



# THE GATESVILLE MESSENGER

SATURDAY | June 25, 2022

75¢

SERVING CORYELL COUNTY SINCE 1881 | VOLUME 121, No. 51, ISSN No. 0894-4954



## GISD to form its own police force

BY JEFF OSBORNE  
SENIOR WRITER & EDITOR

The Gatesville Independent School District Board of Trustees voted to create a district police department, with an expected start date of Aug. 1, and is working with the Texas Commission on Law Enforcement (TCOLE) to finalize plans.

Previously, GISD had partnered with the city of Gatesville to provide police officers - known as school resource officers (SROs) - to help provide security at each school campus. The board had voted in February to allow

Superintendent Barrett Pollard to look at options for creating the district's own police force.

"Since that time, we have been working diligently on preparing for the nine-step process (TCOLE) requires to create a school district police department," Pollard said.

The nine items which TCOLE reviews include:

- \* A needs assessment
- \* Cost to create the department
- \* Physical resources for officers
- \* Facilities for officers
- \* Law enforcement policies

\* Administrative structure of the department

\* Liability insurance for officers

\* A school board resolution authorizing the department

\* Minutes from the meeting in which the department was authorized

Pollard said the city had budgeted a cost of \$303,848 for SROs for the 2022-23 school year.

"Even with all of the startup costs, the district was able to get right under that cost with an expense of \$303,290," Pollard said. The district has selected Gary Stiles to be

the GISD police chief. Stiles, a sergeant with the Gatesville Police Department, has more than 30 years experience in law enforcement, including serving as an investigator with the Texas Department of Public Safety.

The district has had five SROs - one for each campus, and the proposed GISD police force also listed five prospective officers. The annual salary for Stiles was listed at \$58,000, with salaries ranging from \$48,800 to \$53,984 per year for the other officers.

Information about overtime pay included

PLEASE SEE **POLICE** | A2

## CCC celebrates Crowther contributions



DAVID SCOTT | THE GATESVILLE MESSENGER

SAYING FAREWELL: Danielle Crowther and Daniel Crowther served Coryell Community Church for five years.

## Pastor departs, all-abilities playground named in his honor

BY DAVID SCOTT  
STAFF WRITER

Daniel Crowther, pastor of Coryell Community Church for the last five years, recently announced his resignation and his plans to accept the pastorship of a church near Houston. In a recent church website announcement, Crowther said, "I have been called to serve as the senior pastor of South Main Baptist Church in Pasadena, Texas, just outside of Houston." Crowther continued, "Saying no to this move would really be disobeying the spirit of God. When God makes His will for our lives so abundantly clear, it's exciting but it does not come without some grief and hard-

ship. My family and I have made friends forever here. When the spirit calls, I must run to where He leads."

During Crowther's final service last Sunday at CCC, church elder Kelly Adair spoke to the congregation about plans to name the all-abilities playground after the Crowther family. "A few years ago, God gave Daniel and Danielle a vision for a playground where all kids, no matter what they might be going through or what kind of sickness or injury they might be dealing with, could play. So, the elders decided that we wanted to dedicate that to Daniel and his family. It will be called The Crowther Family All-Abilities Playground, so he'll always be here with us," Adair said. The vision for the

all-abilities playground began back in 2018 and was finally realized in December 2021. Described as being a "sensory-rich" environment for children, Crowther said that he hoped the playground would be a place that children could grow closer to God and closer to one another.

Crowther addressed the CCC congregation during his last sermon and reflected on his time and experiences at the church since becoming the pastor in March 2017. "It is impossible to say thank you enough, so I want to simply say this, I love y'all but I'm a phone call away if you ever need me." Crowther will begin his pastorship at the South Main Baptist Church in Pasadena on Sunday, July 10.

## Security in focus for GISD

BY JEFF OSBORNE  
SENIOR WRITER & EDITOR

As incidents of school violence continue to rock the country, school leaders, including those with the Gatesville Independent School District, look for ways to keep students as safe as possible.

GISD Superintendent Barrett Pollard shared information about security and crisis planning with the GISD Board of Trustees during a board meeting on June 20.

"In the wake of the Uvalde tragedy, a lot of parents and community members are concerned about what we are doing to stop it (an incident involving an armed intruder) here," he said.

One of the breakdowns in the law enforcement response in the Uvalde school shooting was related to authority.

"Our SROs (school resource officers) have the ability to go to shots fired and don't need to check first," Pollard said.

He added that experienced officers will be allowed to use their expertise to respond to crisis situations.

"Another thing you wonder about is if our officers would be out-weaponed," Pollard said, adding that police on GISD property would be provided with any necessary resources, including the options of assault weapons and shotguns "so they can go toe-to-toe" with an armed intruder.

Officers serving GISD will have a

PLEASE SEE **SECURITY** | A2

## City Council approves new subdivision

BY JEFF OSBORNE  
SENIOR WRITER & EDITOR

The Gatesville City Council recently approved a subdivision application for 9.62 acres at 675 Old Pidcoke Road which will divide the property into two tracts, to be known as Emerald Estates.

"This turns that property into two independent tracts which are entirely within the Gatesville ETJ (extraterritorial jurisdiction, an area outside the city limits but in an area adjacent to the city in which Gatesville has authority and can provide city services)," said Rene Ochoa, director of planning and community development for the city. He

PLEASE SEE **COUNCIL** | A2

## Countywide internet evaluation kicks off

BY JEFF OSBORNE  
SENIOR WRITER & EDITOR

The Foresite Group has kicked off a broadband evaluation project for Coryell County, and representatives with the firm met with county and city leaders during a strategy session to find ways to upgrade internet options for county residents.

Gatesville City Manager Bill Parry said a lack of high-speed internet options is a complaint he routinely hears and one which he would like to help resolve.

"It's a major drag on us - how do you fix that?" Parry said.

County Judge Roger Miller said the issue is also one which the Central

Texas Council of Governments is interested in improving. CTCOG includes city and county governments from seven counties, including Bell, Coryell, Hamilton, Lampasas, Milam, Mills and San Saba.

"Out of seven counties in CTCOG, Bell is the only one that is not considered rural," Miller said. "A rural approach (to the concern) gives us the best leverage. The concern is not only getting broadband in rural areas but a lack of capacity. That's even become a problem in larger areas like Killeen, Temple and Copperas Cove."

The Foresite Group was selected by CTCOG in late 2020 to conduct a regional study, and lingering COVID-19 concerns delayed the beginning of the

study for a while.

Coryell and Bell counties had both allocated funding for the broadband study, and negotiated with Foresite to proceed rather than to wait for all of the other CTCOG entities to procure funding.

"Our intent is to have one study to look at all of the areas in the county - they developed as well as undeveloped areas," Miller said. "We want to put it all under one umbrella."

"The plans that come out for Gatesville may be different than Copperas Cove, Oglesby or Evant."

Miller said there are two critical things that should come out of the

PLEASE SEE **INTERNET** | A7

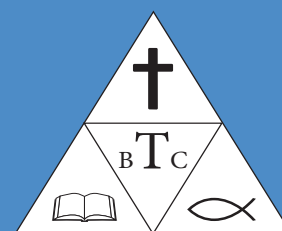


## Trinity Baptist Church

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Mission Statement:

"The family of Trinity Baptist Church exists to love God and people, teach God's Word, and to help all mankind to follow the Lord Jesus Christ in absolute obedience."



# POLICE

FROM PAGE A1

in the school board packet noted, "We are paying our SROs for 40 hours of service. By working their normal sporting events, prom, and graduation after hours, they can earn comp time to only work 37 weeks. This helps the district avoid overtime costs and allows the SROs to get the same salary they would have received at GPD but 15 weeks off."

Equipment costs for the district will also include uniforms, badges, ammunition, tasers, three bullet-proof vests, two gun safes and five body cameras.

The information included in the board packet stated "each officer already owns (a) gun and gun belt. Plus they all should have a school issued radio and laptop in an office with a desk and chair."

As for vehicles for the department, "we will look at existing fleet vehicles to possibly transform a truck or sedan into a police vehicle or purchase from (the Coryell County Sheriff's Office)."

Pollard said the impetus for creating the department "is not huge cost savings - you get control and you don't have officers distracted by working for two departments."

A GISD police headquarters is being constructed in the high school which includes an evidence room.

"I think it's a great opportunity," Pollard said. "I wasn't sold on that at first. The Gatesville Police Department has done a great job

working with the district."

In a needs assessment letter written by Pollard to TCOLE, the superintendent pointed out several reasons for the district to create its own police force.

"Despite a positive relationship with the Gatesville Police Department, a stand-alone GISD Police Department has several advantages. First, our SROs are often caught between conflicting directives, schedules, and goals of the two entities they serve. These issues range from small items regarding comp time to larger issues involving philosophies on how aggressively to pursue certain crimes.

"Second, Gatesville Police Department continues to have trouble with staffing. GISD fears that its SROs will be pulled off campuses even more than normal to support GPD leaving our students vulnerable to violence. In addition, the district has a growing number of extracurricular events for the SROs to attend.

"Third, GISD wants to have sole authority over its SROs. Despite paying 80% of their salaries, the SROs are technically employees of the city of Gatesville. It is difficult for any employee to serve multiple supervisors.

"Fourth, we want a more expedited pathway to the district attorney's office without further bureaucratic impediments.

Currently, activity engaged in by minors which occurs in the city is ultimately delegated to SROs even if the crime did not occur on school premises.



FILE PHOTO | THE GATESVILLE MESSENGER

Gary Stiles, selected as the new GISD police chief, gets a hug from a student.

"Finally and most importantly, GISD wants to ensure that criminal activity committed by minors is aggressively pursued and prosecuted to completion.

"For all these reasons, GISD believes that a school district police department will be an even better option for the children of our community."

School board member Calvin Ford voiced his support for GISD having its own police department.

"I think this is better," he said. "The GISD police will answer to the

superintendent and not the city chief. I love it."

In a resolution creating the department it was noted "the board of trustees at Gatesville ISD finds that local manpower is limited, and a school purpose as well as a public purpose would be served by providing additional security at Gatesville ISD campuses."

It was also noted "that a Gatesville ISD peace officer may provide assistance to another law enforcement agency."

A letter from Pollard to Gatesville

City Manager Bill Parry dated June 21 informs the city of the school district's intent.

"On behalf of the GISD school board, we want to thank you for entering into the SRO agreement so many years ago. The SRO program has been an incredible success with each SRO becoming an integral part of their respective campuses. With deadly school shootings becoming even more prevalent in the state, the protection and security offered by our SROs is invaluable.

"Despite a very positive working relationship with the city and Gatesville Police Department, the GISD board of trustees voted last night (June 20) to create a stand-alone GISD Police Department. Having our own department offers many advantages to the school district. During our visit on April 29 and again in an email May 11, I have communicated that the district has been on the trajectory of creating its own police department.

"Under the current SRO agreement, the board of trustees retains the continuing right to terminate the contract at the expiration of each budget period during the term of the contract. Thus, we wanted to give you advanced written notice that August 1 would be an ideal time to terminate the contract. If you have any issues with this, please let me know. This would allow GPD to continue to have the SROs during the summer months. August 1st would offer an ideal time to separate before another budget year begins."

# SECURITY

FROM PAGE A1

master key that will allow them entry to wherever they need to go, Pollard said, "but to be on the safe side, we will also buy breaching equipment" that will provide access to areas which may be barricaded or otherwise secured.

Keeping classrooms locked to prevent unauthorized access is also important, he said.

"The expectation is that the teachers will lock their classroom doors and will get written up if they don't do it," he said. "I don't like that in the Uvalde tragedy there have been scapegoats - there was one bad guy in that situation (the shooter)."

Protective film will be added to windows that allow staff and students to see out but do not allow people inside to see in, and SROs will have their radios with them at all times.

Attire such as trench coats that could be used to hide weapons will be prohibited, as well as large duffle bags.

"We considered requiring clear backpacks but decided against that as being too much," Pollard said, adding that the kind of firepower used in mass shootings does not typically fit into a back-

pack. Students and staff will be required to have their IDs at all times, and one major change is that cafeterias will not be open to visitors - with the exception of uniformed law enforcement - during school hours.

"We decided not to open lunchrooms (for security reasons)," Pollard said. "If parents want to eat lunch with their kids, they will need to check them out (of school) and take them off campus (during their lunch period)."

In the event of a mass shooting or threat, Pollard said that Gary Stiles, who has been named the GISD Police Chief, would be in charge of incident response.

GISD board member Mary Anne Leib said she talked to a board member from Uvalde who said there continue to be lots of unanswered questions about what was done and what could be done to prevent such attacks at schools. She added that the new measures taken by GISD were a "good list."

"Unfortunately, you learn something new after each mass shooting," Pollard said.

Board member Calvin Ford asked about the possibility of getting a higher fence surrounding some school playgrounds.

Board President Charles Ament said the things Pol-

lard mentioned were "on the proactive side. Is there anything being done on the preventive side, such as mental health (assistance)?"

"One thing Gatesville is ahead of the curve on is social workers (assisting students and families)," Pollard said. "Some other school districts have balked at the cost."

"In almost all shootings there were all kinds of signs (of troubled individuals who later lashed out)," Ament said.

Pollard said it is important to provide resources to help abused or neglected students and doing so could help prevent future violence.

A lot of times, other students or staff may even be aware of a concern before it becomes a full-blown crisis, Ament said.

Ford asked if metal detectors were being considered.

"It's a balancing act of how prison-like do you want it versus how much like a school atmosphere," Pollard said. "We do borrow metal detectors to use before each graduation."

Limiting the number of entrances and exits to each campus are among the steps being taken, Pollard said.

He proposed a program originally referred to as Dads on Duty, but changed to Friends on Duty in order

to be more inclusive, to help provide additional security.

Volunteers would have a background check and would be issued a vest and could walk around campuses to help make sure they are secure, Pollard said.

"That offers an extra set of eyes on campus to walk outside and inside and check doors - just simple things like that."

Pollard said current or former law enforcement or military would be especially

welcome to participate.

"It's a good option for the schools, if (the volunteers) see something they can say something about it. The main thing is, can we get some people to actually do it."

# COUNCIL

FROM PAGE A1

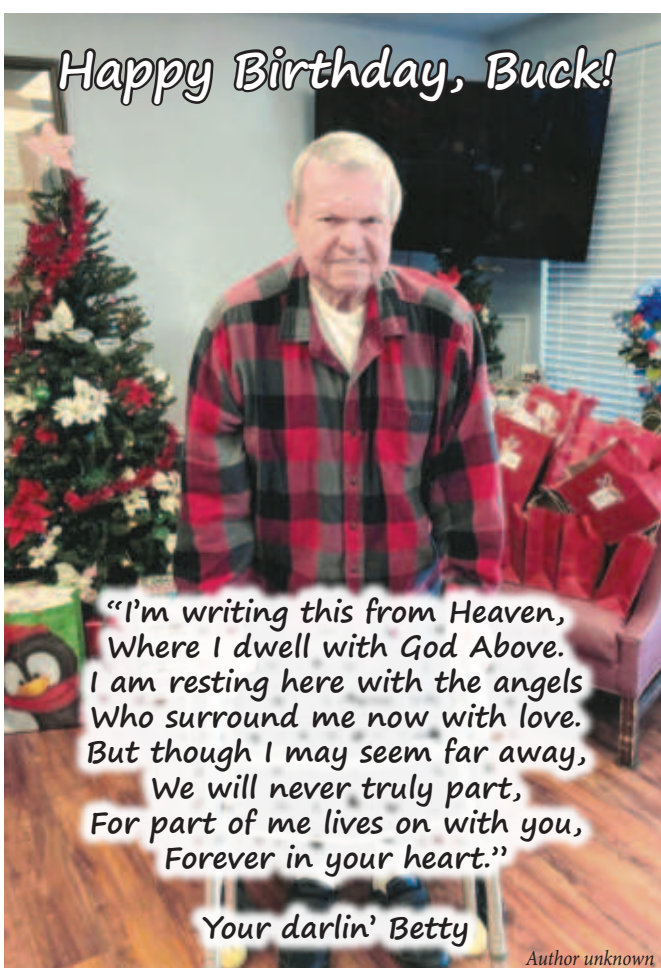
added that water and sewer are both available for the property.

The Gatesville city engineer reviewed the area for drainage concerns prior to submitting the tracts for Council approval. The plan for the property, according to a Gatesville Planning and Zoning memorandum, is to subdivide "one lot from unplatted property in order to build a single-family homestead."

The Planning and Zoning Commission unanimously approved the request before sending it on to the Council.

As part of an inter-local agreement with Coryell County, a copy of the request was also sent to county officials to review, and no concerns were voiced by them, the memorandum stated.

"No extensions of public facilities are created," the city document said. "



**THE GATESVILLE MESSENGER**

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**DEADLINES:**

Submit all news articles, classifieds and display advertising by 10am Friday for the Wednesday issue and 10am Wednesday for the Saturday issue.

Articles about events that have occurred 30 days prior to submission will not be accepted. However, they will be accepted as paid advertisements.

All articles and advertisements must meet our standards and

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FROM MY FRONT PORCH

# A coach's impact goes beyond the game



**SAM HOUSTON**  
Sam Houston is the publisher of the Hood County News. He is also an actor, author, playwright, performer and entertainment producer/promoter.

Last year, the man who was my junior varsity basketball coach passed on. Clifton Earl Hopper was a physical education and biology teacher, as well as a cross country, baseball and basketball coach.

My first experience with Coach was in the junior high where he quickly laid down the law of how we seventh grade "men" were to behave while in the locker room and in his gym class. We boys knew we needed to toe the mark when we were in Coach's domain, and all admitted we were more than a little intimidated by him. Mind you, this was back in the days when coaches physically confronting a student was absolutely accepted. If you got caught flipping your shower towel at some classmate's backside or quit during one of Coaches famous "Indian runs," getting licks could be forthcoming, even expected.

Basketball was my game, and I played on Coach's JV team. My teammates and I had basketball fundamentals drilled into our brains until they ran out our ears. We performed drill after drill, all in pursuit of Coach's goal of perfection. He also made sure every member of our team was in better physical condition than any opponent we played. We ran, and ran, and then we would run to where we would start running.

Even though some of my classmates loved basketball, they did not come out for the team because they believed Coach's methods were too harsh. They did not want to come to practice on New Year's Day at 7 a.m., nor did they want to have constant demands for improvement shouted out to them every day at practice.

Coach Hopper pushed his teams. Some might say he shoved. Coach's voice was like a thundercloud hanging over every player's head, and it would rain down from above, again and again, until as a team, we got it right. His players had to have their hair cut suitably short or they did not get to dress for games. All team members including the team manager had to wear a coat and tie to school the day of a game and when traveling to another school. Coach said we were representing something bigger than just ourselves, and we had a duty to honor that representation by looking our best.

Coach made it clear that

our life had priorities. God should be first, family and school were tied for second, basketball was third, and everything else in life was a distant fourth. We were members of a team and it required we make sacrifices. Girls, cars and "hanging out" were all normal teenage pastimes, but we had made a commitment to the other "men" on the team, and that commitment had to be honored every day by staying focused, working harder than your opponent, and never, ever quitting.

About 30 years after I graduated high school, I was invited back to an alumni event, and players from many decades came together. There was a basketball game that night, and I sat in the bleachers next to Coach Hopper surrounded by my former teammates. Many of us had not seen each other in years, and as we watched the game, we told stories and joked about plays, games, practices and shared experiences of the past.

As the game in front of us played out, Coach Hopper noticed one of the players on the court had failed to pass the ball to an open man, and he screamed out, "Pass the ball ... there he is!" When I heard the tone and volume of the command Coach had uttered, I nearly jumped out of my skin. It had been a long, long time since I had heard that voice bark instructions, but memories came flowing back like water through an open floodgate, and it sent goosebumps down my spine.

I turned and looked at Coach and said, "I swear I could be dead and buried 30 days and if you walked over my grave and shouted, 'pass the ball ... there he is!' I would know the voice and react." Coach looked at me and smiled. I reached up and put my hand on his shoulder and said, "Thanks Coach. For everything."

I must admit, as I write this column, I have shed a tear or two. I am saddened by Coach's passing, but the tears are for the joy of knowing this good man shaped me in ways I never understood as they were occurring. Coach Hopper taught me the joy of seeking excellence and the cost for winning must be paid in the currency of hard work. He showed me how to always be my best version of myself. He helped and molded me in ways I will probably never understand or even know. I can never repay the debt I owe this good man.

Coach, I did not always like you. I didn't always understand you. I sure did not always know why you did things the way you did them, but I wouldn't be the same man without you. I am one of the thousands of canvasses your life work has been painted on, and I hope we have made you proud.

Thanks again and thanks to all the coaches who have shaped so many.

Thought for the day: The only place where success comes before work is in the dictionary.

Until next time...

sam@hcnews.com | 817-573-7066, ext. 260

## RIBBON CUTTING HELD AT GATESVILLE TRAILS



COURTESY PHOTO

The Gatesville Chamber of Commerce recently held a ribbon cutting ceremony at Gatesville Trails, which provides affordable housing for seniors 55 and older. Gatesville Trails is a new apartment community which provides a maintenance-free lifestyle. Amenities for the residents include a community kitchen, fitness room, community laundry, and a bocce ball court. Gatesville Trails is professionally managed by Alpha Barnes/Asset Living and is located at 101 Trails Private Drive just off Highway 36. For more information and leasing details, please call Christina Mendoza at 254-545-9951.

## Canaan Baptist to offer date night, VBS

Canaan Baptist Church will be featuring "Date Night" Back to Normal Comedy Tour with Scott Davis followed by a Vacation Bible School kick-off party on

Sunday, June 26, from 6 p.m. until 8 p.m. The event will be free and those wishing to RSVP or get more information may call 254-421-0884. The church's Vacation Bi-

ble School will begin on Monday, June 27, and continue until Friday, July 1, from 6:30 p.m. until 8:30 p.m. each evening. A meal will be provided. The theme this

year will be "Spark Studios, Created in Christ, Designed for God's Purpose."

The church is located at 177 Coryell City Road at Canaan Baptist Church Road.

## Tuition assistance program pays off for GISD

The Grow Your Own (GYO) program at GISD is paying big dividends for the district. Kayleigh Goodwin Tennison was a 2018 honors graduate of Gatesville High School. She was in the inaugural cohort of the GYO program that started in 2018. She received tuition

assistance from GISD and its partners Temple College and Texas A&M - Central Texas (TAMUCT).

Four years later, she graduated from TAMUCT with a bachelor's degree in mathematics - once again with high honors. As part of the program, Kay-

leigh will now work as a math teacher at the high school.

This program benefits both, the student and the school, with Kayleigh receiving assistance with her tuition and GISD now having a full-time teacher in a hard-to-fill content area.



Tennison

## Gatesville grad passes professional exam

Marlee Williams, a 2022 graduate of Gatesville High School, recently learned that she passed the state pharmacy tech certification exam. She is the first student in the health science strand at Gatesville High School to do so. Marlee

worked very hard to memorize 250 different medications.

Texas is one of a few states that require pharmacy technician candidates to obtain certification before registering with the state Board of Pharmacy. Graduates learn how to work

under a licensed pharmacist, helping with patient consultations, dispensing medications, managing inventory, maintaining patient records, repackaging medications and calculating dosages.



Williams

# The DISPATCH

The following is a breakdown of activity reported through dispatchers during the period of June 20 - 22. While there were many calls to the dispatcher, this is a partial list of more significant activity. People are reminded that only emergency calls should be made to 9-1-1, while all other calls to the police department should be made to 865-2226 or to the Sheriff's office at 865-7201.

### CITY OF GATESVILLE POLICE DEPARTMENT

**June 20**  
2:29 a.m., suspicious activity was reported in the 1600 block of W. Main Street.

8:04 a.m., a theft was reported in the 2300 block of Business Highway 36.

1:44 p.m., a vehicle fire was reported in the 1800 block of E. Main Street.

3:34 p.m., suspicious activity was reported in the 2300 block of Business Highway 36.

4:47 p.m., criminal mischief was reported in the 200 block of State School Road.

5:46 p.m., a brush/grass fire was reported in the 3100 block of CR 267.

**June 21**  
1:53 a.m., suspicious activity was reported in the 2500 block of E. Main Street.

8:17 a.m., a welfare concern was reported in the 300 block of Hornet Way.

1:56 p.m., a threat was reported in the 100 block of Surrey Lane.

6:10 p.m., a burglary was reported in the 1400 block of

Mills Street.  
8:23 p.m., harassment was reported in the 200 block of FM 116.

8:40 p.m., a theft was reported in the 2400 block of Business Highway 36.

**June 22**  
12:44 a.m., a reckless driver was reported in the 4600 block of S. State Highway 36.

1:17 a.m., suspicious activity was reported in the 1900 block of St. Louis Street.

9:54 a.m., suspicious activity was reported in the 1200 block of Golf Course Road.

4:25 p.m., suspicious activity was reported in the 100 block of Old Pidcoke Road.

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6:22 p.m., suspicious activity was reported in the 1100 block of W. Main Street.  
7:30 p.m., suspicious activity was reported in the 1100 block of Waco Street.

### CORYELL COUNTY SHERIFF'S OFFICE

**June 20**  
6:54 a.m., an abandoned vehicle was reported on CR 269.

12:22 p.m., a fire was reported on CR 142.

5:36 p.m., a livestock complaint was reported in the 100 block of Circle Vista Drive.

9:17 p.m., suspicious activity was reported in the 100 block of Cedar Circle.

9:46 p.m., a welfare concern was reported in the 400 block of Hurst Springs Road.

10:01 p.m., shots being fired was reported in the 200 block of 107.

**June 21**  
12:54 a.m., a domestic disturbance was reported in the 600 block of Thomas Street.  
10:26 a.m., an animal complaint was reported in the

16000 block of S. Highway 36.

4:58 p.m., a livestock complaint was reported in the 300 block of Crumley Lane.

8:30 p.m., a hit and run accident was reported in the 6700 block of FM 183.

10:13 p.m., a fire was reported in the 4300 block of FM 930.

10:45 p.m., a domestic disturbance was reported in the 100 block of CR 347.

**June 22**  
8:20 a.m., a missing person was reported in the 9700 block of S. Highway 36.

10:50 a.m., a livestock complaint was reported on E. Highway 84.

10:53 a.m., a theft was reported in the 4700 block of FM 107.

12:39 p.m., criminal mischief was reported in the 100 block of Dalton.

3:19 p.m., identity theft was reported in the 1200 block of Twin Mountain Road.

10:26 p.m., a suspicious vehicle was reported at the Dollar General in Flat.



### Gatesville Chamber of Commerce

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2307 HWY. 36 SOUTH  
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254-865-2617

### NOTICE of Federal Program Planning for OGLESBY ISD

The Oglesby Independent School District is currently in the planning process for the 2022-2023 ESSA Consolidated Federal Application for the following programs:

- Title I, Part A - Improving Basic Programs
- Title I, Part C - Migrant
- Title II, Part A - Improving Teacher Quality
- Title III, Part A - Language Instruction for Limited English Proficient and Immigrant Students
- Title IV, Part A - Student Support and Academic Achievement

Campus eligibility for Title I is based on low income data and enrollment. Private Nonprofit Schools and/or Homeschools with government nonprofit status that serve students living within Oglesby ISD boundaries and that are interested in receiving program information on participation and/or providing input into program planning for services for eligible students may contact, Dr. David Maass, Superintendent, at 254-456-2271 or 125 College Ave, Oglesby, Texas 76561.

Oglesby ISD does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs, activities, or hiring practices. Inquiries regarding the Title IX policies should be directed to Dr. David Maass, 254-456-2271.

## The Southern Plainsmen Quartet

Gospel Concert & Ice Cream Social

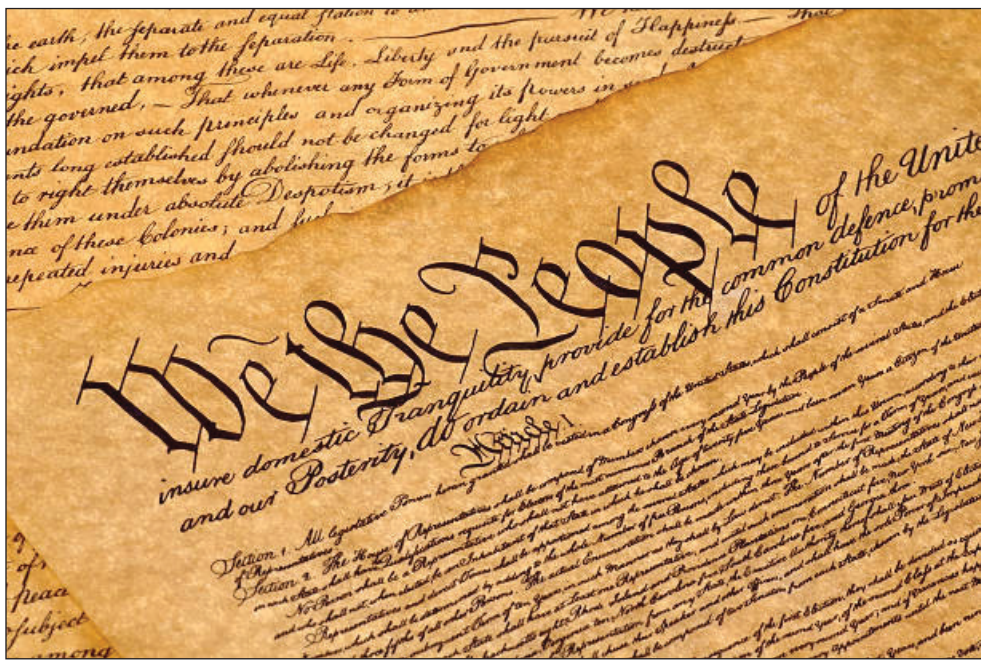
Sunday, July 10, 2022 - 6 PM

Pidcoke United Methodist Church

11230 FM 116

(Between Gatesville & Copperas Cove)





COURTESY PHOTO

## Declaration of Independence reading to take place July 1

The public is invited to attend a reading of the United States Declaration of Independence on Friday, July 1, at 10 a.m. The reading will take place in the 52nd

District courtroom on the second floor of the Coryell County Courthouse. The reading of the Declaration of Independence will be by local members of the Texas

Criminal Defense Lawyers Association. For more information, please contact Allen Place at 254-865-9475.

### MOUND NEWS

## Local 4-H team wins state title



BARBARA HOPSON

Congratulations to the local 4-H team at Gatesville High School for winning the state title. Coryell County made a strong impact at the annual Texas 4-H Roundup held recently in College Station including winning the state championship. College Station hosted over 1,500 high school aged youth for the state contest scholarship event. Among those attending were 24 youth and nine adults from Coryell County. The locals achieved success throughout the week of state roundup. Representing Coryell County were Samuel Belt, Kinsey Gardner, Hailey Lu-

ensmann and Cooper Sutton. They met with their scholarship donors and were recognized at their respective banquets hosted by sponsors of Texas 4-H Foundation.

Sandy Pitcock of Fort Worth and Evelyn Verden of Haskell visited during the week with David and Pam Hopson and family.

David and Pam Hopson and their families attended a fish fry Saturday in Gatesville at the home of Will and Becky Coward.

Loyd and Kari Hopson hosted a fish fry Saturday afternoon. Those attending were family and friends.

Don and Sue Jones hosted Scott Shults for his birthday and Father's Day with a dinner. Those attending were Scott, Kelby and Sterlin Shults, Case and Kristen Jones.

Eve Fulton placed first in the high jump and seventh in the 800m run at the track meet Saturday in Waco.

Neil Helms of Red Oak came Saturday for Father's Day and spent the day with his family.

Mrs. Bettie Blakley of Pearl and Mrs. Minnie Wright of

Gatesville were Father's Day lunch guests of Robert, Carolyn and Emma Blakley.

Brittani Shepherd of Bastrop visited her sister, Staci Kinnear, for her birthday and they both visited with Barbara Hopson.

Kenneth Dixon, Brandon, Kari, Charles and Thomas Belt and Sara Poynter had Father's Day dinner with Nancy Dixon and Barbara Hopson.

Zach, Amanda, Aubree and Olivia Long returned home after a trip to Summer Fun in Belton.

Those who had birthdays in this month were Tracey Carothers, Ron Barnard, Deletta Washburn, Max McClellan, Loyd Hopson, Dana Creacy, Jeremy Dossey, Emily Coward, Neva Groat, Cherrie Tatum, Joseph Piller, Rex Hopson, Hal Hopson, Anna Baldock, Slayton Fisher, Chris Thompson, Bryce Dahl, Holly Bryant, Jannetta Spencer, Marilyn McDade, Belva Clark, Lisa Gallaway, Betty Mayberry, Billy Hopson, Kathy Brase, Christine Hernandez, Susie Hopson, Pam Hopson and Kim Biggs.

## CCGS will present program on Gatesville's cemeteries

Liz Reinhardt, development coordinator for the city of Gatesville's Planning and Development Services, will speak at the July 12 meeting of the Coryell County Genealogical Society.

Reinhardt's program topic is "Gatesville's Cemeteries." Cemeteries are of vital interest to genealogists, and the City Cemetery and Restland Cemetery, which are operated by the city of Gatesville, also have a special historical interest for Coryell County residents.

These cemeteries are the



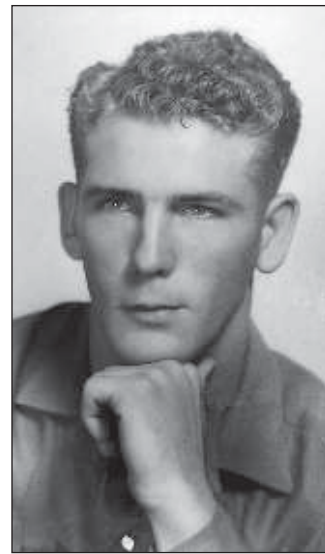
final resting places for the early county and city founders. Restland Cemetery is the site of many of the Fort Hood cemeteries' relocated burials, and the property was used for the CCC camp and the County Fair and Rodeo prior to becoming a cemetery in 1942. Land for the City Cemetery was donated by R. G. Grant, soon after the founding of Gatesville, in 1854.

The meeting is on July 12, at 6 p.m., in the Gatesville Public Library meeting room. The public is welcome to attend.

# OBITUARIES

## GENE ARNOLD

Dec. 17, 1935 - June 20, 2022



Gene Arnold, age 86, from Whitney, originally from Jonesboro, passed away peacefully in his home on Monday, June 20, 2022.

Funeral services will be held at 10 a.m., Saturday, June 25, 2022, at Lawson Funeral Home in Meridian. Pastor Matt Dossey will officiate. Burial will be in the Meridian Cemetery.

Gene was retired from General Motors. When he was young, he had a country and western band, Gene Arnold & The Countrymen. He was a devoted husband whose number one priority was his family. He loved to travel. He was a Deacon at Jonesboro Baptist Church.

Left to cherish his memories are his wife of 66 years,

Fairy Arnold of Whitney; daughters, Debra Arnold of Temple, Janice Edwards and husband, Robert, of Whitney; nine grandchildren; 12 great-grandchildren; six great-great grandchildren; sisters, JoAnne Cagle of Fort Worth, Ruth Hooper of Fort Worth, Jane Gilbreath and husband, Mack; numerous other relatives and many friends.

Preceded in death by his parents, Lloyd Wesley and Nellie Ruth Cox Arnold; brother, Jackie Don Ray; sisters, Linda Schultz, Edith Appleton; and daughter, Donna Myers.

Arrangements were entrusted to Lawson Funeral Home, Meridian, Texas 254-435-2792.

## KATREENA AYRES

June 9, 1971 - June 19, 2022



Katreena Ayres, age 51, of Gatesville, passed away Sunday, June 19, 2022. A memorial service will be held Sunday, June 26, 2022, at 12 p.m. at Bare Bones Barbeque at 4302 S. Hwy. 36.

Katreena was born June 9, 1971, in Kerrville to Richard E. and Renalda (Hooker) McGehee. She graduated from Gatesville High School and at the age of 15 earned her certification as a Certified Nursing Assistant. She married Jeff "Bull" Ayres on February 14, 1999, and they shared 21 years of marriage until he passed in 2020.

Katreena enjoyed crafting. She loved taking care of her animals and adored her grandchildren and nieces and nephews. She had a nickname for every one of them.

She was preceded in death by her husband, Jeff Ayres; mother, Renalda McGehee; mother-in-law, Nancy Ayres; nieces, Jessica McGehee, Gracelyn and Hannah; and nephew, Samuel.

Katreena is survived by her daughter, Sarah Elizabeth Ayres and fiancée, Blake Lee; father, Richard E. McGehee, Sr. and wife, Martha; brothers, Richard McGehee, Jr. and wife, Tina, Shane McGehee, Billy McGehee and wife, Bobbie, and Joey McGehee and wife, Marissa; sister-in-law, Tammy Simmerman and husband, Robert; sister-in-law, Debra Corliss and husband, James; and numerous nieces and nephews.

Katreena's family wishes to extend their heartfelt thanks to the doctors, nurses, and entire staff of Providence Hospital for their compassion and kindness.

Floral Arrangements may be sent to 2535 Powell Dr., Gatesville, TX 76528.

## JERRY HOLBROOK

June 16, 1945 - June 19, 2022



Jerry Holbrook, age 77, of Gatesville, passed away on Sunday, June 19, 2022, in Waco. Funeral services with Ma-

sonic Rites will be held at 10 a.m. Saturday, June 25, 2022, at Scott's Funeral Home Chapel with Rev. Tim Crosby officiating. Interment with military honors will follow at a later date at the Central Texas State Veterans Cemetery in Killeen.

Jerry Dean Holbrook was born on June 16, 1945, in Newport, Arkansas to the late Mearl and Velma White Holbrook. He graduated from Alameda High School in Lakewood, Colorado, and soon after entered the U.S. Navy. He served active duty in the Navy for four years and then served in the Naval Reserve for an additional 17 years. He married Eileen Moser on August 21, 1970. Jerry was a civil service employee with the Army Corp of Engineers at Ft. Hood until his retirement. He was a member of Trinity Baptist Church, where he was

formerly active in the bus and T.V. ministry. He and his wife have enjoyed square dancing since 1996. He was involved in the Boy Scouts and enjoyed photography, hiking and exploring, car racing and wood carving. He was also a member of the Gatesville Masonic Lodge #197 A.F. & A.M. and Waco Karem Shrine.

He was preceded in death by his parents and a sister, Judy Gatke.

Jerry is survived by his wife of 51 years, Eileen Holbrook; son, Chris Holbrook and wife, Androulla Ward; daughter, Kimberly Doyle and husband, Michael; twin brother, Tom Holbrook; brother, Don Holbrook; grandchildren, Tyler Harper, Taylor Crumpler, Maygen Holbrook, Allison Carter, Patrick Doyle; six great-grandchildren to include two to be born later this year.

## PATRICIA HANSON

July 30, 1957 - June 10, 2022



Patricia Kathleen Hanson, age 64, of Gatesville, passed away on Friday, June 10, 2022, in Temple. Memorial services are scheduled for 3 p.m., Saturday, June 25, 2022, at East Main Church of Christ.

Patty was born on July 30, 1957, in Houston to Henry and Frankie (Swindle) Meeks. She was the youngest of four siblings and attended school in Indian Gap.

She married James Hank Hanson on July 12, 1999, in Hamilton. Patty worked as a nurse's aide for 35 years in Hamilton area nursing homes. She loved her job and adored her patients. Patty enjoyed spending her free time fishing and camping. She liked to cook, loved animals, and never missed a special occasion to send thoughtful cards and sweet notes to friends and family. Patty was a longtime member of the Gatesville Church of Christ. She loved listening to old gospel music and going to church. Her family is comforted knowing that by her faith and devotion to the Lord, she is now at peace and free from her pain. "Come to me, all who are weary and

burdened, and I will give you rest." Matthew 11:28

Patty was preceded in death by her beloved husband, James Hank Hanson; mother, Frankie Deene Swindle Meeks; father, Henry Chalmer Meeks Sr.; brother, James Dewey Meeks; and brother, Henry Chalmer Meeks Jr.

She leaves behind to cherish her memory a son, Patrick Porter of Fort Worth; sister, Barbara Meeks Williams and husband, Frank, of Gatesville; sister-in-law, Karen Meeks of Flower Mound; sister-in-law, Michelle Meeks of San Antonio; and many cousins, nephews, nieces, and friends who she loved very much.

The family would like to extend special thanks and appreciation to the Gatesville Church of Christ for welcoming Patty in with love and grace, and for the support you've given throughout her long illness.

In lieu of flowers, the family would encourage donations to your local community churches to help members in their times of illness and personal need.

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# HOUSES OF WORSHIP

## BAPTIST

**BETHEL HEIGHTS BAPTIST CHURCH:** Hemmeline Cemetery Rd.; Sunday services - Sunday School 10 a.m., morning worship 11 a.m.

**BETHLEHEM PRIMITIVE BAPTIST CHURCH:** Elder, Hugh Montgomery, pastor; Peabody community 5 miles south of Pearl on FM 1690; Sunday services - Morning worship 4th Sunday each month at 10:30 a.m. and 1:30 p.m.

**CALVARY BAPTIST CHURCH:** Steven L. Bogan, pastor; Hwy. 84 and FM 116; Sunday services - Bible study 10 a.m., morning worship 11 a.m., evening worship 6:30 p.m.

**CANAAN BAPTIST CHURCH:** Jim Keever, senior pastor; 177 Coryell City Road, Crawford; Sunday School 9:30 a.m., Sunday Morning Worship 10:30 a.m., Wednesday Night Bible Study 7:00 p.m.

**COLD SPRINGS BAPTIST CHURCH:** Bob Phillips, pastor; Sunday services - Sunday School 10 a.m., morning worship 11 a.m., evening worship 5:30 p.m.

**EASTWOOD BAPTIST CHURCH:** Lynn Parks, pastor; 2518 East Main; Sunday services - Sunday School 9:45 a.m., morning worship 10:50 a.m.; Wednesday evening services, 6 p.m.

**FIRST BAPTIST CHURCH OF EVANT:** Dane Barron, pastor; Live Oak Street and Memory Lane; Sunday services - Sunday School 9:45 a.m., morning worship 11 a.m., adult Bible study 6 p.m.; Wednesday services - kids' and youth Bible study 6 p.m.

**FIRST BAPTIST CHURCH OF FLAT:** Sunday School 9 a.m.; Sunday Worship 10:15 a.m.; Wednesday Prayer & Bible Study 7 p.m.; Wednesday Youth Group & Kid Knights 7 p.m.; Wednesday Supper first Wednesday of each month at 6 p.m.; Men's Breakfast second Saturday of each month at 7:30 a.m.

**FIRST BAPTIST CHURCH OF GATESVILLE:** 912 E. Main Street; Sunday services - Sunday School 9:30 a.m., morning worship 10:45 a.m.

**FIRST BAPTIST CHURCH OF OGLESBY:** 120 College Ave., Oglesby, Tx 76561; Sunday morning services - Sunday School 10:00 am, Worship 11:00 am; Wednesday evenings - supper at 5:40 pm, Kids & Youth Group 6:00 pm, Prayer meeting 6:00 pm; Jeremy Sanders, Pastor.

**GATEWAY BAPTIST CHURCH:** Michael Bragdon, Pastor; Hwy. 36 East; Sunday services - Sunday School 10 a.m., morning worship 11 a.m., evening worship 1:30 p.m.; Wednesday Service 7:00 p.m.

**HARMONY BAPTIST CHURCH:** A.C. Painter, pastor; 1750 FM 215; Sunday services - Sunday School 10 a.m., morning worship 11 a.m., evening worship 6:30 p.m.; Wednesday evening worship 6:30 p.m.

**HAY VALLEY BAPTIST CHURCH:** 3110 Hay Valley Road, off Hwy 36 North. Sunday morning services - Sunday School 10:00 am, Worship 11:00 am. AWANA children's ministry Sunday evening 5:00 to 7:00 pm. Bible Study for men and women on Wednesday at 6:30 pm.

**JONESBORO BAPTIST CHURCH:** Matt Dossey, pastor; Sunday services - Sunday School 10 a.m., morning worship 10:50 a.m.

**KING BAPTIST CHURCH:** Charles W. McKamie, pastor; Sunday services - Sunday School 10 a.m., morning worship 11 a.m., evening worship 6 p.m.

**LIBERTY BAPTIST CHURCH:** Roysie T. Cockrell, DMin., Pastor; Corner of FM 107 & HWY 36 in Gatesville; Sunday School 10:00 a.m., Morning Service 11:00 a.m., Second Service 1:00 p.m., Family Bible Study Wednesdays 6:30 p.m.

**LIVE OAK BAPTIST CHURCH:** Bro. Ken Laney, pastor; FM 107; Sunday services - Sunday School 9:15 a.m., morning worship 10:30 a.m., Wed. evening Adult, Youth and Children's Bible Study 6:30 p.m.

**MOUNTAIN BAPTIST CHURCH:** Rev. Kurt Fuessel, pastor; Hwy. 84 East in South Mountain community; Sunday services - Sunday School 10 a.m., morning worship 11 a.m., evening worship 6 p.m. Prayer meeting 7:00 p.m. Wednesday.

**OSAGE BAPTIST CHURCH:** Chris Thomas, pastor; Sunday services - Sunday School 10 a.m., morning worship 11 a.m.

**PEARL COUNTRY CHURCH:** Sunday morning

## Believing in Each Other

*"Therefore encourage one another and build each other up, just as in fact you are doing."*

—1 Thessalonians 5:11 NIV

The philosopher and historian Jennifer Michael Hecht says that we "believe each other into being." She is arguing against the individualistic bias of our age which says that we can make ourselves. On the contrary, we are intimately tied to the people in our lives, including our family, friends and co-workers, and sometimes even people we barely know. Believing the best about our family and friends helps them to become better people. Her recent book Stay: A History of Suicide and the Philosophies Against It argues for a communitarian approach to persuading others not to commit suicide. Rather than the moral or religious arguments against it, we should try to convince would-be suicides that they are connected to others who will be affected by their action. She also addresses the argument advanced in Camus's essay "The Myth of Sisyphus," that while life may be absurd and doesn't always make sense, we should embrace that absurdity and not commit suicide out of a respect for our future selves, who will know things that we can't currently know. The Bible is full of recommendations for us to encourage and help each other, and this advice was especially prominent in the advice which Paul gave to the early churches. — Christopher Simon



worship 10 a.m.

**PECAN GROVE BAPTIST CHURCH:** Sunday services - Sunday School 10 a.m., morning worship 11 a.m.

**PIDCOKE BAPTIST CHURCH:** Donald McConnaughay, pastor; 11125 FM 116, Gatesville; Sunday services - Sunday School 10 a.m., worship service 11 a.m. www.pidcokebaptist.com

**PLEASANT VALLEY BAPTIST CHURCH:** Chris Post, Pastor; CR 301, Jonesboro, TX; Sunday school at 10 a.m. and Sunday worship at 11 a.m.

**PRIMERO IGLESIA EMANUEL:** One mile north of Evant on Hwy. 281; Sunday services - Sunday School 10 a.m., morning worship 11 a.m.

**PURMELA FIRST BAPTIST CHURCH:** Sunday services - Sunday School 10 a.m., morning worship 11 a.m.

**SWEET HOME BAPTIST CHURCH:** 511 North 14th; Sunday services - Sunday school 9:30 a.m., Sunday morning worship 11 a.m.; Wednesday services - Wednesday evening worship 7 p.m.

**SPANISH BAPTIST CHURCH:** Ezequiel Casas, pastor; 113 Veazy Dr.; Sunday Services; Sunday School 10:00 a.m., worship 11:00 a.m., Wednesday Prayer Meeting 6:00 p.m.

**TRINITY BAPTIST CHURCH:** 1506 West Main; Sunday services - Sunday School 9:30 a.m., morning worship 10:50 a.m. Wednesday Services - Prayer Meeting/Youth Ministry 6:30 p.m., TBC Kids at 6:30 p.m. Email: trinitybaptist@centurylink.net. Church: 254-865-8495 or Pre-school: 254-248-0041.

**TURNERSVILLE BAPTIST CHURCH:** Jon Crosby, Pastor; Sunday services - Sunday School 10 a.m., morning worship 11 a.m., Wednesday night Bible study, 6 p.m.

**WESTVIEW BAPTIST CHURCH:** Interim Pastor: Eddie Taylor; Hwy. 84 West; Sunday School 10 a.m., morning worship 11 a.m.

**WHITE HALL BAPTIST CHURCH:** Mike Barron, pastor; 2040 CR 238, Gatesville; Sunday school at 10 a.m.; Sunday morning worship services 11 a.m.; 254-679-3200.

**WHITE MOUND BAPTIST CHURCH:** Bruce Cox, pastor; Sun. services - Sun. School 10 a.m., morning worship 11 a.m.

## CATHOLIC

**OUR LADY OF LOURDES CATHOLIC CHURCH:** Rev. Jayaraju Polishetty; 1108 W. Main; Sunday Mass 9:30 a.m. (English) & 12:00 p.m. (Spanish Mass), Weekday Mass Tuesday through Friday at 12:00 p.m.

## CHURCH OF CHRIST

**CEDAR RIDGE CHURCH OF CHRIST:** Deral McWhorter, minister; Osage Road and Cedar Ridge Drive; Sunday services - Morning worship 10 a.m., evening worship 6 p.m.

**EVANT CHURCH OF CHRIST:** Will Vann, Preacher; Sunday services-Bible Study 9:30 a.m., morning worship 10:20 a.m., evening worship 12:30 p.m., Wednesday Bible Study 7:00 p.m.

**FORT GATES CHURCH OF CHRIST:** Hwy. 36 S.; Sunday services - Morning worship 10:30 a.m.

**GATESVILLE CHURCH OF CHRIST:** Justin Hall, minister; 2417 E Main; Sunday Bible class 9:30 a.m., morning service 10:30 a.m.; Wednesday Bible classes 6:30 p.m.

**LA IGLESIA DE CRISTO:** 2413 East Main; clases y servicios en Español, 10:00 a.m.–11:30 a.m., Solamente

en domingos.

**MIDWAY CHURCH OF CHRIST:** 1955 CR 3640, Copperas Cove, TX 76522; Sunday 9:30 a.m. Bible Study, 10:30 a.m. Worship; Wednesdays 5:30 p.m. Bible Study; Royce 512-734-5390 or Steve 254-865-3559.

**PEARL CHURCH OF CHRIST:** Sunday services - morning worship 10:30 a.m.

## CHURCH OF GOD

**CORNERSTONE,** Greg Demmitt, pastor; 338 State School Road; Sunday services - morning worship 11 a.m. www.facebook.com/pages/cornerstone/140632994733

**EVANGELICAL METHODIST REFUGE-MINISTRIES PURMELA CHURCH CAMPUS:** Josh Morrison, Campus Pastor; 115 FM 183, Purmela, Texas, 10:45 a.m. Sunday worship, 512-425-2828.

## LUTHERAN

**IMMANUEL LUTHERAN CHURCH:** David Reedy, International Interim Pastor; 922 Lutheran Church Rd. in Copperas Cove; Sunday morning Bible Study at 9:15 a.m.; Sunday morning worship at 10:30 a.m.

**ST. JOHN LUTHERAN CHURCH:** Rev. Christopher Richman, PhD; FM 929 in Coryell City; Sunday services - Morning worship 9 a.m., Sunday School 10:15 a.m.

**ST. PAUL LUTHERAN CHURCH:** Rev. John Heckmann, pastor; Hwy. 36 and FM 1114 in The Grove; Sunday services - Sunday School 9 a.m., worship 10:15 a.m.

## METHODIST

**BETHEL UNITED METHODIST CHURCH:** Sunday services - 11 am. 2nd & 4th Sundays. 2 miles north of Ireland on FM 932

**EVANT UNITED METHODIST CHURCH:** Dennis Dutton, Pastor; Sunday services - Sunday School 9 a.m., morning worship 10 a.m.

**FIRST UNITED METHODIST CHURCH OF GATESVILLE:** 2600 E. Main St.; Stephen Schmidt, pastor; Sunday worship - 8:30 a.m. & 10:30 a.m.; Sunday School at 9:30 a.m. WEDNESDAY WORD: Meal at 5:30 p.m. \$3; youth, Children and Adult Bible Studies at 6:00 p.m. AA meets Monday, Wednesday and Friday at 6:30 p.m. Visit us at fumcgatesville.org for more information.

**JONESBORO UNITED METHODIST CHURCH:** 101 CR 193; Rita Hotz, Pastor; Sunday services - 11 a.m., each 1st and 3rd Sunday.

**OGLESBY UNITED METHODIST CHURCH:** Sunday services - morning worship 9:45 a.m., Sunday School 10:45 a.m.

**PIDCOKE UNITED METHODIST CHURCH:** Bill Jones, Pastor; Hwy. 116; Worship service Sundays at 10 a.m. 254-677-6242.

## MORMON

**CHURCH OF JESUS CHRIST LATTER-DAY SAINTS:** 206 South 26th; Sunday services -Sacrament services 10 a.m., Sun. School 10 a.m

## NON-DENOMINATIONAL

**CHRISTIAN LIFE CHURCH:** Frank Rosenstern, pastor; Hwy. 84 West; Sunday services, 10:30 a.m.; Thursday services, 7:00 p.m.

**CORYELL COMMUNITY CHURCH:** Daniel Crowther, Pastor; 115 N. Levita Rd., Gatesville, 248-0849. Sunday Worship services 9am & 10:30 a.m. Wednesday services 6pm; Adult Bible Study, Children's Ministry and C3 Student Ministry.

**CORYELL FELLOWSHIP CHURCH:** Doran Belknap III, Pastor; Sunday service 11:00 a.m., 8205 FM 182 in Turnersville; (254) 218-5901.

**COVER2COVER MINISTRIES:** Pastor: Rev. Brandy Spiker, Sunday morning service 10 a.m., Sunday evening service 6 p.m., Wednesday evenings at 6 p.m. 1409 West Main.

**GATESVILLE REVIVAL CENTER:** Wes Covey, Pastor; Sunday school 10:00 a.m., Sunday morning 11:00 a.m., Sunday evening 6 p.m., Thursday evening 7 p.m. 2518 Bridge St., Gatesville.

**GRACE ASSEMBLY CHRISTIAN CHURCH:** Wray Nunn, pastor; Sunday morning worship at 10:30 a.m. & Wednesday evening worship at 6:30 p.m. at Gateway Learning Center, 2315 Osage Road.

**GRACE BIBLE CHURCH:** Sunday School at 9:30 a.m. and Sunday Services at 10:45 a.m. 4012 US Hwy. 84, Gatesville.

**HARVESTING SOULS INTERNATIONAL CHURCH:** Mike & Martha Johnson pastors, 503 N. 11th Street, Gatesville, 865-6222. Sunday morning worship 11:00 a.m. Wednesday Bible Study Ministries (Men, Women, children) 6:00 p.m. "Overcomers" a TDC and state approved 12-step recovery program meets Tuesday 6:00 p.m.

**JOHNNY WATKIN'S MEN'S SUNDAY SCHOOL CLASS:** Sundays, 8:30 a.m. - 9:00 a.m. aqui se reune La Iglesia de Cristo, in the 2400 block of East Main Street.

**LEVITA BIBLE FELLOWSHIP:** Peter M. Matwal, Pastor; 4460 FM 930, Levita; Sunday Bible Study at 9:45 a.m.; morning worship at 10:45 am.

**MOTHER NEFF FAITH TABERNACLE:** William Bertelsen, Pastor; 1415 Texas Hwy. 236; Sunday services - 10:30 a.m. & 6:30 p.m.; Wednesday Bible Study at 7:00 p.m.

**MOUND COWBOY CHURCH** Bruce Cox, pastor; Sunday services - morning worship 9 a.m., Sunday school 9:30 a.m. Men's breakfast every third Saturday of the month at 8 a.m. For more info. and location, call 254-865-5908.

**PEARL COMMUNITY FELLOWSHIP:** 6735 FM 183 in Pearl. Sunday Services- 9:00 a.m.

**THE HOUSE THAT GOD BUILT:** Bill Trotter, pastor; 3412 E. Main St.; Sunday service 11 a.m., Wednesday service 7 p.m.

## PENTECOSTAL

**TABERNACLE OF PRAISE UPC:** Rev. Jimmy Skiles, pastor; 202 E. Main, Gatesville; Worship services - Sunday mornings at 10:00 am; Wednesday evenings at 7:00 pm; www.gatesvilleupc.org. 254-206-1826.

**MOUNT CALVARY CHURCH OF GOD IN CHRIST:** Rev. Lee O. Ford, pastor; 128 North 12th Street; Sunday services - Sunday School 9:45 a.m., worship 11 a.m., weekly services, Wed. Bible Study 6:30p.m.-7:30 p.m., Wed. night service, 7:30p.m.

## PRESBYTERIAN

**THE PRESBYTERIAN CHURCH:** Rev. Dr. Buddy Wheat, pastor; 1110 E. Main, Gatesville; Sunday services - Sunday School 9:45 a.m., morning worship 11 a.m.

## SPANISH

**BIENVENIDOS AL HOGAR DE DIOS:** Horario de servicios: Domingos a partir de las 2:00 p.m. Te esperamos! 6226 E. Hwy. 84, Gatesville, Texas 76528.

## WESLEYAN

**CORYELL VALLEY CHURCH:** 4995 FM 929, 3.5 miles from S.H. 36; Worship Saturdays at 5 p.m. coryellvalleytexas.com

## INTER-DENOMINATIONAL

**BOOTS-N-SADDLE COWBOY CHURCH:** Max Gunn, pastor; 254-248-1850; 10 miles west of Gatesville on HWY 84; Sunday Service @ 10:30 a.m.; Wednesday Night Service @ 7:00 p.m.; Youth Sunday Service @9:45 a.m.

**HIGHWAY 2 HEAVEN BIKER CHURCH:** Monty & Tammy VanHorn, pastors; 1608 W. Main St., Gatesville; Sunday Praise and Worship 11 am, Wednesday Bible Study Rally-6 pm, 254-865-4076.

**THE POINT FELLOWSHIP:** James & Laurinda Paine, Pastors; 2315 Osage Road, Gatesville; Wednesday Services at 7:00 p.m. (Adults, youth & children); Sunday services - Destiny Discovery Class at 9:00 a.m. - and Regular services at 10:30 a.m. 254-248-1265.

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TENANT	UNIT
Kennedy, Nikki	A09
McDonald, Kelli	B33
Henson, Janet	F05
Smith, Mark	H12

The auction will be held at 9:00 am., Saturday, June 25, 2021, (weather permitting), at Gatesville Storage, 2215 E. Main St., Gatesville, Texas. Terms: Cash

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- ▶ 10.01 acres east of Evant, TX, Buffalo Creek Ranch Subdivision, nice home site, nice view looking south toward Langford Branch with native pasture going down to the branch, approx. 394 ft. of Langford Branch, \$210,000.
- ▶ 10.01 acres west of Hamilton, TX on CR 607. The property has electricity with great views to the south and has rolling terrain with scattered tree cover. The property is known as Lot no. 1 in the Bluff View Subdivision, \$139,500.
- ▶ 16 acres near Turnersville, TX. The property is open pasture, good views, 1 stock tank, located on paved CR 220. Electricity is across the road and you would need to check with Coryell City Water on the availability of a water meter, \$200,000.
- ▶ 16.5 acres near Turnersville, TX. The property is open pasture, good views, located on paved County Road 220. Electricity is across the road and you would need to check with Coryell City Water on the availability of a water meter, \$206,500.
- ▶ 17 acres, FM 929 Frontage & CR 255 frontage. The property is level with good views to the north, approx. 8 acres of Coastal Bermuda & the remaining is native grasses. Coryell City Water & electric are available along CR 255, \$185,000.
- ▶ 20.03 acres, Evant, TX, Hamilton County, rolling terrain, good tree cover & on CR 421 The property will have electric serviced by Hamilton County Electric Co. & Fiber Optic Internet service from Central Texas Telephone Company, \$275,000.
- ▶ 36 +/- acres west of Evant, TX, Hamilton County. The property is completely fenced. Electric along the front of the property, scattered tree cover & rolling terrain. Pond that is on the neighbor's property backs up water onto the property. Fiber Optic Internet Service, you will need to drill a water well for water, \$387,000.
- ▶ 47.332 ac. south of Ireland, TX. Good tree cover, rolling terrain, good fencing on 3 sides, southside will need to be fenced, \$463,853.
- ▶ 105 acres south of Pearl, TX on Self Rd. Good tree cover, rolling terrain, small branch that run through the property, barn that is approx. 38 ft. x 42 ft. in size with a rain harvest system that collects rainwater from the roof of the barn. Electricity is along the property line in the northwest corner of the property, \$743,775.
- ▶ 179.562 acres 1.6 miles south of Gatesville, TX. FM 116 frontage, great views, stock tank, rolling terrain & scattered tree cover. Multi-County Water & City of Gatesville have water line running down the front of the property, \$1,230,000.
- ▶ 242.01 ac. east of Evant, TX on Hwy 84. Good tree cover, rolling terrain, 2 stock tanks, water meter at road from Multi-County Water Supply and electricity is on the property, Fiber Optic Internet Service is also available, good exterior fencing and approx. 20 acres of farmland. The property is in Coryell & Hamilton Counties and also has road frontage off of Perkins Road, \$1,899,778.



# INTERNET

FROM PAGE A1

study.  
 "Number one is a plan," he said. "It's important to have an action plan associated with this study. Number two is to identify grant resources available to support the action plan."  
 Miller said the county still has about \$2.5 million designated for the action plan.  
 "We're going to try to disburse that throughout the county as best we can," Miller said.  
 He said the grant component of improving internet services "hopefully should come some time in the next year."  
 The state of Texas now has a broadband development office which is seeking to improve internet connectivity throughout the state.  
 According to the Texas BDO website, the office, which is under the supervision of the Texas Comptroller of Public Accounts, "awards grants, low-interest loans and other financial incentives to internet service providers who expand access to broadband service in underserved areas. The BDO also provides a variety of tools and resources supporting the expansion of broadband access across Texas."  
 Miller said the statewide broadband is expected to complete a statewide broadband map by January 2023, "and we hope to have our study complete or almost complete by the same timeframe."  
 "We don't intend to wait until 2024. The pots of money (for grants) are already open. We don't need to wait a year and a half to seek grants to implement the action plan that comes out of this

study."  
 Lee Comer, broadband engineering practice area leader, said it is important to engage the community to get feedback on concerns.  
 "This is a big problem," Comer said. "If it wasn't, somebody else would have already fixed it. We will identify key stakeholders and meet people throughout the county.... All of this comes back to infrastructure."  
 "This is about broadband and not necessarily fiber, although that is the best (using fiber-optic cables to transmit data).  
 "That \$2.5 million the county has set aside - how might that best be spent?"  
 Comer said connectivity is important for children being able to do their homework away from school, to allow people to work from home as needed with an acceptable internet connection, and to help the community be more connected and secure.  
 "We are looking for ubiquitous (present everywhere) high speed broadband. There are different ways you can get that coverage taken care of."  
 Foresite will also map three tiers of service throughout the county - those areas served with quality broadband internet, areas that are underserved (have some internet but at slower than optimal speeds) and areas which are unserved.  
 "It's both an accessibility and affordability issue," City Manager Parry said.  
 Keith Taylor, who will take office as a Coryell County commissioner in January and has been a longtime member of the Jonesboro Independent School District Board of Trustees, said JISD has a private fiber link to the school, but it does not extend beyond that.

Parry noted that Gatesville ISD has two campuses with fiber connectivity.  
 One area that is notorious for poor internet and cell phone service is Turnersville.  
 "Turnersville has poor cell phone service at best," Judge Miller said. "There is a water tower (in the area) that could be used (as a data transmission hub). Right now, internet service in that area is horrific."  
 Miller said two big issues in which stronger internet could help are with rural healthcare and rural emergency services.  
 "Our rural hospital (Coryell Health) provides EMS (emergency medical services) to about 70% of the county, and Copperas Cove covers the remaining 30%," he said. "I wouldn't say we have the most reliable internet for emergency services."  
 Comer said the Foresite Group can help identify dead spots in coverage so those areas can be addressed.  
 Two commercial internet providers in the area are CenturyLink and Suddenlink, and Parry asked Comer if he knew what either of those companies might be doing to improve local internet services.  
 "Suddenlink is specifically focused on fiber to homes, and they are interested in growing from Austin up north," Comer said. "There is also a large fiber project coming out of Dallas going to Copperas Cove. UPN."  
 Parry noted that about five years ago, UPN worked to put in a fiber network for the Killeen school district.  
 "They are talking about doing something big in the area, which is great," Comer said.  
 For grant money to help with building or improving infrastruc-

ture, commercial entities can be partners but public entities such as city or county governments must be involved, Comer said.  
 Miller said one of his concerns is making sure that all students have access to the internet - both at school and away from school.  
 "It is my belief that in every school district in Coryell County, there is at least one house that doesn't have internet service."  
 Comer noted that the federal government has set aside \$14 billion so that people who have difficulty affording internet services have a \$30 monthly assistance grant to help them pay for service.  
 Parry said he looked at the list of internet providers participating in that program, and none of the local providers are.  
 "It's a one-page easy process for companies to (participate)," Comer said. "We need to let them know they're missing a bunch of potential customers they could have if they participated in this program."  
 Parry expressed frustration that there are fiber optic cables which are linking broadband service from one area to another right down Main Street in Gatesville, but the companies aren't offering service here and it can't be accessed here.  
 "The biggest challenge is we're all over the spectrum (as far as service available)," Miller said. "In Cove there is a lot of fiber in schools but not necessarily in homes."  
 Miller added that a lack of high speed internet capacity has been a hindrance in being able to attract some industries and high-paying professional jobs to Coryell County.  
 "Those with high tech needs wouldn't move to a market like this," Miller said. He added that his sister is an architect who works in

the Dallas area, and she came down to Coryell County to stay with their mother during the worst of the COVID crisis.  
 "She was able to download, but she wasn't able to upload her work. She had to return to Dallas to be able to do that."  
 "You will need robust connectivity (to meet needs such as that)," Comer said.  
 Parry said city employees have also been stymied by slow internet service, both at the office and those who sometimes work from home.  
 Comer said studies show that having access to fiber internet actually increases property values - home properties by about 3% and commercial properties by about 7%.  
 Miller said it is important to do the evaluation and have a county action plan to make sure the best possible service is available in the area.  
 "This is a partnership between the county, the cities and the school districts," he said. "We're not at a point where we have the infrastructure where we can capitalize on what's available, and that permeates throughout the county."  
 Parry said he has looked at a city level municipal fiber network, and if the funding is available, the city can provide the infrastructure, but there will be a cost to consumers.  
 Comer noted one example in Idaho of city residents working with city leaders to help fund the infrastructure that brought superior fiber connectivity to that community.  
 The Foresite group plans to have a community meeting to follow up on the broadband evaluation in the next four to six weeks.



# Business Directory

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## Special Olympics thrives in Gatesville

BY JEFF OSBORNE  
SENIOR WRITER & EDITOR

Giving special needs people regardless of their age an opportunity to participate in team and individual activities, build lasting friendships and boost their confidence are all ways Team Gatesville's Special Olympics program is making a positive impact on lives.

Heidi Clough, head of delegation for Team Gatesville, gave an update on the organization at a June 22 meeting of the Gatesville Lions Club, and received a \$400 donation from the club to help with expenses.

Special Olympics Texas is part of the international Special Olympics organization, and Clough said there are more Texan Special Olympians than there are in several countries, including France, Great Britain, Brazil and Japan.

Special Olympics is a year-round program for both children and adults who have been identified as having intellectual or developmental disabilities.

"Our hope is for them to thrive, and we want to do all we can to help them and their families," Clough said. "We want them to be able to participate."

She said about 6.5 million people in the United States, or 1-3% of the population, have intellectual disabilities.

"It is much more common in lower income people," she said. "They need services and they need opportunities, and we hope to provide that."

Program participants range in age from 2 to people in their 80s, but there is no upper age limit as long as people are able to remain ac-



COURTESY PHOTO

**TEAM GATESVILLE:** Special Olympics gives those with intellectual disabilities and opportunity to enjoy fellowship and work toward goals as part of Gatesville's own team.

tive. Those age 8 and older can compete in area, regional and state events. There are four regions in Texas and 19 areas.

Clough said there are about 1,045 Special Olympics athletes in Team Gatesville's area, and 58,884 Special Olympics athletes statewide. More Texans take part in Special Olympics than residents of any other state, she said.

There are a variety of programs offered which focus on both individual skills and team sports.

"We want to get (participants) around their peers, and we want them to excel," Clough said. "We want them to be active and part of a team. There are programs for everybody to get in-

involved. We take a sport and modify it so that everyone can participate.

"Another thing we do is promote healthy lifestyles and eating habits."

Local donations play a big part in the success of the program, she said.

"Whatever our community donates stays 100% local," Clough said. "There is no cost to anything the athletes participate in except for family travel expenses at the state level, and we help cover those expenses."

Being a part of Special Olympics has a positive impact on participants, she said.

"Those involved perform better in school and are happier at home, they are able to make friends and it has

a positive effect on their health and self-esteem," Clough said. "It helps them realize they can achieve goals and they are in an environment of acceptance and support."

"The social component for the athletes and families is as important as the sport, and they make friends. One of the athletes cried (joyfully) because she had friends from Special Olympics. The travel opportunities also give them valuable life experiences for sure. For some, it's their first time to stay in a hotel."

"We also work to get families more involved. We have monthly meetings and it's an opportunity for families to interact, make suggestions and participate."

There are also volunteer opportunities for people who may want to coach, be a sports official or chaperone, and also for assistance the day of an event during the competition.

### A goal of inclusion

Special Olympics traces its origins to the 1960s, when "Eunice Kennedy Shriver saw how unjustly and unfairly people with intellectual disabilities were treated," according to the Special Olympics website. "She also saw that many children with intellectual disabilities didn't even have a place to play. She decided to take action."

"She began a summer camp for those with intellectual disabilities in 1962 which eventually led to other activities. The first Special

Olympics International Summer Games was held in Chicago in July 1968," according to the website.

"Our athletes are inspiring to many," Clough said. "We see their hearts, we see their perseverance and all the challenges they go through every day, and they do their very best."

"I am very thankful to the community of Gatesville which is so good to us. We accept not only participants from Gatesville, but those from surrounding areas as well."

For more information on Team Gatesville's Special Olympics program, visit the Team Gatesville Facebook page or email teamgatesville12@yahoo.com.

### Prized Catch



COURTESY PHOTO

This photo emailed to The Messenger shows a fish which was caught on property just outside of Gatesville.

### Summer Soccer Skills Session



JANICE VELASQUEZ | THE GATESVILLE MESSENGER

**PRACTICE MAKES PERFECT:** Coaches worked with students to improve their soccer skills during recent practices in Gatesville. Morning sessions were held for younger youths, with afternoon drills for teenagers.

### Area Fishing Report

#### Belton

GOOD. Water lightly stained; 83 degrees; 5.24 feet low. White bass are in small packs patrolling from 25-40 feet deep for shad. The most effective approach this week was to downrig 3-armed umbrella rigs with Pet Spoons about four feet off bottom while watching sonar to both find and catch fish. Once fish were found in solid numbers, we spot-locked the fish and worked the MAL Heavy Lures both vertically by smoking them, and horizontally with a sawtooth method, until they moved on. We then repeated this. Best times are sunrise through 10 a.m. Typical results were 60-90 fish per morning. Small topwater schools can add lots of bonus fish quickly if they show up. Report by Bob Maindelle, Holding the Line Guide Service. Black bass and smallmouth bass have been good early on main lake points on topwaters and flukes. As the day progresses, slow down and work

the drops and ledges with jigs and Carolina rigs. Occasionally you can pick a few fish up deep on crankbaits. Report by Cord Zahn, Belton tournament organizer. Crappie are good biting jigs and minnows in 25-40 feet of water suspended at 15-20 feet in the timber, and on brush piles anywhere from 18-25 feet of water. Report by Zach Minnix, Jig N Jerk Guide Service.

#### Waco

GOOD. Water stained; 80 degrees; 6.47 feet low. Crappie are good biting jigs and minnows in 25-40 feet of water suspended at 15-20 feet in the timber, and on brush piles anywhere from 18-25 feet of water. Report by Zach Minnix, Jig N Jerk Guide Service. Black and white bass are good on topwaters early morning, then schooling throughout the day chasing shad. Catfish are good on live bait. Good numbers of crappie on brush piles and standing timber. Report by Johnny Matthews, local angler.

#### Stillhouse

GOOD. Water lightly stained; 84 degrees; 5.61 feet low. Holding the Line Guide Service: Stillhouse's high quality, low density population of white bass makes summer fishing like finding a needle in a haystack. Finding deep bait with fish hanging near it on sonar, then creating commotion by working lures vertically to try to draw fish in beneath the boat is a tried and true method. Downrigging unweighted 3-armed umbrella rigs with Pet Spoons helps cover water while scrutinizing sonar for concentrations of fish. Report by Bob Maindelle, Holding the Line Guide Service. Largemouth bass relate to the lake's abundant hydrilla year 'round. The hydrilla is steadily growing toward the surface as the water level is falling, thus creating large mats of vegetation. Consistent fishing is coming at the deep edge of hydrilla, now found in 16-18 feet of water.





THE GATESVILLE MESSENGER

SATURDAY, June 25, 2022

**inside** TEMPUR-PEDIC: HIGH TECH AND HIGH COMFORT | OCCUPATIONAL THERAPY CARE AT HILLSIDE MEDICAL LODGE | SIX STEPS TO GET YOUR HEALTH BACK ON TRACK | MAKE AN IMPACT THROUGH VOLUNTEERING AND CIVIC ENGAGEMENT | MENTAL HEALTHCARE AND YOU - FINDING THE RIGHT FIT | WHAT IS HIPAA AND THE PRIVACY RULE? | UNDERPREPARED TO BE OVER-CAFFEINATED: PROS AND CONS OF AMERICA'S FAVORITE DRUG

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# Tempur-Pedic: High tech and high comfort

Leaird's Furniture has been serving the Central Texas Community since 1898. In the last two years, we have been proud to offer you select brands that not only bring you a high level of comfort but have huge health benefits. One of those brands is Tempur-Pedic.

With today's ever-growing society and supply and demand chain, we have all noticed issues with merchandise coming from overseas. Now is a better time than ever to go USA-made. Tempur-Pedic mattresses are made right here in the U.S., but it has not always been that way. The Tempur material used today was developed in 1989, but the foundation of Tempur material

started in the 1960s when NASA created the original formula for memory foam. The developers of Tempur material were from Sweden but in 1991, U.S. founder, Bob Trussle, brought the formula back home. In the 1970s, it was released to the world and, in 1989, it was turned into Tempur material, with the first mattress being sold in 1992.

Tempur-Pedic offers a wide variety of options to en-

hance your sleep. The Breeze models offer you up to 8 degrees cooler all night long, to ensure you fall asleep faster and stay asleep longer. The Adapt line offers three different levels of pressure relief to help you stay comfortable and ease your pressure points all night long.

Also, you can add an adjustable base to your mattress to keep your feet or head elevated at night. These bases offer a zero-gravity position that lets you rest in the highest pressure-relieving position available.

Tempur-Pedic is the No. 1 mattress company in the nation. In 1998, Tempur material, which is what your Tempur-Pedic mattress is made of, was inducted into

the Space Foundation Hall of Fame which "recognizes individuals, organizations, and companies that effectively adapt and market technologies originally developed for space to improve the quality of life of all humanity."

With a new Tempur-Pedic mattress, you can change your sleep and change your life.

Here's what a couple of local customers said about Tempur-Pedic:

"My Tempur-Pedic mattress is comfortable and it really does ease my aches and pains so I can get a good night's sleep." -Johnny Arnold

"I love it! I really do love my Tempur-Pedic mattress. It keeps me cool and



JEFF OSBORNE | THE GATESVILLE MESSENGER

A family-like environment is prominent at Leaird's Furniture. From left are Darcey Miller, Florentino Garcia, Nora Mayberry, Fidel De La Torre and store owner Clay McClellan.

comfortable all night long. It is amazingly cool." -John Young

# Occupational therapy care at Hillside Medical Lodge

BY ALEXANDRA MEELBUSCH

Hillside Medical Lodge has offered physical, speech and occupational therapy since its doors opened in 1978, and the need for those services has drastically increased over the last 10 years.

Part of that growth is due to the exceptional care by Jennifer Boyd, director of therapy, and her team of therapists. Boyd said, "I have been blessed through my 14 years here with therapists who support me to fulfill patients' outcomes by being compassionate, caring, and hardworking. I couldn't do anything without my staff."

Early on, Boyd knew the healthcare path was right for her - she just wasn't sure about what field. During her junior year of college, her grandfather became ill and was in the hospital. She became interested in what the

occupational therapist was doing for him. That is when she started her path down the road of occupational therapy.

Boyd studied at Texas Tech University obtaining her general studies degree, and later went to graduate from Texas Woman's University Houston where she earned her master's degree. Boyd's first internship was at Baylor Scott & White in Temple, and her second was in Michigan, where she passed her board exams.

Later, she moved back to Texas and started working for Home Healthcare, where

she would drive to four different counties to care for her patients. In 2008, Boyd started at Hillside Medical Lodge as an occupational therapist. She then became director of therapy around 2010 and has served her patients for over a decade.

Patient care is a main priority at Hillside Medical Lodge. That includes building relationships with patients, helping them to feel at home during their stay.

Boyd said, "I reach out to families of the patients to find out their likes and dislikes, that way we try to fit what they enjoy into our therapy to make it more pleasurable for them."

Home evaluations play a big role in Boyd's patient care as well. Depending on the patient's needs after checking out, she will evaluate their homes, making sure everything is safe and convenient for them to maneuver

around on their own without any complications.

It makes Boyd happy to know that what she does is very holistic, meaning when she provides care for her patients, she is also healing the mind, body and spirit to make her patients better in every way possible.

Especially when she sees a patient making the best of therapy. Her oldest patient was 108 years old. Boyd said she was walking down her unit and saw the 108-year-old, who was a retired ballerina, doing her version of a plié on the handrails. It warmed her heart.

Boyd stated, "We love seeing our therapy patients able to return home, we hold graduation celebrations for each one."

There are several success stories, but one of the most memorable was a six-time national roper. The roper couldn't walk when he ar-



COURTESY PHOTO

MEET THE TEAM: The Hillside Medical Lodge Rehabilitation team consists of (left to right): Cara Bradford SLP, Kathy Grant COTA, Jennifer Boyd Director of Therapy OTR, Eric Alexander PT, Mandy Myatt COTA, and Libia Sabras PTA.

rived but walked right out of the building during graduation. Hillside stated, "It is an honor to share these moments with each graduate of therapy."

Hillside Medical Lodge is

also well known for long-term care as well as short-term. For any questions or further information, you may call 254-865-7575.

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**PREVENTATIVE HEALTH:** Many Americans may have postponed preventative health screenings. Schedule an appointment soon to get caught up.

## Six steps to get your health back on track

(STATEPOINT)

Since the start of the pandemic, Americans have been postponing routine care. With more Americans vaccinated against COVID-19, medical experts are urging patients to return to routine health care and get caught up on delayed or foregone preventative health screenings.

"While we know that prevention is the best medicine, the pandemic has caused many Americans to delay important routine health services vital to keeping themselves and their families healthy, particularly critical immunizations and preventive cancer screenings. We urge everyone to get up to date on their routine health care needs," said Gerald E. Harmon, M.D., president of

the American Medical Association (AMA).

According to the AMA, you and your family should take these six steps to get your health back on track:

1. **Get screened:** Estimates based on statistical models show that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-

related care disruptions. Check in with your health care provider. If you're due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

2. **Don't wait:** An estimated 41% of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their abilities to work or perform other daily activities. Whether you have a chronic health condition or not, don't wait until something is wrong before seeing

a doctor. If something does feel off, schedule an appointment with your doctor as soon as possible.

3. **Consider telehealth:** If you're uncomfortable or unable to go in person to your physician's practice, check on telehealth options, which have greatly increased over the past two years.

4. **Visit your pediatrician:** During the pandemic, pediatric immunizations decreased. As public health measures are rolled back, people gather in groups, and traveling resumes, non-COVID-19 infections that decreased during the pandemic are likely to increase again. Well-child visits and recommended vaccinations are essential to helping ensure children stay healthy and protected from serious

diseases. If your child is due for a check-up, schedule one immediately.

5. **Get vaccinated:** Adolescents and adult immunizations also sharply declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019. Get up to date on vaccinations, including the COVID-19 vaccine. Everyone who's eligible for the COVID-19 vaccine, including booster doses, should get vaccinated as soon as possible to protect themselves and their loved ones. If you have questions, speak with your physician and review trusted resources, including [getvaccineanswers.org](http://getvaccineanswers.org).

6. **Don't neglect mental health:** While mental health screenings via digital health

tools are up, routine care for mental health is down. Approximately 52% of adults with mental health conditions delayed or forewent care since the pandemic began. Given the adverse effects the events of the past two years have had on mental health, such as increasing anxiety, depression and loneliness, it's especially important to prioritize this aspect of your health now.

"We encourage everyone to contact their trusted medical professional to schedule their annual physical and other vital care to help prevent serious health repercussions that could potentially last long past the pandemic," said Dr. Harmon.

For more resources, visit [ama-assn.org](http://ama-assn.org)

## Make an impact through volunteering and civic engagement

(STATEPOINT)

If you're like many people right now, you're feeling a particular sense of urgency to roll up your sleeves and be a force for good.

"When we face difficult times, as we have during the pandemic and now with the war in Ukraine, we also see the best of humanity and it's natural for people to want to help," said Natalye Paquin, president and CEO of Points

of Light, a nonpartisan, global nonprofit organization that inspires, equips and mobilizes millions of people to take action that changes the world. "During times of uncertainty, one thing we can be certain of is that the most powerful force of change is one person making a positive difference."

That's why Points of Light is leading a joint effort with Phillips 66 and The UPS Foundation to activate individuals, nonprofits and corporate partners to recognize individual action and inspire more people to volunteer in

their communities.

"Throughout the pandemic and in recent months, we've seen powerful stories of everyday citizens rising to the occasion to support their local communities and those abroad," said Paquin.

**GETTING INSPIRED**

Volunteers can come from all backgrounds, be of all ages and help in countless ways. Let these amazing stories behind Points of Light's Daily Point of Light Award honorees inspire you to action:

■ Seventeen-year-old Henry Morse of New Orleans helps run CultureAid Nola. "We are a no-barrier, no-stigma food distribution center that helps feed over 600 families a week." Morse arrives at the center every Saturday at 5:30 a.m. and leads volunteers in packing and handing out food to members of his community. "I got involved in March 2020. It grew into something that I am extremely passionate about," said Morse.

■ After a 30-year Navy career, William Hicks now volunteers in the AARP Tax-Aide program. In addition to personally preparing tax returns for senior and low-income individuals pro bono, he serves as training coordinator for the state of Maryland, leading efforts to train and certify tax preparation volunteers.

■ "A small drop in the ocean can make a big difference in the world," said



(C) ZORAN ZEREMSKI / ADOBE STOCK

**VOLUNTEERING FOR GOOD:** Connecting with people and helping the community is good for the soul as well as the body.

fourth grader Rayansh Boddu, who joined Recycle My Battery as a vice president and recruited more kids to spread the word. He's also actively working on Smart Can, which will use AI technology to sort materials needed for recycling in trash. He's placed over 20 battery bins in different locations and collected more than 25,000 batteries for recycling so far.

**GETTING STARTED**

Motivation among Americans is high. In a recent Points of Light survey, a third of respondents said they plan to volunteer more

than they did before the pandemic. But figuring out where and how to make an impact is not always straightforward and online resources can help. Points of Light Engage is the world's largest digital hub for in-person and virtual volunteering and community engagement opportunities.

There are also 177 innovative volunteer-mobilizing organizations in 37 countries that are a part of the Points of Light Global Network. They provide real-time information on pressing community needs. You can find these by visiting [pointsoflight.org/volunteer](http://pointsoflight.org/volunteer).

The site also offers tips for safely volunteering, along with inspiration for alternative means of getting involved through Points of Light's Civic Circle, such as using your purchasing power, lending your voice to a cause or urging your employer to action.

"We hope you'll take the time to look for volunteer opportunities and to thank a volunteer in your life," said Paquin. "Every action, no matter how small, can have an impact and change a life."

*Take control of your mental health again.*

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## ANYTIME IS A GOOD TIME FOR FITNESS



COURTESY PHOTO

From left, Josh Ramburger, Ashlee Ramburger, and Brent Pope. The staff members of Anytime Fitness and Performance Hydration are here for all of your fitness, nutrition and recovery needs.

## Mental healthcare and you – finding the right fit

### (STATEPOINT)

Searching for a mental health provider? You likely have questions.

Recent research from virtual care provider MDLIVE suggests that confusion around finding a mental healthcare provider is common. One in five surveyed said they were concerned about finding a provider match and 70% experience confusion and uncertainty about where to begin. The research also revealed that not everyone knows the difference between the various mental health professionals -- psychiatrists, psychologists, counselors, mental health coaches and others.

"Many people are ready to get depression, anxiety and stress under control by working with a mental health professional, but get bogged down right from the start. Confusion about selecting a professional that best suits their needs causes a lot of people to give up. That's something we want to change," said Dr. Shakira Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE.

To help in your search, MDLIVE is answering some frequently asked questions:

When is it time to see a

therapist?

Mental healthcare is self-care that most everyone can benefit from. However, if your emotional state is interfering with your daily life, it's definitely time to take action. Beyond the common signs of mental illness, such as sadness, drug and alcohol misuse, trouble sleeping and mood swings, Dr. Espada-Campos notes that there are some often overlooked signals that could indicate it's time to seek treatment. These include withdrawing from loved ones, feeling fatigued, having a lack of motivation and frequently "zoning out." She also notes

that life events such as relationship break-ups, job loss or the loss of a loved one can often trigger the need for professional mental health support.

What's the difference between therapists and psychiatrists?

Psychiatrists and therapists can treat the same things, however, psychiatrists are medical doctors who can diagnose psychiatric conditions and prescribe medication, while therapists are licensed providers who can evaluate and support people with emotional or behavioral health concerns through talk therapy.

What should one look for in a provider?

Mental healthcare is highly personal and it's essential that your provider is someone you can open up to, make progress with and not feel judged by.

A good place to start is by working with a provider who has experience treating patients like you.

Understand that you may not find the right therapist on your first try. Dr. Espada-Campos encourages individuals to both trust their feelings in this regard and to take an active role in their sessions by asking questions

like, "What can I do to help my treatment?" and "How can we work together to achieve my goals?"

Does insurance cover therapy?

In recent years, many health plans and employers have acknowledged the importance of mental healthcare and have expanded the resources available to their members and employees. Check coverage details online or through the plan's call center. Alternatively, you may wish to seek counseling through an Employee Assistance Program. EAP counselors can help with a variety of mental

health concerns, however, members are typically restricted to a set number of sessions. If you're suffering from a recurring mental health issue, check what options are available through your health plan.

Can therapists be seen remotely?

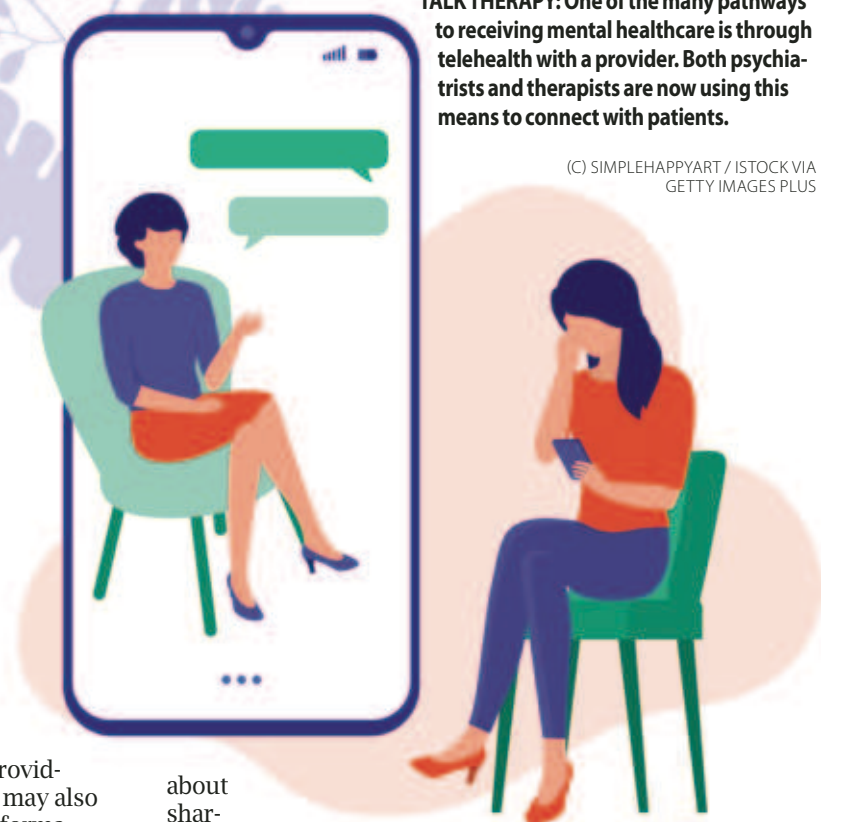
Virtual care, an increasingly popular option, can provide private, convenient, quality care quickly, and is often offered by health plans. For example, MDLIVE's platform makes it easy to search for a provider that meets your needs and to schedule an appointment

with one of their psychiatrists or licensed therapists. MDLIVE is a covered benefit for more than 60 million Americans through health insurers such as Cigna, Aetna, certain Blue Cross Blue Shield plans, and many regional and local plans. To learn more or to register, visit [www.mdlive.com](http://www.mdlive.com).

Finding a mental healthcare provider can feel overwhelming. However, identifying what you want out of care and understanding the different treatments available can help demystify the process.

**TALK THERAPY:** One of the many pathways to receiving mental healthcare is through telehealth with a provider. Both psychiatrists and therapists are now using this means to connect with patients.

(C) SIMPLEHAPPYART / ISTOCK VIA GETTY IMAGES PLUS



## What is HIPAA and the Privacy Rule?

There is a federal law called the Health Insurance Portability and Accountability Act of 1996 (HIPAA) that sets rules for health care providers and health plans about who can look at and receive your health information, including those closest to you – your family members and friends. The HIPAA Privacy Rule ensures that you have rights over your health information, including the right to get your information, make sure it's correct, and know who has seen it.

HIPAA requires most doctors, nurses, hospitals, nursing homes and other healthcare providers to protect the privacy of your health information. However, if you don't object, a healthcare provider or health plan may share relevant information with family members or friends involved in your healthcare or payment for your healthcare in certain circumstances.

Under HIPAA, your healthcare provider may share your information face-to-face, over the phone or in writing. A healthcare provider or health plan may share relevant information if:

You give your provider or plan permission to share the information.

You are present and do not object to sharing the information.

You are not present, and

the provider determines based on professional judgment that it's in your best interest.

Examples:

An emergency room doctor may discuss your treatment in front of your friend when you ask your friend to come into the treatment room.

Your hospital may discuss your bill with your daughter who is with you and has a question about the charges, if you do not object.

Your doctor may discuss the drugs you need to take with your health aide who has come with you to your appointment.

Your nurse may not discuss your condition with your brother if you tell her not to.

HIPAA also allows healthcare providers to give prescription drugs, medical supplies, x-rays and other healthcare items to a family member, friend, or other person

you send to pick them up.

A healthcare provider or health plan may also share relevant information if you are not around or cannot give permission when a healthcare provider or plan representative believes, based on professional judgment, that sharing the information is in your best interest.

Examples:

You had emergency surgery and are still unconscious. Your surgeon may tell your spouse about your condition, either in person or by phone, while you are unconscious.

Your doctor may discuss your drugs with your caregiver who calls your doctor with a question about the right dosage.

A doctor may not tell your friend about a past medical problem that is unrelated to your current condition.

For more information

about sharing your health information with family members and friends, or more information about

HIPAA, visit [www.hhs.gov/ocr/privacy/hipaa/understanding/index.html](http://www.hhs.gov/ocr/privacy/hipaa/understanding/index.html).

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# Underprepared to be over-caffeinated

## Pros and cons of America's favorite drug

**H**ow much caffeine do you consume in a day?

Studies show that 85% of the U.S. population consumes at least one caffeinated beverage per day. With that in mind, it's no wonder that caffeine carries the nickname of "America's most popular drug."

Caffeine is a central nervous system stimulant naturally occurring in some foods. It blocks your adenosine receptors, making your body feel more awake and alert. That's why more than 50% of U.S. adults consume at least 300 mg of caffeine per day. For context, the FDA recommends no more than 400 mg per day, the typical content of 2-3 cups of coffee. Regardless of your vice, whether coffee, tea or soda, there are pros and cons to

- your favorite caffeinated drink.
- Let's start with the pros. Caffeine can:
- Increase wakefulness and cognitive function
  - Alleviate fatigue
  - Improve concentration, focus and alertness
  - Positively affect your memory
  - Increase weight loss in moderation

We know that sometimes, you just need a quick and



COURTESY PHOTO

**Caffeine can have positive and negative impacts on the body. For questions or concerns about caffeine intake, Coryell Health can be reached at 254-865-2166.**

easy boost of energy to get you through the day. There's nothing wrong with a caffeinated drink every so often, but it's important to be aware of caffeine's full range

of effects - not just the pros. Here are some potential concerns:

- Jitteryness
- Negative impacts on pregnancy and fertility
- Glucose control
- Worsening symptoms of anxiety and depression
- Mixing alcohol with energy drinks increases impairment
- Caffeine is not a sufficient replacement for sleep
- The sneaky addition of caffeine to foods, especially those targeted at children
- Caffeine powder could be fatal

There are plenty of myths about caffeine, and Coryell

Health has heard them all. Have you been told that caffeine is addictive? That's not exactly true. While caffeine consumption can create dependence in adults, the side effects and potential withdrawals don't compare to addictive substances like drugs and alcohol.

What about caffeine being a diuretic? Thankfully, that's not true either - there's no evidence to suggest that caffeine will increase your risk of dehydration.

Have you heard that caffeine can sober you up? We don't recommend trying this because caffeine will not reduce blood or breath alcohol content.

Are you trying to cut back on your caffeine intake? Don't do it cold turkey. Try incorporating different beverages like lemon water, chai tea, or kombucha for a few days. In addition, fuel your body well with healthy meals and snacks for some natural energy. Take a walk for exercise, connect with nature, and stay hydrated - never let your water intake suffer.

At Coryell Health, we want to make sure you are the healthiest version of yourself, mind and body. If you have any concerns about the amount of caffeine you have to consume to function properly, talk to your primary care physician today.

### GATESVILLE DRUG



COURTESY PHOTO

Gatesville Drug is a locally-owned pharmacy that offers a variety of services to community residents. For more information, they can be reached at 254-865-2417, or [www.gatesvilledrug.com](http://www.gatesvilledrug.com).



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### CLARIFY YOUR RISK / MAKE BETTER DECISIONS

CORONARY ARTERY CALCIUM SCORING OBTAINS INFORMATION ABOUT THE PRESENCE, LOCATION AND EXTENT OF CALCIFIED PLAQUE IN THE CORONARY ARTERIES

For more information, call (254) 865-2166  
1507 West Main St. | Gatesville, TX

# CORYELL HEALTH RESIDENCES

*Under the Same Roof as Coryell Health Medical Clinic and Hospital*  
**UNMATCHABLE CONTINUUM OF CARE**

At Coryell Health, we are dedicated to providing customized services to meet the individual needs of our residents. Here, we provide a full range of options that are integrated into the same campus that includes Coryell Health's hospital and Coryell medical clinics. Our commitment is to provide customized services to meet diverse individual needs, in addition to offering transition coordination between the three different facilities to assist with a seamless delivery of care.

### **Independent Living at the Oaks** (254) 248-6293

Surrounded by your own furnishings and prized possessions, you will feel right at home with the advantage of personal and physical security. We enable our residents to trade in the chores of home maintenance for the comfort of a well-deserved retirement, along with the added benefits of special care services provided by our warm and caring staff. Independent Living offers vibrant programs and encourages residents to enjoy a variety of engaging activities.

### **Assisted Living at the Oaks** (254) 248-6293

Our approach provides the ideal solution for seniors who need some help with daily activities, such as bathing, dressing and medication reminders. We focus on wellness and keeping residents as independent as possible by providing a tailored plan of assistance. Trained caregivers provide attention 24-hours a day. In addition, staff will coordinate services with outside healthcare providers and monitor residents to ensure highest optimal level of health.

### **RehabLiving at the Meadows-** (254) 404-2500

Whether a patient is here for short-term rehabilitation, hospice care, post-operative recovery or long-term care, our staff makes it a priority to ensure the same level of care and service is delivered to all individuals. Within Long-term Care, a separate and secure area is available to meet the needs of the person with Alzheimer's or similar memory loss conditions.

**Only skilled nursing facility with private rooms in Gatesville.**  
PHYSICAL THERAPY | OCCUPATIONAL THERAPY | SPEECH THERAPY

### **Coryell Home Health Care** (254) 248-6380

The feelings of security and stability that stem from being in your own home can make dealing with illness, infirmity or surgery easier. We strive to do so by elevating the standard of in-home senior care to improve the long-term health, safety and happiness, while affording their loved ones complete peace of mind knowing that they are receiving professional, compassionate care.

**Assisted & Independent Living:** 1507 West Main Street, Gatesville, TX | **RehabLiving at The Meadows:** 110 Chicktown Road, Gatesville, TX



**WHERE YOU ALWAYS FEEL AT HOME**

CoryellHealth.org