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VOL. 5 ISSUE 1

January 2025

It's still a *Great* time to sell your home!

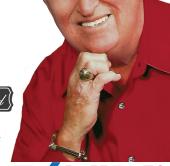
Rod Davis, Realtor RE/MAX HALL OF FAME

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Average List Price (22 Listings)	\$606,686
Avg. Sq. Ft List Price	\$224.31
Homes Under Contract Not Closed	5
Average Sold/Closed Price (6 Sales)	
Avg. Sq. Ft. Sold/Closed Price	
Average Days on Market	75

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



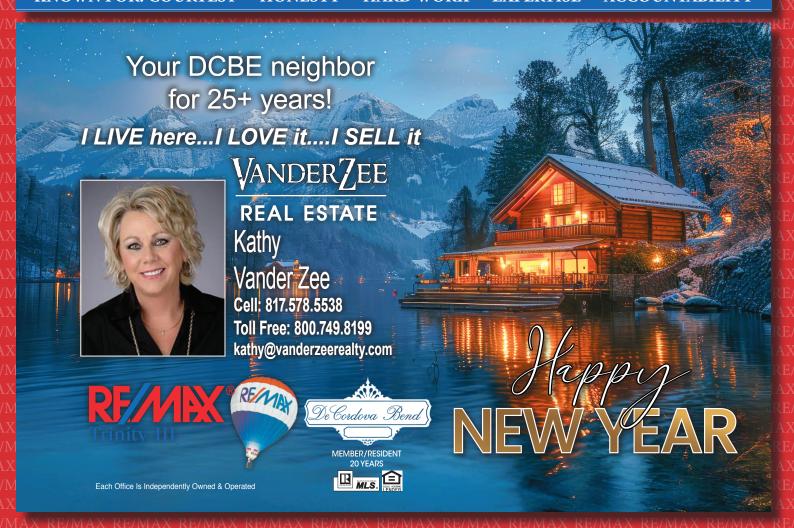














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ABOUTUS



Publisher

SAM HOUSTON

sam@hcnews.con

Staff Writer
EDEN DUNCAN GILBREATH
eden@hcnews.com

Designer HILARY McALLISTER hilary@hcnews.com Staff Writer
ASHLEY TERRY
ashley@hcnews.com

Photographer/Designer LAYTH TAYLOR layth@hcnews.com Staff Writer CHLOE LAING chloe@hcnews.com

Designer JEREMIAH FLORES jeremiah@hcnews.com

hcnews.com

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Marketing Consultant HEIDI GEBHARDT heidi@hcnews.com ext. 235 Marketing Consultant MADISON CASTER

madison@hcnews.com ext. 236 Marketing Consultant BRITTANY BOWERS brittany@hcnews.com

ext. 232



P.O. Box 879 1501 South Morgan St., Granbury, Texas 76048

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Chief Operating Officer SAM HOUSTON sam@hcnews.com

Vice President of Operations
DARREN CLARK

darren@hcnews.com

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Fairway is the official magazine of DeCordova Bend Estates and is distributed to each house-hold every month. We strive to provide residents with news and information about events, activities and people in the community. The views expressed by contributors may not necessarily be those of Fairway Magazine or Hyde Media Group. All rights reserved and no part of this publication may be reproduced or copied in any form or by any means without the written permission of Hyde Media Group, LLC. © 2024.

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

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

Advertising also closes on the 1st of the month prior to publication date. Contact Brittany.Bowers@hcnews. com or call 817-559-5099 and ask for Brittany Bowers.

DECORDOVA BEND ESTATES CLUBHOUSE

5301 Country Club Drive 817-326-2381

STAFF

Matthew Mulherin	General Manager		222
Matt Fleming	Administration		
Steve Mitchell	Executive Chef	steve@dcbeweb.com	
Stephanie Garner	Membership Director & Architectural	stephanie@dcbeweb.com	229
Darren McNeal	PGA Professional	darren@dcbeweb.com	817-910-2537
Ryan Reimer	Golf Course Superintendent		401
Larry Mick	Controller	larrymick@dcbeweb.com	234
Corey Shipp	Maintenance	corey@dcbeweb.com	244
Larry Morgan	Security Chief	larry@dcbeweb.com	304, 817-964-8114
Vickie Mageson	Accounts Clerk		230

DEPARTMENTS

Dining Reservations & C	Questions	682-498-1043
19th Hole		246, 817-243-8084
Dining Waitstation		226
The Cove Carryout Orde	rs	817-243-9315
Event Bookings		232
Pro Shop		236
Main Gate		301, 817-326-4640
North Gate		302, 817-326-5277
Fire Department (non-e	mergency)	817-326-2659
Waste Connections		940-328-1176

BOARD OF DIRECTORS MEETING

Jan. 23 at 5 p.m.

CITY COUNCIL MEETING DATES

Jan. 21 @ 7 p.m.

ON THE COVER

ON THE COVER

A beautiful sunset over the clubhouse and pool of DCBE. Texas is lucky to be one of the few places in the country where golf can played year round. This month's cover photo shows golf carts lined up ready for the next day's play.



MONTHLY COMMITTEE MEETING SCHEDULE

Architectural Control	2nd & 4th Thursday 8:30 a.m.
Facility Maintenance Oversight	2nd Thursday 6 p.m.
Finance	3rd Wednesday 8:30 a.m.
Golf	1st Friday 8:30 a.m.
Legal By-Laws	4th Tuesday 5 p.m.
Long Range Planning	TBD
Membership & Nominating	1st Wednesday 2:30 p.m.
Recreational	1st Thursday 5 p.m.
Security	1st Wednesday 8:30 a.m.

TRAILER AND DUMPSTER STORAGE

NEW TRAILER STORAGE & DUMPSTER USAGE HOURS:

Members of DeCordova ONLY. (No Contractors)

7:00 a.m.-6:00 p.m. Thursday and Saturday.

For access to the area for trailers outside of these times, you will need to call either security gate at the below listed numbers.

Main Gate: 817-326-4640 North Gate: 817-326-5277

REMINDERS FOR USAGE

Dumpsters (Smaller Containers)

- All items must be fully contained within the dumpster
- 2. No batteries
- 3. No tires
- No roofing materials
- No appliances with Freon
- No gas-powered implements
- No paint that is still liquid 7.
- Construction materials must be completely disassembled and cut into lengths of not more than three
- 9. All boxes must be broken down flat
- 10. No household garbage
- 11. No bagged leaves and grass clippings

- 12. No overstuffed furniture, mattresses or box springs
- 13. No large appliances (clothes or dish washers or dryers)
- 14. No Yard waste or Tree trimmings

30-yard Roll Off (Large Container)

- No batteries
- No paint
- 3. No tires
- No oil
- No appliances with Freon in them, the appliance must be red tagged to show that the Freon has been professionally removed



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JM and Michele Simmonds Founders and Owners

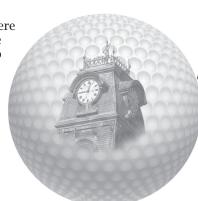
FIND THE GOLF BALL

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

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

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

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





LAST MONTH'S SOLUTION: PJ's Lawncare, p. 17 LAST MONTH'S WINNER: Margaret Berti

Want to Contribute to Your Neighborhood Magazine?

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

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

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January is here and with it, a new year! Happy New Year to all of you! My prayers are for a year filled with celebrations and happiness for everyone.

It has been a fantastic six months serving all of you here at DeCordova! I am honored to be a part of such an amazing community.

Now that January has arrived, I have a budget that I have written, orchestrated, and planned that will allow me to expand on all of our services. I should have a full 2025 events calendar out soon. These events will surely pique your interest, and I am grateful in advance for your support.

Exciting things are coming in 2025!

YARD OF THE MONTH - NOVEMBER 2024

Congratulations!

Dr. Thomas and Sherry Whitehurst 5009 Comanche



Mark and Courtney Xepoleas **4303 Cimmaron Trail**





DCBE GRIEF SUPPORT GROUP

"Starting a New Life"

Is an organization that is 24 years standing. Please feel free to contact the numbers below if in need of help in moving through grief.

Field McDonald: 817 366 6674 Sharon Coan: 817 658 2195

REMINDER FROM THE GM/COO

I wanted to remind you that I will always encourage you to contact me for any reason whatsoever. There are no issues too small. If by email or phone, I try to respond within 24 hours. If in person, let me know a good time or call or email me to set one up. You may also just stop in. My door is open to my staff and members at all times.

I do not consider issues as complaints, rather opportunities for success.

> See you all on Campus Soon! "Honoring Tradition- Embracing Change" God Bless to you and yours,

Matthew Mulherin General Manager/COO 1 Peter 3:8-12 * Matthew 6:14-15 DeCordova Bend Estates and Country Club 5301 Country Club Dr.



REGISTRATION DATES FOR SPRING 2025

PRIORITY REGISTRATION: OCTOBER 29

CURRENT STUDENTS OPENS: NOVEMBER 5

NEW & TRANSFER STUDENTS OPENS: DECEMBER 3

SPRING 2025 CLASSES BEGIN JANUARY 13

Granbury

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Weatherford, TX 76086

817-550-6073



Board of Directors Nomination Form 2025

Deadline for Nomination is March 15th, 2025

In accordance with the Texas Property Code (revised 82nd Legislative Session/2011) reference Chapter 209.00591, entitled Board Membership; to be considered as a nominee for the Board of Directors for the up and coming 3-year term, you must answer the following questions and sign and date this form. Your signature indicates the questions have been answered truthfully and accurately.

Candidates P	rinted Name:	
Telephone No	o.: / Email Address:	
Home Addres	ss:	
Member's Sig	gnature: Date:	
Question 1	Have you been convicted of a crime involving moral turpitude by a governmental law enforcement author within the last 20 years? Yes No	ity
Question 2	Have you been convicted of a felony by a governmental law enforcement authority within the last 20 year. Yes No	s?
Question 3	Do you reside in the primary residence of a current board member? Yes No	
Question 4	Are you a family member, married to or blood relative to a member of the board that will be simultaneous serving? Yes No	sly
Question 5	Are you available to attend a monthly board of directors meeting and host a monthly committee meeting? Yes No	?
The Board of	Directors meet at 5:00pm the fourth Thursday of each month.	
	ting Committee	
•	tchen Hunt 817-797-6034 nursegretel86@gmail.com	
•	817-723-7549 jamies.stamper50@gmail.com	
	488-2380 <u>jds49er@att.net</u> 17 350-4468 vawise2002@yahoo.com	
•	940-228-6378 kpistocco@veritasenergyllc.com	
	7-437-7101 lhoodsmith5@gmail.com	
Larry Similar OI	. 10. 7202 <u>modalima e giramorii</u>	

Bio Received:

OFFICE USE ONLY Contacted within time frames: _____ Picture Received: _____



Happy New Year Everyone!

While welcoming in the New Year, I would also like to welcome the 2025 DCBE LGA Board of Directors:

President: Judy Cordell

Vice President: Gretchen Hunt

2nd Vice President: Nowana Cashiola

Secretary: Kay Bailey Treasure: Lisa Morrow Parliamentarian: Sonja Dildy

I would also like to welcome all our new and existing members back to enjoy the fun games. I invite all ladies of DCBE to join us on Thursdays to meet and socialize with our group. Oh Yeah, play some golf too! If you have any questions about our Ladies Golf Association please call on of our board members. We would be glad to answer any

See you soon for fun and games! Judy Cordell, President

Membership forms are available in the pro shop. Dues are \$40 annually. Please come join us!

9:00 Start Time every Thursday



BIRTHDAY WISHES

January

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

JAN 1

SHELLEY AKERLEY **BOB BROWN** DANA STUBBS JOHNNY HORTON **JACK SHEPHERD**

JAN 2

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

JAN₃

SYLVIA COURTNEY RICHARD MILKE SHANE JOHNSON MICHAEL WARDLOW

JAN 4 Diana Barcafar ROBERT PHILBIN SHERRY WHITEHURST

JAN 5

DAVID CARLTON SEAN DALY ANDREA DIXON THOMAS DOYLE THOMAS FLEMING LINDSEY FOWLER LYDIA MONTGOMERY MIKE REILLY

JAN 6

CHRISTOPHER BAYLER SANDRA MARTINEZ CAROL ROSE PAUL REILLY January 7th MORGÁN SCOTT KATRINA CLAY BARBARA GRAY- WILLIAMS JOHN HENSON **SUE HOLT** JOHN SEARS CYNTHIA COOK

JAN 8

JIMMY BLOODWORTH LAURA DYER **RICK PINGUELO** KRISTIN WENDEL TRAVIS WILLIAMS

JAN 9 Frank Conard **COLEMAN GIBBS** LYNN MCBROOM LESLEY STREVER JARROD TOTMAN **CHARLES WENMOHS BETH WINTERS**

JAN 10

LYNETTE CALDWELL JULIE COOP MARK HADLEY JULIO LOPEZ KIMBERLY ROCKA MICHAEL D. PEMBERTON

JAN 11

JACK CATES NELL DRYSDALE ALAN KONDZIOLA JENNY LING ANTHONY RUST **CALEB SATTERFIELD** JAMIE STAMPER **ROGER TOOPS** RITA WEBB

JAN 12

LETICIA CURETON WILLIAM GOODWIN **LACHELLE JANSEN** KAREN JOHNSON LEE LEBSACK

PAULA MARTIN KIMBERLY ROBINSON DARRELL SAVOY MORGAN TAYLOR PATRICIA WILBORN SARAH WILLIAMS

JAN 13

CHANDLER HOAGLAND LINDA MILLER JORDAN WELCH

JAN 14

KARLA BAUERMEISTER ASA HANNA WILLIAM HEEP CAROL LESTARGE JONES TIMOTHY NEWSOME TOMMY SCOTT PAUL STARK

JAN 15

MARLA FRYE JOANN RANDLE MASSEY ANTHONUS POTAPPEL LOU ELLA SIMMONS STACY SZUMOWSKI VIRGINIA THURMOND TINA LITTLEFIELD

JAN 16

BILL BROWN **GARY FISHER**

JAN 17

JOY ARTHUR **JEFFREY BURGESS** DEBRA CLANTON MARK MICALIZZI DON MCCURDY **VICKIE PFLUEGER** MONTE SMITH **BRENDA SUMMERVILLE**

JAN 18

IRVIN ASHLEY **CALVIN BAUERMEISTER** STEPHEN CLARK **ROCHELLE DALY HEATHER DOLLINS** DAVID GILL **BLAKE GOBER** MARY BETH MARSH JUDY MANOR

JAN 19

KIRK ALLMON **DOLORES LAWHORN BRADLEY MILLS** MARK C. SMITH

JAN 20

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

JAN 21 BECKY ADDISON

DONNY CROSS IFAH DOYLF KAREN FARNER MICHAEL NEILL **BART HELSLEY** JEFFREY RIMER KEVIN ROBERTS DALE ROGERS **CARRIE SHIPP** ALAN SIGGERS DANIEL SPRICK KATHY UMPHRESS LINDA VONDRA KIMBERLY WELDON APRIL FOLSOM

JAN 22

CLAY BYRNE BRENDA DASKAM JULIE HUBIK MARC MILLER MARK MANFRE ADAM ROUSE PAMELA SCHUELER **CAROL STALKFLEET** HEATHER WHITLOCK DOROTHY WILKINSON

JAN 23

SUSAN BUMPASS ANDREW DELEON **JOEL HOLT CHARLES DR. LIVELY BOBBY LOWE** VICTORIA NEYMAN RAISSA PRESS

JAN 24

BOB CASTO RAY HALL **CONNIE LANE** DON POE **CASEY OLIVER WESLEY ST. JOHN** SANDRA WALLER JUDI YALE

JAN 25

TRACY HARTMAN TERESA HUDSON **BARRY LANE AMIR SALEH CHARLES MORRISON**

JAN 26

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

JAN 27

TRACEY BLOCKER RIANN CUNNINGHAM **AMY GOSNELL** KEITH HURST DAVID JACOBSEN NATASHA PROSISE **DONNA SIMMONS** SPENCER YANTIS **ALEXANDRIA MULLINS**

JAN 28

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

JAN 29

CLAIRE DALTON JERRY L EMMONS MONICA LEE JANET SMITH **BILLY G. TENNISON NOEMI TULLIS**

JAN 30

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JAN 31

GAYLA POWELL RANDALL SHIPP LINDA SWARINGEN **CHUCK VAUGHN** LACEY ZAWADZKI



GOLF COURSE MAINTENANCE

WHEN DO WE COVER GREENS?

As we head into the coldest part of winter, I always get asked to what temperature must it drop to for us to begin covering greens. The reality is there is no magic number we look for when deciding whether we should cover greens. There are a lot of factors that determine when covering greens is necessary.

In addition to temperature, we look at other key data points such as the forecasted duration of the extreme cold temperatures, whether or not there will be sustained, gusty winds and if there is any precipitation coming with the arctic front. We also monitor soil moisture and soil temperatures leading up to the arrival of the cold weather. For example, if we are forecasted to drop into the upper teens for one night only and the high temperature is forecasted to be somewhere in 40s during the following day, we likely would not cover. However, if we are expecting temperatures to drop into the teens multiple nights in a row and highs are expected to remain below 40 with cloudy or overcast skies and/or gusty north winds, we would most likely cover the greens.

Ultimately, cold air temperatures with the right amount of soil moisture is survivable. Cold, dry air with low soil moisture is nearly certain death when it comes to bermudagrass greens. Therefore, you will see us out on the course regularly checking the soil moisture with moisture meters. These meters give us real numbers that allow us to have a threshold for when greens need to be watered and help us determine how much water needs to be applied. Even though bermudagrass may be in a dormant stage during the winter months, it still requires water and hydration to survive.

With greens covers, not only are we trying to keep the soil temperatures from getting too low, we are also trying to prevent desiccation of the turfgrass plant. Desiccation happens when soil moisture is lost primarily through dry, gusty winds this time of year. Greens are high in sand content and therefore can lose moisture much faster than other areas of the course. To help minimize this moisture loss, we utilize products called "wetting agents" that helps distribute the moisture throughout the soil profile much more consistently and help to retain moisture in the root zone.

Overall health of the turfgrass on the greens is another major factor in determining when to cover and right now our greens are as healthy as we could expect for this time of year. Of course, we are always at the mercy of mother nature and things can change quickly. We will continue to constantly monitor long range weather forecasts and weather models, and we will be prepared well ahead of time should there be any extreme weather predicted.

Should there be a need to cover greens, we will need to cover before the actual cold weather arrives as it is a time-consuming process; we need to get them covered in order to hold onto as much heat as we can. In my experience, the weather seems to always be warm and nearly perfect for golfing immediately prior to an arctic front arriving. Therefore, some of you may be cursing my name as we begin covering on what may seem like the perfect day for golf, but know that we will always do what is in the best interest of protecting the course so that it continues to be around for everyone to enjoy.





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SHORT-TERM FITNESS GOALS THAT CAN LEAD TO LONG-TERM SUCCESS

As New Year's Day 2025 approached, millions of individuals were preparing to make changes they hoped would improve their fitness. In a Forbes Health/One Poll survey of 1,000 adults in the months leading up to the start of 2024, nearly half (48 percent) of respondents indicated improving their physical fitness would be a top priority over the course of the new year.

Fitness-based resolutions are popular every year, but people who aspire to make such changes recognize how difficult it can be to achieve them. In fact, the Forbes Health/One Poll survey found that roughly 44 percent of respondents indicated their resolutions flamed out at the two- or three-month marker. Though there's no one-sizefits-all strategy for sticking with and ultimately achieving a resolution, identifying short-term goals that can help people stay motivated can lead to long-term progress. Individuals who want to improve their physical fitness can consider these three short-term goals and use them as measuring sticks as they pursue more long-term objectives.

1. ASPIRE FOR INCREMENTAL WEIGHT LOSS.

Weight loss goals were the fourth most popular New Year's resolution for 2024 among participants in the Forbes Health/One Poll survey. Though that survey separated fitness goals from weight loss goals, the two are certainly linked. Individuals who aspire to lose 10 pounds undoubtedly recognize that such a goal cannot be achieved overnight, so why not aspire to lose small amounts of weight at predetermined intervals? For example, if the end goal is losing 10 lbs., aim to lose two pounds by the end of January. Incremental progress can motivate individuals to stay the course and ultimately propel them toward achieving a more substantial, longterm goal.

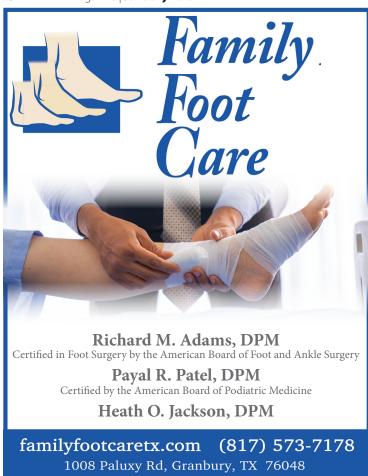
2. EXERCISE FOR A PREDETERMINED NUMBER OF DAYS EACH WEEK.

Another way to gradually build toward achieving long-term fitness goals is to establish monthly minimum exercise sessions. Individuals accustomed to a sedentary lifestyle can resolve to exercise three days per week in the first month of their resolution, and then increase that by a day in the second month. A consistent schedule when designing this goal is imperative, which is why it can make more sense to plan for three days per week as opposed to 12 days per month.

3. RESOLVE TO WALK A MILE PER DAY.

Walking is an accessible cardiovascular activity that can have a profound effect on overall health. Walking also can help condition sedentary individuals' bodies for more strenuous activity, which is a transition many people aspire to make when setting long-term fitness goals. A daily one-mile walk won't require a significant commitment of time, but it can help acclimate the body to routine exercise. As the effects of a daily walk begin to take hold, individuals may find it easier to engage in more strenuous physical activities, making this an ideal stepping stone on the way to achieving long-term fitness goals.

Short-term goals can help people remain motivated as they pursue more substantial goals that take longer to achieve. Such an approach can be especially useful for individuals resolving to improve their physical fitness at the start of a new year.





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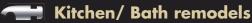
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SECURITY REPORT

November 2024





Synopsis Report Totals FYE 2024

	Jar	1-24)-24	Ma	r-24	Apı		May	y-24	Jun		Jul		Aug	g-24	Sep	-24		t-24	Nov	-24
Type Offense	Reports	V'S	Reports	NORV'S	orts	NORV'S	Reports	NORV'S	Reports	NORV'S	Reports	NORV'S	Reports	NORV's	orts	NORV's	Reports	NORV's	Reports	NORV's	Reports	V's
	Sepo	NORV'S	sep(OR	Reports	OR	epo	OR	epo	OR	Sepo	OR	epo	OR	Reports	OR	(epo	OR	epc	OR	epo	NORV's
/TC - 66°	Ĭ.	Ž	Ā	Ž	Ĭ.	Ž	Ā	Ž	F	Ž	F	Ž	F	Z	F	Z	F	Z	F	Z	F	Z
Traffic		-				2																
Speeding	2	6	1	2	2	2		6	_	2	2	4		3		3	,	2	2	6	2	3
Misc.Traffic/Accident Hit/Broke Gate Arm	3		Ι	1	2		1	1	2		3		2		2	1	1	2	2		3	
	1	2	1	5	1	2	3	I	4		4		9		$\frac{2}{2}$	1	2		1		3	
Parking/Temp. Parking No Driver's License/INS.	1	<u>2</u> 4	I	3	1	2	1	2	4		4		9			1			1	1	3	
Underage Driving		4					1	2	1		1	1	2		1					1		
Failure to Stop									1		1	1			1		1	1				
Suspicious Vehicle							1				2		2		1		1	1	1			
Reckless Driving					1	1	3		1		2				1	1			1			
Animals					1	1			1						1	1						
	4	1			_	2	2				-	-	_		_		-		_			
Barking Dog	4	1			5	2	3	4			1	1	1		2		1		4		3	2
Leash Law					1	1									2		3		1		2	2
Aggressive Animal	1				2								1		1		1				1	1
Incidents																						
Trespassing																			1			
Misconduct/Disorderly			2	2	1	1	1	1			2	3	3	1						1	1	
Failure to Provide ID																				1		
Dmstic. Disturbance													1				1					
Disturbances			1														1					
W Being Chks	3		1		1		4		3		1		3		2		3				3	
Member Assists	42		32		52		54		47		24		16		10		2				18	
Theft									2													
Burglary									1													
Medical Assists	19		7		11		17		13		21		38		28		28		21		12	
Misc. Rules Violations	2	3	1	3		3			3		4		4	1	1	1	5		1	3	2	
Vandalism					1				1													
Noise Complaint					1				1		1		4		2		1		4		2	
False Alarm	2				1				1		1		1		3		1		2		2	
Failur to Comply		1			1	1	3	1	1	1	1								1	1		
Assault																						
Unauthorized Entry			_		<u> </u>		1		1		3		2	1	4	1	1		4		5	1
Misc. Complaints	6		5		5		5		6		7		7		7		5		4		3	
Fireworks/Firearms	1								_			1	<u> </u>		2				1			
Mischief									1		2		4				4		2			
Fire			7										Ļ						1			
Burning on Property	1		1		_								1					<u> </u>			-	
Suspicious Person	-				2						3										1	
Lost Child/Adult Totals:	0.5	17	_		1						2											
Totals:	85	17	52	13	89	13	97	15	90	3	83	10	<i>101</i>	6	75	8	61	5	51	13	<i>62</i>	9

During the month of November 2024 security responded to 62 calls for service and issued nine Notice of Rules Violations (NORV)

Happy New Year from the DCBE security department! We'd like to extend our heartfelt thanks to everyone who brought food and snacks to the gates during the holidays — everything was truly appreciated and enjoyed.

As a friendly reminder, please ensure that golf carts pull over to the side of the road to allow vehicles to pass, and that walkers and joggers face oncoming traffic for everyone's safety.

Thank you for your cooperation!

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■ Security Office

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It's not everyday that our furry fans get a visitor, but it's a very special day when that visitor comes from the North Pole. We're not sure who enjoyed it more, the pets or the jolly bearded guy!



















SUDOKU

Sudoku is a popular logic-based puzzle game that has gained worldwide popularity. The objective of Sudoku is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 subgrids (also known as "regions") contain all of the digits from 1 to 9. The puzzle starts with some cells already filled with numbers, and the player must use logic and reasoning to fill in the remaining cells.

UNDERSTANDING THE GRID

The Sudoku grid consists of 81 cells arranged in a 9x9 layout. The grid is further divided into nine 3x3 subgrids, commonly referred to as regions.

THE OBJECTIVE

Your goal is to fill the entire grid with digits from 1 to 9. Each row, column, and region must contain all the digits from 1 to 9, without repetition. The puzzle starts with some cells already filled in with numbers. These numbers are the clues to help you solve the puzzle.

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







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5 NEW YEAR'S RESOLUTIONS TO BENEFIT THE BRAIN

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

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

GET MOVING

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

START A NEW HOBBY

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

brain to improve from a cognitive standpoint, indicates The Healthy, a Reader's Digest brand.

MAKE MORE TIME FOR FUN

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

PRACTICE MINDFULNESS MORE OFTEN

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

EAT A BETTER DIET

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

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





TIPS TO STAY THE COURSE WITHA NEWDIET





The dawn of a new year marks a great time to turn over a new leaf. Many people begin a new year by making resolutions, and aspiring to eat healthier is annually among the most popular pledges health-conscious individuals make.

A recent Statista survey of hundreds of people across the globe found that eating healthier was the second most popular New Year's resolution of 2023. In fact, 50 percent of respondents indicated they set goals to eat healthier in the year ahead. Though each year is different, it's fair to assume a similarly large percentage of resolution-minded individuals will aspire to eat healthier over the next 12 months. As people begin their journeys to a healthier lifestyle, they can consider these strategies to stay the course with a new diet.

DO NOT EAT TOO CLOSE TO BEDTIME

A 2014 study published in the Journal of Human Nutrition and Dietetics found that eating more of a day's total energy intake in the evening is associated with a higher risk of being overweight or obese. The researchers behind the study concluded that eating more of the day's energy intake at midday can lower the risk of being overweight or obese. Individuals are more likely to stay the course when they see positive results, so try to eat dinner several hours before bedtime and resist the urge to snack after dinnertime.

TREAT YOURSELF, BUT ONLY PERIODICALLY

It's unreasonable and potentially counterproductive to completely avoid foods seen as treats. Cutting out indulgent foods may seem appropriate, but such an approach could make you miserable, and a diet that sparks feelings of misery will prove harder to commit to than one that allows for the occasional indulgence. Moderation is the name of the game, and that should be a rule of thumb for both healthy foods and indulgences. Don't make indulgences part of your daily routine, even if you eat them in moderation. Rather, save treats for special occasions, and even then only eat them in moderation.

CONSIDER EATING LESS, BUT MORE FREQUENTLY

Data is conflicting in regard to eating smaller but more frequent meals. A 2015 study published in the Journal of the Academy of Nutrition and Dietetics found that individuals who had six or more eating occasions in 24 hours had a lower mean body mass index than people who had four or fewer eating occasions in 24 hours. The researchers behind the study concluded that eating a larger number of small meals throughout the day may be associated with improved diet quality and lower BMI. This approach is commonly referred to as "grazing," and some research has indicated it has no metabolic advantage over other approaches to eating. So what to make of the mixed results? Dieters can decide for themselves and eat more frequent but smaller, healthier meals to combat hunger pangs that can arise when switching to a new diet. If hunger is no longer posing a threat that can derail your diet, then this approach might increase the chances you stay committed to eating right.

Millions of people will begin January on a quest to eat healthier in the year ahead. Some simple strategies can help them stay the course as they adjust to a new diet.



WHAT IS THE YEAR OF THE SNAKE?

Chinese New Year is a cultural phenomenon in China. In fact, the National Museum of Asian Art indicates Chinese New Year is the most important holiday in China, where a 15-day celebration incorporates age-old traditions in commemoration of the nation's culture and history. Chinese New Year also has a global footprint, and celebrations in various countries commemorate this unique event that heralds the arrival of spring and the beginning of a new year on the lunisolar calendar.

One notable tradition associated with the Chinese New Year involves animals. That tradition is traced to an ancient Chinese poem that told the story of 12 mythical animals that descended from the heavens in a particular order. The Rat was the first animal to arrive and help celebrate the coming spring, and the Pig was the last to make its presence known. Each Chinese New Year commemorates a different animal from that ancient poem, which is why celebrations are often characterized as "Year of the (Name Animal)." Chinese New Year celebrants will commemorate the Year of the Snake in 2025. According to National Museums Liverpool, the snake is wise and intense. The Snake emphasizes physical beauty, which is why it's often associated with vanity. Travel China Guide adds that the snake carries meanings of malevolence, cattiness and mystery, but also notes that some in China believe a snake found in a courtyard is an omen of good luck. In addition, Chinese mythology characterizes the creator of the world as having a human head and the body of snake.



Compatibility is another notion associated with the animals of the Chinese Zodiac that feature so prominently in Chinese New Year celebrations. The Snake is considered most compatible with the Rooster, which the poem suggests was the tenth animal to descend. The Pig (twelfth) is considered the least compatible animal with the Snake.

Chinese New Year is a notably unique celebration. In 2025, the Chinese New Year begins on Wednesday, January 29.



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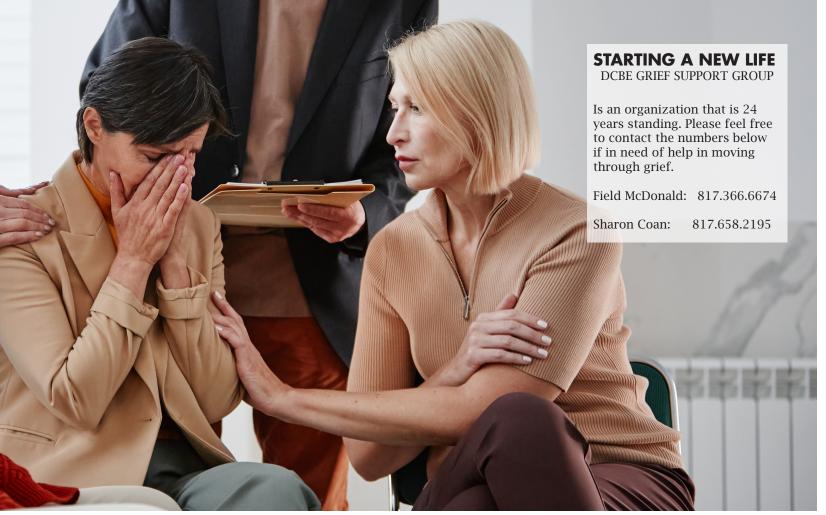


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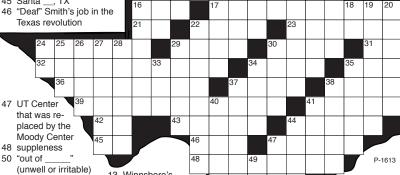
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ACROSS

- TX John Wesley Hardin was killed in Saloon the
- 5 TXism: "it's right " (location)
- 6 Asian River catfish "Houston Museum
- of Fine 8 works a job (3 wds.)
- the tail on 16 the donkey"
- death notices in the Hereford Brand
- Kendall Inn" in Boerne
- 22 TXism: "fits like ugly _ ape' 23 seat of McMullen
- County 24 COVID caused us
- our hands often
- 29 TXism: "happy as with two tails"
- 30 state has an official herd of _ __bred Texas Longhorns
- 31 TX Willie recorded "All of __" (1978) 32 TXism: "sweating
- like water"
- 34 Fort Hood is a U.S. _ post in Texas
- TXism: "run it ___ lawyer" (finalize)
- -Busch has a brewery in Houston
- "weighs _ (heavy)
- 38 TX Roddenberry's show: "Star_

- 39 great Aggie RB who also played for the Chicago Bears briefly (2 wds.)
- 41 TXism: "big crop of locks"
- 42 Chris __Doux sang "Cadillac Ranch"
- a person who was raised in 44-across
- 44 the Lone Star State
- 45 Santa ___, TX
- 46 "Deaf" Smith's job in the



52

26 TXism: "three

sheets to the

27 TXism: "worthless

28 actress Wilson who

was on "Dallas"

and "Walker,

29 camping shelter

(2 wds.)

Texas Ranger'

a hair cut"

- 50
- 51 boat paddle
- 52 president born in Denison, TX (init.)
- _ you later'

DOWN

- 1 "busy as a bartend-
- 2 former Cowboy star safety, Waters
- 3 Stanton's county 4 TXism: "wipe the
- slate clean" 9 western " Belle Starr" (1953)
- 10 TXism: " bones" (skinny)
- _ star" (badge)
- 12 TX actor Rip (init.)

- 13 Winnsboro's Trails Festival" in October
- 14 Texas is 3rd largest _ state in U.S. 15 Perry's creator
- Stanley Gardner TX Pride hit: Rather Love You"
- 19 this architect designed the state capitol (3 wds.)
- 20 TXism: " an egg-sucking dog"
- 22 fragrance-free
- 24 when repeated, a British "adios"
- 25 TXism: "at the drop __ _ hat" (impulsive)

30 paid athletes 33 "got no __ for it" 34 TXism: "got

TEXAS

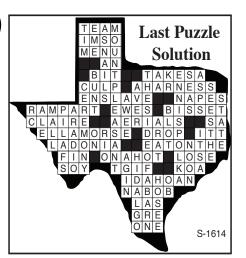
CROSSWORD

by Charley & Guy Orbison

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- ear" (tone deaf) 35 Dennehy of "The Big Year" with TX
- Owen Wilson 37 former McAllen company: "Right
- 38 DFW transports
- 40 large exhibitions
- 41 chops wood 44 "three" in Mexico
- 47 chicken fried steak, e.g.
- 49 swap

Puzzle solution for Crossword Puzzle on page 32.



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- Astros, Cowboys, or Spurs
- 5 TX B.J. Thomas sang " some I Could Cry"
- 6 TXism: mama" (waitress)
- 7 TXism: "costs arm and a leg"
- 8 horse mouthpiece TXism: "it
- big loop to rope him" (obese) 15 TX Oveta
- Hobby was 1st U.S. secretary of HEW 16 item to fasten a
- horse to a plow. e.g. (2 wds.)
- 18 subjugate
- 20 backs of necks
- 22 defensive wall
- 27 a few female sheep 28 Jacqueline of film "The Deep" with
- UT grad Wallach 29 actress Trevor of 1941 film "Texas"
- 30 flight photos
- 32 "Alamo City" abbr. 33 with "Mae," "Cow-
- Cow Boogie" singer from Texas (2 wds.) TX Freddy Fender's
- "Before the Next Tear_ _ Falls" 37 once, International
- Telephone & Tele-__, Inc." graph: "_ 38 in Fannin County,
- on highway 34 _ run' (fast food)

- 41 fish appendage
- 42 TXism: panting like a lizard __ rock"
- 45 TX Freddy Fender sang "You'll ____ a Good Thing" (1975)
- 46 Chinese sauce
- 47 thankfully, it's almost
- 48 Kampground found in Texas



54

former chain

"Steak and

25 rice dishes

"ink _

31 TXism: "fast as

shopping center

founded in Dallas:

receiver of WBAP-

AM signal (2 wds.)

up a rafter

" test

DOWN

- 1 TX Brown who won Heisman at Notre Dame in 1987
- 2 "La ____" (Mexican prison mafia)
- 3 TXism: "hard
- _" (tough) 4 seat of Titus
- County (2 wds.) 8 gentle tap a pitch
- by an Astro batter 9 TXism: "couldn't hit
 - " (bad shot)

- 11 TX Rote, star RB at SMU, 1947-50 (init.)
- 12 on Memorial Day weekend: " Festival"
- 13 oceans
- 14 Egyptian vipers 15 most Texas colleges
- have a graduation in Mav
- 16 assert something
- 17 "he_ writing on the wall"
- 19 young Scot: "just lad"
- 21 "Lone Star 22 Cola

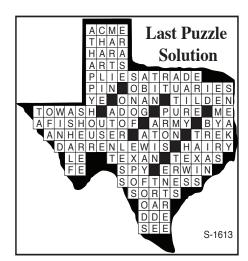
34 TX Buddy Holly 1958 hit: "Rave __" 35 border river:

TEXAS

CROSSWORD

- Grande"
- _ girl!" 40 classic 1952 western: "High
- 43 TXism for "against"
- 44 Edinburg is the seat of this county 50 this TX Taylor was
- a UH All-American defensive end 51 25th governor of
- Texas, Colquitt (first two initials)

Puzzle solution for Crossword Puzzle on page 31.







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Skin MD MedSpa	
The Transit System	
Weatherford College	9

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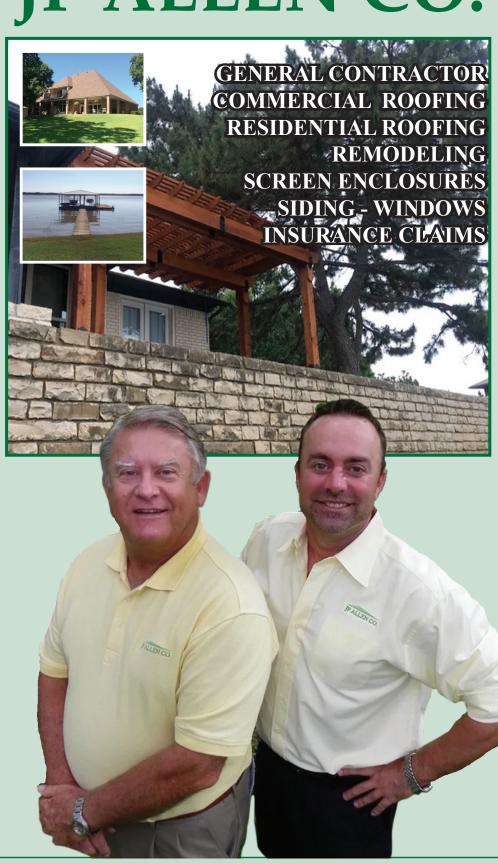
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