

Gainesville

LIVING

SUMMER 2023

- Sat

TIM CORTES

Local Q&A

**GAINESVILLE'S
HISTORY**

A passion for preserving

GARDENING

Know when and how to water lawn,
garden to beat the summer heat

SUMMER RECIPES

Snoball

A Snowy Legacy

Joyfully Connected



Hear More Than the Music. Hear Your Life.

- Be completely present with your family & friends.
- Be able to forget you're even wearing a hearing aid.
- Be comfortable with technology that allows remarkable customization.
- Be free & connected to your life. Have fun!

"Now I can navigate through the world much easier. I can have conversations with multiple people without straining to hear. My family is excited for me, but I'm the one who feels grateful to move forward, relying on myself and interacting comfortably. Thanks to Widex hearing aids, I am completely free and present with friends and family."

-ROGER STEWART

teacher/coach/deaf Olympic competitor

Kenneth Sheppard, Jr. said that for some, deciding to have their hearing assessed takes something happening in their life, or with someone they love – or they miss something important. But, he said, even if you've adjusted to your hearing difficulty, it can be exhausting to have to read lips, filter background noise and try to understand multiple voices. "Of course you want to make educated decisions about something as important to your wellbeing as hearing aids," said Jill Sheppard. "We invite you to come in and ask as many questions as you like. We're here to help you hear well again."

Expertise • Integrity • Good Humor • Compassion

HEARCARE, INC. & ASSOCIATES

It's worth your time. It's about your life.



Jill Sheppard, B.S., SLP/Audiology,
Kenneth Sheppard, Jr., LFDHI

**2-Week
Free
In-Home
Trial
\$500 Off**

a set of premium digital hearing instruments.

Some restrictions apply.

Offer expires

September 29, 2023

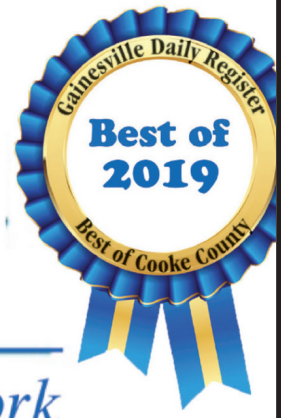


1800 N. Travis St., Suite D • Sherman, TX 75092 • 903.868.2650
800 E. California, Suite 4 • Gainesville, TX 76240 • 903.868.2650
www.hearcareinc.com

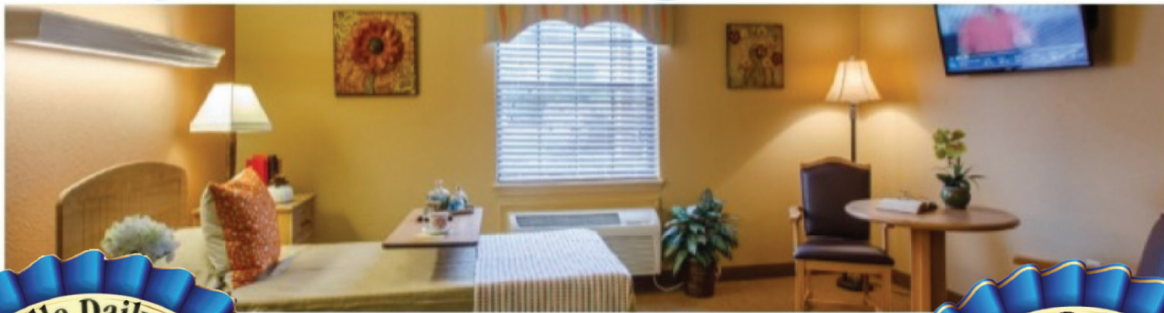




RENAISSANCE CARE CENTER



by Cantex Continuing Care Network



Skilled Nursing Care and after
Hospital Stay Short-Term
Rehabilitation after Orthopedic

Surgery Outpatient Occupational and Physical Therapies Advance
Wound Care, IV Therapies Private Medicare Suites, Respite Care

**NOW HONORING MOST MANAGED CARE
INSURANCE POLICES**



940-665-5221 | 1400 Blackshill Dr. | Gainesville, TX 76240
(located across from NCTC)



Wesley House

ASSISTED LIVING



3291 E. Broadway
Gainesville, Texas 76240
940-301-4436
www.wesleyseniorliving.com

Contents

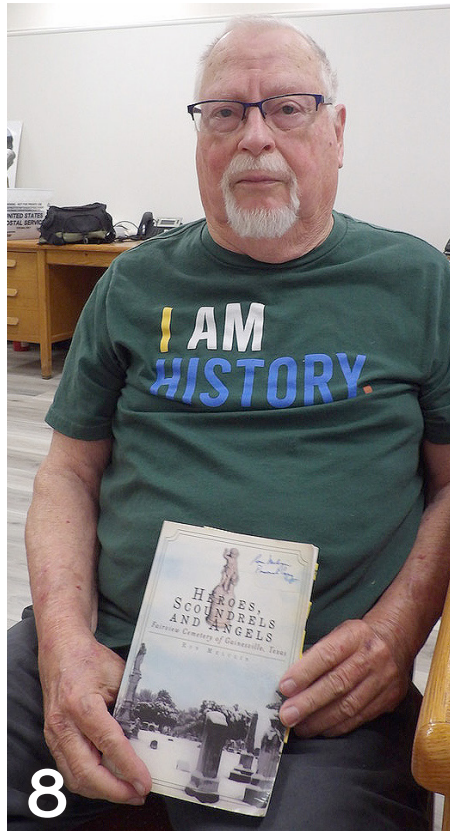


INSIDE

18 TRAVEL

25 RECIPES

30 CROSSWORD PUZZLE



FEATURES

6 LOCAL Q&A

*Tim Cortes, Cooke County Texas
Veteran Services Officer*

8 HISTORY

*A passion for preserving
Gainesville*

12 GARDENING

*Know when and how to water lawn,
garden to beat the summer heat*

14 SNOBALL

A snowy legacy



On the Cover

*Domanick Anton Hubbard
photo, submitted by the
subject*

PUBLISHER — Lisa Chappell

EDITOR — Mike Eads

EDITORIAL CONTENT — Anna Beall, Mike Eads
and Tanner Spearman

ADVERTISING — Mona Burkhardt

DESIGN & COMPOSITION — Ashley Garey

TO SUBSCRIBE — Distributed inside the Gainesville
Daily Register Call 940-665-5511 for subscription
information

TO ADVERTISE — Contact the Gainesville Daily
Register advertising department by calling 940-665-
5511 or visiting [www.gainesvilleregister.com/site/
advertise-with-us.html](http://www.gainesvilleregister.com/site/advertise-with-us.html).

*Gainesville Living welcomes submissions of
photographs for publication but does not guarantee
publication of submitted photos.*

TIM CORTES

Cooke County Texas Veteran Services Officer

Q: Who are you and how did you get here?

A: I am the Cooke County Texas Veteran Services Officer. I am also a retired U.S. Marine Master Gunnery Sergeant with 31 years of active duty including combat tours in Iraq and Afghanistan, and worldwide service.

After returning from a combat tour in Afghanistan serving as a combat advisor to the Afghan National Army, I was contacted by the President of the Medal of Honor Host city program and asked to come to Gainesville during the communities MOH week to assist in hosting and escorting the living recipients as a senior enlisted active-duty member in uniform. I agreed, and in doing so over a period of years met my wife, the former Jeanette Gray-Goode who resided in the local area, and the rest is history.

Actually I like to say that I came to Gainesville for the love of a beautiful woman.

Q. What was it about military life that led to you making it your career?

A: When I joined the U.S. Marines as a young 18-year-old, I was immediately attracted to the challenge the military presented, the structure and the lifestyle. I enjoyed the adventure it posed, the independence, the responsibility and recognized that through merit the almost immediate leadership roles that I was placed in.

World travel soon followed deploying to Japan, Korea, and the Philippines after just one year of service, and then was assigned to Marine Security forces and lived in Naples, Italy for a three-year tour. Traveling around the globe to conduct training, operations or support real world events is without question a key element in consideration of a career choice, even serving with Joint Forces in Africa, and on a military delegation to the Republic of China.

Clearly the sky was the limit, the adventure was real and it was the greatest job I ever had!

Q. What does your typical workday look like?

A: Typically, my day starts out scanning incoming emails and progresses to scheduled appointments assisting veterans or surviving spouses to receive the compensation or benefits that they may be entitled to.

My typical day could also include providing counseling to distraught veterans in real time, videoconferencing with local, state, or federal support agencies, setting up medical or mental health appointments for veterans, assisting elderly veterans with transportation to medical appointments, scheduling burials at national veteran cemeteries, military funeral honors, or delivery and setting military headstones in the grounds at local cemeteries. The day also includes anything a veteran or his family members need assistance with and unscheduled walk-ins.

In addition, there are speaking engagements to local groups and organizations during the day and/or after hours to inform the community of the services offered upon request.

Q. Who was the first Medal of Honor recipient you met, and what was that experience like?

A: The first Medal of Honor recipient that I met was Lt. John Finn, U.S. Navy. Finn was the last living Medal of Honor recipient for actions at Pearl Harbor. John was combat wounded 21 times by Japan's kamikaze pilots during his engagement on 7 December 1941 and was presented the Medal of Honor by Admiral Chester Nimitz for his selfless actions and bravery with complete disregard for his own life during the initial attack over Kaneohe Bay, Hawaii.

John Finn epitomized the toughness and bravery of the American fighting man, and here I was sitting with him and chatting over libations. I remember John asking me, "So tell me Tim, where are you stationed?" to which I replied "Mr.

Finn, I am stationed at the Marine base in Kaneohe Bay, Hawaii, Sir, the same base where you were attacked on Nov 7, 1941, and the same base where you received your Medal of Honor.”

It was such a surreal experience! Whenever I see a picture of John, I am still moved to this day. Those that knew him will agree that John was a one-of-a-kind man and didn't mince words. He was such an interesting conversationalist. I am so honored to have known Lt. John Finn. He lived to be 100 and was a great man!

Q. The VA's reputation wasn't very strong for years, but that seems to have changed. What would you tell an older veteran who's reluctant to pursue their benefits?

A: I'd say "Give them another chance!"

The Veterans Administration has come a long way in the last decade or more. Where so many veterans had a negative feel for VA support and ended up walking away, the administration has now truly turned its reputation around and goes to great lengths to reach out to veterans to bring them back into the fold to receive the benefits and financial compensation that they have so richly earned.

There are accredited veteran services representatives throughout the country that are very supportive of our nation's heroes. All services provided are at no cost and could amount to hundreds of thousands of dollars in benefits and compensation for you, the veteran. In fact, there are many presumptive service-connected disabilities that simply require a claims submission to the VA that will automatically result in a monetary value paid to the veteran monthly at the cost of a simple request.

So again, I would tell all veterans, "Give them another chance!" No-cost accredited VA and State Veteran Service Officers can be located on your county website, at the Texas Veterans Commission (TVC), Disabled Veterans of America (DAV), the American Legion organization, the Veteran of Foreign Wars organization or by contacting the VA directly at 800-827-1000. Veterans are encouraged to ensure that their representative is accredited by the Veterans Administration and reminded that all services are at no cost.

Q. What do you do in your spare time?

A: My passion is traveling; I'm addicted to it. There's so much to see and enjoy across this great nation and the world. My favorite destinations are Rome, Italy, anywhere in Hawaii and we spend a lot of time camping next to the river at Beavers Bend (Oklahoma) State Park near Broken Bow. I also enjoy boating, cycling, writing, great movies and spending time with the family.

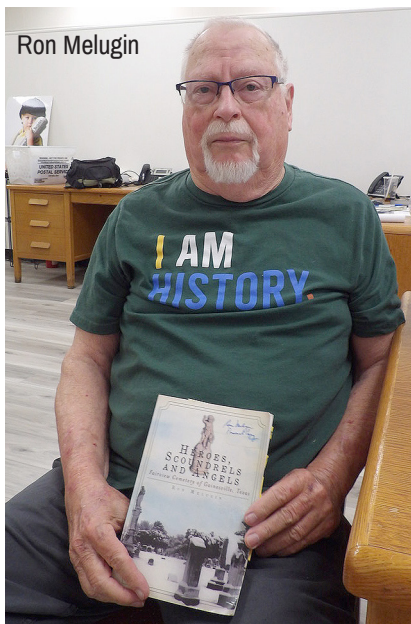
To quote the folks: Time flies, make every day an adventure!

Feel free to contact Tim Cortes, the Cooke County Texas Veteran Services Officer with any veteran support questions at 940 668-5436 or tim.cortes@co.cooke.tx.us.



A passion for preserving Gainesville's

HISTORY



Ron Melugin

Gainesville's past is full of interesting stories and characters. Few know that better than Ron Melugin, a Gainesville resident and author of "Heroes, Scoundrels and Angels: Fairview Cemetery of Gainesville, Texas."

Melugin's book was published in 2010 and features the stories of a wide variety of individuals buried in Fairview Cemetery at 200 Rusk St. in Gainesville.

"For my cemetery book, I would just walk the cemetery and look at interesting tombstones. Or I would go to the county library and look up the Register," said Melugin. "I read a lot of microfilm newspapers,

and when I came across somebody that was an interesting character, I wondered if he or she was in Fairview Cemetery. The Cross Timbers Genealogical Society did a, basically a directory of Fairview and they published that in the 1980's and I would go check their book to see if they were in Fairview. If they were in Fairview, I'd include him or her in my book. I was conscious in writing stories to try to include as many women as possible because so much history is male dominated."

Melugin's book is available for purchase at the Morton Museum, and it can be had in libraries nationwide ... and even internationally.

"It's in around 50 libraries. All the universities in this area have copies. What I think happens is anything History Press has published, they published this first book, anything they publish, I think the Library of Congress orders copies of anything this publisher publishes. There are some companies that will sell a bunch of books to different universities," said Melugin. "It kind of boosts my ego when I go look and see where my book is. My book is in Harvard; I couldn't get into Harvard, but my book is there."

Melugin became interested in history early on thanks to one of his teachers.

"I had an interesting Junior High history teacher. His name was Mr.

McCook and he was a Yankee," said Melugin. "He was the first Yankee they ever knew, and he was just a real interesting guy, and that's what got me interested in history, his history class."

He has a lot of experience with history, having taught history and government at North Central Texas College in Gainesville for 51 years. He started in 1965 and retired in 2016.

"My dad was an administrator in public schools for probably about 10 years and I just always kind of idolized teachers," said Melugin. "When I first went to college, I thought I was going to be a high school history teacher, and when it made real good grades I decided on going a little higher. I got hired out here at NCTC, which was then Cooke County Junior College. I got hired a week after I got my masters and that's pretty much all I've ever done careerwise."

While teaching, Melugin gained interest in Fairview Cemetery through work with a colleague.

"Joe Stout, who taught history at the junior high, I helped him get a grant one summer to take junior high kids around the county and look at historic sites. We went to a lot of cemeteries," Melugin said. "I would say Joe Stout was the expert on rural cemeteries, and I was fascinated with Fairview when I found



out some things that were in Fairview. So, I guess in a sense, I became the expert on Fairview Cemetery.”

Melugin began gathering information about the people in Fairview and their impact on Gainesville. He is grateful for the opportunity to learn what he has, and works to ensure others know about Gainesville’s history.

“Joe Carroll, who was with Carroll Funeral Home, took me out to Fairview probably about two months before he died and pointed out some things that I didn’t know and that was neat that he got to tell me his stuff shortly before he died,” said Melugin. “That was one of the fascinating things about Gainesville being so close to Indian Territory and having access by railroad. Back then, there was no vehicle bridge across the Red River. The only way you could get across the Red River is to ride the train or take a ferry.”

Even with Gainesville’s reputation as a small, quiet town, according to Melugin, it has plenty of exciting history.

“The thing about Gainesville is, it’s a gold mine for history,” Melugin said. “There were a lot of national celebrities that came to Gainesville and performed at the Gainesville

Opera House, the local opera house here, and major nationally known people ... We had a very dynamic Sheriff back then. His name was Pat Ware, and the Hesperian [a former Gainesville newspaper] liked to call him the best sheriff in Texas because he had to go a lot up into Indian Territory to bring fugitives back and we had a lot of railroad traffic from Indian Territory. There were a lot of U.S deputy marshals operating in Indian Territory, and they would bring fugitives and witnesses to federal cases to Gainesville on the Santa Fe train ... to Paris, which is 100 miles east of here, and that’s where the federal court was.”

Melugin is currently working with his editor to publish another book about the Gainesville Hesperian, Gainesville’s original newspaper which began publication in 1869.

Research

Melugin has been involved in preserving history through the Cooke County Historic Commission.

“I’m still a member ... which I have been a member of since 1985 ... I was chair for about 10 years,” said Melugin. “I stepped down, but I’m still on the historic commission as a member.”

“It’s in around 50 libraries. All the universities in this area have copies. What I think happens is anything History Press has published, they published this first book, anything they publish, I think the Library of Congress orders copies of anything this publisher publishes. There are some companies that will sell a bunch of books to different universities. It kind of boosts my ego when I go look and see where my book is. My book is in Harvard; I couldn’t get into Harvard, but my book is there.”

— Ron Melugin

The Gateway to Fairview Cemetery at 710 Fair Ave.



Working with the County Commission, Melugin has submitted multiple applications for historical markers to the Texas Historic Commission.

“I got a historic marker for the cemetery around the building that used to be the chapel and is now the cemetery office,” said Melugin. “Whoever does the research for a historic marker, you could have your name put on the marker. The only one I ever wanted my name on is the one for Fairview Cemetery. So they put my name on the Fairview Cemetery marker. I don't need to be buried in Fairview because my name is already over there.”

Melugin's research experiences have changed some over the years.

“I used to use microfilm and I was acquainted with the Hesperian way back looking at microfilm that the county library had of all the

Registers and also the Hesperian. The Hesperian goes back further than the Register goes back. It wasn't always convenient to do the microfilm thing,” said Melugin. “One thing that makes it easier, I love the internet. Of course, you got to be careful about websites you go to, but this new book that I'm fixing to publish, I did practically all the research for that sitting at my computer using the Portal to Texas History, which is maintained by the University of North Texas Library.”

Given Gainesville's proximity to Oklahoma, the Oklahoma Historical Society's Gateway to Oklahoma History was also useful to Melugin's research.

“I can go to these portals anytime, day or night,” said Melugin. “It's a lot more convenient than having to go in person and look at microfilm.”



2023-2024 SEASON ANNOUNCEMENT

BUTTERFIELD

201 S. DENTON ST., GAINESVILLE, TX

MAIN STAGE

INDIVIDUAL MAIN STAGE & SEASON TICKET PACKAGES
ARE ON SALE NOW! BOX OFFICE: 940-665-8152
ONLINE TICKETS: WWW.BUTTERFIELDSTAGE.ORG



October 6, 7, 12, 13, 14 - 7:00 PM
October 15 - 2:30 PM



Mama Won't Fly is presented by special arrangement with Broadway Licensing, LLC, servicing the Dramatists Play Service collection. (www.dramatists.com)

January 19, 20, 25, 26, 27 - 7:00 PM
January 28 - 2:30 PM



Stepping Out is presented by special arrangement with Concord Theatricals.

March 1, 2, 6, 7, 8 - 7:00 PM
March 9 - 2:30 PM



Legally Blonde The Musical is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.MTIshows.com

May 30, 31 & June 1, 6, 7, 8 - 7:00 PM
June 2 & 9 - 2:30 PM

YOUTH THEATER

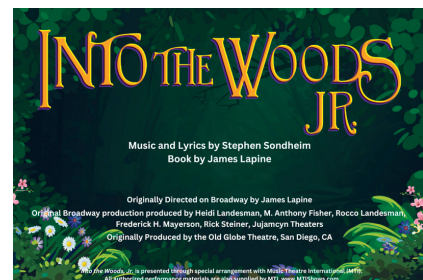
YOUTH THEATER TICKETS ARE ON SALE NOW! BOX OFFICE: 940-665-8152
ONLINE TICKETS: WWW.BUTTERFIELDSTAGE.ORG



JUNIE B. JONES JR. is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.MTIshows.com

Book and lyrics by Marcy Heister
Music by Zina Goldrich
Adapted from the JUNIE B. JONES
Series of books by Barbara Park

November 9, 10, 11, 16, 17, 18 - 7:00 PM
November 12, 19 - 2:30 PM



Music and Lyrics by Stephen Sondheim
Book by James Lapine

Originally Directed on Broadway by James Lapine
Original Broadway production produced by Heidi Landesman, M. Anthony Fisher, Rocco Landesman,
Frederick H. Mayerson, Rick Steiner, Jujamcyn Theaters
Originally Produced by the Old Globe Theatre, San Diego, CA

July 25, 26, 27 & August 1, 2, 3 - 7:00 PM
July 28 & August 4 - 2:30 PM

Know when and how to water lawn, garden to beat the summer heat

By Susan Himes
Texas A&M AgriLife Extension Service

After a brief rainy season, the state has been baking in a heat dome for much of the past month. The temperatures have been brutal for many Texas lawns and gardens, which are showing the stress of the summer heat and looking less-than-lovely in many parts of the state.

“The rain we did have helped vegetation and trees prosper, but they are now getting into a world of hurt,” said Larry Stein, Ph.D., Texas A&M AgriLife Extension Service horticulture specialist, Uvalde, and professor within the Department of Horticultural Sciences in the Texas A&M College of Agriculture and Life Sciences.

Stein said Texans need to keep some things in mind when watering during the hot summer months. Since plants can take intense heat and light if they have sufficient water, it is important to understand when to water, where to water and how much water to use.

A good rule of “green” thumb is an inch of water a week, he said. One thorough watering, which will deliver an inch of water at a time, is better than several shallower sessions for most plants. It is also important to keep in mind that it is the number of leaves on a plant that dictates how much water the plant uses.

Between the temperatures and dry conditions, Stein said this is not the best time to try to establish new plants. He suggests

waiting for the temperatures to cool a bit.

However, if you do have things newly planted, they will need at least an inch of water a week.

“Never apply water daily or plants will not be deep rooted,” Stein said. “Water should be applied either once a week or perhaps every three or four days.”

It is key to evaluate the volume of water delivered from lawn sprinklers to ensure healthy, stress-free grass during the heat of the summer. The amount of water available through flower bed sprinklers should also be checked, which may be done by placing several shallow pans among shrubs or flowers and then measuring the amount of moisture collected.

Stein said people should be sure to raise their mower height to ensure deep-rooted grass.

And for grass that looks like it may be beyond help, Stein reassured lawn owners that many types of grasses are very forgiving and will come back, especially Bermuda. Dormant grasses may look dead but will come back as the weather conditions improve.

“Even if you can only water your lawn every 3-4 weeks, that is often enough to keep grass going,” he said.

Water trees separately

It is important to actively water your trees and not assume they are getting what

they need when watering the rest of your yard.

“Watering your grass isn’t watering your trees,” Stein said. “Watering the trunk of a tree also isn’t really watering your tree.”

He said the edge of a tree’s canopy, or drip line, and outward should dictate where you water the ground to reach the most effective roots. Concentrating the water at the drip line of trees is precisely where it is needed.

Although many plants can manage with less water, Stein said some plants need extra care now.

“Don’t allow plants with green fruit or berries to suffer from lack of moisture,” he said. “Summer watering and care for fall fruit and nuts is especially critical to ensure quality fruit in the fall. A thick layer of mulch will be beneficial to not only maintaining moisture, but also reducing weed competition for water.”

He also stressed the importance of staying up on the harvest of cantaloupes, tomatoes, peppers, okra, etc., to ensure the quality of the produce and to encourage subsequent production.

“The intense heat is taking a toll on fruit set though, so it may be time to pull the plants and wait for more favorable conditions in the fall,” Stein said. In other words, know when to hold them and when to pull them.





Summer Tips

Only prune what is dead or diseased

Prune out dead or diseased wood from trees and shrubs. Hold off on major pruning from now until midwinter. Severe pruning at this time will only stimulate tender new growth prior to frost.

Stop pests before they kill plants

Be on the lookout for spider mites, aphids and white flies; these are best discouraged as opposed to treating once you have them. Populations can become so great that the plants must be eliminated so that you can prepare for a fall planting. Again, the heat has assisted with the explosion of these populations.

Give caladiums extra care

Caladiums require plenty of water at this time of year if they are to remain lush and active until fall. Fertilize with 21-0-0 or a slow-release nitrogen fertilizer at the rate of one-third to one-half pound per 100 square feet of bed area, and water thoroughly.

Prepare rosebushes for fall flowers

A late-summer pruning of rosebushes can be beneficial. Prune out dead canes and any weak, brushy growth. Cut back tall, vigorous bushes to about 30 inches. After pruning, apply fertilizer and water thoroughly. If a preventive disease-control program has been maintained, your rose bushes should be ready to provide an excellent crop of flowers this fall.

Pick flowers, seed heads to get more blooms

Picking flowers/seed heads frequently encourages most annuals and perennials, crape myrtles, pride of Barbados, etc., to flower even more abundantly.

Do another planting of warm-season annuals

It isn't too late to set out another planting of many warm-season annuals, such as marigolds, zinnias and periwinkles. They will require extra attention for the first few weeks, but should provide you with color during late September, October and November.

Sow cool-season seeds

Sow seeds of snapdragons, dianthus, pansies, calendulas and other cool-season flowers in flats, or in well-prepared areas of the garden, for planting outside during mid-to-late fall.

Divide spring-flowering perennials

It is time to divide spring-flowering perennials, such as iris, Shasta daisy, oxeye, gaillardia, cannas, day lilies, violets, liriope and ajuga.

Order spring bulbs now

Make your selections and place orders for spring-flowering bulbs now so that they will arrive in time for planting in October and November.

Prepare for fall compost

Establish a new compost pile to accommodate the upcoming fall leaf accumulation.

Susan Himes is a writer and media relations specialist for Texas A&M AgriLife. She writes news releases and features from science-based information generated by the agency. She also covers human interest stories and events across the state.



A SNOWY Legacy



The Snoball has been a sign of summer in Gainesville for decades. Many Gainesville locals eagerly await the giant red snow cone to appear in April.

The stand has been run by Gainesville local Sandy Geyer for 30 years. While many people are familiar with Sandy the SnoBall Queen and her princesses who work with her, her cousin started the stand before passing it on to her.

“When I was in college, I worked for Cousin Bill one summer, who had it before I got it,” said Geyer. “He used to be a big wig for Ford Motor Company ... and he was tired of the corporate rat race, so he developed the stand.”

He built the now-iconic cone around 45 years ago and attached it to a motorcycle trailer to take places.

“He had another one that was the same cone on the

front, but it was smaller in the back,” said Geyer. “He had the cone that he built in a circle and just cut it in half; that was easier than building half a cone.”

He traveled with the SnoBall all over Texas, setting up to serve at various events.

“He just slept on the road and went around to the carnival and fair circuits,” said Geyer. “I remember going to the county fair when it was down where Wendy’s and the Quality Inn are now. My grandmother took me there when I was in sixth or seventh grade, something along in there. We stepped up to the counter and ordered a lemonade, and when she tried to pay, he said it was on the house. We looked up and realized it was Cousin Bill.”

After traveling a while, Bill settled down in Gainesville. When he was ready to retire, he knew exactly who he wanted to take it over.



“He wanted to sell it to someone in the family, and I was the first one he offered it to,” said Geyer. “At the time, I had quit working a regular nine-to-five kind of job to stay at home, try to have kids and develop my cake business. He asked, ‘Do you want to be the snow cone person?’ I said okay and did that because I thought, ‘That will still fit with doing cakes; If I have kids, we’ll figure it out,’ so that was it.”

She accepted and took over in time for her 10-year high school class reunion in 1994.

“I saw a lot of kids of my classmates, and now I’m seeing the grandkids of those classmates,” said Geyer. “I think it’s just sort of an institution in town that hopefully will always be here.”

Over the years, Geyer has added different treats and such, but she tries to stay grounded in what initially made the SnoBall great.

“I’ve tried to stay true to the heart of what cousin Bill wanted the snow cone stand to be,” said Geyer. “It’s just extras that have changed, like adding the drive through, adding the card reader and things like that that are extra, but the main thing is happiness in a cup and making it a fun experience. I try to serve a good product and I want it to be an enjoyable, fun place that people come to when they grow up and bring their kids and grandkids.”

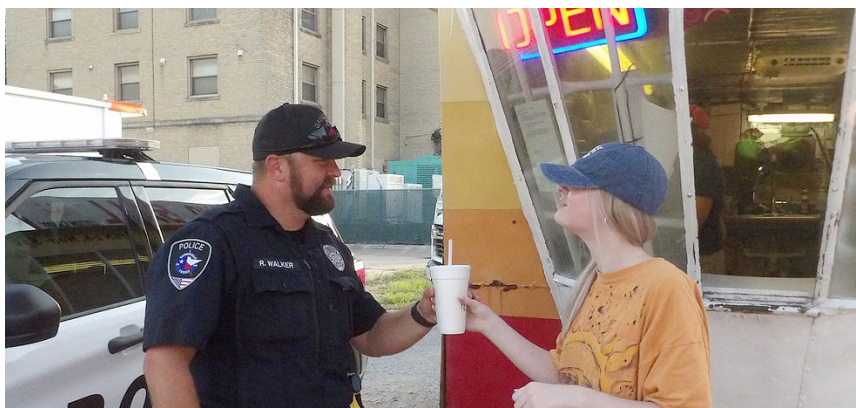
The SnoBall is by the Santa Fe Depot at 510 E. Elm St. through the end of August. It is open 2 p.m. to 8 p.m. Monday through Saturday.



Remi Gunnells enjoying her snow cone.



SnoBall owner Sandy Geyer



SnoBall Princess Ayla Meece handing Officer Ryan Walker his snow cone. As a thanks for their service to the community, SnoBall doesn't charge emergency responders in uniform and veterans for their treats.

Tell us what you love, we'll make it happen

We're your local, neighborhood experts and when we say style and service for every budget, we really mean it!

Call North America's #1 provider of custom window coverings and get the style and personal service you deserve!



Graphic Shades

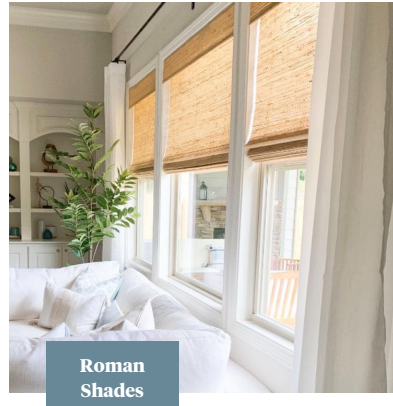


Shutters

Request a free consultation:

903-771-2483

BudgetBlinds.com/Texoma-TX



Roman Shades



Drapery

WE DO IT ALL FOR YOU:

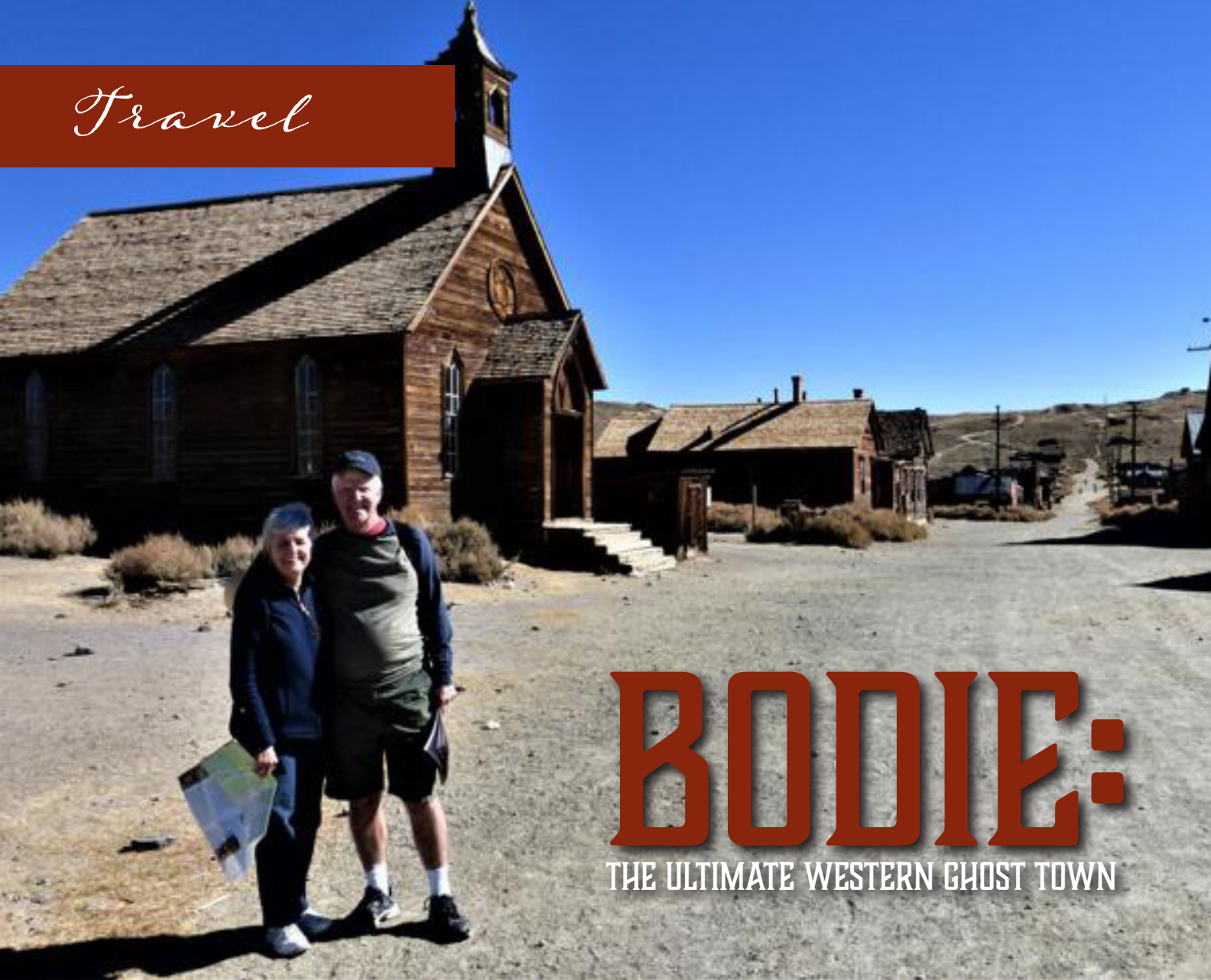
BLINDS • SHADES • SHUTTERS • DRAPES • HOME AUTOMATION



PROSPERITY BANK



100 E. California Street | Gainesville, TX | 940-668-8531



BODIE:

THE ULTIMATE WESTERN GHOST TOWN

*By David and Kay Scott
CNHI Travel Columnists*

During a long-ago summer of wandering the Western U.S. in a woefully underpowered 1971 VW bus, we were camped in Yosemite Valley when learning of an exceptional ghost town on the eastern flank of California's Sierra Nevada mountain range.

Departing Yosemite the following morning we drove east across the Sierra Nevada on the park's scenic Tioga Road to connect with U.S. Highway 395 (U.S. 395 runs from California's Mojave Desert

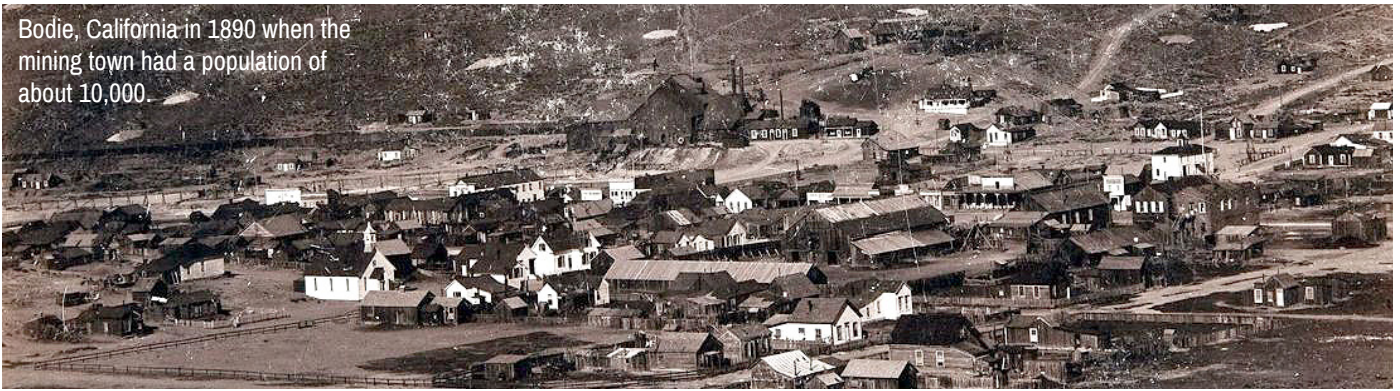
to the Canadian border and offers an excellent road trip though some beautiful country).

Driving north past the western edge of Mono Lake, we turned east on Highway 270. Thirteen miles down the road was Bodie, a ghost town near the Nevada border that proved more remarkable than we could have imagined.

The old mining town is a true historic gem. Although a majority of the aged wooden structures have been lost to fire

and the severe climate, over 100 buildings have been stabilized and remain including numerous houses, a jail, hotels, barns, a firehouse, a sawmill, a church and a school with student books and papers still at rest on dusty chair desks. Unlike some better-known historic mining towns like Tombstone, Central City, Deadwood and Virginia City, Bodie has no commercial operations or current residents other than a couple of caretakers. It is an authentic western ghost town.

Bodie, California in 1890 when the mining town had a population of about 10,000.



Bodie would spring to life following the 1859 discovery of gold by prospectors W.S. Bodey and E.S. Taylor. Unfortunately for Mr. Bodey, the town would be named for him after the poor fellow froze to death in a snowstorm shortly after his discovery. Winters were and remain brutal here and life in the 1800s could be short in this part of the country. Things remained relatively tranquil until 1876 when a mining company discovered major deposits of gold and silver. Within three years Bodie had grown to become one of the largest towns in the West with nearly 8,000 residents and over 2,000 structures. It could boast of a Main Street over a mile long, plus a Chinatown populated with contract laborers who had their own gambling halls, stores and saloons. Not surprisingly in such a rough and tumble environment, Bodie earned a reputation as one of the most violent towns in the West with routine shootings and hangings.

According to legend, a young girl wrote in her diary, "Goodbye, God. I'm going to Bodie."

Like many western towns built on an economic base of minerals, Bodie began losing population when the deposits withered and mineral prices declined, causing mining operations to become less profitable. New technology and variations

in mineral prices were accompanied by periodic booms and busts, but eventually a couple of fires and a suspension of mining operations in 1942 by the War Production Board spelled the end of the line for Bodie.

The once-prosperous mining town of the late 1880s became a state historic park in 1962 and is being preserved in what park officials term "arrested decay." State employees and volunteers carry out only tasks necessary to maintain the structures as is. For example, roof repairs are undertaken to prevent water damage, but roofs are not replaced for appearance sake. Although significantly depleted from its prime by major fires, the town remains as it was when the last residents departed and that's enough to make Bodie an excellent destination for travelers with an interest in western history.

Bodie State Historic Park is open year-round, with summer hours of 8 a.m. to 7 p.m. The park closes at 4 p.m. the rest of the year. A museum/visitor center is open from 9 a.m. to 6 p.m. mid-May through mid-October. The final three miles to reach the park are quite rough. From Bodie, a 12-mile unimproved road requiring a 4-wheel drive, high-clearance vehicle leads to the sister ghost town of Aurora, a short distance across the Nevada border. Aurora grew to a population of nearly



10,000 that included Mark Twain, but was mostly abandoned by 1870. Most of Aurora's buildings have been knocked down although the town's historic cemetery is intact and some building foundations remain visible.

The state historic park, at an elevation of 8,400 feet, offers the possibility of snow from September to June. During our first visit to Bodie we spent a June night with a bunch of cows in the state historic park's unimproved campground. After dinner we picked some flowering weeds and placed them in a cup of water on the picnic table. By morning the cup of water was frozen solid and we weren't far behind. Camping is no longer permitted in the park.

David and Kay Scott are authors of "Exploring the Oregon Trail" (Globe Pequot). They live in Valdosta, Georgia. Visit them at blog.valdosta.edu/dlscott.

A current view of Bodie, an 1800s California mining town preserved as a California state historical park.





Will the Doctor See You Now?

The Health System's Changing Landscape

Julie Appleby And Michelle Andrews
Kff News

Lucia Agajanian, a 25-year-old freelance film producer in Chicago, doesn't have a specific primary care doctor, preferring the convenience of visiting a local clinic for flu shots or going online for video visits.

"You say what you need, and there's a 15-minute wait time," she said, explaining how her appointments usually work. "I really liked that."

But Olga Lucia Torres, a 52-year-old who teaches narrative medicine classes at Columbia University in New York, misses her longtime primary care doctor, who kept tabs for two decades on her conditions, including lupus and rheumatoid arthritis, and made sure she was up to date on vaccines and screening tests. Two years ago, Torres

received a letter informing her that he was changing to a "boutique practice" and would charge a retainer fee of \$10,000 for her to stay on as a patient.

"I felt really sad and abandoned," Torres said. "This was my PCP. I was like, 'Dude, I thought we were in this together!'"

The two women reflect an ongoing reality: The primary care landscape is changing in ways that could shape patients' access and quality of care now and for decades to come. A solid and enduring relationship with a primary care doctor — who knows a patient's history and can monitor new problems — has long been regarded as the bedrock of a quality health care system. But investment in primary care in the

U.S. lags that of other high-income countries, and America has a smaller share of primary care physicians than most of its European counterparts.

An estimated one-third of all physicians in the U.S. are primary care doctors — who include family medicine physicians, general internists and pediatricians — according to the Robert Graham Center, a research and analysis organization that studies primary care. Other researchers say the numbers are lower, with the Peterson-KFF Health System Tracker reporting only 12% of U.S. doctors are generalists, compared with 23% in Germany and as many as 45% in the Netherlands.

That means it's often hard to find a doctor and make an appointment

that's not weeks or months away.

"This is a problem that has been simmering and now beginning to erupt in some communities at a boil. It's hard to find that front door of the health system," said Ann Greiner, president and CEO of the Primary Care Collaborative, a nonprofit membership organization.

Today, a smaller percentage of physicians are entering the field than are practicing, suggesting that shortages will worsen over time. Interest has waned partly because, in the U.S., primary care yields lower salaries than other medical and surgical specialties.

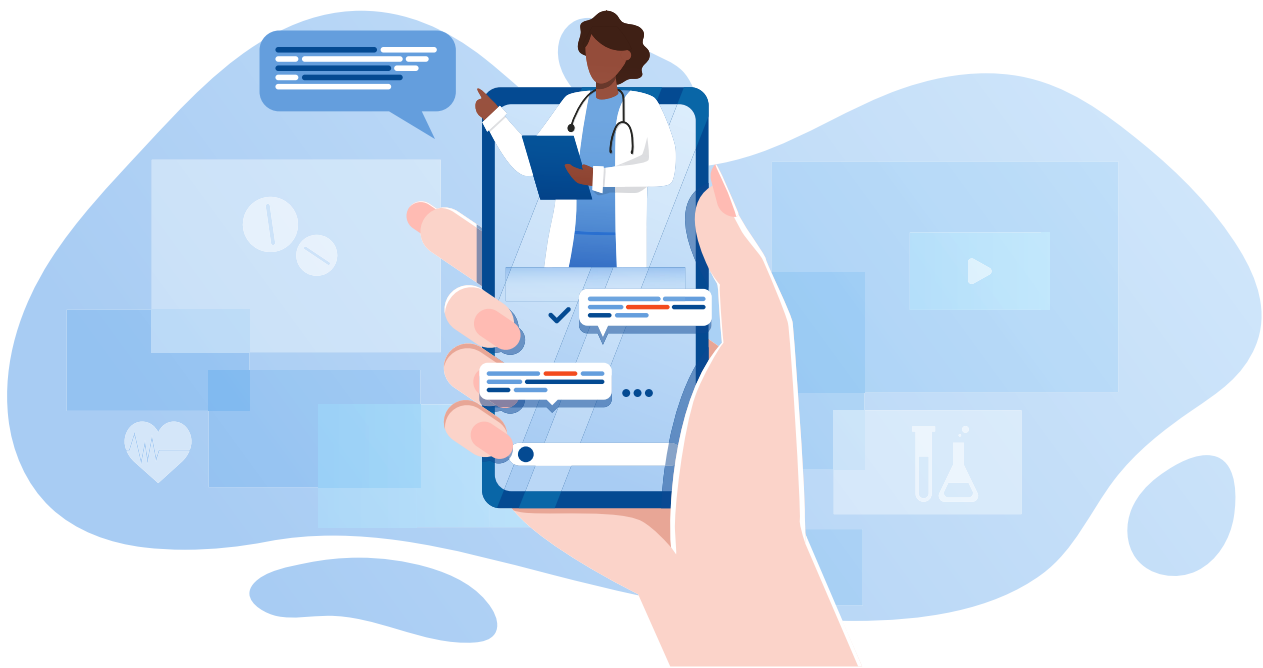
by private equity investors or other corporate entities, according to data in the "Primary Care Chartbook," which is collected and published by the Graham Center.

Patients who seek care at these offices may not be seen by the same doctor at every visit. Indeed, they may not be seen by a doctor at all but by a paraprofessional — a nurse practitioner or a physician assistant, for instance — who generally works under the supervision of a licensed physician. That trend has been accelerated by new state laws — as well as changes in Medicare policy — that loosen the

established relationship.

"Is it poor access or problems with the supply of providers? Does it reflect a societal disconnection, a go-it-alone phenomenon?" asked Christopher Koller, president of the Milbank Memorial Fund, a foundation whose nonpartisan analyses focus on state health policy.

For patients, frustrating wait times are one result. A recent survey by a physician staffing firm found it now takes an average of 21 days just to get in to see a doctor of family medicine, defined as a subgroup of primary care, which includes general internists and



Some doctors now in practice also say they are burned out, facing cumbersome electronic health record systems and limits on appointment times, making it harder to get to know a patient and establish a relationship.

Others are retiring or selling their practices. Hospitals, insurers like Aetna-CVS Health -- and other corporate entities like Amazon -- are on a buying spree, snapping up primary care practices, furthering a move away from the "Marcus Welby, M.D."-style neighborhood doctor. About 48% of primary care physicians currently work in practices they do not own. Two-thirds of those doctors don't work for other physicians but are employed

requirements for physician supervisors and billing. And these jobs are expected to be among the decade's fastest-growing in the health sector.

Overall, demand for primary care is up, spurred partly by record enrollment in Affordable Care Act plans. All those new patients, combined with the low supply of doctors, are contributing to a years-long downward trend in the number of people reporting they have a usual source of care, be it an individual doctor or a specific clinic or practice.

Researchers say that raises questions, including whether people can't find a primary care doctor, can't afford one, or simply no longer want an

pediatricians. Those physicians are many patients' first stop for health care. That runs counter to the trend in other countries, where patients complain of months- or years-long waits for elective procedures like hip replacements but generally experience short waits for primary care visits.

Another complication: All these factors are adding urgency to ongoing concerns about attracting new primary care physicians to the specialty.

When she was in medical school, Natalie A. Cameron said, she specifically chose primary care because she enjoyed forming relationships with patients and because "I'm specifically interested in prevention and women's

health, and you do a lot of that in primary care.” The 33-year-old is currently an instructor of medicine at Northwestern University, where she also sees patients at a primary care practice.

Still, she understands why many of her colleagues chose something else. For some, it’s the pay differential. For others, it’s because of primary care’s reputation for involving “a lot of care and paperwork and coordinating a lot of issues that may not just be medical,” Cameron said.

The million-dollar question, then, is how much does having a usual source of care influence medical outcomes and cost? And for which kinds of patients is having a close relationship with a doctor important? While studies show that many young people value the convenience of visiting urgent care — especially when it takes so long to see a primary care doctor — will their long-term health suffer because of that strategy?

Many patients — particularly the young and generally healthy ones — shrug at the new normal, embracing alternatives that require less waiting. These options are particularly attractive to millennials, who tell focus groups that the convenience of a one-off video call or visit to a big-box store clinic trumps a long-standing relationship with a doctor, especially if they have to wait days, weeks, or longer for a traditional appointment.

“The doctor I have is a family friend, but definitely I would take access and ease over a relationship,” said Matt Degn, 24, who says it can take two-to-

three months to book a routine appointment in Salt Lake City, where he lives.

Patients are increasingly turning to what are dubbed “retail clinics,” such as CVS’ Minute Clinics, which tout “in-person and virtual care seven days a week.” CVS Health’s more than 1,000 clinics inside stores across the U.S. treated more than five million people last year, Creagh Milford, a physician and the company’s senior vice president of retail health, said in a written statement. He cited a recent study by a data products firm showing the use of retail clinics has grown 200% over the past five years.

Health policy experts say increased access to alternatives can be good, but forgoing an ongoing relationship to a regular provider is not, especially as people get older and are more likely to develop chronic conditions or other medical problems.

“There’s a lot of data that show communities with a lot of primary care have better health,” said Koller.

People with a regular primary care doctor or practice are more likely to get preventive care, such as cancer screenings or flu shots, studies show, and are less likely to die if they do suffer a heart attack.

Physicians who see patients regularly are better able to spot patterns of seemingly minor concerns that could add up to a serious health issue.

“What happens when you go to four different providers on four platforms for urinary tract infections because, well, they are just UTIs,” posed Yalda

Jabbarpour, a family physician practicing in Washington, D.C., and the director of the Robert Graham Center for Policy Studies. “But actually, you have a large kidney stone that’s causing your UTI or have some sort of immune deficiency like diabetes that’s causing frequent UTIs. But no one tested you.”

Most experts agree that figuring out how to coordinate care amid this changing landscape and make it more accessible without undermining quality — even when different doctors, locations, health systems and electronic health records are involved — will be as complex as the pressures causing long waits and less interest in today’s primary care market.

And experiences sometimes lead patients to change their minds.

There’s something to be said for establishing a relationship, said Agajanian, in Chicago. She’s rethinking her decision to cobble together care, rather than have a specific primary care doctor or clinic, following an injury at work last year that led to shoulder surgery.

“As I’m getting older, even though I’m still young,” she said, “I have all these problems with my body, and it would be nice to have a consistent person who knows all my problems to talk with.”

KFF Health News’ Colleen DeGuzman contributed to this report. KFF Health News is a national newsroom that produces in-depth journalism about health issues and is one of the core operating programs at KFF—an independent source of health policy research, polling, and journalism.





A Progress Check on Hospital Price Transparency

Michelle Andrews
KFF News

For decades, U.S. hospitals have generally stonewalled patients who wanted to know ahead of time how much their care would cost. Now that's changing — but there's a vigorous debate over what hospitals are disclosing.

Under a federal rule in effect since 2021, hospitals nationwide have been laboring to post a mountain of data online that spells out their prices for every service, drug, and item they provide, including the actual prices they've negotiated with insurers and the amounts that cash-paying patients would be charged. They've done so begrudgingly and only after losing a lawsuit that challenged the federal rule.

How well they're doing depends on whom you ask.

The rule aims to pull back the curtain on opaque hospital prices that may vary widely by hospital for the same service or even within the same hospital. The expectation is that price transparency will boost competition, giving consumers and employers a way to compare prices and make informed choices, ultimately driving down the cost of care. Whether that will happen is not yet clear.

Insurers and large employers are also required to post their negotiated prices with all their providers, under separate rules that took effect last summer.

Hospitals have made "substantial progress," according to an analysis by the federal Centers for Medicare & Medicaid Services of 600 randomly selected hospitals that was published in the journal *Health Affairs* last month. The agency looked at whether hospitals had met their obligation to post price information online in two key formats: a "shoppable" list of at least

300 services for consumers, and a comprehensive machine-readable file that incorporates all the services for which the hospital has standard charges. This file should be in a format that allows researchers, regulators, and others to analyze the data.

CMS found that 70% of hospitals published both lists in 2022. An additional 12% published one or the other. By contrast, the agency's previous progress assessment in 2021 found that just 27% of 235 hospitals had both types of lists.

The 2022 analysis "represents a marked improvement," said Dr. Meena Seshamani, deputy administrator and director of the Center for Medicare at CMS, in a statement. But she also said the advances are still "not sufficient" and CMS will continue to use "technical assistance and enforcement activity" so that all hospitals "fully comply with the law."

The American Hospital Association said the CMS assessment demonstrated the progress hospitals had made under very challenging circumstances as they grappled with the covid-19 pandemic.

"These are complicated policies that went into effect in the most complicated time in hospitals' history," said Molly Smith, group vice president for policy at the trade association. "And we have seen increases in compliance over the past 18 months."

Some groups that have looked at the hospitals' posted price data, though, were less upbeat. In an analysis published last month, Patient Rights Advocate examined 2,000 hospitals' listings and found that only 489 of them, 24.5% of the total, were compliant with all the requirements of the rule. An earlier analysis in August 2022 found that 16% met all the requirements.

The advocacy group's analysis covered not only the two types of lists that CMS looked for but also checked whether the hospitals included required data on specific types of standard charges for every service offered, such as the gross or "chargemaster" charge before any discounts are applied, the discounted cash price, and the negotiated charge by insurer.

Although most hospitals have published files online, too often the data is incomplete, illegible, or not clearly associated with specific health plans or insurers, said Cynthia Fisher, founder and chair of

Patient Rights Advocate, which promotes health care price transparency.

"As hospitals continue to post incomplete files with swaths of missing prices, patients are unable to accurately compare prices across hospitals and across plans to make the best health care decisions and protect themselves from overcharges," Fisher said. Such hospitals were considered noncompliant in the PRA analysis.

The hospital association faulted PRA's analysis. The contracts that hospitals have with health plans vary substantially from one to the next, and prices are not always based on a simple dollar amount, said Terry Cunningham, AHA's director of policy. They might be based on a bundle of services or on volume, for example, he said.

"It's both frustrating and problematic for these other organizations to be weighing in, saying, 'This cell shouldn't be blank,'" Cunningham said.

In their 2020 lawsuit, hospitals argued that they should not be required to disclose privately negotiated prices, and maintained that doing so would confuse patients and lead to anti-competitive behavior by insurers.

Last summer, price transparency requirements took effect in the health insurance industry as well, complementing and providing a cross-reference tool for what hospitals have posted. The insurer transparency requirements are even broader than those for hospitals: Insurers and self-funded employers must list every negotiated rate they have with every doctor, hospital, and other health care providers.

Some critics charge that data isn't user-friendly either. Sens. Maggie Hassan (D-N.H.) and Mike Braun (R-Ind.) sent a letter March 6 to CMS Administrator Chiquita Brooks-LaSure encouraging the agency to take steps to close "technical loopholes" such as large files and a lack of standardization that make it difficult to use the data they're reporting.

That's where pricing platforms like Turquoise Health come in. The data becoming available from hospitals and insurers is a vast treasure trove the company is mining to devise user-friendly tools that consumers and businesses can use to discover and compare prices.

In its own analysis of how effective hospital price transparency efforts were

in 2022's third quarter, Turquoise Health found that 55% of the more than 4,900 acute care hospitals that posted machine-readable files were "complete," meaning they posted the cash, list, and negotiated rates for a "significant quantity" of items and services. Twenty-four percent of hospitals were judged to be "mostly complete." (The analysis didn't evaluate the second type of posting, the list of shoppable services.)

According to Chris Severn, Turquoise Health co-founder and CEO, the company uses a scoring algorithm of 60 variables to assess how complete a hospital's file is.

"What you end up with is a more nuanced look at these files that hopefully takes into consideration shades of gray," Severn said, rather than a simple pass-fail rating.

Regardless of the differences in how the hospital disclosures are evaluated, experts generally agree that CMS should require data be reported in a standardized format for ease of comparison and enforcement. CMS has developed a template, but hospitals aren't required to use it.

For price transparency to work, enforcement also needs consistent attention, experts say. The Biden administration increased the maximum potential penalty to more than \$2 million annually per hospital for 2022. Still, last year CMS penalized just two hospitals for noncompliance even though 30% of hospitals didn't meet the requirement to post both a machine-readable file of prices as well as a shoppable list.

CMS provided technical assistance to many hospitals to help them come into compliance, said Seshamani, and it also plans stronger enforcement actions.

She said the agency will "continue to expedite" the time frame hospitals have to reach full compliance after submitting a corrective action plan, which indicates they have fallen short on some posting requirements. "CMS also plans to take aggressive additional steps to identify and prioritize action against hospitals that have failed entirely to post files," she said.

KFF Health News is a national newsroom that produces in-depth journalism about health issues and is one of the core operating programs at KFF—an independent source of health policy research, polling, and journalism.

Recipes

Summer Bites & Spirits

BALSAMIC CHICKEN KABOBS

Author: Sam Hu | Ahead of Thyme

Total Time: 1 hour 30 minutes

Yield: 6 skewers

Diet: Gluten Free

Grilled Balsamic Chicken Kabobs are a delicious flavorful summer grill staple marinated in a balsamic sauce, skewered with vegetables, and grilled or baked.

INGREDIENTS:

- 2 pounds boneless and skinless chicken breasts or thigh, cut into 1.5-inch thick cubes
- 1 teaspoon salt (or to taste)
- 1/2 teaspoon ground black pepper (or to taste)
- 1/3 cup balsamic vinegar
- 2 tablespoons honey
- 1 tablespoon olive oil
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 2 medium red bell peppers, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces
- 2 medium zucchini, cut into 1/2-inch slices

MARINATE THE CHICKEN:

Cut the chicken breasts into 1.5-inch thick cubes and evenly season with salt and pepper. Set aside in a large bowl or Ziploc bag.

Combine balsamic vinegar, honey, olive oil, Italian seasoning, and garlic powder in a medium mixing bowl. Mix well until smooth.

Reserve 3 tablespoons of the sauce mixture and add the rest to the bowl of chicken. Toss well to coat all the chicken. Cover the bowl with plastic cling wrap and refrigerate for at least 1 hour (or overnight for the best results).

GRILL THE CHICKEN:

Thread 4 cubed chicken breasts onto each skewer, alternating with a piece of red bell pepper, red onion, and zucchini. Season all over with a little bit of salt and pepper, to taste.

Preheat grill over medium high to 450F, about 6-8 minutes

Place the skewers spaced evenly apart on the grill and grill for 5 minutes on each side or until the internal temperature for the chicken reaches 165 F as read on a meat thermometer. Do not overlap the skewers at any time to ensure even cooking for all the skewers.

Brush the reserved sauce over the skewers on both sides and grill for another 1-2 minutes until nicely charred, flipping once during grilling.

Remove the skewers off the grill and let rest for 5 minutes.

Serve warm on its own or with a side of rice or pita bread, if desired.



ITALIAN PASTA SALAD

Sam Hu | Ahead of Thyme

Total Time: 25 minutes

Yield: 4-6 servings

Italian pasta salad is delicious, wholesome, and easy to make. Make it up to three days ahead for your summer picnics and cookouts.

INGREDIENTS

- ½ lb. pasta, uncooked
- 3 oz. salami (about 80 grams)
- 1 + ½ cup grape tomatoes (1 pint), halved
- ½ green bell pepper, chopped
- ½ red bell pepper, chopped
- ¼ cup red onion, chopped
- ½ cup kalamata black olives, halved
- 4 oz. bocconcini mozzarella balls, halved
- 1 + ½ tablespoons fresh parsley, finely chopped
- ½ cup Italian dressing, homemade or store-bought
- Parmesan cheese, grated (optional, for serving)

INSTRUCTIONS

Bring a medium pot of salted water to a boil. Add pasta and cook until al dente, about 8-10 minutes or according to package instructions. Drain and rinse pasta under cold water to stop the cooking process and to cool the pasta down.

Transfer the pasta to a large mixing bowl or serving bowl. If not assembling the salad immediately, add some olive oil and toss together to prevent the pasta from sticking together. Otherwise, add remaining ingredients. Pour Italian salad dressing on top, and toss to combine.

You can serve immediately with Parmesan on top, or cover the bowl tightly with plastic cling wrap and refrigerate for at least 2 hours. This will allow all the flavours to infuse into each other. When ready to serve, give the salad a good toss and add a little more dressing, if desired.



EASY WATERMELON MARGARITA

An easy watermelon margarita recipe that can be served frozen or on the rocks! This skinny margarita is made with fresh fruit and is perfect to make for a crowd!

INGREDIENTS

- 4 cups frozen watermelon (keep fresh if serving on the rocks)
- ½ cup tequila - I prefer white, Espolon or Casamigos
- ¼ cup triple sec - I used Cointreau
- ⅓ cup fresh lime juice
- 1-2 tbsp honey depending on desired sweetness
- 1 heaping cup ice
- salt for rim
- limes for garnish

INSTRUCTIONS

Cut up your watermelon and freeze it on a baking sheet for at least six hours. If you are making margaritas on the rocks, skip the freezing step.

Add watermelon, tequila, triple sec, lime juice, honey and ice to a blender. Leave out ice if making on the rocks.

Blend until completely smooth.

Pour into salted rim glass (steps on how to do this above) and serve with lime.

Enjoy!



FROSCATO SUNRISE

No fancy liquors or special equipment are necessary for this beautiful frozen cocktail -- it's made with the sweet wine, Moscato. It is as easy as it is tasty!

INGREDIENTS

- 1 1/2 cups orange juice, plus more for blending
- One 750-milliliter bottle Moscato
- 1 cup pink lemonade, plus more for blending
- 1/4 cup plus 1 teaspoon grenadine
- 4 maraschino cherries

INSTRUCTIONS

Mix together the orange juice with 2 cups Moscato in a large measuring cup or bowl. Pour the mixture into 2 ice cube trays. Mix together the lemonade, 1 teaspoon grenadine and the remaining Moscato in the same bowl and pour into 2 more ice cube trays. (You probably won't fill them completely.) Freeze for at least 2 hours or up to overnight. (See Cook's Note)

Put 1 tablespoon grenadine in the bottom of each of 4 glasses. Freeze for 30 minutes.

Add the orange ice cubes to a blender and blend until smooth and slushy, adding a little orange juice if necessary. Remove the grenadine glasses from the freezer. Spoon the slushy mixture evenly into the glasses.

Add the lemonade ice cubes to the blender and blend until smooth and slushy, adding a little extra lemonade if needed. Gently spoon the lemonade mixture on top of the orange juice mixture in each of the glasses. Top each with a maraschino cherry.



Willkommen



Fischer's Since 1927
GERMAN SAUSAGE, HAM, BACON, GROCERIES
Beef From Our Feedlot
TURN RIGHT AT RED LIGHT

304 N. Main St. Muenster TX 76252

Market Hours

Monday - Saturday: 6:00 am - 7:00 pm
Sunday: 9:00 am - 5:30 pm

1-800-259-7248 or 1-940-759-4211



Refinery Road Veterinary Clinic

1913 Refinery Road
Gainesville, TX 76240



(940) 665-4478

BERRY SMOOTHIE BOWL

Sam Hu | Ahead of Thyme

Total Time: 5 minutes

Yield: 1 smoothie bowl

This Berry Smoothie Bowl is one of the best ways to start the day. It's quick and easy to make, healthy and delicious, and packed with nutrients. This 5-minute snack is loaded with banana, spinach, and mixed berries, and topped with fully customizable toppings including granola, sliced fruit and nuts. Breakfast never looked so good!

INGREDIENTS

- 1 cup almond milk
- 1 ½ cup mixed berries, frozen
- 1 ripe banana
- 1/3 cup fresh spinach, loosely packed
- 1 teaspoon vanilla extract (optional)
- 2 tablespoons flax or chia seeds

TOPPINGS

- strawberry, sliced
- blueberries
- raspberries
- ¼ cup granola
- 1 tablespoon slivered almonds

INSTRUCTIONS

Add all the ingredients into a blender with only half of the milk. Blend until smooth, adding more milk as needed, until desired consistency is reached.

Pour into a bowl and decorate with your favourite toppings including sliced fruit, granola and toasted pumpkin seeds.

Serve immediately.



PIÑA COLADAS

With roots in Puerto Rico, this rich, creamy cocktail comes together in minutes and is made with dark rum (instead of white) for bold flavor.

INGREDIENTS

- 1 1/2 cups ice
- 1/2 cup diced pineapple, frozen
- 2 ounces pineapple juice
- 2 ounces canned cream of coconut (such as Coco Lopez)
- 1 1/2 ounces white rum
- 1 ounce dark rum
- 2 pineapple wedges, for garnish

INSTRUCTIONS

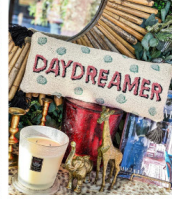
Combine the ice with the frozen pineapple, pineapple juice, coconut cream and both rums in a blender. Blend until smooth and frosty. Pour into 2 glasses. Cut a slit in the tip of each pineapple wedge, then perch on the rim of each glass.





Thank You

for shopping small
and shopping local!



CLOTHING DECOR JEWELRY GIFTS



Gainesville Title Company, Inc.



115 North Dixon S
Gainesville, Texas
940-612-4824
FAX 940-612-4825

www.gainesvilletitleco.com | Professional Real Estate Transaction & Title Services

Deanna McNeill
Robert Gleaton
Candy Beaver
Rachel Contreras

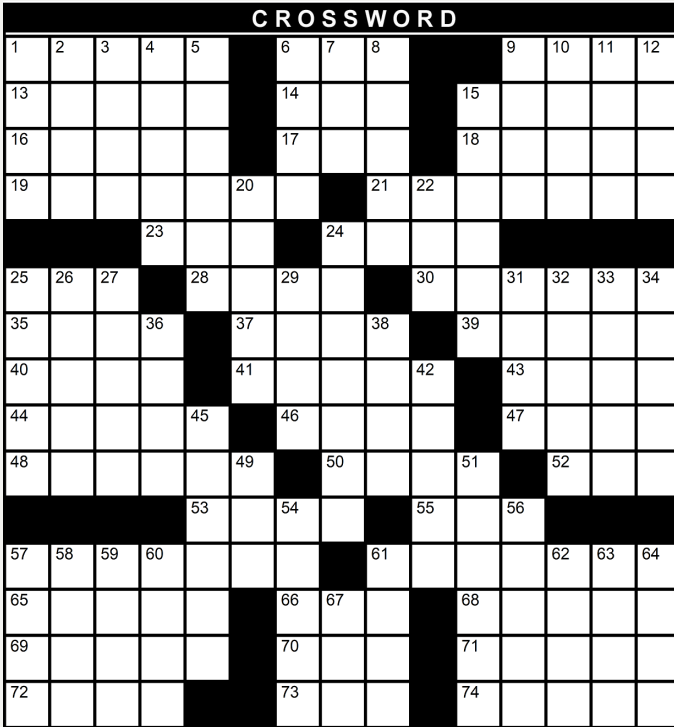
Kelli Wells
Brighton McGee
Erica Garcia
Ashlea Higgins

THANK YOU COOKE COUNTY FOR YOUR CONTINUED SUPPORT.
WE APPRECIATE YOU AND THIS COMMUNITY.

Theme: On the road

ACROSS

1. More down in the dumps
6. Will Ferrell's 2003 Christmas character
9. Century Gothic, e.g.
13. Twisted cotton thread
14. Greek "t"
15. Biblical mount
16. Dessert sandwiches
17. Barley bristle
18. Pungent edible bulb
19. *Shared ride
21. *Yellow Brick Road traveller
23. Member of the Benevolent Order
24. Sword handle
25. The little one "stops to tie his shoe"
28. AI "fodder"
30. *Gas station option
35. Thailand money
37. Phone cam images
39. Fill with happy spirit
40. Bora ____
41. Vexed
43. Uncontrolled swerve
44. Middle Eastern V.I.P.s
46. Genesis twin
47. "The Odyssey," e.g.
48. Hooray!
50. Speaking platform
52. Campfire residue
53. What sailors are to captain
55. Lawyers' org.
57. *Jack of "On the Road" fame
61. *Refreshment break
65. Live sign for radio, 2 words
66. Shakespearean "fuss"
68. Bar order, with "the"
69. Ownership document
70. Mitt Romney's title, abbr.
71. Christmas Eve visitor
72. Keats' works, e.g.
73. *Major road, abbr.
74. *Certain number of cylinders



Off First Month of New Service!
USE PROMO CODE: GZ590

SWITCH & GET

\$25

Consumer Cellular

CALL CONSUMER CELLULAR 888-804-0913

© 2023 Consumer Cellular Inc. For promo details please call 888-804-0913

© StatePoint Media

DOWN

1. Cold War's Warsaw Pact, e.g.
2. Turkish money
3. One on drugs
4. Run off to Vegas?
5. Sold on eBay, usually
6. Short for "and elsewhere"
7. Hammurabi's code, e.g.
8. Plural of fundus
9. Porto____, Italy
10. Got this!
11. Sodium hydroxide
12. Like Tim of "A Christmas Carol"
15. Fora
20. Giraffe's striped-legged cousin
22. Like one of the Testaments
24. Fine-toothed metal cutter
25. *Famous road from Beatles crossing
26. Actress Watt

27. Minute parasite
29. *Spare one
31. "If all ____ fail
32. Sarpa ____, coral reef fis
33. Tiny purse
34. Olden day phlebotomy instrumen
36. Waterproof canvas
38. Clothing lin
42. UAE's most populous city
45. Close the fastener, e.g.
49. Epoc
51. Between 90 and 180 degrees
54. E-wallet's content
56. Very, in music
57. Japanese zithe
58. Author Bagnold
59. Goes with interest
60. Great masters' medium, pl.
61. *Hoofed "express" travele

62. "The Summer I Turned Pretty" actress Lola ____
63. Solemn promise
64. Surveyor's map
67. Morning drops





The Best Little Zoo in Texas



Get out and enjoy nature with family.
Annual passes available

Visit our website
www.frankbuckzoo.com



Gainesville, Texas
FrankBuckZoo.com 

**COOKE
COUNTY'S**

#1

BROKERAGE*

Bill Hamilton

Owner/Broker

Cell: 940-727-1115

Kristi Hamilton

Owner/Agent

Cell: 940-902-1573

Kristi@Lakekiowa.com

**Highest sales volume per MLS 2021*

Three Locations to Serve You

PREMIERE
Real Estate

406 North Grand Avenue,
Suite 103
Gainesville, Texas 76240
Office: **940-665-8921**
Fax: 940-665-7489

P Lake Kiowa
PREMIERE
Real Estate

100 Kiowa Dr W, Suite 204
Lake Kiowa, Texas 76240
Office: **940-665-3300**
Fax: 940-665-3301
www.lakekiowarealestate.com



LAKE KIOWA
REALTY

6616 FM 902
Lake Kiowa,
Texas 76240
Office: **940-665-0724**
www.lakekiowa.com