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JANUARY 2018

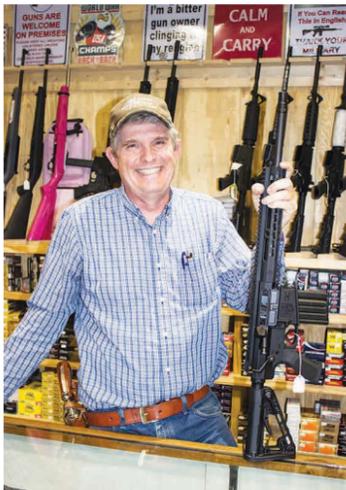


Indoor Wintertime Fun! Bows and Arrows, Pistols and Rifles!

Meadowridge Archery and Gun Range

by Cheryl Harvey Hill

When I asked Lori Pruitt what she would want her customers to know about Meadow Ridge Archery and Gun, her immediate response was, “We would like people to know that we are a one-stop shooting sports destination offering retail sales, archery and firearms servicing, instruction, and indoor and outdoor ranges. When people walk through the front door, we want them to feel like they are entering our living room. We would like them to feel that comfortable, and that much a part of our family. We strive to be a quality, family destination, not just another store. We are happy to meet with our customers and go the extra mile to make sure their experience with us is wonderful, and if they need any work done, whether for archery or firearms, they will be taken care of.”



Kerry Pruitt, Owner/Manager

cares, not only about their customers, but about their entire community. She emphasizes that they would like people to view them as a recreational facility for the entire family. They can accommodate banquets, birthday parties, fundraisers, weddings, tournaments, other various special occasions, family outings, and even a simple date. They have several bows and firearms to rent and try out, and their instructors will work with you no matter what your level of expertise is. The facility is designed for people of any experience level and skill set, from the most advanced marksman/archer to the mildly curious about starting the sport. Lori encourages anyone new to shooting or interested in learning about it to come out and take a few lessons from her or one of their other highly qualified instructors. She says her first goal in each lesson is to ensure her students are comfortable with safely handling the firearms. “Safety starts at Meadow Ridge,” Lori says.

They have an indoor 25 yard pistol range, an indoor 30 yard archery range with an additional balcony shooting area, standard and 3D targets, and an outdoor 100 yard rifle range with targets out to 300 yards. The outdoor shooting complex continues to develop with longer range rifle opportunities and eventually shotgun plans in the near future. They are a full-service sporting goods store with a beau-

MEADOWRIDGE - Page 2

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MEADOWRIDGE

tiful classroom geared toward community and education, and they offer personalized License To Carry classes. They are also in the process of setting up league competitions for both archery and firearms, and they encourage you to bring your family out to take part in one of their fun tournaments.

On their website they invite everyone to, "Come see for yourself and dream with us." Now that's an invitation that could prove to be a lot of fun for the whole family.

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Our Pledge . . .

Around the Town and its publishers seek to provide the people of this area with news and information about the current events and happenings in the categories of dining, entertainment, sports and the arts, while providing a venue for retail and commercial establishments, as well as local artisans and non-profit and service organizations to present themselves to the public. We also strive to feature some of the rich history and culture this area is particularly known for.



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Anita Scott



Nac County Exposition and Civic Center

What's Hot with Anita Scott

2017 is quickly drawing to a close! The staff at the Nacogdoches County Expo & Civic Center wishes you all a holiday season blessed with the warmth of family and friends. Happy New Year Nacogdoches!

JANUARY 13-14, 2018 – REGION V JUNIOR HIGH SCHOOL RODEO

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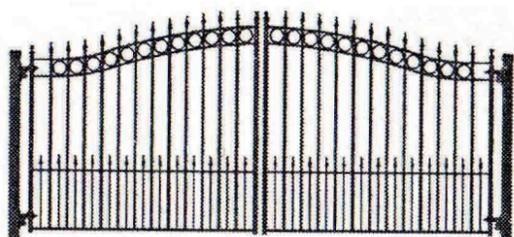
Saturday: Starting at Noon, Sunday: Starting at 10:00 AM. Watch these young athletes compete in Bareback (on a steer), Saddle Bronc (on a steer), Barrel Racing, Pole Bending, Team Roping, Breakaway Calf Roping, Steer Wrestling, Goat Tying, and Ribbon Roping.

FEBRUARY 3, 2018 – CODY JOHNSON & FRIENDS

We are all looking forward to the **Cody Johnson & Friends Nacogdoches** featuring Cody Johnson with Special Guests Mark Chesnutt, Jon Wolfe, & more to be announced! The concert is Saturday, February 3, 2018. You can get your tickets at codyjohnsonmusic.com. The show is for all ages; however, to be admitted into the VIP section you must be over 21. Doors will open at 5:00 PM, and all seating is General Admission (with the exception of the VIP Section). For more information visit codyjohnsonmusic.com!

The **Nacogdoches Pro Rodeo & Steer Show** will be March 22-24, 2018! If you are interested in a sponsorship or vendor booth please contact our office at 936-564-0849 or nacexpo.net.

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Al White Performing at Lugnutz January 13th

Al White and the Chaparral Band generate energy and excitement everywhere they perform.

After playing a countless number of shows in the last twenty two years, across Texas and the Louisiana area, opening for bands such as Pirates of the Mississippi, T. Graham Brown, Frenchy Burke, the Forrester Sisters, Willie Nelson, Eddie Raven, Rhett Atkins, Lonestar, Perfect Strangers, Ricochet, Wayne Toups, Lee Roy Parnell, John Connely, James Bonomy, Big House, Mark Wills, Phillip Claypool, David Kersh, Chad Brock, and Clay Davidson, Al White



is always ready to perform. Influenced by Kenny Rogers, Al has independently released 3 albums, the most recent entitled "It's Time," produced such hits and crowd pleasers as "Cadillac" and "When She Said It Was Over." As for the five gentleman band, who blur the lines of what is thought to be traditional country, rock, and blues, each member brings a plethora of musical tastes and backgrounds. The Al White Band is planning on continuing to play shows, while also searching for a label to possibly call home. So be ready and gear up for the "Young, Gifted, and Country" Al White Band.

This dynamic band is comprised of 5 very talented musicians:

- Al White -- guitar, vocals
- Kevin Cormier -- guitar
- Vince Hiller -- bass
- Aaron Notgrass -- drums
- Richard Chapa -- keyboard, vocals.

If you love country music, you will love this band.

Lugnutz is located at 5287 U. S. 59 South of Nacogdoches. Doors open at noon and music starts at 9 p.m. For more information, please phone 936.564.6889.

MONUMENT CORNER

This month's installment of MONUMENT CORNER visits **OAK GROVE CEMETERY**. The cemetery is located at 200 N. Lanana St. between East Main St. and Park St. It is one of the oldest known Anglo cemeteries in the state dating from 1837 and holds the remains of four signers of the Texas Declaration of Independence: Thomas J. Rusk, Charles S. Taylor, John S. Roberts and William Clark, Jr. The monument reads as follows:

OAK GROVE CEMETERY

ORIGINALLY CALLED "AMERICAN CEMETERY," OAK GROVE CEMETERY IS LOCATED ON THE 1826 LAND GRANT OF EMPRESARIO HADEN EDWARDS. THE LEADER OF THE 1826 FREDONIAN REBELLION, EDWARDS IS INTERRED HERE. THE EARLIEST MARKED BURIAL ON THIS SITE IS THAT OF FRANKLIN J. STARR (9d. 1837), A NATIVE OF NEW HARTFORD, CONNECTICUT AND A LOCAL REALTOR.

MANY GRAVES FROM THE EARLY SPANISH CEMETERY OF NACOGDOCHES WERE RELOCATED TO THIS SITE WHEN THE COUNTY COURTHOUSE WAS ERECTED ON THE SPANISH CEMETERY GROUNDS IN 1912. THE EARLIEST GRAVE FROM THAT BURIAL GROUND IS MARKED, "FATHER MENDOZA," 1718.

OAK GROVE CEMETERY IS FILLED WITH HISTORICAL FIGURES IMPORTANT BOTH TO NACOGDOCHES COUNTY AND THE STATE OF TEXAS. PERHAPS THE MOST FAMOUS IS THOMAS JEFFERSON RUSK, JUDGE, STATESMAN AND SAM HOUSTON'S SECRETARY OF WAR. LIKE RUSK, CHARLES STANFIELD TAYLOR, JOHN S. ROBERTS AND WILLIAM CLARK, JR., SIGNED THE TEXAS DECLARATION OF INDEPENDENCE. OTHER STATESMEN AND SOLDIERS INTERRED HERE INCLUDE CAPTAIN HADEN ARNOLD AND ELIAS E. HAMILTON, VETERANS OF THE BATTLE OF SAN JACINTO; JACOB LEWIS; JAMES HARPER STARR; GENERAL KELSEY H. DOUGLASS; GEORGE F. INGRAHAM; NICHOLAS ADOLPHUS STERNE; CAPTAIN FREDERICK VOIGT; AND DR. ROBERT A. IRION, WHO ALSO WAS SAM HOUSTON'S PERSONAL PHYSICIAN.

OTHER BURIALS OF INTEREST INCLUDE THOSE OF FORMER SLAVES MITCHELL THORN, LAWRENCE SLEET AND ELIZA WALKER. FROST THORN WAS AMONG TEXAS' EARLY MILLIONAIRES; DEIDRICH ANTON WILHELM RULFS, NACOGDOCHES' MASTER ARCHITECT, DESIGNED ZION HILL BAPTIST CHURCH ON THE NORTH SIDE OF THE CEMETERY. RICHARD WILLIAM HALTOM FOUNDED AND EDITED NACOGDOCHES' *THE DAILY SENTINEL*, AND POET KARLE WILSON BAKER WAS THE THIRD PERSON NAMED A FELLOW TO THE TEXAS INSTITUTE OF LETTERS.

(2000)



Rhonda Oaks
Lufkin District Public Information Officer
Communications Division
Texas Department of Transportation

Be Safe, Drive Smart This Holiday Season and Everyday

It's usually about this time of year when I try to look back at what I wish I could have done differently and look forward with the determination to do it in the New Year. I know many of you do also.

I looked back at the statewide safety campaign, **Be Safe. Drive Smart**, that TxDOT kicked off earlier this year. I really began to think about what that slogan means and whether I was successful at getting its message across. As you begin working on your New Year's resolutions, I invite you to take a look with me at what it really means to be safe and drive smart.

We take for granted every day when we get behind the wheel of a vehicle that we will arrive back home safely. Not necessarily. Much of whether we will depends on how we drive. The state crash data is scary to look at. In Nacogdoches for 2016, there were 81 crashes recorded that resulted in 9 fatalities and multiple injuries that were all related to driving under the influence. Not that you ever would, but what about the driver coming toward you?

DUI and distracted driving are two of the biggest reasons for crashes and fatalities on the roadway. We all know the reasons behind each and what constitutes being "under the influence" and "distracted." I hate the thought of an innocent person being injured because of someone else's negligence, but this is a good time of year to ask ourselves – are we ever negligent when we drive?

The Texas Road Watcher truck tour is planning a stop in Nacogdoches in 2018. We are excited and already planning ahead for it. We are going to work to get the safety message across. There will be a push for awareness and safe driving between now and then throughout the nine-county Lufkin District, but the Nacogdoches area will see the biggest impact. Plans are in the works to present it at one of Nacogdoches' biggest yearly events.

Until then, I hope you make one of your New Year's resolutions to be that of safer driving. Think about safety, slowing down and staying alert each time you drive. Be careful in our work zones. A lot of men and women have worked on Nacogdoches roadways over the past 100 years or so.

Pay attention to road conditions. If we happen to see more snow this year, slow down and watch for frozen icy patches. These are just a few hints for making your drive to wherever a little safer. Practicing them like a New Year's resolution might make the difference in whether you make it home safely.

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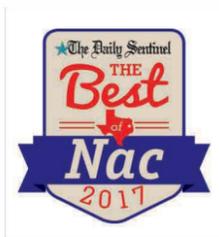
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It would be an honor to serve you and I am asking for your support in the March 6th primary election.

Sincerely,
Judge David Perkins

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Chamber Connection

by Kelly Daniel
 Membership & Marketing
 Manager at the Nacogdoches
 County Chamber of Commerce

New Year Brings New Nacogdoches County Chamber Publications

Chamber directors, volunteers and staff are excited for the release of the 2018 Nacogdoches Guide & Chamber Directory and the City & County Street Map and the launch of the new www.Nacogdoches.org that will also happen in January. All of these resources are helpful for anyone living, working and playing in Nacogdoches County. Please, stop by the Chamber office, 2516 North St., between 8 a.m. and 5 p.m., Monday through Friday, and pick up the new materials. I promise you'll find useful and fun information about our community!

All are invited to join these Chamber events in January:

Ribbon Cutting - CrossFit Nac, 1:15 p.m., Thursday, Jan. 11 at 2717 N.W. Stallings Dr. Contact: Tyler Belrose, 210-621-8123. Celebrating new business ownership and new Chamber member!

Ribbon Cutting - Nacogdoches Family Medicine, 12 p.m., Friday, Jan. 12 at 3226 N. University Dr., Ste 300. Contact Robert Hurst (936) 221-5138. New business and new Chamber member! Guests invited to stay and enjoy luncheon refreshments after the ceremony.

Ribbon Cutting - Deluxe Dental, 11:30 a.m., Thursday, Jan. 18 at 4909 North St., Ste. 210 (in Marketplace II). Contact Jennifer Campos, 936-560-3380. Celebrating new business and new Chamber member!

Alive After Five hosted by Twigs & Tin / Laura Culpepper, Architect / Shipp Law Firm at 311 E. Main St. in historic downtown. Guests will enjoy tasty treats, refreshing beverages and chances to win nice door prizes. The come-and-go reception is from 5:30 to 7 p.m. on Wednesday, Jan. 31 and gives everyone a chance to mix and mingle with friends and make new contacts, too!

Chamber Tip: Check the online event calendar at www.Nacogdoches.org for exciting activities in Nacogdoches and beyond. The calendar is open to all, so find the "submit your event" button and tell the world about your events and fundraisers.

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THEME: FAMOUS AMERICANS

ACROSS

1. Echo sounder
6. Sheepish cry
9. Speed obstacle
13. Seven day mourning period
14. 100%
15. More painful
16. It's often wreaked
17. Cardinal 3
18. Figure with vertex and rays
19. *Pop icon-painting pop icon
21. *Jackie O's first husband
23. "You betcha!"
24. Off-color
25. Like TV's Randall/Klugman couple
28. Genealogy "plant"
30. No, it doesn't crawl in one's ear
35. *World-famous yellow cartoon boy
37. Kuwaiti, e.g.
39. Tarzan's swing
40. Indian nursemaid
41. Gardener's pipe, pl.
43. Overeat
44. Last European colony in China
46. Surfer's stop
47. Bone-dry
48. Choose by divine intervention
50. Police informer
52. Hi-_____
53. Chihuahua-Pug hybrid
55. By means of
57. *Norma Jean's pseudonym
61. *His Airness
64. Naked protozoa
65. Not an amateur
67. Type of wave
69. Surrendered land
70. What iodine and quinine have in common
71. Like unbagged tea
72. *Kentucky's Fort _____, named for first US Secretary of War
73. Aye's opposite
74. English homework?

DOWN

1. Wildfire remains
2. *Famous American clarinetist, Artie _____
3. Cher or Mariah Carey, e.g.?
4. Poacher's ware
5. Prestige
6. Get-out-of-jail money
7. *Cassius Clay
8. Like Mary-Kate and Ashley
9. Capital of West Germany, 1949-1989
10. Push for something
11. Mix together
12. Mouse to a snake
15. Footwear to match toga
20. *Queen of All Media
22. Bo Peep follower
24. Renting
25. *2009 Nobel Prize for Peace recipient
26. Israeli statesman Moshe
27. Famous Slytherin member
29. Aphrodite's son
31. Semis
32. Australian horse
33. Accustom
34. *Man behind Windows
36. Bangkok inhabitant
38. Between Phi and Kappa
42. Aussie gas station
45. Without clothes
49. Olden day "your"
51. Middle Ages garment
54. Remove from Google Maps
56. Dora the Explorer's farewell
57. *Baseball Hall of Famer, Connie _____
58. End of grace
59. Redecorate, e.g.
60. Wild goat
61. *Actor Bishop or punk rocker Ramone
62. Fusses
63. *Neil Armstrong's employer
66. Ribonucleic acid
68. Grazing land

Puzzle answers on page 15.

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
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72								73				74		



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Happy Renew Year!

“Turn us back to You, O Lord, and we will be restored; renew our days as of old.”
(Lamentations 5:21, NKJV)

C. S. Lewis once wrote, “What a sorry world it would be if it were always winter but never Christmas.” Here is a corollary: What a sad life it would be if it were always the old year and never the new! Time does not know the divisions we give it. It is man who rings bells, blows horns, and

“REED ALL ABOUT IT!” by Dr. Allen Reed

throws confetti to usher in the New Year. We long for times of new beginnings. Today is the first day of a New Year. This New Year can be a time of renewal for us in at least three areas.

First, it can be a time to renew our minds. Paul admonishes us to “be transformed by the renewing of your mind” (Romans 12:2). The word “transformed” has come into our English language as the word “metamorphosis.” It describes a change from within. The world wants to change our mind, so it exerts pressure from without. But the Holy Spirit changes your mind by releasing power from within. If the world controls your thinking, you are a conformer; if God controls your thinking, you are a transformer. God transforms our minds and makes us spiritually minded by using His Word. As you spend time meditating on God’s Word, memorizing it, and making it a part of your inner being, God will gradually make your mind more spiritual.

Secondly, this New Year should be a time to renew our strength. In Isaiah 40:31 the Bible says, “those who hope in the Lord will renew their strength.” God gives us the option of living in our own strength, which results in fainting, weariness and failing, or we can chose the option of waiting on His strength to renew our strength which will enable us to soar in life. Let this New Year be the year to renew our strength, and to view God as the Psalmist did: “But the salvation of the righteous is from the Lord; He is their strength in the time of trouble” (Psalm 37:39, NKJV).

Thirdly, let this New Year be a time to renew our steadfastness. A small boy was standing by a horse tied to a post. A stranger asked him, “Can that horse run fast?” “I don’t know,” said the boy, “but he can stand fast.” Steadfastness is faithfulness. It is the quality of reliability, trustworthiness, which makes a person one on whom we can utterly rely and whose word will stand. Paul wrote, “Therefore, my dear brothers, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain” (1 Corinthians 15:58, NIV).

For many this New Year will be a year of believing and following the ways of the world. However, we have the opportunity and ability, through Christ, to make this year a year of renewal of our minds, strength and steadfastness.

A LITTLE HUMOR: As the couple sat with a marriage counselor for their first session, the counselor asked them to identify what seemed to be the root of their problems. The wife responded, “It all started when we thought it would be cute to think up each other’s New Year’s resolutions.”

Copies of Dr. Reed’s devotional books, *Reed All About It! Daily News From the Good News*, are available from First Baptist Church, Nacogdoches, Texas or Amazon.com.



What is Your Style?

Cathy J. Marberry – Interior Designer, Johnson Furniture

In the world of Interior Design there are so many styles and “looks” for you to choose from. Often clients are really confused about what their style really is. So much as changed over my 30 plus years of Interior Design with the influences of other countries in our furniture and accessories. But at the same time, it hasn’t really changed at all. Our very first styles were influenced by European elements back in the early 1800’s. Hence our Old World Design category! But for those that don’t really know what style that might categorize you, I thought I’d go over a few and maybe help with your New Year’s /Spring Cleaning revamping of your Interiors!

Traditional: Consists of Classic Details, European influences, elaborate and ornate details and textures, velvets, silks and brocade fabrics. Traditional style will also have depth and dimension which are often created with the textures, wood and fabrics listed above.

Modern: With this comes clean crisp lines; metal, glass and steel elements in accessories and furniture, combined with a Simple color palette. This look is often referred to as Sleek. It doesn’t consist of a lot of accessories.

Contemporary: Most people confuse this with Modern, but it actually represents a more Current look. While Modern is straight crisp lines, Contemporary can incorporate curvy lines.

Minimalist: this style reflects a neutral color pallet and airy feel; Ultra clean lines. There is nothing excessive or flamboyant with this style.

Industrial: Just like it sounds! Inspired by urban loft and warehouse elements, it often consists of exposed brick, pipes, air ducts and beams; high ceilings and it’s all about functionality. An Abstract Art piece might be thrown in the mix for color and the unexpected.

Mid Century Modern: Retro – nostalgia! From 1950-1960’s, bringing back the smaller scale furniture and sleek lines from our childhood (if you are like me and born in the 50’s!) I still have my mom’s mid-century rocker that she rocked us on in! Upholstery furniture sat lower and wood chairs could have round simple backs or very straight lines.

Transitional – Borrows from both traditional and modern – a sense of balance that’s unexpected bringing glass and metal to combine with plush furnishings. Its clean lines mixed with stylish and sleek but warm and inviting at the same time.

Rustic: draws from natural inspiration with use of raw and often unfinished elements such as wood and stone. Bringing in accessories from outdoor architectural details with wood beams and reclined wood or natural stone floors.

So now with reviewing the descriptions of each of these styles above, we so often blend some of these together and come up with the newer Design style names such as Shabby Chic, Farmhouse or Eclectic. There is no right or wrong. It just depends on what you are comfortable living with and what makes you happy in your home! Enjoy finding your style in 2018!!! Happy New Year!



Nacogdoches to Welcome Pulpwood Queens, Wine Lovers and Film Festival Attendees



Stephanie Fontenot
CVB Marketing Director

As we say hello to 2018, the Visit Nacogdoches staff is gearing up to give a warm welcome to a variety of groups and visitors who will gather in Texas' oldest town during the next two months.

The Pulpwood Queens will be the first to join us, as the 2018 Bohemian Rhapsody Girlfriend Weekend will take place Thursday through Sunday, Jan. 11-14, at the Fredonia Hotel and Convention Center. The Pulpwood Queens comprise a book club that has grown into the largest "meeting and discussing" book club of its type in the world, according to the group's website.

The weekend will include a Friday-night dinner with New York Times best-selling authors M.J. Rose and Randy Susan Meyers, as well as the Saturday-evening Great Big Ball of Hair Ball. Author panels also will be held at the hotel Friday and Saturday. For more information about Girlfriend Weekend, including a full list of visiting authors and ticket information, go to www.VisitNacogdoches.org/Pulpwood.

With February now on the horizon, Valentine's Day will be here before you know it. Let us help you with your quest to wow your significant other. The weekend of Feb. 9-11 provides many opportunities to enjoy romantic outings in Nacogdoches, including Saturday's downtown Wine Swirl on Main Street and a Wine, Whiskey and Brew Tour designed especially for couples. Keep an eye on our website for updates on both. We suggest snagging your tickets as soon as possible.

Another upcoming event worthy of a weekend is the Nacogdoches Film Festival, which is set to take place Feb. 22 through 24, with the majority of the events taking place at the Fredonia Hotel and Convention Center. A variety of film industry guests will be in attendance, including Ruth Buzzi, best known for her role on "Rowan and Martin's Laugh-in." Other activities will include a VIP reception, industry panel sessions, short film showings and more. For additional information, including a full list of special guests and ticket and lodging information, go to www.nacogdochesfilmfestival.com.

Lastly, if you're part of a local business and would like to help us greet these guests by donating items for welcome bags, feel free to let us know. We constantly look for opportunities to provide visitors with as many resources as possible, including special coupons and promotional items. To contribute, call the Nacogdoches Convention and Visitors Bureau at (936) 564-7351.



Good News *Only* Featured in
Around The Town



Angela's Monthly Recipe

Peas & Cabbage Recipe for Luck and Good Fortune for 2018

Angela Bradford is the owner/operator of Appleby Sand Mercantile Café in Nacogdoches.

It will be hard to find a home on New Years in the South that's not serving Black Eye Peas for good luck and cabbage for good fortune and prosperity. Some call it superstitious and others call it tradition. I call it Delicious!

Most people today don't have the time to cook fresh peas but they want the flavor so here is a recipe to get that flavor without the time.

Black-eye Peas:

1. 4 cans of black eye peas
2. 4 cans of water
3. 1 can of chicken broth
4. 4 strips of bacon
5. 1/2 white onion
6. 1 tablespoon of salt
7. 1 teaspoon of sugar
8. 1/2 teaspoon black pepper



Instructions:

Dice bacon and onion.
Heat a medium pot on medium heat. Add in bacon and onion.
Cook bacon and onions until bacon is soft fried and light brown.
Add in all the remaining ingredients.
Cook on low heat for 45 minutes.
Makes 8 servings.

Cabbage:

- 1 medium head of cabbage, cored and rough cut into 1-2" pieces
- 4 medium red potatoes (skin on or off)
- 1 small white onion, cut into small chunks
- 2 1/2" thick ham steaks cut into 1"x1/2" thick cubes (left over Christmas Ham)
- 4 cups chicken stock,
- 2 tsp fresh black pepper
- 1-2 tsp kosher salt
- 1 whole bay leaf
- 4 Tbl butter
- 1/4 cup flour

Instructions:

1. Place half of the cabbage, onions, potatoes and ham down in the crock pot.
2. Season with half of the pepper and salt.
3. Add in the bay leaf.
4. Add the remaining cabbage, onions, potatoes, beans and ham along with the remaining salt/pepper.
5. Pour 3 cups of the stock over top.
6. Place the lid on and cook on low for 7 hours or 4 for high.
7. minutes before the dish is done, add in the butter and stir gently.
8. After 10 minutes, put the flour and remaining 1 cup of stock in a jar and shake.
9. Pour this into the crock pot, stir and replace the lid cooking for at least 10-15 minutes.
10. Remove the lid and allow to cool for 10 minutes.

Serve with hot water cornbread!

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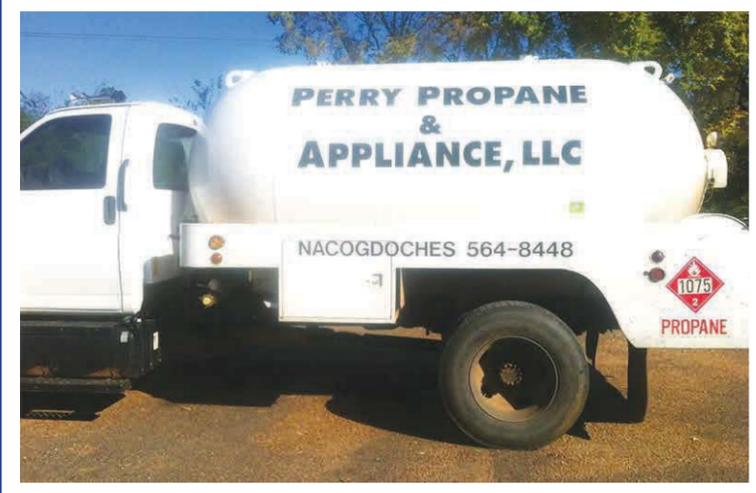
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An East Texas Bedtime Story

by Jerry Permenter

My grandpa, Thomas Carroll, was a quiet soul. He wore bib overalls, white socks and work boots every day of his life. He had a pipe always nearby, with a bright red can of Prince Albert equally close. He also sported round gold framed spectacles, so thick they made his eyes look really small. In the fall of 1899, as a young boy of seven, Pa Permenter and all of his siblings were picking peanuts when it began to rain. Rushing to get the crop in, they worked through the day and into the evening, not knowing the family had been exposed to measles at a local barn dance a few days prior. My grandfather was rendered almost blind from that outbreak, and one sibling lost his sight completely, while yet another died in the days after. But Pa didn't dwell on the hard times of his youth, and would often sing "Casey Jones" or tell me a funny story with little prompting at all.

As a boy, I spent a lot of time with Ma and Pa Permenter, or Lizzie and T.C., as we usually called them. Their given names were Laura Elizabeth and Thomas Carroll, but they were characters of color, so the latter titles fit them well. And nothing seemed to make either of them happier than telling a good story at the other's expense.

My grandmother, a unique painted peacock in her own right, loved to decorate. At any given time, she was either brushing a room with a new color, or sewing the latest dress pattern out of fabric she'd found on sale. Ma lived at Hancock's Fabrics in the years I was growing up. Truth was, she'd frequent any store that had a fabric counter, and we spent many hours going in and out of the many shops in downtown Nacogdoches.

But Ma's absolute favorite pastime her whole life was rearranging furniture. As in completely moving the entire house around, sometimes twice a week. My daddy used to say he felt like a "blind hog" every time he went over, because the chair he expected to sit in was moved to another room or completely replaced by a couch.

I once asked Ma why she liked to rearrange furniture so much.

"Well, we could never afford anything new most of the time, so if I rearranged it, I felt it was like having a new place," she said. "Your Grandpa and Daddy complained about it all their lives, but if it's my house, I'm going to put my furniture wherever I like!"

"Son, you want to hear a good story about your Grandma Lizzie?" Pa Permenter asked me one day as he cleaned and filled his pipe.

"Thomas Carroll, don't you tell that story! You're gonna be sleeping with the chickens if you do!" Ma yelled from the kitchen.



Jerry Permenter was born in East Texas and grew up in Nacogdoches County. He is transitioning to creative writing, with a memoir, "Red Dirt Boy" to be released in 2018. You can follow Jerry on Facebook at Red Dirtboy or on Instagram as @thereddirtboy.

"Well," he began, ignoring her squawks from the other room.

"When we were first married, we lived in a tiny little sharecropper's shack out in the county. We didn't have much furniture, but what little we had, your Grandma moved every week, come rain or shine. I even told her, 'Lizzie, if you don't stop doing that, I'm going to forget where my rocker is one day.' But she never listened."

"Anyway," he continued, "one Saturday close to Christmas, your grandma had moved all the furniture in the house. We hadn't been married long, and she loved decorating for the holidays. She'd cleaned everything, including the hardwood floors, as we were expecting company pretty soon. Since we only had a fireplace for heat, every night Lizzie would get as close to the fire as possible in her nightgown and warm herself good, then she'd make a run through the house and leap into bed before she got cold."

"So that particular night after all the furniture moving, I'm just laying there in bed. I hear Lizzie stoking the fire, getting a good blaze up to warm herself. I could see the doorway clear as day and then heard her bare feet running from the fireplace to the bedroom. I looked up in time to see your Grandma run through the door and jump up into the air, her gown tail popping from moving so fast! Of course, she was sailing towards where the bed used to be. She looked like a flying squirrel."

With that, Pa's eyes welled up and he choked back a snort.

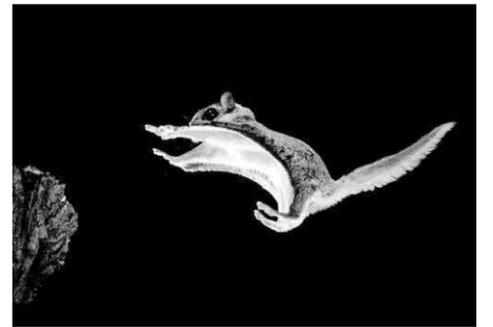
"It was right about then, I heard a commotion in the corner of the room, as your Grandma had landed on all fours and skidded across that hardwood floor a good five feet before hitting the wall. I swear, the wailing and gnashing of teeth that commenced from that corner would've raised the dead. And it wasn't very Christian, either."

"She hollered at me, 'T.C., I think I've killed my damned self!' Son, I had to bite my pillow so hard just to keep from gettin' plumb down!"

"I knew not to laugh, because I would have been killed right then and there. So now, holding my breath, I went over, pulled her up and helped her over to the bed's new location. She'd knocked all the bark off her knees, her elbows and even had a good sized knot on top of her head from that hardwood wall. But did she stop rearranging furniture? Nope, son, not for a single week."

"Jerry, don't you ever tell that story on me, you hear!" Ma scolded.

"I won't, Ma. I promise."



RDB ~ December 2017

5 'Healthy' New Year's Resolutions Worth Giving Up

(StatePoint) While most New Year's resolutions are well-intentioned, sometimes they look better on paper than in practice, actually doing more harm than good. Here are five so-called "healthy" resolutions worth giving up in 2018, as well as better solutions.

Resolution 1: I'm going to take up permanent residence in the gym. Working out is an important piece of the weight loss puzzle, but moderation is key. Studies suggest that too much exercise can lead to a number of issues like hormonal imbalance, fatigue, insomnia and even depression. Many people also report experiencing a drastic increase in appetite after extreme bouts of physical activity, which can lead to overeating and negate the weight-related benefits. Plus, if you exercise so intensely that you're injured or sore for days, it will be difficult to sustain this otherwise healthy habit.

Resolution 2: I'm saying goodbye to fats completely. Fatty foods have gotten a bad rap. The reality is there are good fats and bad fats. In humans, fat helps support normal growth and development, provides energy, allows for proper cellular function, provides protective cushioning for organs, and helps with absorption of certain vitamins. Bad fats are found in foods like meat, butter, lard, cream and trans fats (found in baked goods, fried foods and margarine) and can increase the risk of cardiovascular disease. Aim to replace these with good fats, which are associated with a decreased risk of chronic disease. Good fats include plant-based oils like olive and canola, avocados, nuts, seeds, and dairy, since these also offer the nutrition your body needs.

Resolution 3: I'm going to skip breakfast to cut calories. According to

The Academy of Nutrition and Dietetics, if you're skipping breakfast, you're doing something wrong. Research shows breakfast helps support brain function, energy and mood. And research suggests that people who eat breakfast consume fewer calories throughout the day, weigh less and have fewer risk factors for heart disease. Just a few reasons to load up in the a.m.

Resolution 4: I'll just crash diet to lose the weight. Crash diets don't work and many people who do them end up just gaining the weight back.

"Sustainable weight loss should not involve hunger or deprivation," says Mandi Knowles, dietitian for South Beach Diet. "Your weight loss efforts should include sensible changes that are easy to follow."

Find a weight loss plan that's convenient and lets you know with confidence that you are losing weight the healthy way. Plans like South Beach Diet teach portion control through a low-carb, high-protein approach with meals delivered to your door.

Resolution 5: I'm going to stop snacking. Snacks can account for more than a quarter of one's daily calories. But if you munch on nutrient-dense foods (high in vitamins, minerals and fiber and low in calories), you're more likely to maintain a healthy weight, according to the "National Health and Nutrition Examination Survey." So, snack wisely.

For more weight loss tips, visit palm.southbeachdiet.com.

In the new year, ditch extreme diets and exercise schemes. You'll find more success with sustainable health and wellness habits.