ike Thomas clarified.

The Thomases were deeply affected by the fire that ravaged the hotel in winter 2020. Just days before, Ike Thomas toured the building with the previous owner and longtime friend, Cindy Thrash Noble. "Ike's office is on the square, and we are friends with Cindy. The fire was heartbreaking," Trisha Thomas recalled.

Noble, a descendant of Granbury's first mayor Patrick H. Thrash, had been living in Abilene while attempting to restore the hotel. She was very close to completing the project when the fire occurred.

The suspected cause of the fire was spontaneous combustion of painters' rags, although this was never officially confirmed.

The Hood County News reported Jan. 13, 2021, that the cause of the fire remained "undetermined."



Ike and Trisha Thomas have beautifully restored the Nutt House Hotel, a historic landmark in Granbury located at 119 E. Bridge St. To view the renovation process, go to [https://youtu.be/GluKXkheq4?si=3XAFXMGVI\\_E7jmgX](https://youtu.be/GluKXkheq4?si=3XAFXMGVI_E7jmgX) or scan the QR code above.

Fire Marshal Kevin Jones explained, "The report indicated that the debris tested negative for ignitable liquids. Based on the lab findings and the absence of other evidence, the cause of the fire has been ruled as undetermined."

Following the blaze, Noble felt unable to restart the restoration process, and the Thomases encour-

aged her to seek investors. Eventually, the couple decided, "If somebody's going to step up, it should be us."

Rallying a group of around 10 investors, including general contractor Richard Moore, they began the restoration. "Richard has been instrumental," Trisha Thomas said. "He's found several historical features during cleanup and

has worked closely with the city."

The restoration has faced challenges, but the Thomases remain passionate about the project. As they reflected on the nine months since they purchased the property, they describe the experience as akin to a birth due to the time and effort they have invested.

Key features of the Nutt House Hotel are being preserved, including some of the original wooden floors, many of which bear burn marks and pits, which the Thomases believe mixing old and new will add character.

Decorator Ro Rynd, owner of RM Rynd Interiors in Fort Worth, said, "It was very

PLEASE SEE HOTEL | C5

# DAR presents Community Service Award to Bobby Pannell

From Staff Reports

The Elizabeth Crockett Chapter of the Daughters of the American Revolution presented the organization's Community Service Award to Bobby Wayne Pannell at a meeting of the chapter on Sept. 16. Presented by Regent Robin Akin and Chaplain Margaret Cook, the Community Service Award recognizes worthy individuals for outstanding voluntary service.

Pannell has lived in Granbury since 1994 along with his wife, Julia. They came to Granbury and immediately became involved with the community. Bobby Pannell joined the Chamber of Commerce in 1995 and served on the board for two terms.

He has been involved with

preserving and maintaining Granbury's historic past by working with the Historical Granbury Merchants Association. He also served on the Granbury Historic Commission for eight years and has been an active volunteer for Meals on Wheels for 25 years.

Bobby Pannell served on the development commission for Memorial Lane, helping to develop the original firefighters' section. He was also a member of the committee that brought to Memorial Lane the new Space Force flag and signage, and the replica from the USS Arizona. He is now an honorary member of the Friends of Memorial Lane Board.

The National Society Daughters of the American Revolution is a women's

service organization whose members can trace their lineage to an individual who contributed to securing American independence during the Revolutionary War. Today's DAR is dynamic and diverse, with more than 185,000 members in 3,000 chapters in the United States and abroad. DAR members annually provide millions of hours of volunteer service to their local communities across the country and world. DAR chapters participate in projects to promote historic preservation, education and patriotism. More than one million members have joined the organization since its founding in 1890.

For more information about DAR membership, visit [texasdar.org/chapters/ElizabethCrockett/](https://texasdar.org/chapters/ElizabethCrockett/).



The Elizabeth Crockett Chapter of the Daughters of the American Revolution (DAR), presented the organization's Community Service Award to Bobby Wayne Pannell, middle, at a meeting of the chapter on Sept. 16. Presented by Regent Robin Akin, left, and Chaplain Margaret Cook, right, the Community Service Award recognizes worthy individuals for outstanding voluntary service.

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COURTESY PHOTO

The Granbury Quilters Guild will hold a raffle for an 80-inch by 100-inch "Jane Austin" quilt at its next regularly scheduled meeting at 6:30 p.m. Monday, Oct. 21, at the United Co-Op building located at 320 Fall Creek Highway.

# Granbury Quilt Guild to hold quilt raffle Oct. 21

From Staff Reports

The Granbury Quilt Guild will draw the name of the winner of the 2024 Raffle Quilt at its next regularly scheduled meeting at 6:30 p.m. Monday, Oct. 21. Currently the guild meets the third Monday of each month at the United Co-Op building located at 320 Fall Creek Highway in Granbury.

The quilt was created by guild member Kathy Cosand and was donated to the guild in fall 2023. Ticket sales began in early 2024 and there are only a few tickets remaining to be sold. If anyone is interested in purchasing tickets to support the guild, they could be the lucky winner of this 80-by-100-inch "Jane Austin" quilt.

Ticket prices are \$1 each or six for \$5 and can be purchased from guild member Gail Olney at 972-876-8304. Ticket holders do not need to be present to win.

The Granbury Quilt Guild is a nonprofit organization originally established in 1997 and currently has about 100 active members. Proceeds from the sale of the raffle tickets will be used by the guild to purchase fabric and related materials to continue participating in charitable projects related to the art of quilt making.

For more information, please contact Nancy Marstiller at 512-461-1461 or send an email to nbmarstiller@gmail.com.

# The power of gratitude

## Why feeling thankful is the key to well-being

BY MICKY SHEARON

Special to the Hood County News  
micky@hcnews.com

Let's face it: life isn't always a bed of roses. Sometimes it feels more like a bed of nails, mixed with random sprinklings of LEGO bricks left out by some rogue child. On those tough days, we may feel like we need a secret weapon to make it through — what if I told you that weapon is simply gratitude?

Yes, that seemingly small act of saying "thank you" can work wonders for your mood and overall well-being. While it may not solve every problem (sorry, it won't make your Wi-Fi faster or fold your laundry), science has shown that gratitude is more powerful than we ever imagined. So, buckle up, because by the time you're done reading, you'll be sending thank-you cards to the universe!

### WHAT EXACTLY IS GRATITUDE?

Gratitude isn't just about saying thanks when someone holds the door for you or when the delivery guy brings extra fries. Genuine gratitude is recognizing the good things in life, big or small. It's about focusing on what you have rather than what you lack. It's like swapping your foggy, pessimistic glasses for a pair of bright, rainbow-tinted ones.

Now, let's get into the juicy part: how being thankful can make your life genuinely better.

### GRATITUDE IMPROVES YOUR MENTAL HEALTH

Have you ever noticed how your day seems to improve the moment you say thank you or feel grateful for something? Turns out, there's science behind that. A study conducted by the University of California, Berkeley, found that people who practiced gratitude showed higher levels of happiness and lower levels of depression.

In fact, gratitude has been linked to reducing toxic emotions such as envy, resentment and frustration. It's like your brain gets a memo saying, "Hey, things aren't so bad after all!" When you focus on the good, it naturally pushes the bad out of the spotlight. It's a bit like giving your mental health a spa day. Ahhh!

### A HAPPIER BRAIN = A HEALTHIER YOU

Gratitude doesn't just stop at making your brain feel good; it actually has tangible physical benefits, too. According to research published in Personality and Individual Differences, people who are grateful report fewer aches and pains. Why? Scientists believe grateful people are more likely to take care of themselves. This might mean exercising more, eating better or making it a point to get enough sleep. It's as if your body says, "Well, if you're feeling this good, I might as well start functioning better!"

It's like upgrading your life from the free trial to the premium package — except gratitude costs you nothing!

### GRATITUDE: THE SLEEP AID YOU DIDN'T KNOW YOU NEEDED

Struggling to sleep? Counting sheep not cutting it? Try counting your blessings instead. Research from Applied Psychology: Health and Well-Being suggests that gratitude can help you sleep better and longer. By reflecting on things you're thankful for before bed, you ease your mind, reduce anxiety and drift off into peaceful slumber. It's way better than tossing and turning while replaying every embarrassing thing you've ever done since kindergarten.

### GRATITUDE BOOSTS RELATIONSHIPS — YES, EVEN THAT ONE WITH YOUR IN-LAWS!

If there's one thing that binds humans together, it's our relationships. Friends, family, significant others, coworkers — relationships are the spice of life, but they also come with their fair share of drama. Gratitude can smooth out those rough



COURTESY GRAPHIC

While it may not solve every problem (sorry, it won't make your Wi-Fi faster or fold your laundry), science has shown that gratitude is more powerful than we ever imagined.

edges. A study published in Emotion found that people who express gratitude toward others strengthen their relationships and boost feelings of closeness.

Saying "thank you" is like giving a little love nudge. It makes the recipient feel valued, and everyone loves being appreciated, right? So next time your partner does the dishes or your friend texts you out of the blue, shoot them a quick "Thanks, I really appreciate that!" It's the easiest way to keep the good vibes flowing.

### THE SCIENCE BEHIND GRATITUDE AND LONGEVITY

Here's a nugget of wisdom: practicing gratitude could actually help you live longer. Yep, you heard that right! According to research published in Psychosomatic Medicine, gratitude is linked to lower levels of stress and a stronger immune system, both of which are key to living a longer, healthier life. Who knew being thankful could be as beneficial as your daily vitamin D or that multi-green smoothie you reluctantly sip?

It turns out gratitude helps to reduce the hormone cortisol (the stress hormone), meaning less strain on your heart and body. So, every time you pause to give thanks, it's like doing a little cardio for your soul.

### HOW TO CULTIVATE GRATITUDE (WITHOUT GETTING ANNOYINGLY POSITIVE)

You might be thinking, "This

all sounds great, but I'm not exactly a walking ray of sunshine." That's okay! You don't need to be. Cultivating gratitude doesn't mean ignoring life's challenges — it's about balancing the good with the not-so-good.

- Here are a few ways to start:
- Gratitude journal: Each day, write down three things you're grateful for, no matter how small. Bonus points if you do it in the morning and start your day off on the right foot.
  - Gratitude meditation: Spend a few minutes each day in quiet reflection, focusing on what you're thankful for.
  - Thank someone: Whether it's a text, email or in person, show appreciation to those who've made a difference in your life.

### IN CONCLUSION: GRATITUDE IS THE REAL MVP

Gratitude may not give you six-pack abs or the ability to time-travel, but it can absolutely transform your life for the better. From improving mental and physical health to boosting relationships and even longevity, it's the unsung hero of a happy, healthy life. And the best part? It's free and accessible to everyone.

So, next time you're feeling down, remember that a simple "thank you" could be your superpower.

## GREEN

FROM PAGE C1

duction was awarded Best Musical in the DFW area, and Green herself was nominated for Best Music Director. Reflecting on that moment, she said, "To say I was shocked would be an understatement!" That success propelled her into a leadership role at GTC, where she has since directed the music for 26 musical productions, including junior shows, alongside her close friend, Matthew Beutner, the director of Granbury Theatre Academy.

Green's connection to Granbury Theatre Company is more than just a professional collaboration — it's a place where she has found community and purpose. "My work is my ministry," she explained. "I've been given the special privilege of working with people in a very personal setting, giving me an unobstructed view of some of their most vulnerable moments as artists."

### A PASSION FOR MENTORSHIP

For Green, teaching voice is much more than technical instruction. It's a personal and emotional journey she takes with each student.

"Singing is an extension of who we are and, at times, reveals more about us than we would probably prefer," she said. As a teacher, Green's role extends beyond the vocal cords; she becomes a mentor, a counselor and a guide for her students.

"I hear the flaws; I hear the voice cracks, and I get to peek behind the curtain to witness insecurities that the world will never see for fear of inadequacy," she explained. But it's in those moments of vulnerability where Green finds the most joy in her work. "I also hear and see potential; I hear the growth and success; I hear

previously terrifying high notes being sung with gorgeous precision."

Her ability to nurture growth in her students is what sets her apart as a teacher. For Green, the reward is seeing her students break through their self-doubt and achieve things they never thought possible. "I love getting to see light bulbs come on in areas where confusion previously resided. I love helping people grow and experience levels of success they never thought were possible. I love my job."

### A BRIGHT FUTURE IN GRANBURY

As Green looks to the future, her impact on the Granbury community continues to grow. With each student she mentors, each musical she directs, and each performance she participates in, she strengthens the bonds between the town's artistic community and its residents. Her dedication to her work, grounded in faith and a deep love for the performing arts, ensures that Granbury's theatre scene will continue to thrive.

Green's journey is one of

passion, perseverance and purpose. Whether she's on stage, directing from behind the scenes, or coaching a student to hit their highest note, Green is making her mark in Granbury — and she's only just begun.

In a town where community and creativity intertwine, Ashley Green stands out as a voice of inspiration. As a singer, a teacher and a music director, she has found her purpose in helping others find theirs. As long as Granbury is filled with aspiring performers and music lovers, Green will be there to guide them, one note at a time.

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# Your happiness blueprint: 12 habits to start today

BY MICKY SHEARON

Special to the Hood County News  
micky@hcnews.com

In today's fast-paced world, finding peace and happiness can seem like an overwhelming challenge. However, achieving this doesn't require drastic changes. Instead, it's about making small, mindful adjustments to daily routines that cultivate a sense of balance, fulfillment and joy. Here are some simple yet effective habits that can transform your life and lead you toward a happier, more peaceful existence.

## 1. ESTABLISH DAILY RITUALS

Creating simple rituals helps to bring structure and calm to your day. They don't need to be complex — something as small as making your bed, meditating for a few minutes or going for a morning walk can set a positive tone for the day. These actions anchor you in the present, giving your mind something to focus on other than stress or anxiety.

## 2. PRACTICE MINDFUL CHOICES

Happiness is often the result of conscious decision-making. Every day, you're presented with choices, big and small, that shape your

mood and future. Choosing to spend time with loved ones, prioritizing your health, or making space for hobbies can have profound effects. It's about consistently choosing things that uplift your spirit over time.

## 3. FILTER OUT THE NOISE

In today's world, we are constantly bombarded with information. From social media to news outlets, it's easy to become overwhelmed. Reducing this mental clutter is crucial for peace of mind. Take time to unplug from technology, be selective with what you expose yourself to, and focus on what genuinely adds value to your life.

This also means filtering out negative influences, whether people or environments.

## 4. MOVE TOWARD POSITIVE OUTCOMES

Instead of fixating on perfection, focus on small steps that lead to positive outcomes. Whether it's completing a long-overdue task, spending quality time with family, or learning something new, taking action toward your goals fuels a sense of accomplishment and optimism. Remember, progress is progress, no matter how small.

## 5. LET GO OF COMPARISONS

It's easy to get trapped in the comparison game, especially with social media showcasing everyone's "highlight reel." However, comparing yourself to others is a surefire way to diminish your happiness. The key is to only measure yourself against your past self. Celebrate your personal growth and keep working toward your unique goals.

## 6. EMBRACE KINDNESS AND GRATITUDE

Kindness toward others

and expressing gratitude are powerful tools for boosting personal happiness. Acts of kindness release feel-good hormones and create a ripple effect of positivity. Likewise, practicing gratitude helps shift your focus from what's lacking to what's already abundant in your life, fostering a mindset of contentment and appreciation.

## 7. OPEN UP TO NEW EXPERIENCES

Don't let fear of the unknown prevent you from embracing life's opportunities. Trying new things, whether it's a new hobby, traveling to an unfamiliar place, or meeting new people, expands your horizons and introduces fresh perspectives. This openness often leads to unexpected joys and personal growth.

## 8. FOCUS ON WHAT YOU CAN CONTROL

A significant source of frustration comes from worrying about things outside your control. By focusing only on what you can influence, you free up mental and emotional energy to invest in areas where you can make a difference. This mindset

shift is crucial for maintaining peace and reducing unnecessary stress.

## 9. PRACTICE TOLERANCE AND PATIENCE

We live in a diverse world filled with different opinions, lifestyles and perspectives. Developing patience and tolerance allows you to navigate this diversity with grace. Instead of reacting negatively to differences, practice understanding and accepting them. This approach fosters healthier relationships and inner tranquility.

## 10. LET GO OF FRUSTRATIONS

Everyone encounters frustrations in life, but how you handle them defines your peace of mind. Instead of letting small annoyances ruin your day, practice letting go. Shift your focus to what truly matters and allow minor setbacks to pass without clinging to the negative emotions they may provoke.

## 11. BE PRESENT

In an age dominated by screens, being present is a rare and valuable gift. Take time to disconnect from gadgets and fully engage with

the people and experiences around you. Whether you're enjoying a meal with family or soaking in the beauty of nature, being mindful in the moment increases joy and connection.

## 12. CELEBRATE SMALL WINS

Don't wait for big achievements to feel proud of yourself. Celebrate the small wins in your daily life. Whether it's sticking to your exercise routine, completing a task at work, or simply maintaining a positive attitude, each small victory contributes to your overall sense of accomplishment and happiness.

## CONCLUSION: MAKE HAPPINESS A HABIT

True happiness and peace don't come from life-changing events or external success — they are the result of everyday habits and mindset shifts. By incorporating these simple, actionable practices into your daily routine, you'll find that happiness and peace are not elusive but something you can create and cultivate consistently. Remember, it's the small, mindful changes that make the biggest difference over time.

# Don't panic (yet): A fun guide to outsmarting anxiety

BY MICKY SHEARON

Special to the Hood County News  
micky@hcnews.com

Hi. My name is Micky, and I'm a worrier.

Okay, we are not convening a session of Anxiety Anonymous. But I need to come clean right from the get-go and confess that this article is as much therapeutic as it is instructive.

If worrying were an Olympic sport, I'd have more gold medals than Michael Phelps, and my face would be plastered across Wheaties boxes, looking concerned about cholesterol levels. Anxiety, it seems, is always ready to compete in a race you didn't even sign up for.

But here's the kicker: anxiety, while uncomfortable, is actually trying to help. It's like that friend who insists on karaoke night but only ever sings the old Queen hit "Under Pressure" — well-meaning, but perhaps a little misguided.

So, what can you do when anxiety decides to crash your mental party? Here are a few tips for not just managing

anxiety but also reframing it as something that could, in its own odd way, work for you instead of against you.

## WHAT IS ANXIETY, REALLY?

Picture anxiety as an over-enthusiastic friend who wants to help but doesn't know how. It tends to show up uninvited and overstays its welcome. But before you push it out the door, consider what it's trying to tell you. In its essence, anxiety is an evolutionary response designed to keep you safe. It's like an overzealous smoke detector that goes off not just when there's a fire, but also when you're making toast.

Instead of treating anxiety as an enemy, try to understand its role. It's your mind's way of waving a red flag, saying, "Hey! Something's not quite right here." So, instead of pushing it away, try to listen. What's making you anxious? What's triggering that internal alarm? You may find that acknowledging the cause helps you regain control over the feeling.

## REFRAME ANXIETY AS EXCITEMENT

Here's a fun trick: what if, instead of labeling that gnawing nervousness as "anxiety," you started calling it "excitement?" Anxiety and excitement actually feel pretty similar in your body — rapid heartbeat, sweaty palms, racing thoughts. But while anxiety feels like a leg cramp you can't stretch out, excitement is that same leg cramp coiled up like a spring, ready to launch you into action. By reframing anxiety as excitement, you switch from dread to anticipation. This simple mental shift turns your anxiety from a stumbling block into an energy source.

## GET A SENSE OF CONTROL BY PLANNING

When you feel anxious, it's often because of uncertainty. Not knowing what's coming can feel like navigating through a fog with no map. But guess what? You can make a map. If you're anxious about an upcoming event or task, break it down into smaller, manageable

steps. Write a to-do list or create a plan. By doing this, you create a sense of structure, which in turn reduces uncertainty — and with it, anxiety.

Planning is like turning on the headlights when driving through a dark road. It doesn't eliminate the journey, but it sure makes it a lot less terrifying.

## CHOOSE EXCELLENCE OVER PERFECTION

Frankly, I could write for hours on this sub-topic alone. It's here that this insidious tendency hits me hardest. Anxiety and perfectionism are best buds. When you're stuck in the mindset that everything must be perfect, it's easy to become paralyzed.

The fear of making mistakes can freeze you into inaction. But here's a freeing thought: strive for excellence, not perfection. As screenwriter Terry Rossio once said, "My lousy way of getting it done is better than your great way of not doing it."

Perfection is the enemy of

progress. Once you let go of the need for everything to be flawless, you'll be amazed at how much easier it is to take action — and how much more fun life becomes.

## THE QUICK FIX FOR ANXIETY? PEOPLE YOU LOVE

When anxiety gets particularly overwhelming, nothing beats the calming effect of people who care about you. Psychologists call this "social buffering." Being around others, especially those who make you feel safe and supported, naturally reduces anxiety. Whether it's a heartfelt conversation, a hug or a shared laugh, human connection has a unique way of easing stress.

Think of your loved ones as an emotional exfoliant. They help you shed that thick layer of worry, leaving you feeling lighter and more grounded.

## WHEN ANXIETY TAKES A HIKE

Imagine this: your anxiety finally decides to pack up and take a vacation. It's like realizing you've been wearing 3D glasses your entire

life and you just took them off. Suddenly, the world isn't an endless maze of traps and pitfalls. Instead, it's just a slightly flawed but mostly okay place where you can wear one blue sock and one black sock without a care in the world.

Making decisions — like what to watch on Netflix — no longer feels like you're stuck in an existential crisis. Social events go from being a game of emotional Minesweeper to actual fun. And sleep? Oh, glorious sleep. Once anxiety takes its leave, you'll find that sinking into bed feels like being wrapped in the warm, cozy embrace of your favorite TV show theme songs.

Anxiety is a part of life, but it doesn't have to control your life. By reframing it, planning through it and leaning on the people you love, you can manage anxiety and, in many cases, even thrive because of it. And when you do, you'll find that the world is a much more welcoming, less daunting place — flawed, but totally livable.

# Battling burnout: How to spot the signs and reclaim your joy

BY MICKY SHEARON

Special to the Hood County News  
micky@hcnews.com

We have all been there. Things were once passionate about and that brought us fulfillment and joy suddenly start to seem like chores and drain our energy. Slowly but surely, what we once looked forward to doing becomes just another thing we want to escape.

Welcome to burnout. Burnout is becoming increasingly common in today's fast-paced world, impacting people across different professions and lifestyles. While burnout is not officially classified as a mental health disorder, it is a chronic condition brought on by prolonged stress and an inability to meet the demands of daily life. Understanding the early signs of burnout is crucial for preventing its potentially debilitating effects. This article will explore the physical, emotional and behavioral symptoms of burnout and provide practical strategies for recovery and prevention.

## WHAT IS BURNOUT?

Burnout is often misunderstood as simply being tired or overworked, but it's a far more complex condition. Burnout is a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress. When you are burned out, you feel overwhelmed, emotionally drained and unable to keep up with the constant demands of life. Over time, this stress can strip away your interest and motivation in activities and responsibilities that once brought you joy.

## PHYSICAL SYMPTOMS OF BURNOUT

The physical symptoms of burnout are often the first warning signs that something is wrong. Chronic fatigue is one of the most common indicators. This isn't just feeling tired after a long day; it's a persistent exhaustion that doesn't go away even after rest. Insomnia is also a frequent companion of burnout, making it difficult to fall or stay asleep despite feeling utterly drained. Other physical symptoms include frequent headaches

and muscle pain, often caused by the body being in a state of constant tension. Digestive issues, such as stomach pain and bloating, are also common as stress disrupts the normal functioning of the digestive system. A weakened immune system is another sign, as constant stress can make it harder for your body to fight off illnesses, leading to more frequent bouts of sickness.

## EMOTIONAL SYMPTOMS OF BURNOUT

Burnout significantly affects emotional well-being. Increased irritability is a common symptom, where small annoyances that wouldn't typically bother you suddenly become major sources of frustration. This emotional exhaustion can also lead to a profound loss of motivation, not just in work or daily responsibilities but even in activities that once brought you joy.

Emotional detachment is another key symptom of burnout. You may start to feel disconnected from your surroundings and relationships, making it hard to find joy in anything. This detach-

ment can strain both personal and professional relationships, leading to feelings of loneliness and isolation. Additionally, burnout often results in negative feelings toward work or caregiving responsibilities, manifesting as cynicism, resentment and a pervasive sense of dissatisfaction.

## BEHAVIORAL SYMPTOMS OF BURNOUT

Behavioral changes are often the most noticeable signs of burnout. In an attempt to cope with their overwhelming stress, individuals might turn to unhealthy behaviors like overeating, binge drinking or increased drug use. These behaviors might provide temporary relief but ultimately worsen the situation, leading to further health complications.

Procrastination is another typical behavior linked to burnout. Tasks that once seemed manageable can become overwhelming, leading to delays and decreased productivity. Social withdrawal is also a common symptom, where individuals isolate themselves from friends, family and colleagues be-

cause they feel too exhausted or overwhelmed to engage in social activities. This withdrawal can lead to a further decrease in productivity and increased feelings of inadequacy and frustration.

## HOW TO REVERSE BURNOUT

The first step in reversing burnout is recognizing that it's happening. Once you've identified the signs, here are some strategies to help you recover:

- Consult with a healthcare professional: Before trying to address burnout on your own, it's important to consult with a healthcare provider. Some symptoms of burnout can overlap with other medical conditions, so it's crucial to rule out any underlying health issues.

- Reduce your workload: One of the most effective ways to combat burnout is to reduce your workload. This might involve delegating tasks, saying no to new responsibilities, or taking a break from work altogether.

- Prioritize self-care: Incorporating self-care activities into your daily routine is essential for recovery. This could include regular physi-

cal activity, spending quality time with loved ones, or picking up a new hobby that brings you joy.

- Practice mindfulness and relaxation techniques: Mindfulness practices such as meditation, deep breathing exercises and yoga can help you manage stress and improve your overall well-being. These activities promote relaxation and can help you regain a sense of control over your life.

- Set boundaries: Setting boundaries is crucial in preventing and recovering from burnout. Learn to recognize your limits and communicate them to others. It's essential to prioritize your well-being over pleasing others or meeting unrealistic expectations.

## CONCLUSION

Burnout is a serious condition that requires attention and care. By recognizing the signs and taking proactive steps to address them, you can recover from burnout and prevent it from taking over your life again. Remember, your well-being should always be your top priority.

## THE IDLE AMERICAN



COURTESY PHOTO BY DAVE WILSON, COMMONS.WIKIMEDIA.ORG

**Darrell K. Royal Stadium in the University of Texas at Austin has been home to the Longhorns football team since 1924.**

## Austin in crosshairs



BY DON NEWBURY

Dr. Newbury, longtime university president, continues to speak and write. The Idle American, begun in 2003, is Texas' longest-running syndicated column. Contact: 817-447-3872. Email: newbury@speakerdoc.com. Website: www.speakerdoc.com.

The arrival of the football-playing Coleman triplets at the University of Texas in Austin for 2025's fall semester may break several records before they even meet BEVO, the Longhorns' beloved mascot.

When have three guys weighing a half ton ever played as teammates in any collegiate sport, anywhere?

Stars at Cedar Hill High School, seniors Isaiah, 6-2, 260; Devin, 6-4, 340, and Jordan, 6-5, 350, together are only 50 pounds shy of 1,000 pounds right now. If they exceed the "freshman 15" by just 10%, they'll weigh a half ton when they gather 'round the Thanksgiving table next year. (If "freshman 15" warrants explanation, that's the average number of pounds freshmen gain during college's first semester while dining in the cafeteria they complain about.) ...

Many of us — admitted "sports nuts" — are often unsure about much, but don't let our uncertainties lessen our frequent outcries.

I'm off the fence, ready to join football fans who are groaning about the sad effects of instant replay, and the ongoing efforts to "get calls right."

How much did both teams lose in Fort Worth recently when the most exciting final two minutes were marred by a delay of four minutes and 35 seconds to determine whether a fumble occurred? Bands often complete halftime shows in this time span. The University of Central Florida eked out a win in the final seconds over the Texas Christian University Horned Frogs, who blew a three-touchdown lead ...

Maybe it is a weak segue from football to the Texas State Fair, where a judge has ruled that only peace officers will be allowed to bear firearms on the fairgrounds during their three-week run.

Who can predict? There'll probably be squabbles at the fair on this very topic. However, shoot-outs should be minimized.

I rarely think of state fairs without recalling a yarn heard years ago. At one fair,

long lines waited to board the Ferris wheel, which often had seats shared by riders who'd never seen each other previously. One night, the wheel lurched to a stop, allowing one couple to exit and another to board. At the top of the wheel, one guy says, "Ten years ago tonight, I became enraged when the wheel stopped with me at the top. I pummeled a fellow rider whom I'd never seen. My final shove sent him falling into the night, seriously injured. I have spent the past decade in a mental institution; I was released just today." The other man, cowering in his side of the seat, whimpered, "I remember you." ...

Referencing Dallas at this time brings to mind the sudden resignation of Dallas Police Chief Eddie Garcia, whose three-year-plus tenure in "Big D" has been widely lauded, with "best ever" plaudits expressed by many. (He's going to Austin to become assistant city manager to T. C. Broadnax, who formerly was Garcia's boss in Dallas before Broadnax signed on as Austin city manager a few months ago.) At the time, Garcia said he would "run through a wall" for Broadnax.

I don't recall ever reading or hearing so many positive comments about the departure of a public servant, particularly in a major city. One such commentary was provided by the Dallas Morning News' Sharon Grigsby, one of the metroplex's finest writers.

In one sentence, she captured the essence of the views of thousands: "How many folded flags can a police chief hand to a grieving family before he has had enough?" ...

It is a foregone conclusion that the world is awash in rage, controversy, strife and much other muck. One is sports-oriented, and until recent years, didn't even come to mind outside of golf circles.

I'm talkin' about the PGA vs. LIV golf kerfuffle.

David Feherty — a player, then a broadcaster for almost a half-century — claims the "whole LIV vs. PGA Tour thing is like two fleas arguing about who owns a dog." ...

## BOOK REVIEW

# Disney High: The Untold Story of the Rise and Fall of Disney Channel's Tween Empire

BY TERRI SCHLICHENMEYER

School's out. It's 2003. Where did you go?

Home, of course. That's where your Mom stocked the best after-school snacks. It's where you kept your favorite markers and your spot on the sofa was waiting for you. Home was where you did your homework and phoned your BFF while you caught your favorite TV shows. And in the new book, "Disney High" by Ashley Spencer, we all know what you watched ...

In the early '90s, Disney's television arm was a star-maker. "The All New Mickey Mouse Club" featured 12-year-olds Ryan Gosling, Christina Aguilera, Justin Timberlake and 11-year-old Britney Spears, among others. It was a hugely popular show but the original stars eventually aged out and production costs skyrocketed. That meant trouble, and Disney canceled it at the end of its 1994 season.

After a few years of struggling with branding and programming, the company decided on a "reset." That involved new leaders who oversaw innovative programming and incredible growth, and who al-

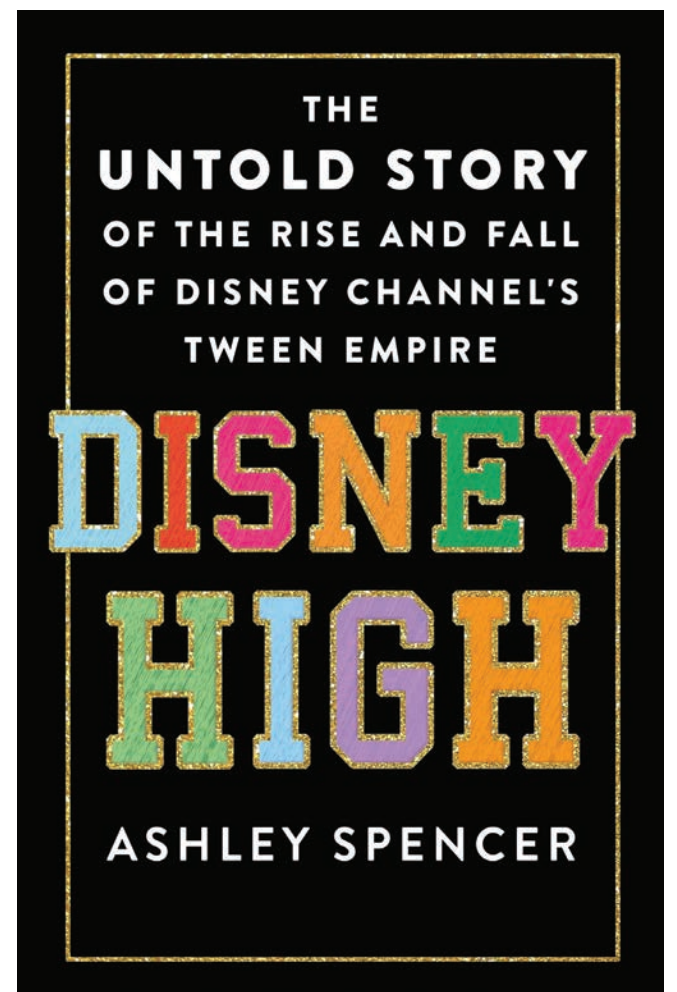
located money for program content — especially content for tweens who were too old for "babyish" programs and too young for Disney's adult fare. Most importantly for viewers, says Spencer, the ages of the actors matched the ages of the characters.

Shia LaBeouf was just the right kid for his part in "Even Stevens," though he struggled with a home life, the depth of which some still question. Everybody wanted to be like Hilary Duff in "Lizzie McGuire," and that popularity made Duff a mega-star. By the time her show was canceled, "That's So Raven" was in production, making Raven-Symoné "one of the first Black female stars to ... have her name in a comedy series title."

In the early 2000s, Disney began to focus on tween boys with "The Suite Life of Zack & Cody," and surely by then, "the kids were the stars" with power on the set. "High School Musical" and its sequel proved that TV movies could draw viewers.

And then there was Miley Cyrus ...

Did this column send you back to Dunkaroos and cheese-and-crackers



COURTESY PHOTO

**Disney High by Ashley Spencer, c.2024, St. Martin's Press, \$30, 316 pages**

in front of the TV while you waited for an adult to come home? If it did, then "Disney High" is your book.

Chances are, you remember a few lines from the shows you never missed, and wanting to be like the stars you loved to watch. Author Ashley Spencer indulges this nostalgia, but she also tells the story of a corporation and its efforts to reach the kid you once were.

You'll be astounded at how innocent you were then, and what went on behind the scenes at the

TV shows you enjoyed. Spencer writes about parties, auditions, strict rules that writers couldn't break, weight-watching, and dreams made, bruised or broken. You won't cry too much for those stars, though, when you find out where they went after their shows were canceled.

If you can still sing the theme songs to your Disney Channel favorites, you're going to absolutely want "Disney High." For a TV-watching late-millennial kid, it's homework you won't mind at all.

## DANCING

FROM PAGE C1

football field for the dance floor.

"I started taking dance as I knew girls like to dance," he said with a chuckle. "This proved to be true.

"After a short period, the studio where I was learning offered a teacher's position. Now, 52 years later, I'm on the floor every day."

It was also in Florida where he met his wife, to whom he was married for 29 years before their divorce.

"She applied for a job in my studio and six months later we were winning competitions, earning numerous top studio, teacher and student awards," he said. "She was a great teacher and performer."

They had three dancing children, with daughter Matria winning five Florida state dancing championships, along with sons Dakota and Chase being USA dance champions in their age categories.

## COMING TO GRANBURY

Hunter came to the area 14 years ago to train a staff for Gotta Dance in Cleburne. After successfully doing so, he returned

to Tampa for a while only to be asked to return to do it again in Granbury — and this time he stayed.

"Both schools sold when thriving. The Cleburne school continues today under another name. The group that bought the Granbury school failed, leaving many paid-for lessons still on the books," he said. "I taught literally hundreds of lessons for no pay to hopefully save the reputation of dancing in Granbury."

"I had help in a location gratis from Mary Pike, owner at Blushes salon, then through the generosity of Michelle Walters in our own location."

After leasing a building for six years and operating Shall We Dance with Walters, Hunter said he and Walters migrated to The Dance Connection, where they have been for the past six years.

"He was the pro, I was the amateur," said Walters, herself a national dance champion. "He was my first instructor and he still works with me on all of my routines."

"He loves his students. He's like a high school football coach. He'll say something six different times

until you get it."

Among those students are Robert and Cindy Kelsey.

"When Robert and I met we both wanted to learn to dance. We had both lost our spouses and found each other, and also we had numerous interests and felt we were a perfect match," Cindy Kelsey said. "We went on the internet and found Jay. He has been perfect for us and we have learned quite a few dances and really enjoy getting with him once a week to maintain our dance style."

Hunter, in fact, choreographed their waltz wedding dance.

"Jay has a very colorful past history, and despite his various health problems still loves to dance and inspire and teach others. Over the past three years Jay has not only continued to inspire us, but we have become good friends," Cindy Kelsey added.

## CURE FOR LONELINESS

Hunter said while there is no doubt dancing has conditioned his body to deal with all his medical issues, there is something else he receives from dancing.

"As we age, loneliness is one of the big problems in

seniors, causing depression. Dancing will increase your friend circle," he said. "Stats state if you dance three times a week, you have a 76% less chance of getting Alzheimers or dementia. Crossword puzzles are second at 35%."

## NO PLANS TO GO ANYWHERE

"Michelle is an awesome performer, competing in country western with a national title to her name and a fourth in the world placement," he said. "Together we hope to continue bringing the best of partner dancing to the Granbury area."

That said, Hunter said to stop by The Dance Connection and say "Hi," or let him show you the proper way to handle a dance floor. And he plans on showing a lot of folks some special dance moves for quite some time still.

"I feel fortunate to be there as I'm surrounded by knowledgeable and dedicated teachers that take an interest in each student with awesome results," he said. "I plan to stay busy teaching until my students quit or I die."

## HOTEL

FROM PAGE C2

important to me to celebrate the hotel's compelling history and highlight the beauty of the architectural elements with an elevated aesthetic. Each room imbues the warm spirit of Texas with refined modern and luxurious design elements."

Plans for the first floor include a restaurant called Christina's, owned by chef Gary Folger, who has been deeply involved in designing the kitchen. The hotel will also feature artwork downstairs, showcasing Texas artists, including local talents like Mike Tabor and James Spurlock. This artwork will be displayed in Christina's, with some pieces available for purchase.

The restoration has also uncovered some serendipitous historical finds, including

remnants of a tunnel believed to have connected the Nutt brothers' home to the hotel. "It would've been an incredible discovery," Ike said, though they were unable to preserve it due to a collapse. Other features, like an old cistern found by Moore, will be showcased in the hotel.

"Richard was able to restore 14 huge cypress columns that we found out were moved here from East Texas on an ox cart in 1892, and they all survived the fire, which they are my favorite feature in the whole building," Trisha Thomas said, adding, "It's just beautiful."

With a soft opening planned for the end of October and a full opening Nov. 1, the Thomases are eager to share their labor of love with the community. They envision the Nutt House Hotel becoming a popular venue for weddings and gath-

erings, aiming to continue the hospitality that the Nutt family provided for many years. Plans for the grand opening include a street dance and hotel tours to celebrate the hotel's rebirth.

For the Thomases, restoring the Nutt House Hotel is a way to give back to their community while preserving a piece of its history. "We didn't plan to operate a hotel or restaurant, but sometimes life takes you in unexpected directions," Ike Thomas reflected.

With a deep respect for the past and a vision for the future, the couple is determined to see the Nutt House Hotel become a cherished landmark for generations to come. As Trisha noted with a sense of nostalgia, "Granbury is where Texas history lives."

COURTESY PHOTO

**The Nutt House Hotel ablaze Dec. 13, 2020.**



GRANBURY CULTURAL ARTS

# October children and family events calendar

OCTOBER 2024  
library.hoodcounty.texas.gov

CHILDREN & FAMILY EVENTS

Mon	Tue	Wed	Thu	Fri	Sat
	1 NASA- Forces of Flight 5:00-6:00	2 Story Time 10:30	3 Code Club 4:30-5:30 (8-12yrs)	4	5 Lego Day
7 Music & Motion 10:30	8	9 Story Time 10:30	10 Code Club 4:30-5:30 (8-12yrs)	11 Anime Club (12+) 5-6 pm	12 The Duelist @ 2:00 pm Lego Day
14 CLOSED	15 NASA- International Space Station 5:00-6:00	16 Story Time 10:30 Juvenile Book Club (8-12yrs) 5-6 pm	17 Code Club 4:30-5:30 (8-12yrs)	18 Pumpkin Painting 4 - 6 pm	19 Pumpkin Painting 2 - 4 pm Lego Day
21 Music & Motion 10:30	22	23 Story Time 10:30	24 Code Club 4:30-5:30 (8-12yrs)	25	26 Lego Day
28 Music & Motion 10:30 D&D Club (12+) 5-6:45 pm	29 NASA- Heroes of the Space Race 5:00-6:00	30 HOOD COUNTY LIBRARY	31 HALLOWEEN		

COURTESY GRAPHIC

WOMAN'S WEDNESDAY CLUB

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27-28	Texas Cowboy Symposium - Texas State Championship Chuckwagon Cook-off and Western Swing Festival
28	HANK FM Lake Fest
28	Rocks Alive! Acton Nature Center
<b>OCTOBER</b>	
3-27	The Sleepy Hollow Experience - Langdon Grounds
4-13	Here's to CLUE - Spooky Edition
4-6	Oktoberfest
5	Romancing the Monarch Butterfly Festival
5	Mission Granbury 5k/1k Ghost Run
12	Brazos River Corvette Club Annual Charity Car Show
12	Granbury Rock N Blues Bash
12	Pub Shindy
12	Monarch Fest at Acton Nature Center
19-20	SPARTAN RACE

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**Friday, 27 September - Thursday, 03 October**

**Beetlejuice Beetlejuice - 105 min (PG13)**  
Fri: 2:30PM, 5:05PM, 7:40PM, 10:15PM.  
Sat: 11:30AM, 2:05PM, 4:40PM, 7:15PM, 9:50PM.  
Sun: 11:30AM, 2:05PM, 4:40PM, 7:15PM.  
Mon, Tues, Wed: 2:30PM, 5:05PM, 7:40PM.  
Thurs: 3:00PM

**Harry Potter and the Sorcerer's Stone - 152 min (PG)**  
Thurs: 6:30PM  
Joker: Folie à Deux - 138 min (R)  
Thurs: 3:00PM, 6:05PM, 9:10PM

**Reagan - 135 min (PG13)**  
Fri: 2:30PM, 5:35PM, 8:40PM.  
Sat: 11:00AM, 2:05PM, 5:10PM, 8:15PM.  
Sun: 11:30AM, 2:35PM, 5:40PM.  
Mon, Tues, Wed, Thurs: 2:00PM, 5:05PM, 8:10PM

**Speak No Evil - 110 min (R)**  
Fri: 2:00PM, 4:40PM, 7:20PM, 10:00PM.  
Sat: 11:30AM, 2:10PM, 4:50PM, 7:30PM, 10:10PM.  
Sun: 11:30AM, 2:10PM, 4:50PM, 7:30PM.  
Mon, Tues, Wed: 2:00PM, 4:40PM, 7:20PM.  
Thurs: 2:30PM, 5:10PM, 7:50PM

**The Wild Robot - 102 min (PG)**  
Fri: 2:00PM, 3:00PM, 4:30PM, 5:30PM, 7:00PM, 8:00PM, 9:30PM, 10:30PM.  
Sat: 11:15AM, 12:00PM, 1:45PM, 2:30PM, 4:15PM, 5:00PM, 6:45PM, 7:30PM, 9:15PM, 10:00PM.  
Sun: 11:15AM, 12:00PM, 1:45PM, 2:30PM, 4:15PM, 5:00PM, 6:45PM, 7:30PM.  
Mon, Tues: 2:00PM, 2:45PM, 4:30PM, 5:15PM, 7:00PM, 7:45PM.  
Wed: 2:00PM, 3:00PM, 4:30PM, 7:00PM.  
Thurs: 2:15PM, 4:45PM, 7:15PM, 9:45PM

**Trailer Fest - 90 min (NR)**  
Wed: 6:30PM

**Transformers One - 104 min (PG)**  
Fri: 2:15PM, 4:45PM, 7:15PM, 9:45PM.  
Sat: 11:00AM, 1:30PM, 4:00PM, 6:30PM, 9:00PM.  
Sun: 11:00AM, 1:30PM, 4:00PM, 6:30PM.  
Mon, Tues, Wed: 2:15PM, 4:45PM, 7:15PM.  
Thurs: 2:00PM, 4:30PM, 7:00PM, 9:30PM

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# Five ways to make your office a happier place — according to science!

**BY MICKY SHEARON**  
*Special to the Hood County News*  
micky@hcnews.com

Let's face it — most of us spend a significant chunk of our lives at work, so why shouldn't it be enjoyable? In fact, adding a dash of fun to the workplace can make you more productive, less stressed and even healthier. Studies show that happier employees tend to work harder, collaborate better and stick around longer. The good news? It doesn't take much to sprinkle some fun into your office routine.

Here are five science-backed strategies to transform your workspace from mundane to magical:

## 1. BRING YOUR PET TO WORK

If your office is pet-friendly, consider bringing along your furry companion. Pets, especially dogs, have been proven to reduce stress and boost happiness. Just their presence can lead to the release of oxytocin, the so-called "love hormone" that reduces anxiety and promotes feelings of well-being.

Imagine how much lighter the mood would be when a wagging tail or a cute face

pops into a meeting. Pet-friendly offices also encourage casual interactions and bonding moments between employees. However, always ensure that everyone is comfortable with animals, and be mindful of any allergies or phobias.

Why it works: Studies show pets help reduce stress levels, lower blood pressure and increase feelings of connectedness. Plus, they add an element of unpredictability that can break up the monotony of a typical workday.

## 2. EAT LUNCH WITH YOUR COLLEAGUES

It might sound simple, but sharing lunch with coworkers can improve office morale. Often, we get caught in the cycle of eating at our desks, hunched over our computers, but this can lead to burnout and isolation. By eating lunch together, you're not just nourishing your body, but you're also fostering connections and strengthening team bonds.

A group lunch is an ideal opportunity to unwind, share stories and step away from work-related stress. It breaks down barriers and can even spark new ideas and collaborations that wouldn't have

surfaced otherwise.

Why it works: Studies indicate that socializing over food helps reduce stress, build trust, and foster a sense of community in the workplace. Plus, it's a nice break from work.

## 3. GREEN UP YOUR OFFICE

Bring in the plants!

Research has shown that greenery in the office can significantly boost productivity and improve your mood. Plants purify the air, provide a more aesthetically pleasing environment, and even make your space feel more refreshing and alive.

A few potted plants here and there, or even a desk plant of your own, can work wonders. If you really want to take things up a notch, start an office garden or assign someone to bring in fresh flowers every week.

Why it works: Studies suggest that plants in the office can increase productivity by up to 15%. They also reduce stress and make the space feel more welcoming and vibrant.

## 4. KEEP A SNACK STASH

Who doesn't love a good snack? Keeping a well-stocked office snack stash

can inject a little fun into the workday and give everyone a much-needed energy boost. Dark chocolate, for instance, is not only a delicious treat but also has proven health benefits like improving focus and lowering stress levels.

Encourage your colleagues to chip in for a communal snack box or take turns bringing in treats to share. Whether it's fresh fruit, trail mix or granola bars, having a stash of goodies available can turn a mid-afternoon slump into a mini celebration.

Why it works: Studies have shown that the right snacks — especially those rich in antioxidants, like dark chocolate — can improve cognitive function, mood and energy levels.

## 5. GET SOME FRESH AIR

It's easy to get stuck in the daily grind, staring at screens and breathing in stale office air. However, studies suggest that taking regular outdoor breaks can work wonders for your brain and body. A quick walk outside not only improves concentration and mood but also releases endorphins — the body's natural "feel-good" chemicals.

PLEASE SEE OFFICE | C10

# GO PLAY

## SUNDAYS

**THE GRANBURY Disc Golf Club** has mini tournaments every Sunday at 2 p.m. at 600 W. Moore St. Welcoming all levels of disc golfers. Show up at least 15 minutes early to pay the \$12 entry fee and warm up.

## MONDAYS

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

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

**SONS OF** the American Legion Post 491 of Granbury Burger Night, 5-7 p.m. at American Legion Post, 3409 Davis Road. Funds raised are used to support veteran and community youth programs. Open to members and guests. Details: 515-554-6498.

**GRANBURY CIVIC Chorus** — rehearsals, Mondays 7-9 p.m. at Acton Methodist Church, 3433 Fall Creek Highway. Concerts in May and December. See www.granburycivicchorus.org for schedule and activities. Questions: granburycivicchorus2001@gmail.com.

**FORWARD TRAINING Center** "Cisco" classes from 6-8:30 p.m. To sign up email info@forwardtrainingcenter.org or call 817-573-6677.

## TUESDAYS

**HEALTHY CONNECTIONS** classes: 8:30 a.m. Weight Watchers (join at weightwatchers.com); 9 a.m. yoga (private class, reservation only); 10:30 a.m. yoga (private class, reservation only); 1:30 p.m. line dancing; 5:15 p.m. Weight Watchers (join at weightwatchers.com); 6 p.m. Granbury clogger nights (watch or join). 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

**GRANBURY JAM Session** 7:30-10:30 p.m. at Brock's Food and Drink, 4012 Acton Highway. Bring your instrument or get up and sing. Details: 505-710-5100.

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

## WEDNESDAYS

**HAND AND FOOT** card game day.

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

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

## THURSDAYS

**HEALTHY CONNECTIONS:** 10 a.m. Tai Chi; 10:30 a.m. exercise; 11 a.m. Tai Chi/Pilates; 5 p.m. yoga (private class, reservation only). 1321 Waters Edge Drive, Suite 1001. Details: 817-579-2979.

**CHESS CLUB**, 6-9 p.m. at YMCA, 1475 James Road. U.S. Chess Affiliate, all ages and skill levels, children 10 and under must be accompanied by adult. Y membership not required. Details: HoodCountyChess.com.

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

**THE GRANBURY Disc Golf Club** has mini tournaments every Thursday at 5:30 p.m. at 600 W. Moore St. Welcoming all levels of disc golfers. Show up at least 15 minutes early to pay the \$12 entry fee and warm up.

**MELODY BELLS** singers of Granbury, women's choral group, seeks new members who love to sing 3-part harmony, especially first or second soprano. Also seeking experienced piano accompanist. Weekly Thursday rehearsals for Christmas concert season start Aug. 29, 10 a.m. to noon, at First Presbyterian Church Memorial Hall (the Annex), 301 W. Bridge St. Concerts performed during first two weeks of December. For more information, please call 817-999-1364.

## FRIDAYS

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

## SATURDAYS

**HOOD COUNTY Hummers** Walking Club, 8 a.m., meets every Saturday at Hilton Garden Inn, 635 E. Pearl St., for 5K or 10K walk for fun, fellowship and fitness. Details: 972-567-3278.

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

## FIRST MONDAYS

**HOOD COUNTY** Amateur Radio Club meets on the first Monday each month at 7 p.m. at the Hood County Emergency Oper-

ations Center, 401 Deputy Larry Miller Drive.

**LOVE KNOTS** Loving Hands Ministry. The ministry needs people to crochet, knit or use a knitting loom to make gifts to comfort the ill, bereaved, infants, etc. 1-3 p.m. Acton Baptist Church fellowship hall, 3500 Fall Creek Highway. Details: 817-326-4693.

## SECOND MONDAYS

**MEETING OF** the Lake Granbury Art Association at 224 N. Travis St. at 6 p.m. Meeting includes business and a monthly demonstration from local and visiting artists. For questions call 361-510-6820 or email simanek1@charter.net.

## THIRD MONDAYS

**GRANBURY QUILTERS** Guild meets the third Monday each month at United Coop Electric, 320 Fall Creek Highway, 6 p.m. Details: 817-296-8186.

**LOVE KNOTS** Loving Hands Ministry. The ministry needs people to crochet, knit or use a knitting loom to make gifts to comfort the ill, bereaved, infants, etc. 1-3 p.m. Acton Baptist Church fellowship hall, 3500 Fall Creek Highway. Details: 817-326-4693.

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

## FIRST TUESDAYS

**GRANBURY DOLL** Club meeting, 2 p.m. Hood County Library, 222 N. Travis St., Granbury. All doll appreciators are welcome.

## SECOND TUESDAYS

**GRANBURY KNITTING** Guild meets to knit, learn and share knitting tips each month at First Presbyterian Church Annex, 303 W. Bridge St. Coffee at 9:30 a.m. and meeting from 10-11:30 a.m.

## THIRD TUESDAYS

**THE PECAN** Plantation Genealogy Group meets at the EMS Training Room, 9518 Monticello Drive behind the fire station. Everyone is welcome. You do not need to be a resident to attend. Tell gate security you are attending the genealogy meeting in the EMS Training Room. Questions? Email kcall3219@gmail.com.

## FOURTH TUESDAYS

**HOOD COUNTY** Historical Society meets the fourth Tuesday each month (except November and December) at 7 p.m. at the Historic Granbury Railroad

Depot, 109 E. Ewell St. Contact Karen Nace 817-279-2995 for additional details.

**MONTHLY MEETING** of the Granbury branch of the Mid-Cities Stamp Club at the Bentwater Activities Center, 1800 Emerald Bend Court at 7 p.m. Questions? 817-910-8174.

## FIRST THURSDAYS

**BRAZOS RIVER** Corvette Club meets the first Thursday each month for fellowship, planning events and other business. Dinner, if desired, at 6 p.m., meeting from 7-8 p.m. at Spring Creek Barbeque, 317 E. U.S. Highway 377. Details: bskaggs8@aol.com.

## SECOND THURSDAYS

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

**THE GRANBURY EWMA**, Chapter P motorcycle group meets at Spring Creek Barbeque, 317 W. U.S. Highway 377. Dinner and fellowship is at 6 p.m., an informal meeting is at 7 p.m. Group of pleasure riders who love to ride in Texas and beyond. Many Goldwing riders, also 2- and 3-wheelers, any and all riders are welcome.

## THIRD THURSDAYS

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

**THE HOOD** County Democratic Club meets each month at 1410 Pearl St., Annex #1 at 7 p.m. Questions? Call 817-233-5453.

## THIRD FRIDAYS

**LEGACY CHRISTIAN** Academy of Granbury sponsors skating dates year round at Granbury Skating Rink from 10 a.m. to noon. All Christian music. \$8 cash at the door. No outside food or drink.

## LAST THURSDAYS

**MARINE CORPS** League Detachment 1297 meeting at the American Legion Hall, 3409 Davis Road, Granbury. Chow is at 6 p.m., meeting at 7 p.m.

## SECOND SATURDAYS

**SECOND SATURDAY** Showoff at Fuzzy's Taco Shop, 115 W. Pearl St. Car show, 8:30-10:30 a.m.

**GO PLAY** calendar will feature recurring activities that are open to the public. These items will run each week along with other activities across the area. Submit Go Play listings to calendar@hcnews.com and include the day, date, time and location - including street address.

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When the cares of my heart are many, Your consolations cheer my soul.*

Psalm 94:18-19

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Romans 15:13

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No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."  
John 15:4*

GRANBURY CULTURAL ARTS

# Arttober festivities are just around the corner

**BY STACEY WATKINS-MARTIN AND CORA WERLEY**

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

Arttober is just around the corner, and as the temperatures drop, the art scene in Granbury is heating up. All the local nonprofits dedicated to the arts are firing on all cylinders to make this an exciting month. Be sure to mark your calendars.

Kicking off the festivities

Oct. 1 at 4 p.m., the Lake Granbury Beautification Council will hold a ribbon-cutting ceremony at LaRoe Park, right across from Shanley Park on Houston Street. This event celebrates the council's 40th anniversary and all the remarkable achievements that have made Granbury an even more beautiful place to live. Additionally, the council will unveil a new interactive sculpture titled "Locke of Love." Over the years, the council has worked tirelessly to enhance our city's beauty, with projects including:

- Development of LaRoe Park and House
- Helping Granbury achieve TREE USA designation

- Collaborating with the city to acquire the land for Houston Street Park
- Planting crape myrtles along U.S. Highway 377
- Installing benches on the Granbury Square
- Creating fountains and waterfalls at Houston Street Park
- Building a footbridge over Lambert Branch Creek
- Completing rock work and culverts at the Shanley House
- Adding a second footbridge at Houston Street Park
- Installing period street lighting at Houston Street and LaRoe Parks
- Decorating with Christmas lights at Houston

- Street Park
  - Purchasing four large 16-foot Christmas trees for the Granbury Square
  - Installing the Jewel Fountain and Brady Fountain
  - Adding planters and pots on the Granbury Square
  - Providing furniture for the Library
  - Lighting trees around the Granbury Square during fall and winter
  - Installing the Dan Coates sculpture
  - Refurbishing restrooms behind the Opera House
  - Painting the gazebo and Santa's house on the Granbury Square
  - And much more.
- Soon, the Shanley Park Board and the city will announce the installation of

the two Covelle Jones sculptures in Shanley Park and the new sculpture garden. Save the dates of Oct. 25, 26 and 27 to immerse yourself in a weekend full of art. Opening first, the festivities will kick off with the Coates Western Art Exhibition hosted by the Granbury Arts Alliance where you're invited to enjoy a weekend of incredible western art. Join us for an exclusive VIP evening on the 25th to preview and purchase artwork while mingling with artists, collectors and fellow art enthusiasts, all while enjoying food, drinks and music. The event will be open to the public free of charge Saturday, Oct. 26, from 10 a.m. to 5 p.m. For more information and

tickets for the VIP event, visit <https://buytickets.at/granburyartsalliance/1361923> Also happening Oct. 26 and 27 is the renowned, 46 year-old Harvest Moon Festival of the Arts, organized by the Historical Granbury Merchants Association. This two-day festival will begin Saturday with an array of fine art, delicious snacks, music and even a wine stroll. The day will culminate with a performance by Michael Hix and a masquerade party street dance event. For more information visit <https://www.visitgranbury.com/event/annual-harvest-moon-festival-of-the-arts/12451/> This is an Arttober you will not want to miss!

VETERAN'S VOICE

# Knowing local resources makes donating easier



**BY LINDA MALLON**

Linda Mallon, a retired Army master sergeant, found her niche working with veterans and their families in Granbury. She is a former claims administrator for Blue Shield of New Jersey and later senior personnel sergeant, taking care of soldiers' careers for more than 20 years. [lmallon@co.hood.tx.us](mailto:lmallon@co.hood.tx.us) | 817-579-3292.

Often our office receives calls from veterans and family members looking to donate clothing items, furniture and durable medical equipment like hospital beds, wheelchairs, eyeglasses, hearing aids and even unused syringes.

For clothing items, furniture and the like, I often refer them to Mission Granbury. They accept donations like gently used clothing and home furnishings through their resale shop "New

Beginnings." The money they make through the sale of these items stays within the community and you can let them know you'd like the proceeds to be designated for veterans in need.

Nonprofit organizations like Joseph's Locker, People Helping People and Goodwill accept donations. In some cases the Hood County Senior Center may know someone specifically who needs the item you have to donate.

Veterans with limited means, pension recipients or those with a service-connected condition (who are enrolled in the VA Health Care System) can get a referral for medically necessary durable medical equipment through Prosthetics at the Dallas VA Medical Center at no cost to them.

If you are making a donation to an organization, except perhaps items like wheelchairs, may not go to a veteran.

Goodwill accepts eyeglasses and Lyons Club International accepts eyeglasses and hearing aids. You may also contact service organizations like the VFW, American Legion, Military Officers Association, The Disabled American Veterans and the Marine Corp League

if you have specific items you have questions about or to make a monetary donation earmarked for veterans.

There is a new clothing drop box outside of the Sheriff's Department for clothing donations.

Medications and syringes are not items to be donated and SHOULD NOT be thrown in the trash. The Sheriff's department has a drop box outside its building resembling a mailbox - all medications, syringes and the like should be dropped there.

If you have an automobile to donate, the DAV has a program to accept donations and Wheels for Veterans will accept donations as well.

If you have any questions regarding a specific donation or connecting with any of these organizations, contact

our office for more information. When donating items, contact the donation center or organization in advance for a list of items they will and will not accept.

When you wish to donate the proceeds of your sale to a service organization note that on the sale ad, so customers know the proceeds will go to veterans in need.

You may also contact Josh Morrison, veteran services coordinator at Pecan Valley Centers at 817-579-4489.

His team specializes in assisting veterans in need through their grant from Texas Veterans Commission. They may know individuals or groups outside of local service organizations who would benefit from a specific donation.

Previously with Pecan

Valley Centers, Calen Bullard is now working as a healthcare advocate with the VA Healthcare System to assist local veterans with VA appointments, billing issues both VA and non-VA, VA Healthcare eligibility and enrollment, referrals and even complaints.

Calen was a great asset for us at Pecan Valley and we are thrilled to have his advocacy at our local clinic. He offices at the Granbury clinic, 1210 Paluxy Road and can be reached at 817-964-6079 or email [calen.bullard@tvc.texas.gov](mailto:calen.bullard@tvc.texas.gov) or [lmallon@HoodCounty.Texas.gov](mailto:lmallon@HoodCounty.Texas.gov), or call 817-579-3292.

## VETERANS DAY

HELP US HONOR OUR LOCAL VETERANS

We're running a special section in November to honor our local veterans.

**HURRY! Deadline to submit is Monday, October 14th.**

Submit your veteran's photo to our website:

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Include name of veteran, branch of service, years served, and a photo.

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PECAN PLANTATION BITS

# Auxiliary sponsored crafts fair happening Sept. 28 at the P.A.C.

BY DIANE LONG



A Mississippi native who has been a Texas transplant for 30 years, Diane Long is a wife, mother, and former English teacher who has written Pecan Plantation Bits for 17 years cumulatively. She spends her time both gathering neighborhood news and collecting new books to read. dianedlong@yahoo.com | 817-579-9360

The Pecan Plantation Volunteer Fire Department/Emergency Medical Service Auxiliary-sponsored arts and crafts fair is happening today, Saturday, Sept. 28, from 9 a.m. to 3 p.m. at the PAC. More than 64 booths of artisans, crafters and vendors will be present and offering various and lovely items for purchase, and a variety of raffle prizes will be offered. Furthermore, the Marina Trio will provide music from 10 a.m. to 1 p.m., and the Fidget Chicks will be selling pulled pork sandwiches from 11 a.m. to 2 p.m. at the fair and filling to go orders from 2 to 3 p.m.

Cowtown Gold and Silver will be present to purchase precious scrap metals, sterling flatware, hollowware and coins, immediately turning them into cash for customers. Cowtown will in turn donate a part of its profits for the day to Pecan's emergency services.

Visitors to Pecan are welcome to this event, and every penny earned will support our community's emergency personnel.

**PRIZE AVAILABLE**

Furthermore, the VFD/EMS Auxiliary is selling raffle tickets for a Bonds Arms Rowdy derringer. Tickets are \$20 each or six for \$100, and

folks wishing to make a purchase may text Julie Logan: 727-252-3702. Tickets will also be available today at the crafts fair at the PAC from 8 a.m. to 3 p.m.

**FLYING HIGH**

Pecan's Experimental Aircraft Association Chapter 983 looks forward to hosting its annual fly-in and car show today, Saturday, Sept. 28, from 9 a.m. to 3 p.m. at Planeview Park in Pecan. The day will include Young Eagle flights, aircraft simulation, radio control display, and gyrocopter and glider, in addition to Pecan's emergency vehicles being on hand and food available for purchase.

**GOLF GAME**

Pecan's Men's Golf Association has the course busy today, Saturday, Sept. 28, and tomorrow, Sunday, Sept. 29 with its Club Championship. In addition, Thursday, Oct. 3 holds a Texas Scramble for players. Sign up and gather full information on golf happenings in the pro shop: 817-573-2645.

**FALL FETE**

Pecan's Widows and Widowers Club will gather again Thursday, Oct. 3 at 5:30 p.m. in the clubhouse ballroom when "swinging into fall" and Oktoberfest are on



PHOTO COURTESY OF LANA ROBINSON

The Pecan Plantation VFD/EMS Auxiliary sponsored crafts fair is happening today, Saturday, Sept. 28, from 9 a.m. to 3 p.m. at the PAC. One of the vendors present is Susie Lambeth with her fabulous quilts. Pictured with Susie is long time Auxiliary member Alice Vaught.

the evening's agenda. Karen Carmody will be present and playing Bavarian music on her accordion with much "oompah" for the crowd. Good food, much fun and a happy time will ensue.

In addition, Chelsea Hawkins of the Historic Granbury Merchants Association will present what is happening in our town during the fall and holiday seasons. Calendars will be filled with events and happenings in the city of Granbury. Chef Jordan Ray is preparing a German entrée as well as a salad option for dinner.

Future events for the group include a "Thankful Meeting" Thursday, Nov. 7 and a holiday party Thursday, Dec. 5. Attendance is open to any widow or widower who lives in Pecan, and for more information on the club, contact Caryl Mahaffey: caryl.mahaffey@charter.net.

**WELCOME HOME**

The next new member orientation is scheduled for Saturday, Oct. 5 at 10 a.m. in the Terrace Room of the Pecan clubhouse. All new residents to our community, as well as longtime folks who would like a refresher course on the amenities of our neighborhood, are invited to attend. To secure a spot, contact Sarah Lord at sarahlord@ppoaweb.com.

**TRAVEL EATS**

"Pecan around the World" is a popular occasion, and it is coming up Saturday, Oct. 5. Chef Jordan Ray will engineer this all-inclusive event that will include fine cuisine from several countries including Morocco, Brazil, Italy and Australia. Reservations are required: 817-573-2641.

**PARTY TIME**

The next "mystery bus"

event is on the calendar for Wednesday, Oct. 9, and signup has begun. Pecaners received a reservation link via email. This most enjoyed outing — the final one for 2024 — will fill up quickly.

**GOOD GAME**

"Trick or Treat Bingo" comes to the clubhouse on Thursday, Oct. 10. Participants are encouraged to wear costumes as the one voted the best will take home a prize.

**ROAD TRIP**

The Pecan Plantation Recreational Vehicle Club is looking forward to an outing at Finish Line RV Park Oct. 13-18 in Hot Springs, Arkansas. For complete information on this fun group and its presence in our community, visit its website: www.ppoarv.org.

**SALE WEEKEND**

Pecan's fall garage sale weekend will happen Friday, Oct. 18 for members only from 3 to 6:30 p.m. and Saturday, Oct. 19 from 7 a.m. to 5 p.m. Online signups and listings of participating households will happen in early October.

**NEW GROUP**

A newly-approved club is forming in Pecan Plantation. Folks who are currently or have formerly worked in any educational capacity are invited to be a member of the Pecan Educator Network (PEN). The inaugural meeting will happen Wednesday, Oct. 2 at 5:30 p.m. at the clubhouse when attendees will visit, plan and shape up a format for future meet-

ings. For more details or to secure a spot, text or call 940-393-3070 or send email to teachtrw@yahoo.com.

**BREAKFAST CLUB**

The Pecan Breakfast Club will gather again Wednesday, Oct. 9 when folks will hear from photographer Bob Moorhouse, former manager of The Pitchfork Ranch and Cowboy. Breakfast Club meets the second and fourth Wednesdays of each month with food service beginning at 9 a.m. and the program immediately following.

**SWIM TIME**

The PAC pool remains open daily (except for Wednesday) from 7:30 a.m. to sunset until the end of Oct. No lifeguards are on duty.

**GREAT MOVES**

A lovely variety of exercise classes are available at the PAC to Pecaners including yoga, chair yoga, Pilates, low impact aerobics, deep water aerobics and line dancing. Chair yoga has become such a popular choice that an additional class time has been added to the schedule. Beginning Oct. 1, three gatherings of chair yoga will be on the calendar happening Mondays, Tuesdays and Thursdays at 10:15 a.m. No yoga experience is necessary to join. Participants should wear comfortable clothing. Classes are designed to improve strength, balance and flexibility, and all ages and fitness levels are welcome. Certified yoga instructor DeDe Lamont leads the classes. Sign up at the PAC: 817-573-7952.

**OFFICE FROM PAGE C7**

You don't need a full hour-long break; even five to ten minutes of fresh air can reset your mind and leave you feeling recharged. Encourage

your team to head outside for walking meetings or brainstorming sessions. A change of scenery can often lead to a change in perspective, sparking creativity and reducing stress.

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ference in how your team feels day to day.

Remember, a happy team is a productive team. Injecting a little bit of fun into your office routine can go a long way toward improving morale, increasing engagement and re-

ducing stress. After all, work should be more than just a place to grind — it should be a place where people thrive.

So go ahead and make your workplace a little more fun. Your team and productivity levels will thank you!

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# LIVING 50 PLUS

**INSIDE** THE LINK BETWEEN SLEEP AND HEALTHY AGING | WHAT SENIORS SHOULD KNOW ABOUT PREDIABETES | RISK FACTORS FOR AFIB | HOW FAMILIES CAN SHARE CAREGIVING RESPONSIBILITIES | AGING INDIVIDUALS' CALORIE NEEDS AFFECTED BY THEIR ACTIVITY LEVELS | 3 TIPS TO CATCH UP ON RETIREMENT SAVINGS | CHANGES THAT COULD ARISE FROM THE "SILVER TSUNAMI" | REVERSE MORTGAGES EXPLAINED | TAX BREAKS AGING TAXPAYERS MAY BE ELIGIBLE FOR | TAILOR-MADE GIFTS FOR ON-THE GO SENIORS | WHAT TO DO ABOUT WELLNESS AFTER 50 | UNDERSTAND THE MENOPAUSE TRANSITION

# The link between sleep and healthy aging

*Metro Creative Connection*

A good night's rest can be just what the body needs to feel revitalized and ready to tackle a new day. Indeed, rest is important for people of all ages, including seniors.

The National Council on Aging notes the brain needs sleep to regulate the body, restore energy and repair damage. Recognition of that is vital for aging men and women, some of whom may be more vulnerable to sleeping problems than they realize. In addition to being more vulnerable to age-related health problems that can interrupt their sleep, thus affecting its quality, aging men and women may find their sleep routines change over time. For example, a 2019 study published in the journal BMC Geriatrics found that active elderly people reported it took them longer to fall asleep as they got older.

The NCOA says it's a misconception that older adults need more sleep

than younger people, noting adults of all ages require the same amount of nightly rest. However, things may change for seniors in regard to how much time they need to spend in bed. The NCOA notes this is because adults may be more likely to experience poor sleep quality and continuity. When that occurs, adults still need the recommended minimum of seven hours of nightly sleep, but they may need to spend more time in bed since it's taking them longer to fall asleep.

It's important that aging adults recognize that they can spend too much time sleeping as well. A 2019 study published in the Journal of the American Geriatrics Society found that too much sleep is linked to the same health problems as too little sleep, issues that include an elevated risk for heart disease and falls.

Sleep issues affecting older adults also may be a byproduct of various contributing factors. The NCOA notes that frequent contributors to sleep concerns include:

- Pain that affects the back, neck, or joints
- Mental health issues, including anxiety and depression

- Neurodegenerative disorders that are more frequent among aging populations, such as dementia and Alzheimer's
- Sleep apnea or disordered breathing at night
- Restless leg syndrome, a condition that tends to worsen with age and is characterized by an urge to move limbs often
- Nocturia, a condition marked by a need to urinate at night
- Stimulating medications or medication interactions
- Decreased exposure to sunlight
- Sedentary lifestyle

Aging men and women who are experiencing difficulty sleeping should know that such issues are treatable and not something that needs to be accepted as a normal part of growing older. For example, individuals whose sleep is routinely interrupted by a need to urinate can avoid certain beverages, including alcohol and caffeinated drinks.

Sleep and healthy aging go hand in hand. Aging adults experiencing difficulty sleeping can consult their physicians and visit [ncoa.org](http://ncoa.org) to learn more about overcoming sleep-related issues.



COURTESY PHOTO

It's important that aging adults recognize that they can spend too much time sleeping as well.

# What seniors should know about prediabetes

*Metro Creative Connection*

Most seniors recognize that routine visits to their physicians are an important component of preventive health care. Annual physicals are important for everyone, but they're especially important for individuals 65 and older who may be more vulnerable to disease and various other health conditions than younger adults.

The National Institute on Aging reports that millions of individuals 65 and older have visited their physicians and learned they have a condition known as prediabetes. For some, the day they receive a prediabetes diagno-

sis also marks the first time they've heard of the condition. Since so many seniors are affected by prediabetes, it can behoove anyone to learn more about it.

### WHAT IS PREDIABETES?

The Centers for Disease Control and Prevention notes that prediabetes is a serious health condition characterized by higher than normal blood sugar levels. When a person has prediabetes, his or her blood sugar levels are not yet high enough to indicate type 2 diabetes, but that could change if prediabetes patients do not make changes to prevent such a progression.

### HOW COMMON IS PREDIABETES?

A 2023 study published in the journal Diabetes Care indicates that 464 million individuals across the globe had impaired glucose tolerance (IGT) and 298 million had impaired fasting glucose (IFG) in 2021. Each of those conditions are hallmarks of prediabetes, cases of which the study indicates are expected to rise significantly by 2045.

### WHAT CAUSES PREDIABETES?

The CDC notes that when a person has prediabetes, the cells in his or her body do not respond normally to

insulin, which is a hormone produced by the pancreas that enables blood sugar to enter cells, which then use it for energy. The pancreas then makes more insulin to get cells to respond, but eventually the pancreas cannot keep up, resulting in a rise in blood sugar.

### DOES PREDIABETES PRODUCE SYMPTOMS?

Many people have prediabetes for years and do not know it. In fact, the CDC reports that more than 80 percent of the 98 million American adults who have prediabetes are unaware that they do.

### HOW CAN I DETERMINE IF I HAVE PREDIABETES?

The sheer volume of people who have prediabetes but are unaware that they do begs the question of what individuals can do to learn if they have the condition before they develop type 2 diabetes. Recognition of the risk factors for prediabetes is a good start. The CDC urges anyone who has any of the following risk factors to speak with their doctor about having their blood sugar tested:

- Being overweight
- Being 45 or older
- Having a parent, brother or sister with type 2 diabetes

· Being physically active less than three times per week

· A history of diabetes during pregnancy (gestational diabetes) or giving birth to a baby who weighed more than nine pounds

· Having polycystic ovary syndrome

· Being African American, Hispanic/Latino American, American Indian, or Pacific Islander. Some Asian Americans also are at greater risk for prediabetes.

Prediabetes can be a precursor to type 2 diabetes, which only highlights how important it is that older adults recognize their risk for the condition.



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# Risk factors for AFib

## Metro Creative Connection

A healthy heart is vital to a long life. Aging individuals recognize that link, and many take steps to protect their heart health, which may include changing their diets or exercising with greater frequency.

Recognizing certain threats to heart health is another important step individuals of all ages can take as they seek to live long, healthy lives. One such threat is atrial fibrillation, which is often referred to as "AFib." Johns Hopkins medicine notes AFib is a type of abnormal heartbeat caused by extremely fast and irregular beats from the upper chambers of the heart. Johns Hopkins notes a person with AFib may have a heart that beats more than 400 times per minute, which is caused

by faulty electrical signals that make the atria (the two upper chambers of the heart) contract much faster than normal.

The American Heart Association reports that AFib increases the risk of heart-related death and stroke. But individuals may be curious about their risk for AFib. Though some of the risks for AFib, such as family history, may be beyond an individual's control, others can be managed with the goal of reducing the likelihood of developing the condition. The AHA notes that people who have one or more of the following conditions are typically at higher risk for AFib.

### AGE

Age is a significant risk factor for AFib. Johns Hopkins notes that adults

older than 50 are at elevated risk for AFib. In addition, the AHA reports that medical researchers suspect the number of AFib cases will rise considerably in the coming years as people are living longer. Recognition of age as a significant risk factor for AFib might compel more individuals to take additional risk factors for the condition more seriously.

### HIGH BLOOD PRESSURE

The AHA reports that longstanding, uncontrolled high blood pressure can increase a person's risk for AFib. This link between AFib and high blood pressure underscores the need for annual health examinations, which often uncover the condition known as "the silent killer" due to the fact that it does not necessarily produce noticeable symptoms.

### EXISTING HEART CONDITIONS

Heart valve problems; hypertrophic cardiomyopathy, which is marked by a thickening of the walls of the heart chamber; acute coronary syndrome, an umbrella term used to refer to conditions in which blood supplies to the heart are suddenly blocked; and a history of heart attack are just some of the heart conditions that increase a person's risk for AFib. Anyone with a personal or family history of these and other heart conditions is urged to discuss AFib with their physicians.

### ALCOHOL CONSUMPTION

Binge drinking increases risk for AFib, according to the AHA. The organization defines binge drinking as five drinks in two hours for men and four drinks in two

### DID YOU KNOW?

Atrial fibrillation, often referred to as "AFib," is more common among men than women. Johns Hopkins Medicine notes AFib is caused by extremely fast and irregular beats from the upper chambers of the heart. Males are more likely than women to develop AFib, though that does not mean the condition is not a threat to women. In fact, age is a significant risk factor for AFib, and a report from Henry Ford Health noted that women tend to live longer than men, which could explain why there were more women living with AFib in 2020 than there were men. The condition also manifests differently in men than women. HFH notes that high blood pressure and heart valve disease are more likely to lead to AFib in women, while coronary artery disease and a history of heart attack are most common risk factors for AFib in men.

hours for women. If individuals want to consume alcohol, Johns Hopkins emphasizes the need for moderate consumption, which is defined as one drink or less per day for women or two drinks or fewer per day for men.

### ACTIVITY LEVELS

Though physical activity is an essential component of a healthy lifestyle, the AHA

notes that AFib is common in athletes. The condition can be triggered by a rapid heart rate known as a supraventricular tachycardia, which can be a byproduct of exercise.

AFib can pose a serious threat to individuals from all walks of life. Recognition of that threat and how to reduce AFib risk can be part of anyone's long-term health regimen.

# How families can share caregiving responsibilities

## Metro Creative Connection

Family caregivers are unsung heroes. Such individuals typically provide vital services to their loved ones who cannot fully care for themselves, and they often do so without compensation.

Data from the U.S. Bureau of Labor Statistics indicates the prevalence of family caregivers across the country. According to the BLS, 14 percent of the population, which equates to roughly 37 million people, provide unpaid eldercare across the nation. Unpaid caregivers also provide vital services in Canada, where the Canadian Institute for Health Information reports such individuals provide

an average of 17 hours of unpaid care each week (26 hours for those who care for seniors with dementia). Caregiving for a family member can take a toll that affects caregivers' physical and mental health. According to the Centers for Disease Control and Prevention, caregivers are at increased risk for developing multiple chronic diseases since many neglect their own health needs while caring for others. In addition, roughly 15 percent of caregivers who participated in a CDC survey reported experiencing 14 or more mentally unhealthy days in the past month.

The physical and mental toll of caregiving underscores

how important it can be for families to find ways to share caregiving duties. Though each situation is unique, the National Institute on Aging offers the following advice to families as they seek to share the responsibility of caring for a loved one in need.

### IDENTIFY THE CARE REQUIRED

The NIA recommends families discuss caregiving needs as early as possible and ideally before an emergency situation arises. If possible, the person in need can participate in this conversation and help to calmly discuss which services are wanted and needed. If a loved one is

diagnosed with a condition in its early stages, such as dementia, families can then work together to identify the level of care required in the immediate future and potentially down the road should the condition worsen.

### CHOOSE A PRIMARY CAREGIVER

The primary caregiver will be the individual who accepts the bulk of the daily responsibilities of caregiving. Identifying this person early, ideally before a primary caregiver is even needed, can limit confusion should the day come when the individual needs daily care.

### DETERMINE EACH CAREGIVER'S CONTRIBUTION

The caregiving team can discuss each person's skills and how they can be used to take care of the individual in need. This can be particularly useful when assigning specific tasks. For example, a caregiver who works in the medical field may be most qualified to speak to medical staff about their loved one's condition, while another who works in the financial sector may be tasked with managing a loved one's bank accounts and ensuring bills are paid on time.

### RECOGNIZE EVERYONE HAS LIMITS

A caregiving team is just

that: a team. As noted, caregiving can take both a physical and emotional toll, so it's important that everyone, and particularly the individual chosen as the primary caregiver, receive routine breaks to ensure everyone can take care of themselves. It's important that a caregiving team maintain a degree of flexibility to account for the physical and mental challenges caregivers may encounter as they tend to a loved one in need.

Sharing the responsibility of caregiving can ensure caregivers and their loved ones in need are not overwhelmed by the challenges they might confront each day. More information about caregiving can be found at [nia.nih.gov](http://nia.nih.gov).



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# Aging individuals' calorie needs affected by their activity levels

Metro Creative Connection

Healthy aging is a multifaceted process that involves an array of variables. Diet and exercise are two such variables, and each are intertwined. According to the National Institute on Aging, the amount of calories individuals over 60 need each day depends on their physical activity levels. Though all adults should aspire to be physically active each day, some aging adults may experience mobility issues that make it hard to move around. But activity levels can serve as a measuring stick for daily calorie intake. The NIA notes that the more active men and women over 60 are, the more calories they will need to consume.

**INACTIVE**

The NIA recommends that women over 60 who are not physically active consume 1,600 calories per day. Men over 60 who are not physically active are urged to consume between 2,000 and 2,200 calories each day.

**MODERATELY ACTIVE**

What qualifies as moderate physical activity is best defined by an individual's physician, who may recommend various exercises or activities based on each

person's condition. Daily walks may qualify as moderate physical activity, but aging adults are urged to keep track of the length and intensity of such walks so they can work with their physicians to determine how they might affect their daily caloric intake. Women over 60 who engage in moderate physical activity each day are urged to consume 1,800 calories per day, while men in that category should consume between 2,200 and 2,400 calories.

**VERY ACTIVE**

Aging men and women can probably determine on their own if their lifestyle can be described as very physically active. Women over 60 who qualify as very active should consume between 2,000 and 2,200 calories per day, while the NIA advises very active men to consume between 2,400 and 2,600 calories per day.

Of course, it's important that men and women over 60 choose the right foods each day as well. The NIA advises against choosing foods that have a lot of sugar, saturated fat and sodium. Fruits, vegetables and whole grains are examples of healthy foods that can help aging individuals reach recommended daily caloric intake without compromising their overall health.



COURTESY PHOTO

**Women over 60 who engage in moderate physical activity each day are urged to consume 1,800 calories per day, while men in that category should consume between 2,200 and 2,400 calories.**

# 3 tips to catch up on retirement savings

Metro Creative Connection

One need not look long or far to be reminded of the importance of saving for retirement. Indeed, it's hard to go a single day without encountering roadside billboards, television and streaming service advertisements, and/or promotional emails touting the retirement planning services offered by an assortment of investment firms. If those adds seem ubiquitous, it's for good reason, as saving for retirement is among the most important steps individuals can take as they look to ensure their long-term financial security.

Despite the widely accepted significance of retirement planning, studies indicate that many people are behind on saving and aware that they're behind. According to a recent survey from the online financial resource Bankrate, 55 percent of respondents indicated they are behind on their retirement saving. In addition, a Gallup poll released in May 2023 indicated that just 43 percent of nonretirees think they will have enough money to live comfortably in retirement.



COURTESY PHOTO

**Despite the widely accepted significance of retirement planning, studies indicate that many people are behind on saving and aware that they're behind.**

The good news for individuals who are behind or concerned about their financial wellness in retirement is that three strategies can help them catch up on their savings.

**1. Take advantage of catch-up rules if you qualify.** Laws governing retirement accounts in the United States allow individuals 50 and older to contribute more to their retirement accounts than they're eligible to contribute prior to turning 50. Bankrate notes that current laws allow individuals over 50 to contribute an

extra \$1,000 per year to a traditional or Roth IRA and an extra \$7,500 annually to a 401(k), 403(b) or 457(b) account. In Canada, individuals can contribute the maximum to a Registered Retirement Savings Plan (RRSP). According to the National Bank of Canada, individuals can contribute up to 18 percent of their annual income to an RRSP, and those contributions are deducted from taxable income. That means individuals are potentially saving more for down the road and paying less in taxes today.

**2. Itemize your tax deductions.** The online financial resource Investopedia notes that taking the standard deduction is not for everyone. Individuals with significant amounts of mortgage interest, business-related expenses that are not reimbursed by an employer, and/or charitable donations may lower their tax obligation by itemizing their deductions. That reduction in tax obligation allows individuals to redirect those funds to their retirement accounts.

**3. Cut back on discretionary spending.** Perhaps the simplest, though not necessarily the easiest, way to catch up on retirement savings is to redirect funds typically spent on discretionary expenses like dining out or travel into retirement accounts. One way to feel better about this approach is to remind yourself that the less money spent on dining out and travel now means more money will be available to spend on such luxuries in retirement.

Three simple strategies make it easier to catch up on retirement savings.

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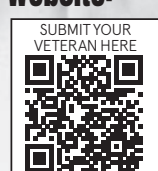
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# Changes that could arise from the “silver tsunami”

*Metro Creative Connection*

A report from the International Monetary Fund in the summer of 2023 indicated that a new challenge awaits the world in the coming years. The global population increased by one billion people between 2010 and 2022. That remarkable increase saw the world surpass the eight billion people mark in November of 2022.

Despite a sharp increase in the global population in such a short period of time, the IMF asserts that the population boom is not the most formidable demographic challenge facing the world. The IMF defines population aging as the most formidable challenge. Widely referred to as the “silver tsunami,” a term credited to the AARP, the increase in the number of individuals age 65 and older could lead to some unique changes in countries across the globe.

**INCREASED RECREATION SPENDING**

Sixty-five has traditionally

been viewed as retirement age, and that remains an unofficial bar for individuals living in countries like the United States that have increased their official retirement age. Though an uptick in the aging population is often framed in terms of the challenges countries will face, that increase also could present some opportunities. For example, a recent AARP Longevity Economy Outlook report noted that people 50 and older account for the most spending on recreation and culture of any demographic. That could prove beneficial to businesses and regions that cater to consumers interested in recreation.

**EMPLOYMENT OPPORTUNITIES**

The AARP also noted the role the 50 and older population plays in supporting jobs. In 2020, the demographic of people 50 and older supported roughly one-third of the world’s jobs and generated \$23 trillion in labor income with its spending on goods and services.

Estimates from the AARP indicate that individuals age 50 and older will support 1.5 billion jobs across the globe by 2050. The labor income impact by then will more than double to \$53 billion.

**EMPLOYMENT CHALLENGES**

Though the silver tsunami could help to maintain existing jobs and create plenty of new ones, employers might find it difficult to fill those positions. As more of the global population reaches retirement age, it bears noting that more workers will retire. Deloitte and the Manufacturing Institute note that the manufacturing sector will need to fill 2.5 million job openings related to retirements between 2020 and 2030. That could prove a sizable challenge, as the aging population is increasing at a time when the young population is decreasing.

The aging population is increasing, which could lead to a number of opportunities and challenges in the decades to come.

**WHAT IS THE “SILVER TSUNAMI?”**

The United States is changing, and observant individuals may notice the nation is skewing a little older than it has in recent years. Estimates from the U.S. Census Bureau indicate roughly 56 million Americans had reached age 65 by 2020, which marked a nearly 39 percent increase since 2010. The increase in the population that has reached traditional retirement age has been dubbed a “silver tsunami,” and that increase could stretch government resources thin in the decades to come. In fact, a 2018 report from

the Hutchins Center on Fiscal and Monetary Policy noted that the federal government could face considerable challenges as more of its budget is allocated to age entitlement programs such as Social Security and Medicare. That problem may not prove unique to the United States, as the United Nations estimates that the elderly population in Europe is expected to account for around 30 percent of all residents by 2050. Though entitlement programs differ from country to country, finding ways to successfully manage the silver tsunami could be imperative to various nations’ financial stability in the decades to come.

# Reverse mortgages explained

*Metro Creative Connection*

As long as there have been homes for sale, there have been financial vehicles designed to alleviate some of the financial pressures associated with owning a home. A reverse mortgage is another way homeowners can borrow money based on the value of their homes, but it doesn’t need to be repaid as long as those individuals are still living in their residences.

**ELIGIBILITY AND BASICS**

The Federal Trade Commission’s Consumer Advice says a reverse mortgage is an option for those age 62 or older who can borrow money based on their equity, or how much money one could get for the home if sold after what is owed on the mortgage is paid off. At least one owner must live in the house most of the year. Reverse mortgages may be paid as a cash lump sum, as a monthly income or as a line of credit that enables the homeowner to decide how much is desired and when.

**DETERMINING ELIGIBILITY**

There is a misconception that a loan that requires no

monthly repayment of principal or interest will not come with any eligibility considerations. Premier Reverse Mortgage says there are some things to know before doing reverse mortgages. To prevent homeowners using reverse mortgages to avoid downsizing due to financial shortcomings, certain eligibility parameters must be met, including a credit history analysis, income requirements, age requirement, and property stipulations. These criteria may differ from lender to lender.

**TRADITIONAL MORTGAGES AND REVERSE MORTGAGES**

Unlike a traditional mortgage where payments are made to principal and interest and the balance goes down over time, with a reverse mortgage, borrowers do not make any payments right away. The loan balance goes up over time and the loan is repaid when the borrower no longer lives in the home. The homeowners or their heirs will eventually have to pay back the loan, usually by selling the home. However, as the loan balance increases, the home equity decreases with a reverse mortgage. This can affect a surviving spouse

or other family members. The FTC advises homeowners to confirm the reverse mortgage has a “non-recourse” clause, which means that the borrower or the borrower’s estate cannot owe more than the value of the home when the loan becomes due and the home is sold.

**ADDITIONAL CONSIDERATIONS**

Due to fees and other requirements, a reverse mortgage may be a more expensive way to borrow money. Other ways to borrow against equity may be a better fit, such as a home equity line of credit. Furthermore, since reverse mortgages are for older adults, scams are prevalent. Some include contractors who approach seniors about getting a reverse mortgage to pay for repairs, or scams targeting veterans.

Borrowers considering reverse mortgages should first speak with a qualified financial planner. Homeowners in the United States can access information through the Consumer Financial Protection Bureau. All options, costs and interest rate information should be confirmed before signing on the dotted line.

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# Tax breaks aging taxpayers may be eligible for

## Metro Creative Connection

Growing older comes with many perks for those who are open to exploring the benefits. In addition to senior discounts on movies, meals and more, moving into one's golden years could offer some breaks when it comes to taxes and finances. It is always best to go over tax- and finance-related plans with an accountant or certified financial planner to figure out what is in your best interest. However, generally speaking, here are some potential age-related tax perks.

## INCREASE RETIREMENT SAVINGS

Older individuals can contribute more to employer-sponsored retirement accounts and Roth or traditional individual retirement accounts (IRAs), according to AARP. For 2023, the contribution limit for employees who participate in 401(k) and 403(b) programs, most 457 retirement savings plans and Thrift Savings Plan through the U.S. Federal Government can increase their contributions to \$22,500 - a jump of \$2,000 from last year. Those over age 50 can maximize contributions even more, up to a total of \$30,000.

## LARGER STANDARD DEDUCTION

The Balance Money says for tax year 2022, people age 65 or older can add an extra \$1,750 to the standard deduction they're eligible for if they are unmarried and not a surviving spouse. Those who are married and file joint returns can add \$1,400. For tax year 2023, those amounts go up to \$1,850 and \$1,500. In addition, the standard eligible deductions increased. Most older taxpayers feel the bigger standard deduction plus the extra standard deduction is more than any itemized deductions they can claim and choose this option when filing their

returns.

## REDUCE TAXABLE INCOME

The ability to contribute more to tax-deferred retirement accounts enables older adults to reduce their taxable incomes. This, in turn, reduces the amount that needs to be spent on income taxes.

## CHANGES IN FILING THRESHOLD

According to The Arbor Company, which oversees senior living communities, the filing threshold is the income that must be made before being required to file a tax return. Typical taxpayers who are either employees

or retired and drawing pensions or Social Security find the threshold increases over age 65. Single filers over age 65 do not need to file returns if their incomes are \$14,050 or under. Married filers over age 65 have a threshold of \$27,400. If primary or sole income comes from Social Security or a pension, those over age 65 may not have to file returns at all.

## ELDERLY OR DISABLED TAX CREDIT

Differing from deductions, a credit for taxpayers is available to people age 65 or older or retired persons on permanent and total disability who receive taxable

disability income for the tax year, according to the Internal Revenue Service. In addition, this credit is for those who have an adjusted gross income or the total of nontaxable Social Security, pensions, annuities, or disability income under specific limits. The eligibility levels change from year to year. Credits range from \$3,750 to \$7,500.

These are some of the tax breaks American seniors can expect when filing their income tax returns. Speak with an accountant and financial planner about other perks that come with aging. Individuals also can visit [www.irs.gov](http://www.irs.gov) for further information.



COURTESY PHOTO

Seniors can get a massage, take a mental break and address minor aches and pains.

# Tailor-made gifts for on-the-go seniors

## Metro Creative Connection

Seniors and older adults did not seem to get the memo regarding inflation. As the world continues to navigate a cost-of-living increase, internal data from Bank of America indicates that Baby Boomers (people born between 1946 and 1964) and Traditionalists (individuals born between 1928 and 1945) are spending more while younger generations are cutting back. Between May 2021 and May 2022, spending by Traditionalists increased by more than 5 percent while Baby Boomer spending rose by 2.2 percent. That uptick occurred while younger generations' spending fell by 1.5 percent.

Seniors seem to be on the go, and that's something holiday shoppers can keep in mind as they look for gifts for their aging parents, grandparents and others. With that in mind, shoppers

can consider these gifts that align well with the lifestyles of seniors who are out and about and making the most of their free time.

## GOLF CLUBS OR ADDITIONAL GOLF GEAR

Data from the National Golf Foundation indicated that more than 34 million people in the United States played golf in 2019, and 15 percent of those players were 65 and over. A new set of custom-fit clubs can help seniors take their game to the next level. Such clubs can be expensive, so they make a great tandem gift from children and grandchildren who pool their resources. If new clubs are not necessary or too costly, a single club, such as a new driver or putter, makes for a great gift as well. Gear like a new golf bag, new spikes and new course-friendly attire also makes a great gift for seniors who love the

links.

## TRAVEL GIFTS

The 2023 AARP Travel Trends survey found that 85 percent of older travelers rank travel in their top three priorities for discretionary spending. The appeal of travel has not worn off for modern seniors, and shoppers can keep that in mind this holiday season. New luggage, travel miles earned through a credit card, unique experiences at senior travelers' next destination, air tags that can keep track of luggage, and a world travel adapter that can convert plugs in any country across the globe are just a few of the many travel gifts shoppers can give on-the-go seniors this December.

## EXERCISE GEAR

The National Council on Aging notes that adults who exercise after turning 65

continue to reap the same rewards that improve quality of life among younger men and women. In addition to boosting immunity, exercising after 65 continues to improve mood so long as seniors stay the course. Exercise gear, including attire and appropriate footwear, can reduce injury risk and help seniors feel more comfortable while breaking a sweat.

## SPA SESSION

All that activity is good for the body, but so is a little post-activity rest and relaxation. A day at the spa, where seniors can get a massage, take a mental break and address minor aches and pains can be just the thing seniors need to recover in time for their next excursion.

Any number of gifts can make this holiday season even more special for modern seniors who continue to get up and go each day.



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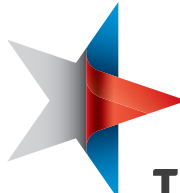
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# What to do about wellness after 50

*Metro Creative Connection*

Reaching one's fiftieth birthday in optimal health is an accomplishment to be proud of. The hard work required to be healthy in midlife includes adhering to a nutritious diet and exercising regularly. Once individuals cross the threshold and enter their 50s, they can look to some additional strategies to maintain their physical and mental well-being for decades to come.

**GET A PET**

Many people 50 and older qualify as "empty nesters," a

term applied to adults whose children have grown up and moved out of their homes. Some empty nesters experience a phenomenon known as "empty nest syndrome," which the Mayo Clinic notes can be marked by feelings of sadness or loss. Pets can help people over 50 with no children at home overcome feelings linked to empty nest syndrome. In 2018, the University of Michigan National Poll on Healthy Aging found that 86 percent of pet owners felt their pets make them feel loved while 73 percent said their pets provided a sense of purpose.

Pets also can ensure individuals over 50 stay physically active and provide opportunities to connect with other people.

**PRIORITIZE LEARNING**

Whether it's taking music lessons, going back to school or mastering a new hobby, learning has a profound effect on aging brains. For example, a 2013 study published in the journal Psychological Science found that memory function is improved by engagement in demanding everyday tasks. That study reported that

people who learned new skills experienced greater memory improvement than people who only socialized or participated in activities that were not as cognitively engaging.

**MAKE AN EFFORT TO IMPROVE BALANCE**

Various factors contribute to a decline in balance as adults age. For example, a decline in muscle mass that begins when people are in their 30s is a normal part of aging. Over time, that natural decline affects strength and agility. Balance exercises can

be a valuable component of a fitness regimen that help individuals reduce their risk for falling as they advance through their 50s and into their 60s and 70s. That's a significant benefit, as the Centers for Disease Control and Prevention reports that one out of every three adults age 65 and older experiences a fall each year, and as many as 30 percent of those falls lead to serious injury.

**EMBRACE YOUR INNER SOCIALITE**

Socialization is important for people of all ages, includ-

ing individuals 50 and over. A 2017 study from researchers at Michigan State found that valuing friendships was a strong predictor of health and happiness among older adults. Opportunities to socialize with friends may increase as people navigate their 50s and children move out or become more independent. Individuals can take advantage of opportunities to socialize whenever possible.

Various strategies can help people maintain mental and physical wellness as they make their way through their 50s and beyond.

# Understand the menopause transition

*Metro Creative Connection*

The human body is capable of various amazing feats, but many will attest that the ability of women to nurture and grow what will become another person is the body's most impressive characteristic.

Healthline states a woman can get pregnant and bear children from puberty, when they start getting their menstrual periods, to menopause. The average woman's reproductive years are between ages 12 and 51. While puberty and pregnancy are topics widely discussed in a woman's life, the same may not be said for menopause.

**WHAT IS MENOPAUSE?**

The World Health Organization characterizes menopause as the end of a woman's reproductive years. After true menopause, a woman cannot become pregnant naturally. Menopause is marked by the end of a monthly menstrual cycle often referred to as a "period." Natural menopause is deemed to have occurred after 12 consecutive months without menstruation. Menopause can occur for other

reasons, such as if the reproductive organs are damaged due to illness or removed for the treatment of a certain condition. This is called induced menopause.

**WHAT HAPPENS DURING MENOPAUSE?**

During menopause, the ovaries stop producing reproductive hormones and stop releasing eggs for fertilization, says the Cleveland Clinic.

**WHAT IS PERIMENOPAUSE?**

Some people incorrectly describe the years leading up to the last menstrual period as menopause. However, menopause only occurs after the last period has occurred. It is a finite date. The menopausal transition before that takes place is actually called perimenopause. It is a period of time that most often begins between ages 45 and 55. The National Institute on Aging says perimenopause traditionally lasts seven years, but it can go on for as long as 14 years. The duration may depend on lifestyle factors, race and ethnicity. During perimenopause, produc-

tion of estrogen and progesterone made in the ovaries varies greatly. That can mean menstruation can be heavy at times or light. It may occur once a month or even multiple times per month. The menopausal transition affects each woman differently. It is a good idea for women to use a menstruation tracker and remain aware of symptoms to discuss with the gynecologist.

**WHAT IS POSTMENOPAUSE?**

Postmenopause is the time after menopause has happened. Women will remain in postmenopause for the rest of their lives. While many symptoms ease up in postmenopause, there still may be mild symptoms attributed to the low levels of reproductive hormones.

**WHAT ARE COMMON SYMPTOMS OF THE MENOPAUSE TRANSITION?**

As one transitions from child-bearing years into postmenopause, certain symptoms can occur.

- Irregular periods
- Hot flashes/night sweats
- Vaginal dryness
- Urinary urgency



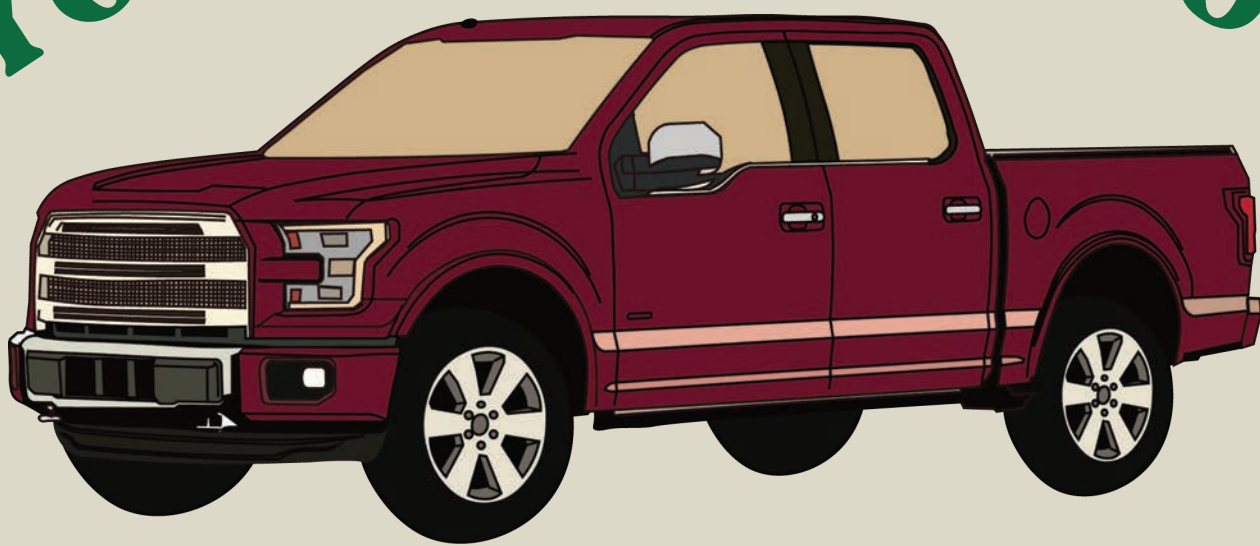
COURTESY PHOTO

Menopause is marked by the end of a monthly menstrual cycle often referred to as a "period."

- Difficulty sleeping
- Emotional changes
- Dry skin, eyes or mouth
- Worsening premenstrual syndrome symptoms
- Breast tenderness
- Headaches
- Racing heart
- Joint and muscle aches

- Weight gain
  - Trouble concentrating
  - Changes in libido
- Women are urged to discuss their symptoms and concerns about menopause with a health care professional. Various treatments can alleviate symptoms and make the transition more comfortable.

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