



THE GATESVILLE MESSENGER

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Dr. Maynard retires after four decades of service

BY DAVID SCOTT
Staff Writer

Tim Maynard, M.D., recently retired from his medical practice after more than 40 years of serving patients in the Gatesville community and surrounding area as a family practice doctor.

From an early age, Maynard always knew that he wanted to follow in his father's footsteps. Dr. Billy Joe Maynard, a well-known physician, had practiced in Crane, Texas for more than 45 years.

"I was in seventh grade when I decided to become a physician since I loved science and math," he said.

Maynard was born in Crane and

graduated from Crane High School in 1972. He went on to receive a Bachelor of Science degree from Texas Tech University followed by his Doctorate of Medicine from the University of Texas Southwestern in 1980.

He completed his residency at the John Peter Smith Family Practice Program followed by additional training at the Jefferson Davis Hospital Obstetrics High-Risk Training Program, which certified him to perform cesarean deliveries (C-sections).

During his 40-plus years practicing in Gatesville, Dr. Maynard provided health care to the old and

young alike. He delivered well over 500 babies in his first nine years of practice.

"That's when I was known as the 'skateboard doctor' as I rode my skateboard back and forth from the clinic to the hospital to check on the status of the women in labor," he said. He would later say that those trips back and forth on foot became quite fun after the purchase of the skateboard.

In an article that appeared in the Gatesville Messenger in 1986, he was described as "coming down the sidewalk ... lab coat flying in

PLEASE SEE **DOCTOR** | A3



DAVID SCOTT | THE GATESVILLE MESSENGER

Dr. Tim Maynard worked in Gatesville for more than 40 years.

Honoring Hornet Legends



JEFF OSBORNE | THE GATESVILLE MESSENGER

Pam Bone, left, and Wendy Pray, daughter of Jeanne Cohagen, hold certificates of appreciation from Gatesville ISD. Also pictured are, from left, Charles Ament, Mary Anne Leib, Charles Alderson, Barrett Pollard, Macy Baugus, Linda Maxwell, Byron Baugus Cheyenne Kizer, Calvin Ford and Jimmie Ferguson.

Cohagen, Bone recognized for service to GISD

BY JEFF OSBORNE
Senior Writer & Editor

Two longtime Gatesville educators - Jeanne Cohagen and Pam Bone - were honored as Hornet Legends by the Gatesville Independent School District Board of Trustees for their dedication and service to local students.

The awards were announced during the June 19 meeting of the GISD school board. Cohagen died in 2017 so her relatives were present to receive a certificate in her honor.

Cohagen graduated from Gatesville High School in 1960 and started teaching in Mound in 1964. After

working for Mound and the State School for Boys, Cohagen began teaching for GISD in 1975, where she taught until her retirement in 2014. She taught classes at the second, fifth and seventh grade levels.

PLEASE SEE **LEGENDS** | A2

Budget outlook improves for Gatesville ISD

BY JEFF OSBORNE
Senior Writer & Editor

What a difference a year makes. After the Gatesville Independent School District faced a significant budget crunch in 2022 that resulted in nearly every department having to make sacrifices, the district is back on track with a much better situation in 2023.

Darrell Frazier, the district's chief financial officer, presented an update to the GISD Board of Trustees on June 19 and gave an overview of the budget situation for the upcoming school year. He said he had also been keeping a close watch on any actions the Texas Legislature might make that would impact GISD.

"It's been a topsy turvy legislature session and quite frankly we didn't know where it was going," Frazier said. "Now that it's over, we'll pick up the pieces and go on. We started working on the budget (for the 2023-24 fiscal year) in February and have worked on it for several months."

On the expense side, the district anticipates spending about \$900,000 more in personnel costs, which includes raises for staff as well as automatic increases in going from one step (year of service) to the next.

Increased insurance costs both in property/casualty and for employee premiums will also impact the district's budget. The increase in cost for property/casualty insurance will be about \$70,000.

Another expense the district is expected to incur is about \$110,000 for the purchase of a new school bus.

"It's important to upgrade our aging fleet," Frazier said.

A bit of good news is that the district won't be dealing with the \$1 million shortfall it experienced a year ago. That shortfall was caused when the district had to reimburse the state for overpayments it had received previously.

"That was a big hit for the current fiscal year," Frazier said. "It was very tough putting together a budget last year when we were having to pay back \$1 million to the state."

The district will have to cover a \$100,000 deficit for food services, but that will be offset by "a significant fund balance" for that department, Frazier said.

One of the biggest challenges for the district is regarding its enrollment, which has dropped steadily over the past several years. Maximizing attendance helps to offset some of those losses — an area in which the district made significant progress for 2022-23, Frazier said.

"The big thing is enrollment and attendance," he said. "This past school year attendance was in the 94% range, and it had been about 91% the year before. That makes a big difference in our funding."

"Enrollment at the end of the school year hit the lowest on record — we hope that will stop."

Enrollment for GISD topped out in 2010 and has gone down each year since.

Superintendent Barrett Pollard attributed that to multiple factors, including "low birth rates, we're not quite close enough to (Interstate) 35 and there is some loss to home-schooling."

"COVID also made a dent," Frazier added.

Despite all the challenges, Frazier said the budget picture looks good for the upcoming fiscal year, especially when compared to the difficulties faced a year ago.

"We're presenting a balanced budget to you, and with the

PLEASE SEE **BUDGET** | A2

Gatesville police officer fired after assault arrest

From Staff Reports

A Gatesville police officer has been fired after reportedly assaulting a pregnant woman, according to a news release issued by the Gatesville Police Department.

Bryan Nimerick was terminated from his job following an arrest by the Copperas Cove Police, accused of assaulting a pregnant woman, the release stated.

"Following his arrest, Officer Nimerick was arraigned by Justice of the Peace Guinn at the Copperas Cove Police Department Jail," according to the release. "He has been charged with the offense of assault of a pregnant person, which is classified as a third-degree felony. His bond was set at \$15,000."

"The Gatesville Police Department received the arrest

report, as well as video and photographic evidence, gathered by the Copperas Cove Police Department. Upon initial review of the evidence supporting the probable cause for arrest, Chief (Brad) Hunt found clear and incontrovertible proof that Bryan Nimerick's actions constituted an egregious violation of the public trust and conduct unbecoming a Gatesville Police Officer. As a result, Bryan Nimerick's employment was terminated, effective today (June 16).

"The Gatesville Police Department remains dedicated to upholding the highest standards of professionalism and accountability. If you have any questions or concerns regarding this matter, please do not hesitate to reach out to us. We appreciate your support and understanding."

Nimerick had been employed by the Gatesville Police Department since February 2020.

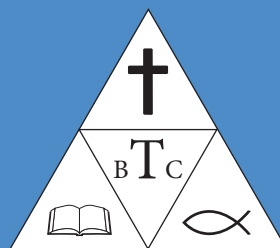


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GISD honors Shane Webb during Staff Spotlight



JEFF OSBORNE | THE GATESVILLE MESSENGER

Shane Webb, center, holding plaque, was honored for his 13 years of service to Gatesville ISD. Also pictured are, from left, school board President Charles Ament, board members Charles Alderson and Mary Anne Leib, Superintendent Barrett Pollard, and board members Linda Maxwell, Calvin Ford, Cheyenne Kizer and Jimmie Ferguson.

Webb served district for 13 years; was hired to lead Oglesby ISD

BY JEFF OSBORNE
Senior Writer & Editor

Although Shane Webb, who recently served as assistant superintendent of academics for the Gatesville Independent School District, is now superintendent for Oglesby ISD, his contributions and positive impact for GISD earned recognition during the GISD Board of Trustees Staff Spotlight for June.

Webb was recognized at the June 19 school board meeting for more than a decade of service to the district.

He grew up in Duncanville and played college baseball for the University of Louisiana at Monroe. Both as a college and high school baseball player, Webb earned academic and

athletic awards, including Gold Glove and tournament Most Valuable Player recognition.

After earning undergraduate and graduate degrees, Webb was a paraprofessional for four years at Duncanville ISD before becoming a teacher and coach, earning the Above and Beyond Coaches Award. He then served at Midlothian ISD for two years before coming to GISD in 2010 as a secondary special education teacher. In 2011, he was named assistant principal at Gatesville High School. He became GHS principal in 2014.

In 2017, Webb was promoted to executive director of secondary curriculum. In 2019, he was promoted to assistant

superintendent of academics.

"All the while he is a reliable bus driver," said GISD Superintendent Barrett Pollard. "Shane has been a steadfast helper and outstanding leader for GISD for 13 years."

Webb, whose wife Keegan is principal of Gatesville Elementary School, said he appreciates the opportunity he had in working for GISD.

"I want to thank you guys for the last 13 years at Gatesville," he said. "It's a place we were blessed to make home. I will take the things I've learned here and continue to do them. I appreciate the support you've provided me and my family."

Dr. Lance Ellis highlights service, staff of Coryell Health

BY JEFF OSBORNE
Senior Writer & Editor

After working at hospitals in larger communities, Dr. Lance Ellis, an orthopedic surgeon, has found a home at Coryell Health, which he said blends all the best elements of quality medical care with a small-town personal touch.

Ellis spoke to the Gatesville Lions Club on June 14 and talked about what sets Coryell Health apart from many other healthcare providers in the area.

After previously working for Coryell Health, Ellis left to work for Providence Hospital in Waco for a while before having the opportunity to come back and work for Coryell Health again.

"It's kind of like the parable of the prodigal son," Ellis said. "When I left, David (Byrom, the chief executive officer for Coryell Health) told me I'd be back, and he was right. I am thankful to have the opportunity to come back."

"Coryell Health is an outlier. It's rare to have a 25-bed hospital that has some of the best state of the art care and services of any hospital. During my year working at Providence, about a third of the doctors asked me about my experience at working for Coryell Health and expressed an interest."

Ellis works closely with fellow orthopedic surgeon Dr. Jake Battle and said, "we provide some super high end quality services at Coryell Health. If there was a two-man

Olympic medal for orthopedics, I'd put us up against anyone, and we'd have a good chance of earning gold medals.

"We've offered a lot of services before the hospitals in Waco did, like robot-assisted surgery for knee replacement. A computer model of an individual's anatomy is created, and we can really dial the plan in specifically to your anatomy. The robot and the computer are part of the process that allows us to get as close to perfect as possible."

While Ellis is a surgeon, he said every effort is made to treat people in other ways to improve their health before a surgery is performed.

"Our goal is to do a lot of other things to correct the problem before surgery," he said. "People won't get better care somewhere else. There are some service lines we don't offer, but what we do offer is outstanding. Coryell Health is really a gem in the community."

Ellis said the commitment to excellence and the quality of the staff at Coryell Health are what made him decide to work there when he first came five years ago and then when he returned.

"The doctors here are incredible," he said. "If my mom needed care and they offered it here, I would have no hesitation having her treated here. We not only have high quality physicians here, but the staff that supports them - I'd put them up against anybody."

Byrom, the Coryell Health CEO, said pro-



JEFF OSBORNE | THE GATESVILLE MESSENGER

Dr. Lance Ellis talks about the quality of care available at Coryell Health.

viding quick access to medical services as a primary goal.

"Access is important," he said. "When we make an appointment, we want to get in and not have to wait six weeks for an MRI.

It's about doing the right thing for the community. The good Lord has blessed us and we're doing our best to treat people right."

LEGENDS

FROM PAGE A1

"It was her time in seventh grade English, with partner teacher Pam Bone, that was most impactful on the students of GISD," wrote Superintendent Barrett Pollard. "In her retirement letter, Jeanne even stated, 'Seventh grade English has been my dream job since I was a student in Gatesville public schools. I loved teaching students to write and see their potential.'"

Former superintendent James Baize wrote in an evaluation, "Mrs. Cohagen maintains a good relationship with her students. She shows them that she has a genuine concern for them."

In her retirement letter, Cohagen wrote, "I have loved being a part of the GISD system. I will always be one of the Gatesville public school's greatest supporters."

Bone graduated from Gatesville High School in 1975 and received under-

"We had a rough day and everything we thought would move the kids didn't work. Jeanne said, 'Hey, at least we're not buying bathing suits.'"

PAM BONE

graduate and graduate degrees from Tarleton State University. From 1979 to 1981, she taught at Academy ISD. She joined GISD in 1981 as a seventh-grade reading teacher. In 1990, she teamed up with Cohagen to teach seventh grade language arts.

After serving as a librarian at GISD in 1995, she became principal at Gatesville Elementary in 1996. She retired as principal in 2019.

In her retirement letter, Bone wrote, "I count my 38 years with GISD as a

true blessing. It has been an incredible ride filled with learning, laughter and compassion."

"Fortunately for us, Pam immediately came back the next year as a half-time reading interventionist at (Gatesville Intermediate) and is still there today," Pollard said. "I can honestly say Pam is one of the sweetest people you could ever meet. She truly loves kids and cares about all her former students. She also cares deeply for all her current and past coworkers. Pam is very deserving of being a Hornet Legend."

Bone said she enjoyed her teaching partnership with Cohagen.

"When I first started teaching (at GISD) Jeanne was so elegant and well dressed," Bone said. "I found out she was just like me and made a lot of mistakes, but we'd fix them. We had a rough day and everything we thought would move the kids didn't work. Jeanne said, 'Hey, at least we're not shopping for bathing suits.'"

BUDGET

FROM PAGE A1

surplus we'll have in the I&S (interest and sinking fund, which relates to debt), I recommend that we use that to pay down bond debt.

"It's a much better looking budget than a year ago, and we were sweating bullets looking at what the Legislature might do."

Despite the state having a healthy budget surplus and talk of giving extra funding to school districts, no additional funds were appropriated for schools, Pollard said.

"The state did absolutely nothing with the \$33 billion surplus," he said. "There was a lot of talk about funds being provided for teacher raises, but nothing hap-

"It's a much better looking budget than a year ago."

DARRELL FRAZIER
GISD chief financial officer

pened.

The GISD school board will finalize the amount of the 2023-24 fiscal year budget later this summer, when the district receives final property values from the Coryell County and Bell County Central Appraisal Districts.

At first glance, based on preliminary property values, the district expects about a 14% increase in taxable values for the upcoming fiscal year.



THE GATESVILLE MESSENGER

Publisher
SAM HOUSTON
sam@hcnews.com

General Manager
JANICE VELASQUEZ
ad2@gatesvillemessenger.com

DEADLINES:

Submit all news articles, classifieds and display advertising by 10am Tuesday 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 newspaper format as determined by management.

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OUR MISSION: The Gatesville Messenger shall provide news and insights to our readers through the independent and impartial presentation of information that educates, enriches and entertains. We are proud to be a community newspaper committed to the people we serve.

Folks around town



DAVID SCOTT | THE GATESVILLE MESSENGER

Julie Hudson

Say hello to our neighbor, Julie Hudson!

Julie has served as the branch director of the Boys and Girls Club of Gatesville for the past 18 years. She loves the fact that the club offers a service to the families of Gatesville at an affordable rate. She has been a part of the community for more than 28 years and is grateful for all the caring people who show up in times of need. Julie reads The Gatesville Messenger because of the articles and recognition of all the great happenings in Gatesville.

If you happen to see Julie around town, say hello! She is one of us!

FROM MY FRONT PORCH

Stepping up and showing humility in a big-league sort of way



BY SAM HOUSTON

Sam Houston is a syndicated columnist and newspaper executive. He is also an author, playwright, actor and entertainment producer/promoter.

Many of you may remember the name David Freese. A native Texan born in Corpus Christi, David had one of the most memorable and historic World Series games in history in 2011 against our Texas Rangers.

In game six, with Texas leading 7-5, and leading the series by 3 games to 2, Freese came to bat in the bottom of the 9th with two out and two men on base. With a two-strike count, Freese hit a two run double to tie the game and send it to extra innings. In the 11th inning of the same game, and again with two strikes, Freese hit a game winning walk-off solo home run to center field and sent the World Series to a 7th game where the Cardinals won capturing their 11th World Series title. For his efforts Freese was named the World Series MVP.

Freese went on to have a successful career. With a career batting average of .277, he was voted to the all-star team, played with the Los Angeles Angels, Pittsburgh Pirates, and Los Angeles Dodgers. Since retirement from

the game, he has made his home in Austin.

Baseball in St. Louis is like a religion. It is hard to go to a restaurant, store, or bar within a 100-mile radius of the stadium, where the ball game is not playing on a radio or TV. For generations, families and friends have planned their family vacations around a trip to the ballpark to catch the Cardinals play a game. The supporters are fanatical, and players are idolized. At the conclusion of their playing days, the best of the best become part of team history by being voted into the Cardinal Hall of Fame.

Unlike some such entities, the Cardinal Hall of Fame is not voted on by the fans and not solely by the sportswriters nor simply selected by the ownership of the team. Hence, the men who are en-

shrined have a special place in the history of the team and the hearts of the fans. The list of players includes all-time baseball greats like Stan Musial, Bob Gibson, Lou Brock, Joe Medwick, and Roger Hornsby.

The past few weeks an election was held, and the fans of St. Louis cast their votes. When the results were announced, David Freese had been selected to join the other legendary Cardinal players in the Hall.

Now comes the most amazing "at bat" David Freese will ever have. He turned down the honor of admission in the Hall!

David grew up in suburban St. Louis and like all his friends and neighbors, loved and worshiped the Cardinals. When he was young, he wore the number 45 like his hero Bob Gibson. The greatest thrill of his life was to take the field wearing the Cardinal uniform, representing the city and the legacy of the players who came before him.

So why did he refuse to accept the honor of joining the Hall? Simply put, he did not think his performances and credentials were worthy of being included with the

players he would join in the Hall. He did not feel deserving. While he thanked the fans for their devotion and support, he felt his inclusion would diminish the accomplishments of those who had gone before him.

David announced, "The Cardinals and the entire city have always had my back in every way. I'm forever grateful to be part of such an amazing organization and fan base, then, now, and in the future. In short, Freese told the Cardinals while he was honored and humbled by the fans, he simply did not feel deserving.

In today's world of "it is all about me", and where some professional athletes seem to care little about anything other than recognition, ego fulfillment and money, David Freese stands alone. He is a shining example of humility and respect for the game he loves. In my book, he should be voted into the human being Hall of Fame, on the first ballot.

Thought for the day: true humility is not thinking less of yourself; it is thinking of yourself less.

Until next time.... I will keep ridin' the storm out. sam@hcnews.com

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DOCTOR

FROM PAGE A1

the wind ... the wheels of his red and white skateboard zinging down the sidewalk." In the 1986 article, Maynard was quoted as saying "Some days I make 20 trips and I kept saying I was going to get a skateboard and finally some of the nurses went down to Walmart to get one, but when they found out skateboards cost \$50, they backed out. So, I went down and got it."

As a small-town physician, like his father before him, Maynard saw patients with various types of illnesses and injuries, even treating fractures and assisting with numerous surgeries. His patient load grew and grew.

"In 2013, when I left Scott & White, 3,000 patients went with me to Coryell Health," he said.

Maynard's tireless approach to patient care led him to leadership roles throughout his career. He served as chief of staff and has been a board member of Coryell Health.

"During his time on the Coryell Health Board of Directors he provided direction from his role as a physician," Coryell Health Board President Ronnie Sullins said. "He provided invaluable guidance as we have built Coryell into what it is today."

"Dr. Maynard's contributions to Gatesville, his patients, and Coryell Health are too numerous to count," said David Byrom, Coryell Health CEO. "Dr. Maynard is a compassionate person, dedicated to his faith, family, profession, and patients," Byrom said.

Maynard has noticed changes in health-care over the past 40 years especially with the ways to store and pass on information saying that with the advancement of storing information on the computers, has sped up some of the processes, but has slowed down other aspects.

"As an example, the old way of filling out a death certificate took about three minutes. Now it is a minimum of 20 minutes if the computer is working correctly to log on and fill out all the information required. My father would see over 100 patients a day during a flu epidemic. His paperwork was three lines and now it's two to three pages," he said.

Perhaps the person who could best reflect on Maynard as a doctor would be his certified medical assistant, Della Altum, who has been working with him since 1983. Altum, who had no medical background, applied to be his assistant. Out of all the applicants, he chose her, and he trained her so that she could become a CMA. When asked if he was a good boss, Altum replied with a grin, "he's bossed me all these years or as he would say, I've bossed him."

Altum has worked by the doctor's side from their time at the Gatesville Medical Center, Scott & White Clinic, and finally Coryell Health.

"He's been my personal family doctor for all these years, my children were babies when I went to work for him, so he's watched

"He's been my personal family doctor for all these years, my children were babies when I went to work for him, so he's watched my children grow up and I've watched his children grow up. He's not only a physician, but a Christian man. One patient said, 'he was my best friend and I feel like I've lost my best friend.'"

NURSE DELLA ALTUM

my children grow up and I've watched his children grow up," she said. "He's not only a physician, but a Christian man. One patient said, 'he was my best friend and I feel like I've lost my best friend.'"

The patient said that when Maynard entered the examination room, he felt like he was talking to his best friend.

Altum reflected on Maynard's generosity with a story when one young man visited Dr. Maynard's office and admired the shoes that he was wearing. Maynard removed his shoes and traded with the young man.

"That's the type of person he is," Altum said.

Maynard met his wife, B.J., in Dallas at a church service while he was in medical school.

"I didn't have time to date much while in medical school but reconnected with her three years later in Midland while off - right before graduating from medical school," he said.

While he was often busy caring for patients, he made time for his wife and his two sons, Casey and Cody - often coaching baseball when his sons were younger. His sons are now grown and married with children of their own. Casey married Jenna and Cody married Crystal - and blessed Tim and B.J. Maynard with a total of six grandchildren.

Dr. Maynard has a deep-rooted faith and belief in God.

"Man is always seeking more knowledge, but I have learned that God is the truth. We always need the truth about any situation or problem we face. I always had a Bible in every exam room for those seeking the truth. God can heal anything. We just have to know how to work with Him," he said.

Maynard plans to enjoy his retirement with his wife, children, and grandchildren.

"I'm excited about spending more time with family and friends since before that was not possible," he said.

Reflecting on his 40-year medical career, Maynard stated, "I have always wanted my patients to get the bigger picture of what life is. Without God, we have very little."



COURTESY PHOTO

Dr. Tim Maynard rides a skateboard during his younger days as a physician during the 1980s.

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Branch Davidians were housed in Coryell County Jail

BY DAVID SCOTT
Staff Writer

Thirty years ago, in February, March, and April of 1993, the world was riveted to their television sets watching news broadcasts concerning an apocalyptic cult known as the Branch Davidians who were also known as the General Association of Branch Davidian Seventh Day Adventists, which was founded in 1955.

In the beginning, the Davidians lived on a tract of land just outside of Waco called the Mount Carmel Center. In 1957, the group sold their land holdings and purchased 941 acres of land near Elk, Texas, which was about ten to thirteen miles northeast of Waco.

The leaders of the group were Benjamin Roden, Lois Roden, and later, their son George Roden. In 1981, it was reported that a young man, Vernon Howell, later known as David Koresh, studied at the complex and later gained a group of followers that separated from the original group and became known as The Davidian Seventh Day Adventist Association. In the years fol-

lowing, George Roden and David Koresh would battle with each other over leadership and true ownership of the property.

In 1993, the Bureau of Alcohol, Tobacco, and Firearms stepped in and attempted to execute a search warrant relating to alleged sexual abuse charges and illegal weapons violations. This would spark a battle with David Koresh and the heavily armed Branch Davidians and resulted in a siege that lasted 51 days.

On April 19, 1993, three fires broke out in different areas of the Davidian compound. Although there were some survivors, of the 85 Branch Davidians in the compound when the siege

began, 76 died. In all, four ATF agents were killed, 16 were wounded.

In the June 17, 1993, edition of the Gatesville Messenger, the following article appeared:

Davidians housed at Coryell jail

A long-running contract between Coryell County and the federal government to house prisoners in the local jail has brought two Branch Davidians from Waco to be housed here.

Coryell County Sheriff Gerald Kitchens said the prisoners, Renos Avraam, age 29, and Livingstone Fagan, age 33, were moved to Gatesville on June 9.

The move from McLennan County Jail to Gatesville was prompted in part by a complaint of overcrowding at the Waco jail by the Davidians.

Both men are being held as material witnesses in connection with the February 28 shooting deaths of four Alcohol, Tobacco, and Firearms agents.

The four were killed when as many as 100 ATF agents



PHOTO COURTESY OF ATF.GOV, CREDITS: WACO TRIBUNE-HERALD

ATF agents line up behind cars and trailers during the opening moments of the raid at Mount Carmel.

tried to execute search warrants at the heavily fortified compound 10 miles east of Waco.

"These men will be treated like any other inmate in our jail," said Sheriff Kitchens. "There'll be no special treatment."

Kitchens said he expected no disruptions of normal jail operations while the inmates are in his custody but did say he's fielded a few phone calls from interested media on the religious cult members.

Sheriff Kitchens also said

the pair pushed the total number of federal prisoners in the county jail to 12. Also housed in the county jail are 27 other county prisoners, combined with 40 local inmates.

The "out-of-town" guests housed at the Coryell County jail bring in \$40 a day to county coffers.

It is not known how long the Davidians, Avraam and Fagan, remained in the Coryell County Jail awaiting their trials. It was later reported that both had received 30-

year sentences for their part in the shoot-out with the ATF agents. Fagan, known as a Black British Branch Davidian, spent about half of his prison sentence in various holding facilities in the United States. Upon his release in 2007, he was deported to the United Kingdom. Avraam, also serving a thirty-year sentence, was released by 2013, two decades after the Waco disaster.

Gatesville City Council updated on wastewater plant expansion

BY JEFF OSBORNE
Senior Writer & Editor

Gatesville city leaders got an update on planned improvements at the Stillhouse Wastewater Treatment Plant during a presentation by Mike Clough, a project manager from Walker Partners, acting as the city's engineer.

Bids for the project were received on June 20, and the Gatesville City Council could select a contractor in August, after Walkers Partners takes time to evaluate the bids.

Gatesville will fund the work via a \$10 million loan from the Texas Water Development Board.

The city will have to spend more than initially anticipated on the project. The initial estimated cost for the project was \$6,653,906, and an agreement for Walker partners to work with the city on the plant's expansion was executed in May 2018. How-

ever, five years later, the cost of the plant expansion is now expected to be more than \$9.7 million. The final cost will be determined following acceptance of a bid on the project.

Clough said the current plant is "reaching the end of its useful life" and noted that the plant exceeded 90% capacity in 2017. Since then, capacity usage is done to 62%, but improvements are still needed at the facility.

After the council selects a contractor, the Texas Water Development Board will then review that bid.

Work could begin this fall, with an anticipated completion date in the spring of 2025, Clough said.

The plant's capacity will increase from 2.2 million gallons per day to 2.7 million gallons per day. An automated control system will be installed to replace the manual sys-

tem, the headworks will be improved, and new pumps will be installed.

The new plant will be more efficient, Clough said, which will reduce energy costs, and aeration improvements will also enhance plant operations.

"How long should this (improved facility) last us?" asked Mayor Pro Tem Meredith Rainer.

"The water development board requires 20 years, so a minimum of 20 years," Clough said.

Rainer said the price increase on the plant expansion "is very concerning to me."

Clough said there has been a 15% cost increase in construction year-to-year, with general cost escalations for labor and materials. Part of the increase is also due to modifications to the control system and aeration and a larger control building.

"Probably the biggest electricity cost for the city of Gatesville is aeration at that plant," Clough said. "You will have more up-front costs but there will be savings (due to reduced energy costs) in the long term."

Councilwoman Barbara Burrow asked about the possibility of powering the facility via solar energy.

"It would take several hundred acres of solar panels," Clough said. "I haven't really heard of a similar facility powered by solar."

The council also approved an additional \$222,216 payment to Walker Partners to cover the cost of addition several items added during the design phase for the plant. The original agreement between the city and Walker Partners for the Stillhouse plant was for 32 months, according to a council memorandum, but work on the project has been for 58 months so far.

Gatesville ISD employees to receive boost in 2023-24 salaries

BY JEFF OSBORNE
Senior Writer & Editor

Gatesville Independent School District employees will earn more for 2023-24, after the GISD Board of Trustees approved a new salary schedule during the June 19 school board meeting.

The GISD administration recommended raising the teacher pay scale by \$1,000 for all levels.

"In addition, in order to address the disparity in the lower half of the teacher scale in comparison to similar districts, GISD management also recommends adding \$100 to Step 14, increasing \$100/step through Step 0 (no experience)," stated a memo issued to board members. "As a result, Step 0 would increase by a total of \$2,500, pushing the district's minimum teacher pay past the \$40,000 mark."

The district's auxiliary pay scales were also increased by 4% for Step 0, with the only exception being for bus drivers. Starting pay for bus drivers was raised to \$17.75 per hour "to more closely align driver pay to market," the memo stated.

The cost for salary increase for district personnel will be \$900,000, with pay scale adjustments being responsible for 60% of that amount, and normal step increases accounting

for the additional increase.

"We're making some progress (in pay rates) for the early years — getting more competitive," said Darrell Frazier, the district's chief financial officer. "I hope you're pleased with the result of where this places us in relation to other districts."

School Board President Charles Ament thanked the financial office for its efforts to raise compensation for GISD employees.

"It sounds like you've done the best you can with what you have," Ament said.

Pollard added his appreciation, saying that salaries for those with 20-30 years experience looked good, but rates were lower for those with less experience.

"I think (school district employees) here in Gatesville want to be here in Gatesville and we want to treat them right and pay them as much as we can," Frazier said. "Especially at the upper levels, they're not going to make that much more by leaving Gatesville."

An added bonus for GISD employees is that the district pays an additional \$417 per month to help pay for health insurance premiums.

The lowest monthly insurance premium for GISD employ-

ees is \$399, so the GISD contribution would completely cover that cost.

The district pays a total of \$2.4 million to help employees with insurance premiums.

"The district could save \$74,000 by lowering the (district contribution) to \$399, but I recommend we stay at \$417," Frazier said. "That's very generous. We do pay more (to help employees) on insurance than almost any district."

"I was surprised Gatesville paid that much when I came over from Belton (ISD)," said Superintendent Barrett Pollard.

Frazier noted that the state only requires districts to pay \$225 toward employee insurance premiums, so GISD's contribution is \$192 per month more than the state minimum.

After the new salary schedule was approved, new teachers with no experience will earn \$41,160 while those with 30 years experience will earn \$65,540.

Paraprofessional rates range from \$11.27 to \$20.28 for campus aides. Campus and department secretary rates range from \$13.42 to \$25.02 per hour.

Pay rates for GISD police range from \$34.92 to \$37.52 per hour.

The complete salary schedule will be posted on the GISD website.

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OBITUARIES

Punk Gallegly

August 15, 1930 - June 16, 2023

Punk Gallegly, age 92, of Gatesville, passed away on Friday, June 16, 2023.

Graveside services were held at 10 a.m. Monday, June 19, at Turnersville Cemetery, with James Baize officiating.

James "Punk" Gallegly was born on August 15, 1930, to the late Roy and Lottie Bratton Gallegly of Pidcoke. He grew up and attended school in both Pidcoke and Gatesville, graduating from Gatesville High School in 1948. Shortly after high school, Punk enlisted in the United States Air Force and was stationed in San Antonio. Several years later, after moving back to Gatesville, he joined the Texas Army National Guard and went to work for M.A.T.E.S. until his retirement in 1985. Punk was a



collector of guns, loved to go hunting, and enjoyed watching stock car racing.

He was preceded in death by his parents; sisters, Jennie Lou Gallegly and Betty Gallegly; and nephews, Mike Pruitt, Jim Gilmore, and Rick Gilmore.



DAVID SCOTT | THE GATESVILLE MESSENGER

Pictured above is a painting of the Coryell County Courthouse by Bee Hammonds who was an art teacher in Copperas Cove. The painting is currently on display at the Coryell County Annex near the office of County Judge Roger Miller.

Cover2Cover Ministries sets church-wide auction

Staff Reports

Cover2Cover Ministries is planning a church-wide auction fundraiser on Saturday, June 24. The fundraiser will begin at 11 a.m. and will be held at Cover2Cover Ministries, which is located at 405 South Hwy 36, Suite 5 in Gatesville.

There will be live music, door prizes, games for the children, raffles, and several

items will go up for auction. Contact Cover2Cover Ministries to purchase a raffle ticket for auction items at the cost of \$10.

There will be barbecue dishes served for \$15 a plate, which will include brisket, sausage, potato salad, beans, and dessert.

For more information Cover2Cover Ministries can be reached at 254-392-9472.

Claim information for military veterans

BY RICHARD W. SMITH
Veterans Service Officer for Coryell County

The Sergeant First Class Heath Robinson Honoring our Promise to Address Comprehensive Toxics (commonly known as the PACT act) took effect in 2022. It opened new presumptive conditions for persons who served in the military during Vietnam, Gulf I, Gulf II, and Iraq and Afghanistan.

Post 9/11 combat veterans who served between 2001 and 2013 have until Sept. 30, 2023, to enroll in the Department of Veterans Affairs Health Care. This date will conclude the "special enrollment period" provided by the PACT act. To qualify, veterans who have never before enrolled in the VA Health Care System must have served on Active Duty "in a theatre of combat operations during a period of war after the Persian Gulf War."

They must have been discharged or released between Sept. 11, 2001, and Oct. 1, 2013. Veterans who served "in combat against a hostile force during a period of hostilities" after Nov. 11, 1998, may also enroll during this period. Under the PACT act, several new presumptive conditions relating to exposure to Herbicides (Agent Orange) in Vietnam have

been added, specifically hypertension.

If the veteran served boots on the ground in Vietnam and had previously filed a claim for hypertension and been denied, then they need to file a new claim. ALL PACT act claims that are filed PRIOR TO 08/09/2023 will have an effective date of 08/10/2022 (the date that the PACT act was passed.) Any claims filed AFTER 08/09/2023 will have an effective date of the Intent to File OR the date the claim was filed. It is important that you contact your Veterans Representative to get the paperwork started.

Richard Smith is the Veterans Service Officer for Coryell County. His contact information is listed below. Or you can contact your local Veterans Agency Representative. It is important that the claims be filed. To enroll in the VA Health Care system, do the following: <https://www.va.gov/health-care/apply/application/introduction>. Or call 877-222-8387. By mail: Send VA Form 10-10

EZ to Health Eligibility Center, 2957 Clairmont Road, Suite 200, Atlanta, GA 30329. In person at a VA medical center or clinic or in person at your VA representative's office.

Coryell County Courthouse to celebrate 125th anniversary

BY DAVID SCOTT
Staff Writer

The Coryell County Historical Commission, in conjunction with Coryell County Judge Roger Miller and the Coryell County Commissioners, are currently making plans for the 125th anniversary of the Coryell County Courthouse which was completed on July 18, 1898.

Festivities will be held on the south side lawn of the courthouse on Saturday, July 22.

The schedule will include the posting of the colors by an area horseback color guard, the U.S. Pledge of Allegiance by Casey Curry, the National Anthem sung by Charles Ament, the

Texas Pledge of Allegiance by Casey Curry, followed by the Texas anthem sung by Dr. Steve Norris. Felicia Inman will then offer an opening prayer.

A welcome will be offered by Coryell County Historical Commission president, Danny Corbett followed by Coryell

County Judge Roger Miller who will share the history of the construction of the courthouse.

Festivities planned will include speakers, live music, and old-fashioned games for the children and adults alike.

In addition, there will be a rededication ceremony of the Texas State Historical Marker that was originally installed on the north side of the structure but will be relocated to the south side of the building which was the original main entrance of the building.

Larry Weiss, of Harris Creek, is currently in the process of restoring the original marker and will have the restoration process completed in time for

the courthouse celebration.

The Coryell County Courthouse was added to the National Register of Historic Places in 1977.

During the 125th anniversary celebration, non-guided tours will be given of the historic structure which was restored in the late 1980's.

Those planning to attend the celebration are encouraged to bring lawn chairs for seating on the courthouse lawn. Several food trucks will be on hand to provide refreshments and a courthouse birthday cake will be provided by the Coryell County Historical Commission.



PHOTO COURTESY OF TRIPADVISOR

Historical marker of Coryell County Courthouse which was placed in 1969.

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GATESVILLE CHAMBER OF COMMERCE RECOGNIZES MEMBER OF THE MONTH



COURTESY PHOTO

The Gatesville Chamber of Commerce recently selected Bar N Veterinary Clinic as its Member of the Month. The veterinary clinic is family-owned and operated and has served Gatesville and the surrounding communities since 1995. The owner is Dr. Kerry Newman, DVM, who is a licensed veterinarian. The business is located at 4706 S. Hwy. 36 in Gatesville and can be reached by calling 254-865-8466. Each month, the Gatesville Chamber of Commerce recognizes a chamber member, and those winners will also be in the running for Chamber Member of the Year, an honor awarded each year at the annual chamber banquet. Pictured left to right, Garrett Gunnels, Diana Barnett, Whitney Glover, Mason Matthews, Mandy Branham, Makenzie Courtney, Nancy Germain, Nadalee Ivy, and Tina Zimmerman.

FSA accepting nominations for local committees

Submitted Item

The U.S. Department of Agriculture (USDA) is now accepting nominations for county committee members for elections that will occur later this year. Additionally, USDA's Farm Service Agency (FSA) is unveiling a new GIS tool to make it easier for producers to participate in the nomination and election processes for county committee members, who make important decisions on how federal farm programs are administered locally.

All nomination forms for the 2023 election must be postmarked or received in the local FSA office by Aug. 1, 2023.

"Producers serving on FSA county committees play a critical role in the day-to-day operations of the agency, and they serve as the eyes and ears for the producers who elected them," said FSA Administrator Zach Ducheneaux. "In order for county committees to be both effective and equitable in their decision-making at the local level, they must reflect the full diversity of American agriculture. I am excited that we have another opportunity through this year's nominations and elections cycle to make our committees more inclusive, and in turn, better equipped to best serve all our customers. I encourage you to consider serving the farmers, ranchers, and producers in your community on your local FSA county committee, and I thank you in advance for your public service."

Elections will occur in certain Local Administrative Areas (LAA) for members. LAAs are elective areas for FSA committees in a single county or multi-county jurisdiction and they may include LAAs that are focused on an urban or suburban area.

Customers can locate their LAA through a new GIS locator tool available at fsa.usda.gov/elections online.

"Based on feedback from stakeholders, including the USDA Equity Commission, we are unveiling this new tool to make it easier for producers to effectively participate in the process," Ducheneaux added.

Agricultural producers may be nominated for candidacy for the county committee if they:

- Participate or cooperate in a USDA program; and
- Reside in the LAA that is up for election this year.

A cooperating producer is someone who has provided information about their farming or ranching operation to FSA, even if they have not applied or received program benefits. Individuals may nominate themselves or others and qualifying organizations may also nominate candidates. USDA encourages minority producers, women and beginning farmers or ranchers to nominate, vote and hold office.

Nationwide, more than 7,700 dedicated members of the agricultural community serve on FSA county committees. The committees are made up of three to 11 members who serve three-year terms. Committee members are vital to how FSA carries out disaster programs, as well as conservation, commodity and price support programs, county office employment and other agricultural issues.

Urban, Suburban County Committees

The 2018 Farm Bill directed USDA to form urban county committees as well as to make other advancements related to urban agriculture, including the establishment of the Office of Urban Agriculture and Innovative Production. FSA established county committees specifically focused on urban agriculture. The urban county committees will work to encourage and promote urban, indoor and other emerging agricultural production practices. Additionally, the new county committees may address areas such as food access, community engagement, support of local activities to promote and encourage community compost and food waste reduction.

Urban committee members are nominated and elected to serve by local urban producers in the same jurisdiction. Urban county committee members will provide outreach to ensure urban producers understand USDA programs and serve as the voice of other urban producers and assist in program implementation supporting the needs of the growing urban community.

The 17 county committees for urban agriculture are located in:

- Albuquerque, NM
- Atlanta, Georgia
- Chicago
- Cleveland, Ohio
- Detroit, Michigan
- Dallas
- Grand Rapids, Michigan
- Los Angeles
- Minneapolis-St. Paul, MN
- New Orleans
- New York
- Oakland, California
- Philadelphia
- Phoenix
- Portland, Oregon
- Richmond, Virginia
- St. Louis

Learn more at farmers.gov/urban.

More Information
Producers should contact their local FSA office today to register and find out how to get involved in their county's election, including if their LAA is up for election this year. To be considered, a producer must be registered and sign an FSA-669A nomination form. Urban farmers should use an FSA-669-A-3 for urban county committees. These forms and other information about FSA county committee elections are available at fsa.usda.gov/elections.

Election ballots will be mailed to eligible voters beginning Nov. 6, 2023.

To learn more about FSA programs, producers can contact their local USDA Service Center. Producers can also prepare maps for acreage reporting as well as manage farm loans and view other farm records data and customer information by logging into their farmers.gov account. If you don't have an account, sign up today.

USDA touches the lives of all Americans each day in so many positive ways. In the Biden-Harris administration, USDA is transforming America's food system with a greater focus on more resilient local and regional food production, fairer markets for all producers, ensuring access to safe, healthy and nutritious food in all communities, building new markets and streams of income for farmers and producers using climate-smart food and forestry practices, making historic investments in infrastructure and clean energy capabilities in rural America and committing to equity across the department by removing systemic barriers and building a workforce more representative of America. To learn more, visit usda.gov online.

MOUND NEWS

Vacation Bible School starts Sunday



BY BARBARA HOPSON

Mound News Correspondent

It will be at White Mound Baptist Church. Everyone is welcome to come and join in the fun at VBS.

Sue Jones and Margaret and Barbara Hopson had lunch Thursday in Georgetown at the Monument Café with Hollie and Sydney Jones.

Mrs. Eric (Liz) McCorkle and Sue Jones had lunch and went shopping in Temple one day last week.

Neil Helms of Red Oak visited Saturday with his parents, Jerry and Brenda Helms and other relatives for Father's Day weekend.

Emma Blakley of College Station was home for the Father's Day weekend.

Karli Tatro and Carolyn Blakley had lunch in Gates-

ville Friday.

Those who had birthdays in June were Tracey Carothers, Tammy Lawhorn, Ron Barnard, Deletta Washburn, Max McClellan, Loyd Hopson, Dana Creacy, Jeremy Dosssey, Emily Coward, Neva (Hopson) Groat, Cherie Tatum, Joseph Piller, Rex Hopson, Hal Hopson, Anna Baldock, Slayton Fisher, Alisa Gregory, Staci Kinnear, Chris Thompson, Bryce Dahl, Holly Bryant, Jannetta Spencer, Marilyn McDade, Belya Clark, Lisa Gallaway, Betty Mayberry, Billy Hopson, Kathy Brase, Christine Hernandez, Susie Hopson, Pam Hopson, and Kim Biggs.

White Mound Baptist Church and Mound Cowboy Church will be having their annual Vacation Bible School June 25-29 from 5:30 p.m. until 8:30 p.m. with registration beginning at 4:30 p.m. on Sunday, June 25.

United Women in Faith met June 13

Submitted by Shirleen Chandler

United Women in Faith (UWF) met on June 13 in the Banquet Room of the Methodist Church in Gatesville at 5:30 p.m. Sixteen members and one visitor were present at the meet-

ing. Hostesses were Patsy Smart and Kay Smiley.

President Patsy Smart called the meeting to order by leading the Blessing. Following refreshments, Smart welcomed everyone including the visitor. She then read The Purpose, and Mary Beth Rivers read from the Daily Prayer Guide. Velva Riddle read from Response Magazine and then presented the program. The lesson was taken from the study book, "Who Can

We Be Together?" and was titled "The Fox and the Hen," from Luke 13:31-35. Jesus used nature in this passage, referring to Herod as a fox and wishing he could gather Jerusalem together as a hen gathers her brook under her wings. He talks about all the work He must do in the kingdom, outside of Jerusalem; then He refers to Palm Sunday when he comes riding in amid much danger. Discussion was about all the good

things we as a church are doing in our community for the kingdom of God. Shirleen Chandler led in singing "In the Garden."

President Smart called the business meeting to order. Business included thank-you notes from the Easter bags, graduation gifts, first responders lunch, and Ronald McDonald House pull-tab gifts. Marilyn Decker reported on all the cards she had sent out. Mention was made of verses in the Bible where we are asked to do things for the kingdom in secret and not for recognition.

An announcement was made about the upcoming Methodist Church Vacation Bible School and the need for volunteers.

The meeting adjourned with the Benediction.

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Reading of the Declaration of Independence set for June 30

Staff Reports

To honor America and the freedoms we all enjoy, and to celebrate the significance of Independence Day, members of the Coryell County Defense Bar and the Texas

Criminal Defense Lawyers Association will gather on the Coryell County courthouse lawn at 11 a.m., Friday, June 30, for a formal reading of the United States Declaration of Independence and the Bill of Rights.

The public is encouraged to attend. The annual ceremony is part of a statewide effort by local criminal defense lawyers groups affiliated with TCCLA.



Declaration of Independence

COURTESY PHOTO

PEARL NEWS

Pearl offers a great entertainment and shopping experience



BY BETSY CLARK

Pearl News Correspondent

Mark your calendars to be sure and not miss the days to come to Pearl for a great experience in entertainment and shopping! Here are the remaining dates for 2023: July 1, Aug. 5, (second Saturday in September) Sept. 9, Oct. 7, Nov. 4, and Dec. 2.

The Pearl Church of Christ has two big events coming up in the next few months. First, the annual Revival will be held on July 8-9. After the Saturday, July 8 service, their wonderful homemade ice cream supper, which is a long-held tradition, takes place in the kitchen/family room. I'll update you on times soon so you can add it to your calendar because you don't want to miss this! In September, the annual Atchley Fish Fry and Labor Day Auction benefiting His Kids is scheduled to take place on Sept. 3. Just a little teaser as to one of the items in the auction — a grandfather clock! Everyone is always invited to either of these events, and everyone is always invited to this wonderful church! The service time is 10:30 a.m. each Sunday.

I wish I had more bikini news to relate to you, but it's just too crazy hot for this atrocious apparel to venture out of the bookstore! You know it's hot when the belligerent bikini chooses to nest in its hiding place in the Pearl Cottage Bookstore. However, you can visit it on Bookstore Day on July 1. The historic old teacherage opens at 10 a.m., and Kay, Corlisa, and Linda will be glad to see you. The bikini is in the Christian book section

— go figure — and will not bother you a bit ... unless your name is Kay Pruett. Everyone else is safe from its hijinks ... we hope! So, when you're in the bookstore, feel free to browse through more than 6,000 books and various and sundry other items while there. Almost all purchases are by donation (Linda says they're just too tired to price things), and all monies collected go toward the cottage's various local charities. Remember, "a place is not a place without a bookstore!" And Pearl is one of the best places to be! Y'all come!

This week's Bible verse comes from John 1:3-5: "Through Him all things were made; without Him nothing was made that has been made. In Him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it. — NIV (I just had to share this verse, as it has given me great comfort during trying times. I hope you will find peace and hope in these words also.)

Be sure and like the Pearl Community Center, Texas Facebook page and the Pearl Cottage Bookstore and Resale Shop Facebook page! Please submit any Pearl news to betsyclark47@yahoo.com.

Old hitching rings still visible around Gatesville historic square

BY DAVID SCOTT
Staff Writer

There are not too many towns remaining in Texas that still have hitching rails for horses still intact. Gatesville does not have the hitching rails anymore but a few of the old hitching rings are still in place

along the city's curbs. Yes, today in 2023, you can still hitch your horse in downtown Gatesville.

The antique devices can be seen anchored in limestone blocks along the sidewalk on Leon Street across from the county

jail.

Looking back over old pictures of Gatesville after the turn of the century reveals streets crowded with horses, mules, wagons, and buggies. A busy city full of busy people in an era that seems, in some

ways, far removed from the way things are done today until you walk down the sidewalk and see the hitching rings which serve as a reminder of days gone by.



One of about six hitching rings left from the courthouse square, which is displayed in the Coryell Museum and Historical Center.

DAVID SCOTT | THE GATESVILLE MESSENGER



Around 1900, the square in Gatesville was the place to be. Horses, wagons, and buggies often filled the square.

PHOTO COURTESY OF THE CORYELL MUSEUM AND HISTORICAL CENTER

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Appreciation medals presented to Senior Center employees

Submitted Item

Senior Center Director Pam Rudolph and the Director of Nutrition Camilla Edge were recently presented with medals of appreciation for bringing joy and enrichment to those who participate at the Gatesville Senior Center.

The medals were handmade by Ronald Locke and inscribed with the phrase "Every Senior Deserves a Champion."

Presenting the award was senior center volunteer Rebel Brown.

The center provides low-cost meals and free activities to anyone ages 50 and up. The center also oversees the local Meals on Wheels program in which volunteers help deliver meals to those who are unable to leave their homes.

The Senior Center is located at 208 N. Lutterloh in Gatesville.

More information about the center and the many services and activities they offer can be obtained by calling 254-865-8234.



Medal of Appreciation hand made by Ronald Locke with inscription "Every Senior Deserves a Champion" on the back side.

Pictured left, Pam Rudolph, senior director and Camilla Edge, director of nutrition, were presented medals of appreciation by Rebel Brown.

The DISPATCH

The following is a partial breakdown of activity reported through dispatchers during the period of June 14 - 20. 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 14
 8:03 a.m., an accident was reported in the 3600 block of Old Oglesby Road.
 8:37 a.m., a disturbance was reported in the 2300 block of E. Main Street.
 9:22 p.m., suspicious activity was reported in the 2300 block of Business Hwy. 36.
 11:24 p.m., a disturbance was reported in the 1900 block of St. Louis Street.

June 15
 3:26 a.m., suspicious activity was reported in the 100 block of FM 107.

8:46 a.m., criminal mischief was reported in the 300 block of Veteran's Memorial Loop.
 3:25 p.m., a missing person was reported in the 2300 block of Osage Road.
 6:59 p.m., animal cruelty was reported in the 2800 block of S. State Hwy. 36.

June 16
 6:22 a.m., a welfare concern was reported in the 2200 block of E. Main Street.
 2:24 p.m., a reckless driver was reported in the 1900 block of N. State Hwy. 36 Bypass.
 3:48 p.m., a hit and run accident was reported in the

1900 block of N. State Hwy. 36 Bypass.
 10:54 p.m., suspicious activity was reported in the 500 block of Bridge Street.

June 17
 2:47 a.m., a structure fire was reported in the 500 block of Mountain Road.
 1:36 p.m., a burglary was reported in the 1200 block of Bridge Street.
 7:42 p.m., a theft was reported in the 2400 block of Business Hwy. 36.
 11:18 p.m., suspicious activity was reported in the 300 block of S. Lovers Lane.

June 18
 4:57 a.m., suspicious ac-

tivity was reported in the 400 block of N. 14th Street.
 11:38 a.m., a theft was reported in the 1200 block of E. Main Street.
 3:39 p.m., a hit and run accident was reported in the 2300 block of Business Hwy. 36.
 6:39 p.m., a disturbance was reported in the 400 block of Park Street.

June 19
 2:21 p.m., animal cruelty was reported in the 2100 block of Waco Street.
 3:44 p.m., a hit and run accident was reported in the 1500 block of Main Street.
 3:56 p.m., an assault was

reported in the 2000 block of Waco Street.
 4:03 p.m., a structure fire was reported in the 100 block of N. 27th Street.

June 20
 3:22 p.m., a hit and run accident was reported in the 2800 block of S. State Hwy. 36.
 5:27 p.m., a burglary was reported in the 200 block of FM 116.
 6:11 p.m., animal cruelty was reported in the 2500 block of Powell Drive.
 11:17 p.m., an assault was reported in the 2700 block of S. State Hwy. 36.

CORYELL COUNTY SHERIFF'S OFFICE

June 14
 8:26 a.m., a threat was reported in the 1300 block of FM 116.
 8:47 a.m., a stolen vehicle was reported in the 1200 block of CR 238.
 11:30 a.m., a livestock complaint was reported in the 1100 block of CR 269.
 1:03 p.m., an animal complaint was reported in the 1100 block of FM 2955.

June 15
 7:59 a.m., a stolen vehicle was reported in the 500 block of CR 131.
 9:20 a.m., forgery was reported in the 800 block of CR 127.
 7:09 p.m., an animal complaint was reported in the 900 block of Greenbriar Road.
 9:04 p.m., a livestock complaint was reported on FM 215 before CR 247.

June 16
 9:54 a.m., a prowler was reported in the 4500 block of E. Hwy. 84.
 12:17 p.m., a theft was reported in the 100 block of CR 328.
 7:04 p.m., an animal complaint was reported in the 600 block of Mary Street.
 7:58 p.m., a major accident was reported on FM 116 south of Whispering Avenue.

June 17
 3:57 a.m., a vehicle fire was reported in the 500 block of Mountain Road.
 11:16 a.m., suspicious activity was reported in the 2900 block of Popular.
 2:44 p.m., the burglary of a habitation was reported in the 300 block of Hunter John Drive.
 5:25 p.m., a livestock complaint was reported on E. Hwy. 84 at Grace Baptist Church.

June 18
 1:56 p.m., animal neglect was reported on Hwy. 36 at Flat.
 3:37 p.m., criminal trespass was reported in the 4300 block of FM 1113.
 4:38 p.m., a missing person was reported in the 300 block of Skyline Circle.
 6:45 p.m., a prowler was reported in the 800 block of Sunset Drive.

June 19
 4:24 p.m., a threat was reported in the 1100 block of Indian Creek Road.
 7:20 p.m., a missing person was reported in the 2500 block of Live Oak Drive.
 7:37 p.m., arson was reported in the 2900 block of Poplar Drive.
 7:59 p.m., shots being fired was reported in the 1300 block of Duncan Road.

June 20
 6:50 a.m., mailbox damage was reported in the 200 block of CR 195.
 9:54 a.m., identity theft was reported in the 3800 block of FM 116.
 4:07 p.m., a civil matter was reported in the 200 block of Vista Road.

Advertising that WORKS

In a survey of Texas residents, the Texas Press Association found that newspaper advertising remains one of the most effective ways of getting your message to your customers.

85% of Texas adults read print or digital newspapers every month

Of those 85%:

79% get their news online

69% read a print newspaper.

The readers of newspapers, both online and print are:

83% under the age of 65

57% have a household income > \$50K

62% are home owners

63% are college educated

41% have children in the household.

HYDE
 MEDIA GROUP



TRI ★
COUNTY
REPORTER



CLASSIFIEDS

015 FARM & RANCH

Use Seal 'N Heal on cats, dogs, & horses to seal cuts & scratches with a bitter taste to prevent gnawing, allow healing. Coryell Feed & Supply, 254-865-6315 (www.fleabeacon.com) 00030188

015 FARM & RANCH

032 MISCELLANEOUS

HEAD START
TAKING APPLICATIONS!!! (No Transportation Provided)
 Gatesville Head Start is now accepting applications for the 2023-2024 school year. Head Start is a pre-school offering excellent educational opportunities along with medical, dental, developmental, and nutritional benefits at no cost. The Head Start approach of individualized care and guidance is well suited to helping children with disabilities. Children between the ages of 3 and 5 may be eligible. There is no charge for participation in Head Start. Pick up your application now at the Head Start Center at 1105 Saunders Street. For more information, call your local center at 254-865-5423, or Hill Country Community Action Association at 325-372-5167.

HEAD START
ESTA ACEPTANDO APLICACIONES!!! (Ningun Transporte Proporcionado)
 Gatesville Head Start esta aceptando aplicaciones para el año 2023-2024. Head Start es una escuela para niños de edad 3-5 años que califican. Head Start ofrece oportunidades excelentes para educación y también beneficios de médico, dental, desarrollo, y de alimento. Head Start ofrece mucha ayuda para niños y familias. No cuesta nada para que su niño atienda el programa de Head Start. Puede usted recoger ahora una aplicación para solicitar un puesto en Head Start. Para más información llame a la Head Start, 1105 Saunders Street. El tel. teléfono: 254-865-5423, or Hill Country Community Action at 325/372-5167.

032 MISCELLANEOUS

037 HELP WANTED

NOW HIRING

Assisted/Independent Living:

- CNA - FT, Night shift
- *\$4,000 SIGN ON BONUS
- CNA-PRN all Shifts
- CMA - PRN

Home Health:

- RN - FT
- PCA PRN - for Gatesville, Copperas Cove, and Hamilton

Infection Prevention:

- BSN-RN - FT; Preferable Certified Infection Control & Epidemiology

Medical Clinic:

- LVN - FT
- Certified Medical Assistant/CCMA - FT
- Pain Management CCMA - FT, Travel Required
- Referral Clerk - FT
- Health Coach - FT
- Certified Medical Assistant/CCMA

Culinary:

- Chef - FT Food Handlers Certification preferred
- Cook Assistant - FT

EMS:

- Paramedic - FT/PRN
- *\$8,000 SIGN ON BONUS
- EMT - FT and PRN

Emergency Department:

- RN - FT Nights
- *\$10,000 SIGN ON BONUS
- RN - PRN all shifts
- Admissions Clerk - FT 3pm-11pm M-F
- Scribe - PRN

Health Information Management:

- Certified Medical Coder - FT

LAB:

- MLT - PRN
- Phlebotomist FT

Med/ Surg:

- CNA - FT All Shifts
- *\$4,000 SIGN ON BONUS
- RN or LVN - PRN All shifts

Radiology:

- CT/X-Ray Tech - PRN; TDH MRT & ARRT w/1 yr. exp. in CT/X-Ray
- Cath Lab Tech - FT, exp. preferred
- *\$10,000 SIGN ON BONUS

Dialysis Center:

- Social Worker - FT/PT M-F, 8am-5pm
- RN Charge Nurse - FT Mon, Wed & Fri, 4:45am-8:00pm
- Home Dialysis RN

Surgery:

- Operating Room Technician - FT

Wound Care:

- RN or LVN - FT

***SIGN ON BONUSES W/1-YEAR COMMITMENT**
 OTHER STIPULATIONS MAY APPLY. ASK FOR DETAILS.

BENEFITS OFFERED:

- Competitive compensation
- Paid Vacation & Sick Leave
- Matching 457B investments
- Tuition Reimbursement
- Health, Dental, Life and supplemental Insurances.

EOE.

APPLY IN PERSON OR DOWNLOAD AN APPLICATION FROM WEBSITE:
 1507 W. Main St. off: (254) 248-6386
 Gatesville, TX 76528 fax: (254) 248-6288
 humanresources@coryellhealth.org

Job summaries at
www.CoryellHealth.org

037 HELP WANTED

045 SERVICES

STUMP GRINDING. Fully insured. Call 254-654-0364. 00030185

Got junk? Call for free estimates! Mondo's Junk Removal & Dumpster Rentals, (254) 223-2279. 00030186

HOUSE/PET SITTING: Horses to hamsters, 832-707-5307 00030190

TREE WORKS Tree Service: tree trimming, removal & stump grinding. Free estimates. Call Lloyd, (254)223-3287. 00030143

FERGUSON ROOFING Locally owned company serving all Central Texas area. Commercial and Residential. Free Estimates. 254-466-5128 00030141

R&M FENCING & DOZING: barbed wire, custom pipe, entryways, corrals, barns, fence row clearing, metal buildings, residential & game fencing, solar gate openers, dozer work. Free estimates. **Larry Riddle, 254-248-2205; Joyce McAdams, 254-248-4318.** 00030146

060 GARAGE SALE

Moving Sale! EVERYTHING must go! Tons of tools, farm equipment, toys, clothing, books, furniture, and appliances. All reasonably priced! Look for signs & Facebook. 1385 FM 930, Gatesville. NO early birds, please. June 23&24 from 7a.m.-5p.m./ June 25 from 9a.m.-5p.m. 00030192

Garage Sale: Saturday, 9 a.m.-2 p.m., 279 Virginia Drive, off River Oak Dr. Ft Gates. Lots of Misc, shovels, ladders, tables, no clothes 00030195

GARAGE SALE: Boone Ave., on FM 107 in Oglesby. From 8a.m.-2p.m., LOTS of boys & girls clothes & shoes, and women's clothing and shoes! 00030197

YARD SALE- Saturday, June 24, 211 Comanche Drive, gate will open at 10 a.m. Clothes, bedding, furniture, toys, shoes, books, and much more! 00030198

074 HOUSES FOR RENT

FOR RENT: 1 Bedroom, private bathroom, plus common areas in my home. No alcohol or drugs allowed on premises. Background check required. 254-931-2523 for details! 00030196

3BR/2BA, 2 car garage, recently updated, large fenced backyard, \$1695/mo., \$1695 deposit. No pets. 1 year lease. Rental references, background and credit checks required. 254-248-5760 00030182

070 LAND & LOTS

PUBLISHER'S NOTICE: All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

099 PUBLIC NOTICES

No. 23-10849 ESTATE OF MICHAEL DUANE TILLIS, DECEASED IN THE COUNTY COURT AT LAW OF CORYELL COUNTY, TEXAS NOTICE TO CREDITORS Notice is hereby given that original Letters Testamentary for the Estate of Michael Duane Tillis were issued in Cause No. 23-10849, in the County Court at Law, Coryell County, Texas, to: Devin Tillis. All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law. c/o: James D. Hurst, Attorney at Law, 1202 Sam Houston Ave., Suite 9, Huntsville, Texas 77340 DATED the 13th day of June 2023. James D. Hurst, Attorney for Devin Tillis State Bar No.: 10315250 1202 Sam Houston Ave., Suite 9, Huntsville, Texas 77340 Telephone: (936) 295-5091 00030191

037 HELP WANTED

NOW HIRING

Occupational Therapist - PRN

- RN - FT & PRN; All Shifts for Charge Nurse and Nursing
- LVN - FT & PRN; All Shifts for Charge Nurse and Nursing
- CNA/NA - FT, All Shifts
- *\$4,000 FT SIGN ON BONUS

***SIGN ON BONUSES W/1-YEAR COMMITMENT**
 OTHER STIPULATIONS MAY APPLY. ASK FOR DETAILS.

BENEFITS OFFERED:

- Competitive compensation
- Paid Vacation
- Sick time accrual
- Matching 457B investments
- Tuition Reimbursement
- Health, Dental, Life and Supplemental Insurances. etc.

APPLY IN PERSON OR DOWNLOAD AN APPLICATION FROM WEBSITE:
 110 Chicktown Rd. off: (254) 404-2500
 Gatesville, TX 76528 fax: (254) 248-6288
 humanresources@coryellhealth.org

Job summaries at
www.CoryellHealth.org

037 HELP WANTED

8-hour shifts for select positions

- CMA/CNA: FT, All Shifts
- *\$4,000 FT SIGN ON BONUS
- Paid Certified Nurse Aide class with on-the-job training!
- Must be a Certified Medication Aide for Texas and must maintain a Certified Nurse Aide for Texas

Ultrasound Technician Needed!

HAMILTON HEALTHCARE SYSTEM

\$10,000 sign on * Bonus and RDMS Certification is Required

We Offer:

- Competitive Salaries
- Paid Time Off and Holidays
- Fitness Center Membership
- Employee Discounts
- Education Reimbursement
- On Demand Pay
- Matching 457B Retirement Program
- Health, Dental, Vision, & Supplemental Insurance

**To qualify for bonus, applicant must have General, Vascular, and Echo certifications*

Apply Today!

Send resumes to hr@hamiltonhospital.org
 Call (254) 386-1920 or visit for more info <https://hamiltonhospital.org/careers/>
 EOE, 400 North Brown, Hamilton, TX

Psychiatric/Mental Health Nurse Practitioner
 Licensed Professional Counselor
 CMA Needed!
Hamilton Healthcare System

\$5000 Bonus Available for PMHNP and LPC

Join our Team Today!

Benefits Include:

- Competitive Salaries and On Demand Pay
- Paid Time Off
- Fitness Center Membership
- Employee Discounts
- Education Reimbursement
- Health, Dental, Vision

Send resume to hr@hamiltonhospital.org
 Call 254 386 1600 for more info
 EOE, 400 N. Brown, Hamilton, TX, 76531

HAMILTON HEALTHCARE SYSTEM

NOW HIRING

HAMILTON HEALTHCARE SYSTEM

HAMILTON HOSPITAL

- Radiology Technologist - FT
- EMT Paramedic - FT
- EVS Team Lead - FT
- Patient Accounting Clerk - FT, PT, PRN
- EMT Basic - FT
- Cook - PRN
- Host/Hostess - FT
- RN (\$10,000 sign on bonus) or LVN (Nights) - FT
- Admissions Clerk -FT, PT, & PRN
- Referral Clerk -FT
- Physical Therapist (Hico) - FT
- Physical Therapist Assistant - FT
- Ultrasound Tech (\$10,000 Sign on Bonus) - FT
- Respiratory Therapist - FT
- EMS Ambulance Billing Specialist - FT
- Fitness Instructor- PT
- RN (Cardiopulmonary) - FT

SOLUTIONS BEHAVIORAL HEALTH

- Licenses Professional Counselor (\$5,000 sign on bonus) -FT
- Business Office Clerk - FT
- PMHNP (\$5,000 Sign on bonus)- FT
- CMA or LVN - FT

CENTRAL TEXAS EYE CARE

- Optometry Assistant - PRN

EMERGENCY DEPARTMENT

- Registered Nurse -PRN

HAMILTON RHC

- LVN or CMA - FT
- Business Office Clerk - FT

GOLDTHWAITE CLINIC

- CMA/Referral Clerk - FT

HICO CLINIC

- CMA - FT

We Offer:

- Competitive Salaries and On Demand Pay
- Paid Time Off and Holidays
- Fitness Center Membership
- Education Reimbursement and Employee Discounts
- Matching 457B Retirement Program
- Health, Dental, Vision, & Supplemental Insurance

Apply Today!

Send resumes to hr@hamiltonhospital.org
 Call (254) 386-1920 or visit for more info <https://hamiltonhospital.org/careers/>
 EOE, 400 North Brown, Hamilton, TX

Avani Dentistry II PC dba Axis Dental (Gatesville, TX) needs General Dentist: Diagnosing oral diseases, Creating treatment plans, Performing surgical procedures. Must have dental license from TX; & DEA Registration. Mail resume to Attn: HR Dept. 319 South Highway 39 Bypass, Suite C, Gatesville, TX 76528. 00030174

045 SERVICES

Central Texas Landscaping & Services, LLC: Mowing, Landscaping, Brush Clearing, Trash Clean Up, Pipe Fence Painting (Ospho), Road Installation. John Capella, 254-216-3684. Licensed & Insured. 00029588

YOU GROW IT, I'LL MOW IT/ Kasen Bankhead Mowing, Weed Trimming, Haul-Offs. 254-223-9415 00030173

Schuman's HEAT & AIR, Inc.

Residential & Commercial Service • Installation

Refrigeration

Service All Brands
 Gatesville & Surrounding Areas
Darrel Schuman - Owner
254-499-0054
 TACL27524C www.schumansair.com

045 SERVICES

Dry Creek Trash Service Weekly Pickup and Roll-off container rentals **Ofc. (254) 463-4988** **Cell (254) 206-1512** drycreektrashservice.com 00030142

HUNT FENCING: Farm & Ranch Fence, Residential, Corrals, Automatic Solar Gates, Custom Entryways & Gates, Welding Projects. **John Hunt, Owner, (254)248-2613** 00030144

Kenneth Russell Shredding Service, small or large acreage. Call 254-223-3119. 00030150

CENTRAL TEXAS REMODELING AND HANDYMAN: Tile, sheet-rock, painting, decks, fences, flooring, windows, siding, roofing, texturing. **Cecil Woodson, 254-216-3835.** 00030147

060 GARAGE SALE

25 CENT SALE Tues, 06/27-Sat, 07/01!
 The Boys & Girls Club Resale Shop, 1706 E. Main. Tuesday-Friday, 8a.m.-5p.m. & Saturday, 9a.m.-3p.m. 00030137

CLASSIFIEDS

099
PUBLIC NOTICES

099
PUBLIC NOTICES

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PUBLIC NOTICES

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REAL ESTATE

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REAL ESTATE

TEXAS COMMISSION ON ENVIRONMENTAL QUALITY



NOTICE OF RECEIPT OF APPLICATION AND INTENT TO OBTAIN WATER QUALITY PERMIT RENEWAL

PERMIT NO. WQ0011011001

APPLICATION. City of Evant, P. O. Box 10, Evant, Texas 76525, has applied to the Texas Commission on Environmental Quality (TCEQ) to renew Texas Pollutant Discharge Elimination System (TPDES) Permit No. WQ0011011001 (EPA I.D. No. TX0055522) to authorize the discharge of treated wastewater at a volume not to exceed a daily average flow of 60,000 gallons per day. The domestic wastewater treatment facility is located at 650 East Live Oak Street, Evant, in Coryell County, Texas 76525. The discharge route is from the plant site to Langford Branch; thence to Cowhouse Creek; thence to Belton Lake. TCEQ received this application on May 11, 2023. The permit application will be available for viewing and copying at Evant City Hall, 598 East U.S. Highway 84, Evant, Texas prior to the date this notice is published in the newspaper. This link to an electronic map of the site or facility's general location is provided as a public courtesy and not part of the application or notice. For the exact location, refer to the application.
<https://gisweb.tceq.texas.gov/LocationMapper/?marker=-98.146666,31.471944&level=18>

ADDITIONAL NOTICE. TCEQ's Executive Director has determined the application is administratively complete and will conduct a technical review of the application. After technical review of the application is complete, the Executive Director may prepare a draft permit and will issue a preliminary decision on the application. **Notice of the Application and Preliminary Decision will be published and mailed to those who are on the county-wide mailing list and to those who are on the mailing list for this application. That notice will contain the deadline for submitting public comments.**

PUBLIC COMMENT / PUBLIC MEETING. You may submit public comments or request a public meeting on this application. The purpose of a public meeting is to provide the opportunity to submit comments or to ask questions about the application. TCEQ will hold a public meeting if the Executive Director determines that there is a significant degree of public interest in the application or if requested by a local legislator. A public meeting is not a contested case hearing.

OPPORTUNITY FOR A CONTESTED CASE HEARING. After the deadline for submitting public comments, the Executive Director will consider all timely comments and prepare a response to all relevant and material, or significant public comments. **Unless the application is directly referred for a contested case hearing, the response to comments, and the Executive Director's decision on the application, will be mailed to everyone who submitted public comments and to those persons who are on the mailing list for this application. If comments are received, the mailing will also provide instructions for requesting reconsideration of the Executive Director's decision and for requesting a contested case hearing.** A contested case hearing is a legal proceeding similar to a civil trial in state district court.

TO REQUEST A CONTESTED CASE HEARING, YOU MUST INCLUDE THE FOLLOWING ITEMS IN YOUR REQUEST: your name, address, phone number; applicant's name and proposed permit number; the location and distance of your property/activities relative to the proposed facility; a specific description of how you would be adversely affected by the facility in a way not common to the general public; a list of all disputed issues of fact that you submit during the comment period and, the statement "[I/we] request a contested case hearing." If the request for contested case hearing is filed on behalf of a group or association, the request must designate the group's representative for receiving future correspondence; identify by name and physical address an individual member of the group who would be adversely affected by the proposed facility or activity; provide the information discussed above regarding the affected member's location and distance from the facility or activity; explain how and why the member would be affected; and explain how the interests the group seeks to protect are relevant to the group's purpose.

Following the close of all applicable comment and request periods, the Executive Director will forward the application and any requests for reconsideration or for a contested case hearing to the TCEQ Commissioners for their consideration at a scheduled Commission meeting.

The Commission may only grant a request for a contested case hearing on issues the requestor submitted in their timely comments that were not subsequently withdrawn. **If a hearing is granted, the subject of a hearing will be limited to disputed issues of fact or mixed questions of fact and law relating to relevant and material water quality concerns submitted during the comment period. TCEQ may act on an application to renew a permit for discharge of wastewater without providing an opportunity for a contested case hearing if certain criteria are met.**

MAILING LIST. If you submit public comments, a request for a contested case hearing or a reconsideration of the Executive Director's decision, you will be added to the mailing list for this specific application to receive future public notices mailed by the Office of the Chief Clerk. In addition, you may request to be placed on: (1) the permanent mailing list for a specific applicant name and permit number; and/or (2) the mailing list for a specific county. If you wish to be placed on the permanent and/or the county mailing list, clearly specify which list(s) and send your request to TCEQ Office of the Chief Clerk at the address below.

INFORMATION AVAILABLE ONLINE. For details about the status of the application, visit the Commissioners' Integrated Database at www.tceq.texas.gov/goto/cid. Search the database using the permit number for this application, which is provided at the top of this notice.

AGENCY CONTACTS AND INFORMATION. Public comments and requests must be submitted either electronically at <https://www14.tceq.texas.gov/epic/eComment/>, or in writing to the Texas Commission on Environmental Quality, Office of the Chief Clerk, MC-105, P.O. Box 13087, Austin, Texas 78711-3087. Please be aware that any contact information you provide, including your name, phone number, email address, and physical address will become part of the agency's public record. For more information about this permit application or the permitting process, please call the TCEQ Public Education Program, Toll Free, at 1-800-687-4040 or visit their website at www.tceq.texas.gov/goto/pep. Si desea información en Español, puede llamar al 1-800-687-4040.

Further information may also be obtained from City of Evant at the address stated above or by calling Ms. Robin Butcko, Permitting Services, LLC, at 713-458-8612.

Issuance Date: June 14, 2023

JENNIFER NEWTON, CLERK OF THE COUNTY COURT
P.O. BOX 237, GATESVILLE, TEXAS 76528

ATTORNEY OR PERSON FILING CAUSE, KIRBY STERMER
619 E. MAIN STREET, GATESVILLE, TEXAS 76528
TO: DECEDENT'S UNKNOWN HEIRS
UNKNOWN ADDRESS
UNKNOWN STATE
THE STATE OF TEXAS
COUNTY OF CORYELL

TO ALL PERSONS INTERESTED IN THE ESTATE OF HEATHER HENDERSON WATSON, DECEASED. CAUSE NO 23-10800, COUNTY COURT AT LAW OF CORYELL COUNTY, TEXAS. RONALD HENDERSON FILED IN THE COUNTY COURT AT LAW OF CORYELL COUNTY, TEXAS ON THE 23RD DAY OF FEBRUARY 2023, AN APPLICATION TO DETERMINE HEIRSHIP SAID HEATHER HENDERSON WATSON, DECEASED. SAID APPLICATION SHALL BE HEARD AND ACTED ON BY SAID COURT ON OR AFTER THE FIRST MONDAY NEXT AFTER THE EXPIRATION OF TEN DAYS FROM DATE OF POSTING THIS CITATION, THE SAME BEING THE 26TH DAY OF JUNE 2023, AT THE COUNTY COURTHOUSE IN GATESVILLE, TEXAS. ALL PERSONS INTERESTED IN THIS ESTATE ARE HEREBY CITED TO APPEAR BEFORE THE COUNTY COURT AT LAW OF CORYELL COUNTY AT THE SAME ABOVE MENTIONED TIME AND PLACE BY FILING A WRITTEN ANSWER CONTESTING SUCH APPLICATION SHOULD THEY DESIRE TO DO SO. GIVEN UNDER MY HAND AND THE SEAL OF CORYELL COUNTY IN GATESVILLE, TEXAS THE 16th day of June, 2023.
JENNIFER NEWTON
CORYELL COUNTY CLERK, CORYELL COUNTY, TEXAS

BY: M. WALLACE 00030193

BURKS REAL ESTATE



715 E. U.S. Hwy. 84, Evant, TX 76525
For complete listings, go to www.burksrealstate.com

- ▶ 3 Br, 2 Ba Home, 601 Rolling Hills Rd., Gatesville, TX. Fireplace, large master bedroom with updated shower, kitchen & dining open to living room. \$239,500
- ▶ 4 Br, 3Ba Home, 201 Elm Ln., Gatesville. JUST REMODELED, open floor place, fireplace in 3 rooms, nice backyard with swimming pool. Storage building. \$465,000
- ▶ 10.01 acres east of Evant, TX. Lot 8 Phase 5 Rio Escondido Subdivision, good tree cover, rolling terrain, great views to build a home, gated Subdivision. \$119,900
- ▶ 10.01 acres north of Evant, TX. Lot 85 Phase 4 Rio Escondido, Rolling Terrain, Good tree cover, good views, \$115,000
- ▶ 10.01 acres, Lot 20 Phase 4 Rio Escondido north of Evant, TX. Good tree cover, great views. \$150,000
- ▶ 10.01 acres east of Evant, TX in Coryell County on CR 160. Lot 39, Buffalo Creek Ranch Subdivision. Rolling terrain, good tree cover. \$150,000
- ▶ 10.01 acres, Lot 48 in Phase 6 Rio Escondido Subdivision Evant, TX., Dry Branch along back of the property, nice home site overlooking the branch. \$185,000
- ▶ 10.01 acres, Lot 28 Phase 4 Rio Escondido north of Evant, TX. Good tree cover, great views. \$200,000
- ▶ 11 +/- acres, Arnett, TX in Coryell County. Good tree cover, nice home site, will need to be fenced on the east boundary. MCWSC may be available. \$179,500
- ▶ 11.64 acres, 3/2 home south of Evant, TX in Coryell County. Nice porch, large master bedroom and bath, barn, workshop, seasonal creek, Hwy 281 Frontage. \$850,000
- ▶ 17.85 acres, 296 Cross Timbers Lane, Gatesville. 2 homes, main home 3 Br, 2 Ba brick home, open floor plan, second home 2 Br, 2 Ba single wide mobile home, 2 covered parking spaces, good tree cover, rolling terrain, storage building, excellent fences, 1 stock pond. \$749,500
- ▶ 20.02 acres, Evant, TX, CR 421, Hamilton County. Lot No. 21 Mulberry Creek, rolling terrain, good tree cover. \$250,000
- ▶ 20.02 acres, Evant, TX, PR 42107, Hamilton County, Lot 43 Phase 6 Rio Escondido, rolling terrain, good tree cover, season creek. \$265,000.
- ▶ 25.06 acres, Pottsville, TX, Hamilton County. Paloma Vista Subdivision Lot 31, rolling terrain, scattered tree cover, great views. \$275,000
- ▶ 33.43 acres, near Coryell City, Coryell County, FM 929 & CR 260 frontage, rolling terrain, good views. \$295,000
- ▶ 38 +/- acres, south of Pearl, TX, Coryell County, FM 183 frontage, rolling terrain, scattered tree cover, nice views, great home site. \$372,400
- ▶ 41.0457 acres, Hamilton, TX, CR 404 in Hamilton County. Rolling terrain, scattered tree cover, approx. 25 acres farmland, 2 stock tanks, & good fences. \$449,000
- ▶ 47.332 ac. south of Ireland, TX. Good tree cover, rolling terrain, good fencing on 3 sides, southside will need to be fenced. \$395,000
- ▶ 50.24 acres, 3/2.5 home, 2171 CR 419, Evant, TX. Rolling terrain, 40% being good tree cover, the remaining balance being open pasture, great views. \$675,000.
- ▶ 58.51 acres, 3 Br, 2 Ba frame home, 6630 FM 183, Evant, TX, water well, several outbuildings, rolling terrain, scattered tree cover & 2 stock tanks. \$585,000
- ▶ 60.23 acres, CR 238 near Turnersville, TX. 1 stock tank, good fences, scattered tree cover, rolling terrain. \$421,610
- ▶ 68.9 acres, 3/2.5 rock home, 101 Mac Dr., Gatesville, TX. Approx. 2900 ft of Leon River frontage, ceramic tile floors, carpet in the bedrooms, vaulted ceiling, rock fireplace, granite countertops, breakfast bar, garden tub, metal building approx. 45 ft x 24 ft, older barn approx. 50 ft. x 30 ft., cattle pens, 1 stock tank, approx. 48 acres of coastal. \$1,249,500
- ▶ 82.43 acres west of Evant, TX, Mills County. Open pasture, scattered mesquite tree cover, native grasses, 1 stock tank, fenced on 3 sides. \$560,524
- ▶ 88.007 acres, 36 ft. Travel Trailer, 25 ft. x 30 ft. metal barn, Electricity, 1 tank, seasonal branch, water well, scattered tree cover, good hunting. \$720,000
- ▶ 105 acres south of Pearl, TX on Self Rd. Good tree cover, rolling terrain, small branch, barn, rain harvest system. \$743,775
- ▶ 106 +/- acres, CR 180, Purlmela, TX, Coryell & Hamilton County. Good tree cover, rolling terrain, 1 tank, paved road frontage, electricity is across the road. \$832,100
- ▶ 179.562 acres, 1.6 miles south of Gatesville, TX. FM 116 frontage, great views, stock tank, rolling terrain & scattered tree cover. \$1,230,000
- ▶ 199.86 acres, 4 BR, 2 Ba Manufactures Home, 1856 sq. ft., 1805 CR 180, Purlmela, TX in Coryell County. Front porch, fully furnished, 2 stock tanks, 8 ft. x 40 ft storage container, storage building with water storage tank, barn, cattle pens, water well 560 ft deep, rolling terrain, good tree cover and paved road frontage. \$1,568,901



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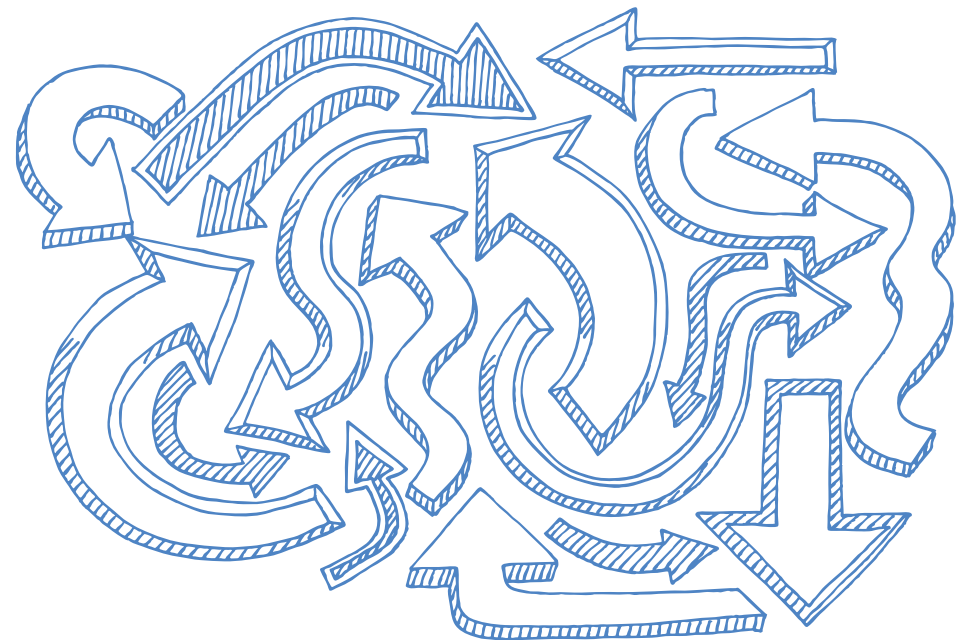
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2 OUT OF 3

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Mr. and Mrs. Ray Jones II

COURTESY PHOTO

Castillo, Jones vows exchanged May 27th

Grace Assembly Christian Church in Gatesville was the setting for the May 27 wedding of Olivia Castillo and Ray Jones II, both of Gatesville.

Pastor Wray Nunn officiated the ceremony.

The bride is the daughter of Angel M. and San Juana M. Castillo of Temple. The bridegroom is the son of Ray Jones I of Columbia, SC, and Jeri Jones of Gatesville.

The Maid of Honor was Shanika L. Nealy of Temple. The bridesmaids included Angelina N. Jimenez of San Diego, California, and Krystiana M. Jimenez of Colorado Springs, CO. Flower girls were Araiya H. Jones and Amaiya S. Jones, both of Gatesville. Ring bearers were Reese R. Garcia of Temple and Adonai R. Jones of Gatesville.

Rayven Jones of Gatesville

served as the best man while Jarvis Jones of Conroe and Jacoby Jones of Gatesville served as groomsmen.

The bride was given in marriage by her father, Angel Castillo.

The bride has her Master of Arts degree in Special Education and Family and Community Services and Bachelor of Science degree in Psychology. She is employed in Mental Health at

the University of Texas Medical Branch.

The bridegroom has an Associates of Science degree in Biology and is employed as a Sergeant at the Texas Department of Criminal Justice.

A reception followed the ceremony. The couple's wedding trip was to Hilton Head Island.

Protect your items - and Earth - when moving

(StatePoint)

Moving is a big job - and it can be a wasteful one, too, considering all of the packing material required. Make moving more sustainable with these eco-friendly tips:

Space Saving: Using thinner sustainable wrapping to secure your breakables avoids the need for excess storage and boxes. Flourish Brand Honeycomb Cushion Wrap, made with 40% recycled content, offers a

customizable way to pack boxes efficiently. The die-cut honeycomb stretches easily with interlocking paper that attaches to itself, so no tape is needed. Once you unpack, the paper can be directly recycled, or stored to be reused.

Folding In: Instead of using tape, fold your box tops in an interlocked, neat manner. They'll stack up easily inside your vehicle, maximizing packing space, plus you

won't need to use any additional materials. Unpack your items without tearing or ripping your box, then recycle or fold it flat to store for future use.

Stacking Up: Ensure your plates and serving ware stay scratch-free by using a protective layer between each item. Made of recycled content, Flourish Brand 100% Recycled Kraft Paper provides lasting security for traveling to your new home.

Blanketed: Oversized or uniquely shaped home décor can be exceptionally fragile and isn't always easy to squeeze into standard storage containers. When packing your vehicle, incorporate padding by wrapping these items in spare blankets, comforters or oversized towels. You'll minimize the risk of damage to the items and have zero waste.



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The Disabled American Veterans host car show

The local Disabled American Veterans Chapter 74 held its first car show on June 17. The car show was located next to the historic depot, which houses the Gatesville Chamber of Commerce. Those participating in the show included the Roamin Chariots Car Club, Cruzin' Cruzers, and the Cen-Tex Corvette Club. A food truck was on hand and a raffle took place during the event. Car enthusiasts stopped to see all the different types of vehicles on display.

PHOTOS BY DAVID SCOTT | THE GATESVILLE MESSENGER



HYPER LOCAL



GATESVILLE MESSENGER

Basketball takes center stage at GISD



ALEX MEELBUSCH | THE GATESVILLE MESSENGER

Gatesville ISD athletics hosted a boys basketball camp June 19-21, led by head coach Brit Campbell. The camp allowed students entering grades 1-6 and 7-9 an opportunity to improve their skills.



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ALEX MEELBUSCH | THE GATESVILLE MESSENGER

Summer is a time for sports camps at Gatesville ISD, and the most recent one allowed children to have a chance to learn more about basketball and to participate in a variety of different drills.



Area Fishing Report

Lake Belton

GOOD. Water lightly stained; 82 degrees; 12.82 feet below pool. Low-light topwater fishing for white bass in the mornings has been exceptional thanks to a healthy threadfin shad spawn this spring. The newly spawned shad are anywhere from 1.25-2.25 inches long now and the white bass are gorging themselves routinely on this slow, small fish. Throw the MAL Mini or any lure that is small and silver or white. Once this easy topwater fishing dies, fish can still be found lingering in the same areas and caught by downrigging using #12 Pet Spoons. If mid-morning fish are sighted in open water, this same program will work. If the bait they are feeding on consists of mature shad, throwing larger MAL Heavy Lures has been very productive. The evening bite has been short, but intense, with most of the action packed into the 40 minutes prior to sunset and the 15 minutes thereafter. Report by Bob Maindelle, Holding the Line Guide Service. The lake is slowly on the rise

and there is more rain in the forecast. Catfishing has been good. As catfish continue to spawn they can be found in shallow water less than 10 feet using fresh cut bait. Flatheads are good around the mouths of creeks. Channel catfish are excellent on prepared bait and cut chicken. Report by Brian Worley, B&S Catfishing. Crappie are good 8-18 feet of water on timber and brush piles using jigs with minnows. Report by Zach Minnix, Jig N' Jerk Guide Service.

Lake Waco

GREAT. Water stained; 77 degrees; 7.25 feet below pool. Crappie are good on brush piles in 8-20 feet of water along main creek channels and points. Putting numbers of fish in the boat with the Snacky lures FS200 on a 1/16 ounce crappie magnet Eyehole jighead on a 10 foot crappie rod. Lake levels are still slowly on the rise. Report by Robert Stover, Workingman Crappie Guide. Crappie are good in 6-20 feet of water on brush piles tipping jigs with minnows. Report by Zach Minnix, Jig N' Jerk Guide Service.

Vacation Bible School starts June 25

Submitted Item

Mound Cowboy Church and White Mound Baptist Church will hold their annual Vacation Bible School on Sunday, June 25 through Wednesday, June 28. Each day, VBS will take place from 5:30 p.m. to 8:30 p.m. Registration will also take place on the first day of VBS at 4:30 p.m.

This year's theme will be Twist and Turns, meaning there will be an

extravaganza of games of all kinds as kids play their way through high energy rallies, silly games, amazing crafts, and Bible stories.

A family night will be held on Thursday, June 29 at 6 p.m. All families are welcome to attend.

For more information contact 254-865-5908.

VBS will be held at White Mound Baptist Church located at 642 CR 320 in Mound.

Little Elk Cheer Camp to be held June 28

Staff Reports

Evant Independent School District will hold a Little Elk Cheer Camp on Wednesday, June 28 for Pre-K students and up. The Evant varsity cheerleaders will host the camp from 9 a.m. to 11:30 a.m. at Evant ISD.

The cost for the camp

is \$30 per student. The Little Elks will cheer at the first home football game of the season in August.

For more information contact Evant ISD at 254-471-3160.

Evant ISD is located at 339 Memory Lane in Evant.

SIGN LANGUAGE DEMONSTRATED DURING STORY TIME



DAVID SCOTT | THE GATESVILLE MESSENGER

Amanda Jackson of Gatesville, accompanied by her six-year-old son, Emmett, recently read the book "Brown Bear" during story time at Gatesville Public Library. While reading the book, Jackson demonstrated sign language to the children. Although she can hear, Jackson was raised by parents who were both hearing impaired. "Sign language was actually my first language," she said.



DAVID SCOTT | THE GATESVILLE MESSENGER

Gatesville Boys and Girls Club director Julie Hudson holds a ticket to the Night at the Museum event.

Night at the Museum set for July 8

Staff Reports

The Boys and Girls Club of Gatesville and the Coryell County Museum and Historical Center have collaborated to present the community with a "Night at the Museum" on July 8. Included will be a tour of the museum, dinner, and a performance put on by Gatesville's youth.

Guests are to arrive by 6 p.m. Upon entry, guests will take a tour of the museum and members of the Boys and Girls Club will put on live action skits throughout the museum while portraying historical figures of Coryell County. A dinner will

follow including Marry Me Smothered Chicken, garlic mashed potatoes, and green beans. Following the dinner, a performance with entertainment will be held in the Gilbreath Room.

Only 75 tickets will be sold, as there is limited space available for the event. Be sure to stop by the Boys and Girls Club, located at 2533 E. Main Street in Gatesville to reserve your ticket, or by contacting 254-865-8347.

The Coryell County Museum and Historical Center is located at 718 E. Main Street in Gatesville.

Evant ISD to hold school supply drive

Staff Reports

Evant Independent School District is seeking monetary or school supply donations to benefit students for the 2023-2024 school year.

All money donations can be made at any desired amount and are to be dropped off at the Business Office of Evant ISD to Lisa LaComb, secretary. The donations will be used to place bulk orders at a discounted and

tax-free rate on behalf of the school to maximize the donations.

Donations of supplies may be dropped off in the box of the front foyer at Evant ISD and will be distributed in the fall. All supplies donations should include sanitizing wipes, disinfecting spray, and facial tissues.

Evant ISD is located at 339 Memory Lane in Evant can be reached at 254-471-5536.

GPR to present baseball skills, family movie night

Staff Reports

Gatesville Parks and Recreation will hold a free baseball skills competition and family movie night on Saturday, June 24. The event will be held at the Gatesville

Sports Complex from 5:30 p.m. to 10 p.m.

The skills competition will begin after the opening ceremony of the event. Skills will include The Great Bambino (home run derby), "around

the horn," and "need for speed."

The movie "The Sandlot" will begin around 8:30 p.m., so be sure to bring your own chair or blanket. Refreshments and food will be

available for purchase at the concession stand.

The Gatesville Sports Complex is located at 301 Veterans Memorial Loop.

GISD provides summer meals for kids at no cost

Staff Reports

Gatesville Independent School District will provide summer meals at no cost for children ages 18 or younger, and enrolled students who are up to 21 years of age with disabilities. The program began serving meals on May 30 and will continue to do so until Friday, July 28.

The following are locations where breakfast and lunch will be served:

Gatesville Elementary School, located at 2537 E. Main St. will provide meals Monday through Friday. Breakfast will be served from 8-8:30 a.m., lunch will be from 10:30 a.m.-12:30 p.m., and the sit-down meals will be served in the cafeteria. Adults will pay \$2.50 for breakfast and \$4.25 for lunch.

Trinity Day Care Center, located at 1506 W. Main St.

in Gatesville, will provide meals Tuesday through Thursday. Breakfast will be served from 8-8:30 a.m. and lunch will be from 11 a.m. to 12:30 p.m.

The Gatesville City Pool, located at 300 S. 8th St., will provide meals Tuesday through Thursday. Lunch will be served from 12:30-1 p.m.

Gatesville High School will

provide meals Monday through Thursday at the high school football field concession stand. Breakfast will be served from 8-8:30 a.m. and lunch will be served from 10:30 a.m.-12:15 p.m. Adults will pay \$2.50 for breakfast and \$4.50 for lunch.

To find a meal location near you text "FOOD" to 304-304 or visit Summer-Food.org online.

Second annual Ethan Sandell Memorial Tennis Tournament set July 8-9

Staff Reports

The second annual Ethan Sandell Memorial Tennis Tournament will be held on Saturday, July 8 and Sunday, July 9. The tournament will begin each day at approximately 8 a.m. and will take place at the Gatesville High School tennis courts, located

at 272 N. 27th Street.

The tournament will include divisions for men's and women's singles, doubles, and mixed doubles. There will be medals awarded to first place, second place, third place, and a consolation prize.

A concession stand will

be available for snacks and beverages throughout the tournament.

The cost will be \$20 per event and each player on a doubles team will pay \$20 each individually. Be sure to pay with cash only on the day of the event.

To enter, email:

Gvesmtournament@gmail.com, and make sure to include your UTR, universal tennis rating; NTRP, national tennis rating program; or a general assessment of your tennis skill levels. The deadline to enter is Wednesday, July 5.

Donations sought for upcoming Evant ISD golf, tennis teams

Staff Reports

Evant Independent School District is currently taking donations for the upcoming 2023-2024 school year. The donations will aid the school in providing supplies for the new upcoming golf and tennis teams.

The golf team will be taking donations of any kind to support its upcoming season, and dona-

tions can include equipment, supplies, or funds. The tennis team needs spare rackets, balls, etc. for the upcoming season.

As of right now, Evant ISD is home to football, track, basketball, volleyball, and cheer teams.

Evant ISD is located at 339 Memory Lane. For more information concerning donations contact 254-471-3160.

Gatesville Hornet Volleyball Camp will be held June 10

Staff Reports

For the past 20 years Gatesville High School has held a Hornet Volleyball Camp for Gatesville Independent School District students. This year, first through ninth grade students will be able to participate.

The camp will be held from 8:30 a.m. to 11:30 a.m. from Monday, July

10 through Wednesday, July 12, at the the high school's Sidney L. Pruitt Gymnasium.

Registration will begin at 7:45 a.m. on Monday, July 10, or you can register online by using the QR code located on the front of the camp flyer.

Gatesville High School is located at 205 South Lovers Lane.

Coryell County

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CANAAN
Jim Keever, senior pastor; 177 Coryell City Road, Crawford; Sunday School 9:30 a.m., Sunday worship 10:30 a.m., Wednesday Bible Study 7:00 p.m.
COLD SPRINGS
Bob Phillips, pastor; Sundays - Sunday School 10 a.m., worship 11 a.m. & 5:30 p.m.
EASTWOOD
Lynn Parks, pastor; 2518 East Main, Gatesville; Sundays - Sunday School 9:45 a.m., worship 10:50 a.m. & 6 p.m.
FIRST BAPTIST EVANT
Dane Barron, pastor; 200 Live Oak Street, Evant; Sundays - Sunday School 9:45 a.m., worship 11 a.m., adult Bible study 6 p.m.; Wednesday services - kids & youth Bible study 6 p.m.
FIRST BAPTIST FLAT
9775 TX-36, Gatesville; Sunday School 9 a.m.; Sunday Worship 10:15 a.m.; Wednesdays - Prayer & Bible Study 7 p.m.; Youth Group & Kid Knights 7 p.m.; Supper first Wednesday of each month at 6 p.m.; Men's Breakfast second Saturday of each month at 7:30 a.m.
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6545 FM 107, Gatesville; Sunday School 10 a.m., Sunday worship 11 a.m.
PIDCOKE
Donald McConaughay, pastor; 11125 FM 116, Gatesville; Sunday School 10 a.m., Sunday service 11 a.m.
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Chris Post, Pastor; CR 301, Jonesboro; Sunday school 10 a.m., Sunday worship 11 a.m.
PRIMERO IGLESIA EMANUEL
One mile north of Evant, Hwy. 281; Sunday School 10 a.m., Sunday worship 11 a.m.
SWEET HOME
511 N. 14th, Gatesville; Sunday school 9:30 a.m., Sunday worship 11 a.m.; Wednesday worship 7 p.m.
SPANISH
Ezequiel Casas, pastor; 113 Veazy Dr., Gatesville; Sunday School 10 a.m., Sunday worship 11 a.m., Wednesday Prayer Meeting 6 p.m.
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WHITE MOUND
Bruce Cox, pastor; Sunday School 10 a.m., Sunday worship 11 a.m.; 642 CR 320; mailing address: P.O. Box 103, Mound, TX 76558.
MOUND COWBOY CHURCH
Bruce Cox, pastor; Sunday worship 9 a.m., Sunday school 9:30 a.m. Men's breakfast every third Saturday at 8 a.m. Inside: 3075 FM 931, outside: 2000 CR 321. Mailing address: P.O. Box 103, Mound, TX 76558. For more info. & location, call 254-865-5908.
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Deral McWhorter, minister; 104 Cedar Ridge, Gatesville; Sunday worship 10 a.m. & 6 p.m.
EVANT
Will Vann, Preacher; 310 W. Brooks Dr., Evant; Sunday Bible Study 9:30 a.m., Sunday worship 10:20 a.m. & 12:30 p.m., Wednesday Bible Study 7 p.m.
FORT GATES
4605 St. Hwy. 36 S.,

Gatesville; Sunday worship 10:30 a.m.
GATESVILLE
Justin Hall, minister; 2417 E. Main, Gatesville; Sunday Bible class 9:30 a.m., Sunday service 10:30 a.m.; Wednesday Bible classes 6:30 p.m.
LA IGLESIA DE CRISTO
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PEARL
6790 FM 183; Sunday worship 10:30 a.m.
CHURCH OF GOD
CORNERSTONE
Greg Demmitt, pastor; 338 State School Rd., Gatesville; Sunday worship 11 a.m.
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IMMANUEL
David Reedy, International Interim Pastor; 922 Lutheran Church Rd., Copperas Cove; Sunday Bible Study 9:15 a.m.; Sunday worship 10:30 a.m.
ST. JOHN
Rev. Christopher Richman, PhD; 10801 FM 929, Coryell City; Sunday worship 9 a.m., Sunday School 10:15 a.m.
ST. PAUL
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Bill Jones, Pastor; Hwy. 116 N., Pidcoke; Sunday worship service 10 a.m.; 254-677-6242.
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Eric Moffett, Pastor; 115 N. Levita Rd., Gatesville, 248-0849. Sunday worship 9 a.m. & 10:30 a.m. Wednesday services 6 p.m.; Adult Bible Study, Children's Ministry & C3 Student Ministry.
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Master Gardener workshop to be held July 22

Submitted item

The Bell County Master Gardener Association presents a hands-on workshop "Making Hypertufa Containers" on Saturday, July 22, from 10 a.m. to 12 p.m., at the Texas Agrilife Extension Office, BCMGA Learning Center, 1605 N. Main Street in Belton.

Please join Certified Mas-

ter Gardener, Teri Marceau as she teaches how to make light weight cement hypertufa containers that allow for air flow and water retention for your plants. She will teach how to mix and mold the hypertufa pots into various shapes and sizes. She will have both containers and steppingstone molds available. The class is limited to

the first twenty paid registrants. The fee will be \$16 per person. Payment instructions will be provided upon registering for the workshop. Registration closes Wednesday, July 19 at 5 p.m. unless class fills prior to the closing date.

Register at bcmgaspeakers@gmail.com.

RECIPE

This recipe appeared in the "Methodist Best" cookbook in 2008. The Gatesville Messenger is running a series of recipes from that cookbook. If your church has a cookbook, or if you would like to submit your own recipe of a favorite dish for possible publication, please email it to: editor@gatesvillemessenger.com.

Pork Chops with Apple Chutney Sauce

BY CHRISTON HAYDON

- 4 1" pork chops
- 1 c. cranberries
- ¼ c. red onion, coarsely chopped
- 1 T. cilantro
- 4 apples peeled and cored, but into 1/8 slices
- 1 c. orange juice
- ¼ c. red vinegar
- 2 T. brown sugar
- 1 T. butter
- 2 T. honey
- 1 jalapeno chopped
- 1 T. orange zest
- 1 T. ginger



Cook pork chops: Heat 2 tbs. olive oil until smoking. Season pork chops with sea salt, pepper, and chili powder; cook 3 to 4 minutes on one side, and 5 to 6 minutes on other side. Should be white and juicy, not pink.

Apple chutney sauce: Melt butter, add red onion, jalapeno, ginger, orange zest, orange juice, red vinegar, brown sugar, and honey. Cook until sauce is reduced to half. Add 2/3 apples and cook about 5 minutes until tender. Remove from heat and add cranberries, segments of one orange and cilantro. Salt and pepper to taste. Pour sauce on meat. Garnish with yams, parsley, and additional apples.

More than just a few scraps: Dismantling aircraft carriers a huge business



BY TUMBLEWEED SMITH

Tumbleweed Smith of Big Spring is a newspaper columnist and producer of The Sound of Texas radio series.

Michael Furgatch is involved in a fascinating business in Brownsville. "It's scrap recycling but it's ship dismantling," he said. "We take government ships, private ships, commercial ships, offshore drilling rigs, barges, whatever and we dismantle them.

That means cutting them up for scrap and we recycle all the materials. The government ships come from the east coast and the west coast. The private ships are all U.S. vessels. In fact, all the ships we work with are U.S. made. The reason for that has to do with hazardous materials. Asbestos is probably the most common. There's lots of rules and regulations. Basically, we're governed by every government agency with an acronym — EPA, OSHA and others that govern proper ways to dispose of hazardous materials. It's illegal to import hazardous materials so any foreign made vessels that have hazardous materials on them cannot be brought into the country for dismantling."

It's a huge business with hundreds of employees. "There are three ship dismantling companies in Brownsville. It has become the ship dismantling capital of the world. There's a place in Mobile, Alabama that dabbles in it but not much." He was involved in taking apart the aircraft carrier Saratoga. "The Saratoga was nearly a thousand feet long, that's more than three football fields long and about 66,000 tons. You think of your car might be a ton and a half so you can kind of compare that out." The companies in Brownsville take ships apart and sell the resulting materials. "We have one that we are currently purchasing in San Diego, California. We've

had a crew out there for two weeks preparing it to be towed by tugboat. Sometimes they come under their own power but usually they are towed by tugboats. We're preparing it to come through the Panama Canal. It will come floating through the canal then come on up to our location in Brownsville. When it's sitting on the water, we'll start taking pieces off of it to make it lighter. When it gets light enough then we'll start dragging it onto dry land by ramp. We'll bring up the front of the ship and cut off a chunk and drag it up again and cut off another chunk until it's all gone. So, the dismantling starts on water and ends up on land."

Furgatch started in the dismantling business just out of college in 1973. He worked on dismantling two other aircraft carriers, the Forrestal and the Constellation. It's a \$2 million job to get a large ship from San Diego to Brownsville. When the ship dismantling business slowed down in Brownsville, Furgatch got a job managing a department store and was in that field 16 years. He came to the conclusion that he was missing the dismantling business, so he got back into it.

"It the most fascinating thing in the world," he said. "No two days are alike, and I like that."

SUDOKU

Solution for the puzzle that ran July 24.

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

Puzzle by websudoku.com

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

Puzzle by websudoku.com



May 30 - July 28

NO COST SUMMER MEALS FOR KIDS

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 *Sit down meals in the cafeteria
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***Trinity Day Care Center:** Tuesday through Thursday
 *Breakfast 8:00 to 8:30
 *Lunch 11:00 to 11:30
 *1506 W. Main Street

***Gatesville City Pool:** Tuesday through Thursday
 *Lunch 12:30 to 1:00
 *300 S. 8th Street

***Gatesville High School:** Monday through Thursday
 *Breakfast 8:00 to 8:30
 *Lunch 10:30 to 12:15
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TARLETON STATE UNIVERSITY™

Former Sam Houston State assistant named as Tarleton's head baseball coach

TSU Sports Information

STEPHENVILLE — A veteran assistant coach who just helped his team power through the WAC Baseball Tournament has been picked to lead the Texans. Tarleton announced on June 8 that they have hired Sam Houston State University assistant Fuller Smith as the ninth head coach in Tarleton's modern era of baseball.

"I believe Fuller Smith is the perfect choice to lead Tarleton baseball, and I couldn't be more excited to bring him to Stephenville," Vice President of Intercollegiate Athletics Lonn Reisman said. "His resume speaks for itself, he knows what it takes to win, and he really impressed us during this process. I can't wait to see the new heights Fuller can take this program."

"My family and I are honored to have the opportunity to lead the Texan baseball program," Smith said. "I'd like to extend my most sincere thanks to Dr. James Hurley and Lonn Reisman for this incredible opportunity. The tight-knit family atmosphere and culture they've created at Tarleton is something my family and I were immediately drawn to and we cannot wait to be part of."

Smith has spent the last 10 years as an assistant coach for current WAC programs, the last four with Sam Houston, which just made a trip to the NCAA regionals where it was the No. 3 seed in the Baton Rouge regional. The Bearkats earned a trip to

the postseason after winning the 2023 WAC Tournament.

"Fuller is the epitome of a college baseball coach," Sam Houston baseball head coach Jay Sirianni said. "He has an elite work ethic, cares deeply for his players, and drives them to be their best. He's been an integral part of our success and he has contributed to success everywhere he has been. Simply put, he is a winner who does it the right way. Fuller is a star in our profession and will unquestionably build a program that any university would be proud of."

Fuller has spent time as an assistant coach at Sam Houston (2020-23), UT-Arlington (2014-19), and Ole Miss (2013), as well as playing three seasons at Ole Miss where he earned his degree (2008). He also was Sam Houston's recruiting coordinator the last four seasons and the director of baseball operations at Ole Miss in 2011-12.

Across 12 years of coaching, he's helped develop 11 All-America players, 40 All-Conference selections and 68 Major League Baseball draft picks. During his coaching and playing



Fuller Smith, right, a veteran college baseball assistant coach, has been named as the new head coach to lead the Tarleton State University Texans. Smith, pictured congratulating one of the Sam Houston University Bearkats during a game earlier this season, became the ninth head coach in Tarleton's modern era of baseball.

career, he's had five regional and three super regional appearances.

Smith was a big part of the success Sam Houston had this past season. The Bearkats posted a 39-25 overall record with the 39 wins being the most the program has had dating back to 2018. Five different Bearkats earned All-WAC honors.

Smith helped lead the Bearkats to the 2022 WAC Southwest Division championship as well as assisting in the development of outfielder Carlos Contreras, the 2022 WAC Player of the Year.

In 2021, Smith's second season on staff, the Bearkats

reached the Southland Conference championship game. That season he helped develop outfielders Colton Cowser and Jack Rogers, one of the top outfield duos in the nation. Cowser was the SLC Player of the Year and a first-team All-America pick who was later chosen as the No. 5 overall pick by the Baltimore Orioles in the 2021 MLB draft. Rogers was a second-team All-SLC honoree and was drafted in the ninth round of the 2021 MLB draft by the Cincinnati Reds.

Prior to his tenure in Huntsville, Smith served as the recruiting coordinator and hitting/outfield

coach at UT-Arlington from 2014-2019.

While in Arlington, Smith helped the Mavericks produce 15 All-Sun Belt Conference student-athletes. Also, 18 total student-athletes make their way to the major leagues. UTA posted 30-win seasons in four of six seasons that Smith was on staff.

In 2019, Smith helped lead the Mavericks' offense to 41 home runs. They were ranked as high as No. 20 in the Collegiate Baseball poll.

The 2017 season saw UTA post 20 conference wins, claiming the Western Division championship in

the Sun Belt Conference. The Mavericks were ranked No. 23 in the Collegiate Baseball poll at one point, the first time in 15 years they had been ranked. Smith assisted in the development of Brady Cox who was selected by the Royals in the 2017 MLB draft.

From 2011 to 2012 he was the director of baseball operations for the Rebels, overseeing day-to-day operations and all Nike and Easton contracts. Smith transitioned to a volunteer assistant coach role in 2013 where he assisted with hitting duties. There he helped oversee the development of MLB draftee Austin Busfield and Houston Astros' free agent signee Tanner Mathis.

Smith originally joined the UT-Arlington baseball coaching staff in 2010 as a volunteer assistant after completing his collegiate playing career as an outfielder at Ole Miss.

During his senior season with the Rebels (2008), he batted .332 (69-for-208) with 39 runs scored, 14 doubles, seven home runs and 32 RBI. He was second on the Rebels in batting and ranked among team leaders with a .500 slugging percentage and .414 on-base percentage. Smith played at Hill Junior College in 2005, starting every game in the outfield and hitting .311 with 42 RBI.

Smith graduated from Vestavia Hills High School in Vestavia, Alabama. He and his wife, Whitney, have three children, Harper (9), Cal (6), and Haven (2).

Tarleton's men's golf squad signs two additional players

TSU Sports Information

STEPHENVILLE — Tarleton's initial revival campaign is in the books, and now the Texans will aim to build the program into a consistent contender.

The Texans may be closer to that goal, announcing on June 1 the addition of two golfers for 2023-24. Tarleton announced the signing of UTSA transfer Carson Gallaher and Lake Travis High School's Ian Bosco.

Gallaher is originally from New Braunfels, where he attended New Braunfels High School. He played four varsity years there, earning First-Team All-District honors three times. At New Braunfels, he set new program records in single-round score and tournament score, plus he was the District Freshman of the Year with a 72.3 scoring average. He



Tarleton State University has announced the signing of two men's golfers, who will join the Texans this fall. They are Carson Gallaher, a transfer from UTSA, and Ian Bosco out of Lake Travis High School.

helped lead the Unicorns to back-to-back district runner-up finishes. During his ju-

nior season, he posted more than a dozen top-10 finishes on the Southern Texas PGA Junior Golf circuit. He also

carded a 208 (70-70-68) to share runner-up accolades at the 2019 Texas Masters/IMG World Qualifier in San

Antonio.

Gallaher played in eight tournaments overall for the Roadrunners the past two seasons. This past year in five tournaments, he posted two top-20 results, including a bronze medal finish at the San Antonio Shootout. Academically, Gallaher was Academic First Team three times and a member of the National Honor Society. He will pursue a business management degree at Tarleton.

"I'm excited for Carson to join the program, he will help keep the momentum going into next season," head coach Chance Cain said. "He's on the back end of a pretty big swing change and looks to be coming into form again after firing a 69 (-3) to qualify for the Texas Am. He had a great Texas junior career and I'm looking forward to seeing his future

ahead as a Texan."

Bosco joins the Texans after graduating from Lake Travis High School in Austin. He shot a season-best 72 to open this past year at the Bart Granger Memorial in Fort Worth. His brother, Trey, just finished his third year playing for the Baylor men's golf program, and their father, Trey, played wide receiver for Texas.

"Ian is a very athletic kid who has a strong golf family background, and just this past year he decided to hang up the cleats to focus on golf full-time," Cain said. "He's got a lot of upside and has proven he has the skills to play at the next level with some of his scores and results he posted in the spring. He's got a great demeanor and work ethic that fits perfectly into the culture we are building here at Tarleton."

TSU signs softball pitcher Hannah Blincoe, a transfer from Houston's Cougars

TSU Sports Information

The Tarleton State University Texans signed a Houston softball transfer with 30 career appearances in the circle, the team announced recently.

The Texans added pitcher Hannah Blincoe for 2024, who played the last two seasons for the Cougars. In 30 appearances and five starts, Blincoe had a 5.84 ERA in 68.1 innings, with 35 strikeouts.

Blincoe's best performance put her at 1-0 this past season, a complete-game outing in which she allowed just three hits and one

earned run in seven innings in Houston's 5-2 win over Morgan State. In her career-high 19 appearances in 2023, she faced the Texans in Stephenville in Tarleton's 9-1 win on March 11.

Her freshman season was highlighted by her quality start against Sam Houston University in a Cougars' 3-2 win. Blincoe allowed two runs on five hits with two strikeouts in 5.2 innings, which marked the first start of her collegiate career.

The Georgetown native starred at Georgetown High School, where she ended her prep career with a school-record 290 career strikeouts.

Across 219.1 innings in three seasons, she posted a 1.91 earned-run average, with a 15-4 record. With the Lady Eagles, she was the District Pitcher of the Year and the team's Most Valuable Player. Her senior year, she helped Georgetown to its best season in program history, at 27-6-1, which included a run to the Class 5A state semifinals.

Academically, Blincoe was on the honor roll at Houston and twice was named to the All-District Academic Team at Georgetown. She plans to study general business at Tarleton.



Hannah Blincoe, a transfer from the University of Houston, has signed to play softball starting next season with Tarleton State University.

PHOTO COURTESY OF TARLETON SPORTS INFORMATION

GAME ON

The good old days... weren't.

From Zork to No Man's Sky, home computer gaming has come a long way.



BY JENNIFER HARRISON

My opinions on computer gaming and some of my favorite games. I've been playing games on the home computer since the days of the Trash 80. I love indie, open-world, unique, puzzle, and resource games. The cake is a lie.

Computer games have been around for almost as long as we've had computers. But until 1972, they weren't small enough to fit inside your house.

My love of home computer gaming started in 1979, when my dad brought home a TRS80. It ran on Basic. To run a program on the computer, you had to type it in, line by line. It took days. If you wanted to create a graphic, you had to enter data for each pixel, including duration, location, and color. Then you had to debug the program and make sure every line was correct, or it wouldn't run correctly. And you couldn't save the program either, so if you wanted to play the game again, you had to type it in again.

If you think this sounds like a lot of work, you are correct. But for somebody who had never seen a computer before, this simple little machine was amazing. We had a computer magazine and managed to type in a few programs to run on the computer, including a waterfall simulation. Dad eventually got a tape drive and a memory expansion interface (giving it a whopping 16k.) With the tape drive, you could load a program into the computer, then pew pew pew to your heart's con-

tent. We had two games, and I learned how to play them whenever I wanted.

That computer, and its replacement, an Apple IIe, was my goto:10 all through college. I wrote all my papers on the Apple, and of course played lots of games. Even though it only had two colors, green and very dark green. (There was a color monitor available, but I only had the monochrome.)

One of my favorite things to play were interactive text adventures. I played quite a few on that computer, including Zork. It allowed you to solve puzzles and progress in the game through a text interface. You could type commands like "kill troll with axe" or "get knife." They made the universe of the game feel larger, because of the seemingly endless possibilities. Zork can still be played online, with advertisements - here's one link: <https://classicreload.com/zork-i.html>

There were plenty of games that relied on graphics for gameplay. Instead of the smooth lines you see today, games were made up of sprites, which were



No Man's Sky screenshot

COURTESY PHOTO

groupings of pixels used as animation elements. They were typically side scrolling (except for Tempest, which was a weird center scroller,) and only had 16 colors and a 320 x 200 screen to work with. Making a challenging game that was also fun to play wasn't easy.

If you wanted good graphics, you went to the arcade. Up until the 90s, arcade games looked better than a game on a home PC. The on-board computers for these arcade games were built to do one thing only, always had color screens, and sturdy controls so that any ham-fisted teen could smash and bash his/her way to a victory.

And then Pentium came

along in 1993, and everything turned upside down.

We got Doom. And Mortal Kombat. And Myst, an arguably revolutionary game in terms of game mechanics and concepts.

As our processors have gotten better, the games have gotten more complicated. It's a natural progression of being able to crunch more data into a rendering, improving the experience for the player. Being able to map an image onto a vector has transformed gaming. We're able to combine vector graphics with bitmaps, and control light and shading.

Embedded AI controls the NPC's (non-player character) behaviors in the game based

upon alert statuses. Open-world game play, pioneered by the Ultima series, got even better when we could render three-dimensional foliage and terrain. We even have realistic water simulations, the Holy Grail of game animation.

Now you can play a game called No Man's Sky, which "is a game about exploration and survival in an infinite procedurally generated universe." This means that each player has a unique experience, as it's generating an entire open world for each individual. This is so far beyond "eat sandwich" that it makes me feel old. But in a good way.

I can't wait to see what the future brings. I'm always on

the trailing edge of technology, upgrading just enough that I can continue playing my favorite games.

This column will be mostly about games I've played that you might not have heard of, combined with a little game design theory, what I like in gaming, and maybe even some mainstream games that I've played that I'd like to analyze.

All suggestions welcome! Do you have a game you'd like me to review? Just email the Tri-County Reporter at info@tricityreporter.com, subject line Game On.

WORLD Music DAY
JUNE 21

COLOR Time

HEALTH FACT:

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World Music Day

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

O	S	O	P	R	A	N	O	M	N
K	K	X	T	E	M	P	O	O	R
M	U	S	I	C	Z	E	T	J	X
S	C	V	C	T	R	E	B	L	E
F	C	E	L	L	O	L	Z	U	Q
I	N	S	T	R	U	M	E	N	T
I	A	M	H	T	Y	H	R	E	Y
U	B	U	W	Z	A	L	N	U	Z
X	U	W	P	K	G	O	F	W	B
P	T	Z	T	T	R	F	L	X	R

Music Instrument	Note	Tenor
Cello	Tempo	Rhythm
Tuba	Treble	
	Soprano	

World Music Day is a very special day that happens once a year where people all over the world celebrate the magic of music!

On this day, musicians and music lovers come together to play, sing and dance to all kinds of music. It doesn't matter if the music is from your country or another country, if it's fast or slow, or if it's played on a guitar or drums - everyone can enjoy it!

There are concerts and performances happening in lots of different places, like parks, streets, and music venues. You might see people playing music on instruments like guitars, pianos, drums, or even just using their voices to sing.

The best part about World Music Day is that it's a day to celebrate how music can bring people together from all around the world. It doesn't matter what language you speak or where you come from, music is something that we can all enjoy and understand.

So, World Music Day is a day to celebrate the joy of music and to appreciate all the different sounds and rhythms that make it so special.

Did You Know?

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PEOPLE FACT:

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DAVID SCOTT | THE GATESVILLE MESSENGER

The Gatesville Senior Center's "Rockwell the Rock Snake" is a collection of painted rocks provided by community members.

Rockwell the Rock Snake continues growing at Senior Center

Staff Reports

Recently, the Gatesville Senior Center has started a project for the entire community to participate in,

called Rockwell the Rock Snake. To join in on the activity, find a rock or stone, then paint it, and add it to Rockwell, which is located along the sidewalk of the Se-

nior Center.

The goal of Rockwell is to make him longer each week to encourage the seniors to participate in their early morning exercise. According

to the Centers for Disease Control and Prevention, individuals over the age of 65 are recommended to participate in at least 150 minutes of exercise per week, such

as brisk walking.

For more information on Rockwell the Rock Snake contact the Gatesville Senior Center at 254-865-8234.

The Gatesville Senior Center is located at 208 N. Luterloh Ave.

Governor Neff remembered at Coryell Museum and Historical Center

BY DAVID SCOTT
Staff Writer

Visitors to the Coryell Museum and Historical Center may notice a display about a governor of Texas who was born and raised in Coryell County. Gov. Pat Morris Neff was born in 1871 to Noah and Isabella Neff near

the sleepy village of Eagle Springs in southeastern Coryell County.

Born in a small, log farmhouse, educated in a one-room rural school, and embarrassed by the misdeeds of two older brothers, Neff built a life of a legend in two areas: politics and universi-

ty administration. He served two terms as governor of Texas and 15 years as president of Baylor University, the largest Baptist university in the world.

Throughout his life, Neff gained strength from the farmland he toiled in Coryell County, from the purpose of

the law, and guidance from God. His upbringing on the farm and his involvement in the Eagle Springs Baptist Church became major influences in his life as he served as governor, and during his leadership at Baylor.

His mother, Isabella Neff, would later leave a small tract of land to the state of Texas, which became the first state park in Texas, and today celebrates 100 years in the state park system. Mother Neff State Park has been referred to as the "mother" of the state park

system.

Items on permanent display at the Coryell Museum and Historical Center include memorabilia once owned by Gov. Neff and his mother, Isabella. Some of the items were donated by Neff family members, and a few larger items by Baylor University.

Items on display include a tea set that was used in the Governor's Mansion in Austin, books written by Gov. Neff, an antique washstand owned by Mother Neff and the wheelchair she used

while living with her son at the Governor's Mansion.

While addressing the historical society in Gatesville, Governor Neff was once quoted as saying "The preservers of history are as heroic as its makers." This quote became one of his favorite sayings and was even inscribed on the outside of Pat Neff Hall at Baylor.

The Coryell Museum and Historical Center is located at 718 E. Main Street in Gatesville.

CORYELL HEALTH WELCOMES

Timothy Dannemiller, MD
Family Medicine Physician




Coryell Health is pleased to announce Dr. Timothy Dannemiller, board certified family medicine physician, has joined our primary care physician practice and is accepting new patients at Coryell Health Medical Clinic- Gatesville. Dr. Dannemiller brings a wealth of knowledge and experience in the area of men's health. He believes preventing a health problem is better than having to overcome one. Dr. Dannemiller attended The Texas Tech University Health Sciences Center School of Medicine on a four-year US Navy scholarship and completed his residency in Family Medicine at the Naval Hospital in Pensacola. He served as Senior Medical officer for the Naval Branch Medical Clinic Naval Air Station in Meridian, MS as well as a US Naval Flight Surgeon for VT-23/Training Wing One.

For his outstanding and innovative practice of medicine, Dr. Dannemiller has earned a Navy Achievement medal and three Naval and Marine Corps Commendation medals.

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DAVID SCOTT | THE GATESVILLE MESSENGER

A collection of memorabilia of the Neff family on display at Coryell Museum.



DAVID SCOTT | THE GATESVILLE MESSENGER

An antique washstand owned by Mother Neff and the wheelchair she used while living with her son at the Governor's Mansion, which is on display at Coryell Museum.



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Various strategies that are vital for healthy eyes

Eyesight is easily taken for granted. But when something goes awry, the value of strong eyesight is crystal clear. Once diminished sight occurs, it is very difficult to get it back without serious intervention – if at all. That is why it is so vital to keep eyes healthy and functioning at their peak.

Eye care involves regular vision checkups but also includes other components. The following tips can keep most people on the path to healthy eyes.

- Eat for healthy vision. Various vitamins and minerals are needed for healthy eyes, especially those in leafy greens like kale, spinach and collard greens. Fatty fish like tuna and salmon also have been shown to help the eyes, according to the National Eye Institute. In addition, healthy eating can help people lose weight. Being overweight or obese increases the risk of diabetes, which contributes to vision problems.

- Say “yes” to a dilated eye exam. Many eye diseases have no early symptoms, so the only way to check for eye disease early is through a comprehensive dilated exam. Getting the eyes dilated is painless and fast. Specialized eye drops are used to dilate the eyes. Dilating the pupil enables the eye doctor to see inside of the eye to check for diabetic retinopathy, glaucoma, age-related macular degeneration, and retinal problems. Dilation will last for a few hours, depending on the patient. Although uncomfortable for a little while (dilated pupils let in more light, causing squinting), it’s well worth

it to catch diseases early.

- Practice frequent hand-washing. Washing hands regularly helps to keep bacteria, dust and dirt out of the eyes should you touch your face. In addition to washing hands, avoid rubbing your eyes.

- Wear UV protection. Arizona Retinal Specialists indicates that exposure to ultraviolet radiation increases risk for age-related macular degeneration and may cause sunburn on the corneas or photokeratitis. UV-protected eyeglasses, sunglasses and contact lenses can help, as will using shade hats or visors.

- Wear eye protection. When participating in sports, using chemicals during science class or operating equipment like a leaf blower, wear the right protection to keep eyes safe.

- Give your eyes a rest. Eye doctors know that people spend a lot of time staring at screens during the day.



COURTESY PHOTO

HEALTHY EYES: Regular vision checkups can help keep most people on the path to healthy eyes and better eyesight.

Providing a rest is necessary. Follow the 20-20-20 rule, which translates to every 20 minutes, look about 20 feet

away for 20 seconds.

Protecting eyes is a simple yet often overlooked component of maintaining overall

health. Taking measures to keep the eyes safe is both easy and effective.

How to pair food with exercise

Food pairing is often discussed in terms of which wines best complement particular dishes. But pairing food with exercise merits consideration, as it can create the balance needed for overall health.

Food plays an important role in workouts, giving individuals the energy necessary to perform at their peak. Timing meals appropriately and knowing what to eat before or after a workout can make a difference.

Creatine benefits weight lifting

Creatine is an organic acid that is an important ingredient for short duration, high-intensity exercises, such as weight lifting. According to Kelly Pritchett, Ph.D., RDN, director of the nutrition graduate program and assistant professor of nutrition and exercise science at Central Washington University, foods rich in protein from meat, poultry and fish can help optimize stores of creatine. Creatine also may be found in foods and beverages targeted to athletes, like

protein shakes and snacks.

Pre-workout mixes include protein and carbohydrates

A snack or mini meal one to three hours before a workout is ideal so that digestive issues don't occur during a workout when the body directs more blood to muscles than digestion. Food pairings that include a high quality carbohydrate, like whole grain bread or oatmeal, with a protein source, such as peanut butter or milk, can be key. Blood sugar will stay steady with whole grain carbs, and the protein will help you to feel full and avoid overeating after a workout.

Glucose, glycogen and running

Distance running or other exercises that require endurance, such as skating or biking, require ample energy stores. Although low-carbohydrate diets are popular for people looking to lose weight, they're not ideal for people who engage in endurance sports and need carbohydrates for energy, states Johns Hopkins Medicine. Endurance athletes need

more carbs than those who aren't training. These activities use both glucose in the blood and glycogen, which is sugar stored in the liver and muscles. Eating plenty of healthy carbs helps bolster energy stores. Whole fruits and grains are good sources of carbohydrates.

Benefits of bananas

For those with limited time to grab a bite before a workout, bananas might be the perfect option. According to WebMD, bananas have easily digestible carbs that will not weigh you down. The potassium in bananas also may help prevent muscle cramps during and after workouts.

Power up with potatoes

Potatoes are whole foods, meaning they contain a balance of all the essential amino acids, despite being low in whole protein. They're also rich in vitamin B6, which is critical to protein metabolism, says Mark Anthony, Ph.D., adjunct professor of science and nutrition at St. Edwards University, Austin. Potatoes also contain the right mix of sodium and potassium to maintain an elec-



COURTESY PHOTO

FOOD PAIRING: Timing meals appropriately and knowing what to eat before or after a workout can make a difference on your body.

trolyte balance in the body.

Recover right

A mix of carbohydrates and lean proteins also is ideal for exercise recovery. Mix in good fats like avocado and olive oil. Carbs will help

replenish depleted levels of glycogen and high-quality protein will help build and repair muscle. Don't forget to drink plenty of fluids to replace what was lost while working out.

Food and exercise go hand

in hand. It's important to eat well to keep the body in top form.

How to use diet to combat age-related bodily changes that can affect your health

The human body is a marvel. How the body transforms over the course of an individual's life is one of its more remarkable qualities, and those changes never cease, even as individuals near retirement age.

The changes associated with aging include physical transformations but also more subtle shifts the naked eye cannot see. For example, metabolism slows as individuals grow older, and aging also can lead to a decrease in bone density and muscle mass. These changes affect how men and women at or nearing retirement age should approach their diets in recognition of the various ways their nutritional needs change at this point in their lives. Any modifications to a diet should first be discussed with a physician, but the following are some ways aging adults can use diet to combat age-related changes to their bodies.

- Prioritize protein. The authors of a 2010 study published in the journal Current Opinion in Nutrition and Metabolic Care recommended that older adults consume between 25 and

30 grams of protein with each meal. The researchers behind the study concluded that such consumption could limit inactivity-mediated losses of muscle mass and function.

- Overcome reduced production of vitamin D. WebMD notes that people over 65 typically experience a decrease in natural production of vitamin D. Vitamin D is not naturally found in many foods, so aging men and women may need to rely on supplementation to ensure their bodies get enough of it. Vitamin D helps with anti-inflammation, immune system support and muscle function, among other benefits. So it's vital that aging men and women find ways to get sufficient vitamin D.

- Consume ample dietary fiber. The National Resource Center on Nutrition & Aging notes that fiber plays an important role in the health of older adults. Fiber has been linked with heart health, healthy digestion, feeling full, and preventing constipation, which the online medical resource Healthline notes is a common health problem among the elderly. Though the NRCNA

notes that older adults need slightly less fiber than their younger counterparts, it's still a vital component of a nutritious diet. The feeling of fullness that fiber consumption can provide also is significant, as it can ensure adults who aren't burning as many calories as they used to aren't overeating in order to feel satisfied. That can make it easier for such adults to maintain a healthy weight.

- Monitor intake of vitamin B12. The NRCNA notes

that vitamin B12 is involved in a host of important functions in the body, including nerve function and the formation of red blood cells. Vitamin B12 is most easily found in animal products, which many aging men and women must largely avoid due to other health concerns. In such instances, men and women can discuss supplementation with their physicians as well as alternative food sources of B12, such as fortified cereals, salmon and other items.

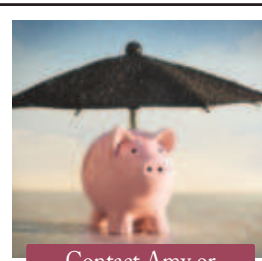
Bodily changes related to aging increase the likelihood that men and women will

need to alter their diets in order to maintain their overall health.

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Sticking to a diet while eating out

What to do when dining out is a challenge dieters know well. It's easy to control ingredients and portion sizes at home, but not nearly as easy when dining out.

Harvard Health Publishing says the average American eats out about five times a week, and that means figuring out how to stick to diets. Rest assured there are plenty of ways to socialize and enjoy meals away from home without compromising a diet.

- Do your research. Many establishments post their menus online and dieters can use that to their advantage. Prior to booking a reservation, review a restaurant's menu online to ensure there's something on there that won't compromise your diet. If you need further clarification, call the restaurant and see if substitutions can be made.

- Have a go-to dish. Many restaurants offer at least one

diet-friendly item like a Cobb salad. Dieters can choose a go-to healthy dish that won't compromise their meals and then look for it when dining out.

- Drink water. Don't drink your calories. Alcoholic beverages or sweetened soft drinks can be heavy in calories. Instead of using your calorie allotment on liquids, save these indulgences for food.

- Look for healthy cooking methods. Scan the menu for foods that are steamed, grilled, baked, and stir-fried. These cooking methods generally use very little oil or butter. Steer clear of heavy gravies or cream-based sauces as well. If there is a sauce, ask for it on the side.

- Choose the right food or-

der. According to BodyBuilding.com, eat protein first, followed by vegetables, and leave carbohydrates for last. The protein and vegetables should slow down digestion, leaving you feeling fuller, faster. That means you'll be less likely to overindulge on bread, potatoes or a sugary dessert.

- Be forthright with dietary needs. Share with your server or party host what you can and cannot eat. Most establishments or individuals are happy to help customers stick to a particular diet. You're not being "a pain" or "picky" by being frank about what you need to eat to be healthy.

- Check out favorite dishes. You may not know what you're eating unless you investigate. U.S. federal law now requires all restaurants with more than 20 locations to provide nutritional information for menu items. Search CalorieKing for data on foods from hundreds of popular nationwide chains.



COURTESY PHOTO

DIET CHALLENGES: There are plenty of ways to socialize and enjoy meals away from home without compromising a diet.

- Snack before you leave home. Don't arrive at a restaurant feeling famished. Eat a small snack before leaving

home or bring a few safe items you can use as backups so you'll have something to eat if the menu does not

have much healthy fare.

Dieters can employ various strategies to stick to their diets while dining out.

Important reasons to visit a primary care physician

It is vital to make personal health a priority. Despite that widely accepted truth, far too often people delay trips to see their doctors. The coronavirus pandemic only compounded this issue. An April 2020 report from Modern Healthcare found roughly one in three Americans delayed medical care as they coped with the financial loss and stress caused by COVID-19. A report from CTV indicated Canadian cancer diagnoses were down 16 percent from 2018 to 2020 due to closed facilities or fear of getting COVID-19 from med-

ical offices.

Concerns about the pandemic are not the only reasons individuals may skip doctor visits. Some avoid going to the doctor due to fear of the unknown. Dr. Barbara Cox, a psychologist based in San Diego, told NBC News that it's common to feel reticent and anxious about going to the doctor. Around 3 percent of the population actually suffers from iatrophobia, the medical name for fear of doctors. Most just worry about getting bad news.

A refresher course on the benefits of visiting a primary

care doctor may compel millions to schedule appointments and get back on top of their overall health.

- Chronic disease management: An individual with a chronic disease, such as kidney disease, diabetes or hypertension, should consult with a doctor about the ideal frequency of visits and to coordinate medication and testing with specialists.

- Vaccines and shots: Primary care providers (PCPs) offer routine vaccinations and can ensure that individuals are up-to-date on the immunizations they need to stay safe. Tetanus, diphthe-

ria, shingles, pertussis, flu, and now COVID-19 vaccines are vital to overall health.

- Medical referrals: A PCP can assess a health situation and refer a patient to the correct specialist if more extensive care is needed. However, many chronic conditions can be monitored and addressed by a PCP.

- Cancer screenings: UW Medicine, which specializes in patient care, research and physician training in Seattle, says most people will need a few cancer screenings as they age, including colonoscopies, Pap smears, mammograms, and other important

diagnostic tests for cancer. PCPs are usually the first line of defense against cancer and can ensure patients receive the screenings they need.

- Non-life-threatening illnesses or injuries: Unless a situation is life-threatening or severe, thereby warranting a trip to the emergency room, most people can visit their PCPs for help treating a variety of conditions. When in doubt, individuals should first consult with their general practitioners about the right course of treatment.

- Routine lab work: Blood and urine tests often are part

of annual well visit checks. Many PCP offices have phlebotomists on staff so that lab work can be conducted in the convenience of one place and then sent out for testing.

- Work or sports physicals: Certain employers require physical examinations, as do schools and recreational sports leagues. PCP offices are the place to go for these types of examinations, which are generally recommended annually.

Primary care physicians are often the first people to turn to for a bevy of health and wellness needs.

Healthy activities for kids of all ages

Children have a seemingly endless supply of energy. Channeling that energy into something positive can benefit kids' minds and bodies.

The American Academy of Pediatrics recommends various amounts of daily physical activity for children depending on their ages and abilities. Adhering to these recommendations is especially important in the wake of what many public health officials fear has become an epidemic of childhood obesity in many nations. For example, the United States-based Centers for Disease Control and Prevention reports that roughly 13.7 million children between the ages of two and 19 are presently obese. In Canada, the Childhood Obesity Foundation reports that childhood obesity rates have hovered around 12 percent for years.

Routine physical activity can help children maintain healthy weights, and it also pays dividends for youngsters' mental health. According to the American Psychological Association,

children between the ages of six and 18 who exercise regularly tend to have lower levels of depression, stress and psychological distress. Those findings, part of a 2019 study published in the journal Sports Medicine, reflect the ways exercise affects the mind. And the mental benefits don't stop there, as the study also found that youngsters who are physically active also have higher levels of positive self-image, life satisfaction and psychological well-being.

The amount of physical activity children need each month depends on their age, and the AAP recommends the following age-based guidelines.

- Infants: The AAP recommends infants get at least 30 minutes of tummy time and other interactive play throughout the day.

- Toddlers: Toddlers can be tough to keep up with, and parents can channel that energy into something positive by ensuring their kids get at least three hours of physical activity every day. Free play outside and daily neighborhood walks are

some examples of appropriate physical activities for children in this age group.

- Preschoolers: Three-plus hours of physical activity, including one hour of moderate to vigorous exercise, is recommended for preschool-aged youngsters. Tumbling, throwing and catching are some of the activities recommended by the AAP.

- Elementary school students: School-aged children need at least 60 minutes of physical activity on most days of the week. The AAP recommends giving children in this age group ample opportunities for free play but also notes that organized sports focused on fun can be great outlets for kids in elementary school. Parents can speak with their children's pediatricians about appropriate muscle/bone strengthening activities, which the AAP recommends three days a week for kids in this age group.

- Middle school students: Students in this age group need the same amount and types of exercise that elementary school students need. But the AAP advises



COURTESY PHOTO

HEALTHY ACTIVITIES: Channeling children's energy into positive exercise and healthy activities can be beneficial for their minds and bodies.

parents to guide children toward physical activities that encourage socialization and to avoid having kids this age specialize in a single sport.

- Teenagers: Teenagers need an hour or more of physical activity most

days of the week. Muscle/bone strengthening activities should be included three days per week. Activities that encourage socialization and competition are beneficial to teenagers' development.

Physical activity can ben-

efit kids in myriad ways and should be a vital component of their daily lives.

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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.

When is the right time for kids to start volunteering?

Aristotle once said the essence of life is "to serve others and do good."

It's well documented that volunteerism offers many benefits to those who are recipients of the charitable work as well as the volunteers.

According to The Corporation for National & Community Service, one in four Americans volunteers. Volunteers come from all walks of life and various age groups. Nearly one-quarter of all volunteers are people under the age of 24.

Parents and guardians who want to introduce their children to volunteerism may not know when is the

right age to do so. Many experts agree that there isn't a definitive age for children to get involved in volunteering. In fact, no child is too young to volunteer. Joseph F. Hagan Jr., M.D., a clinical professor of pediatrics at Lerner College of Medicine at the University of Vermont, says helping out during the toddler and preschool years helps shape a child's sense of morality.

Rather than wondering if a child is too young to volunteer, adults should focus on finding the right activity to match the child's age. For example, a three- or four-year-old child can fill bags or boxes with donated food or help gather blankets and

towels to donate to an animal rescue. However, a toddler or preschooler may not have the stamina to complete a 5K walk.

Volunteerism doesn't even have to be in the traditional sense of working with an established charity. A youngster can pick flowers from a field and deliver them to an elderly neighbor. Or a preschooler can invite a child playing alone to come play together. A toddler who loves sorting items can help sort recycling items at home and watch a parent deliver them to the recycling center.

Another way to engage kids in volunteer work is to match their interests with the tasks. Many kids can't

get enough of animals, so they may want to help out an animal organization or be involved with a conservation group. A child can collect change to "adopt" an endangered species.

Kids also can visit a children's hospital and deliver gifts to youngsters battling illnesses. In such situations, kids may be more engaged if they can help kids their own ages.

Children are never too young to volunteer. Finding the right fit can inspire a lifetime of giving back that benefits youngsters throughout their lives.



COURTESY PHOTO

VOLUNTEERISM: Many experts agree that there isn't a definitive age for children to get involved in volunteering. In fact, no child is too young to volunteer.



COURTESY PHOTO

GIVING BACK: Volunteering in local organizations can not only help your community but can also improve your overall well-being.

Find the right volunteer opportunity for you

Giving back to one's community can provide a sense of purpose and improve an individual's overall well-being. Data from Volunteer Hub indicates that people who volunteer improve their health by strengthening their bodies, improving their moods and reducing stress. Volunteerism also produces additional benefits, including boosting one's positive perception to others. A study from CareerBuilder found 60 percent of hiring managers see volunteerism as a valuable asset when making recruitment decisions. Furthermore, human resources executives attest that contributing to a nonprofit can improve leadership skills.

By understanding the value behind volunteer work – for the people or organization on the receiving end as well as the volunteer – more individuals may decide to donate their time and services.

However, finding the right volunteer opportunity may take some trial and error. The following are some tips for finding the right fit.

- Consider skills and interests. Before choosing a volunteer opportunity, make a list of activities that you enjoy. This may help guide volunteer choices. For example, if you like hiking, you may volunteer to clean up a local park.

- Assess your skill levels. Is there something you are particularly adept at doing? For example, if you are a certified public accountant, you may be able to volunteer by mentoring young accounting students, or doing taxes or bookkeeping tasks for the elderly or less fortunate.

- Think about commitment level. Figure out how much time you can spend volunteering. Maybe you only have the weekends or a few hours in the evenings? Understanding how much free time you have can help

you choose opportunities that fit within these parameters.

- Research potential organizations. Not all nonprofit groups are created equal. Utilize resources such as CreativeVolunteer that vet charitable groups to determine if they are trustworthy.

- Define your goals. Have goals in mind when selecting opportunities. Defining a goal can help you maintain the motivation to volunteer and see a project through to completion.

- Start small. Wade into a volunteer opportunity slowly to see if it is the right fit. This may include volunteering one day a week or month. Increase the time you spend volunteering once you've found the right place for you.

Volunteering can bring joy to a person's life, especially when individuals find an inspiring opportunity.

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How the body changes with age

Aging is an inevitable component of life. Young children often cannot wait until they get older because of the freedoms that seemingly come with being more mature.

On the flip side, adults often wish they were young again. Time waits for no person, and with aging comes many changes, many of which manifest physically. The following are some components of healthy aging that go beyond graying hair and wrinkling skin.

Bones, joints and muscles
According to the Mayo Clinic, with age bones may become thinner and more fragile. Joints will lose their flexibility, while muscles lose mass and strength, endurance and flexibility. These changes may be accompanied by a loss of stability that can result in balance issues or falls. It's common for the body frame to shrink, and a

person may lose a few inches from his or her height. A doctor may suggest a bone-density test or supplementation with calcium and vitamin D to keep bones as strong as possible. Physical activity that includes strength training can help keep muscles strong and flexible.

Body fat
As muscle mass diminishes, body fat can increase. The Merck Manual indicates that, by age 75, the percentage of body fat typically doubles compared with what it was during young adulthood. The distribution of fat also changes, which can adjust the shape of the torso.

Heart
Organs in the body also age, and cells begin to die off, making those organs work less efficiently. The heart is one such organ that changes with age. It pumps more than 2.5 million beats during one's lifetime. As a person gets older, blood vessels lose their elasticity, and the heart has to work harder to circulate blood throughout the body, reports Johnson Memorial Health. Exercise can help keep the heart as strong as possible.

Urinary tract and kidneys
The kidneys become smaller as a person ages, which means they may not be able to filter urine as effectively. Urinary incontinence may occur due to hormonal changes or because of an enlarged prostate. Furthermore, the bladder may become less elastic, leading to an urge to urinate more frequently.

Memory and thinking

Older adults experience changes to the brain as they age. Minor effects on memory or thinking skills are common and not usually cause for worry. Staying mentally active by reading, playing word games and engaging in hobbies can help. Following a routine and making lists (as multi-tasking may become challenging) are some additional ways to address memory issues.

These are just some of the changes that can come with aging. Generally speaking, exercising, using the brain and adhering to a balanced, healthy diet can help keep the body functioning well into one's golden years.



COURTESY PHOTO

AGING: There are many components to your body aging beyond gray hair and wrinkles.

What to do when migraines strike

Headaches may be a common nuisance, but that doesn't mean they share common characteristics. For example, migraine sufferers may attest that these headaches can be much harder to endure than others.

The health and wellness resource Healthline says a migraine is a neurological condition that typically causes painful headaches which are accompanied by other symptoms, such as sensitivity to smell, touch, light, and sound. Migraines also may produce numbness or tingling, visual auras and nausea/vomiting.

The American Migraine Foundation advises that migraine attacks feature distinct phases. Recognition and understanding of these phases can help to manage headaches more effectively. Some of the earliest signs of migraine include fatigue, blurred vision, auras, and other prodrome symptoms unique to people's migraine

histories. These conditions can occur anywhere from a few hours to a few days before a migraine attack. It is important to note that symptoms may not occur with every migraine, nor will early symptoms always result in migraines.

Identifying potential migraine symptoms early may help a person reduce the severity of a migraine. Typically, the migraine headache stage can last for several hours or up to three days, says the AMF. People identify migraine pain as pulsating, throbbing, pounding, perforating, and debilitating. Some have compared it to having an ice pick inserted into the head. The Mayo Clinic notes that these steps may help to reduce the severity of migraine symptoms.

- Find a calm environment away from stressors and the bustle of everyday life.
- Relax in a dark, quiet room as light and sound can exacerbate migraine pain.
- Small amounts of caffeine can relieve migraine

pain in the earliest stages and enhance the effects of common OTC pain medications like acetaminophen and ibuprofen. Sip small amounts of caffeinated soda, tea or coffee. Don't overdo it, as that can lead to caffeine withdrawal headaches.

- Try to get steady, uninterrupted sleep each night. Poor sleep may trigger a migraine. If you have difficulty sleeping, listen to soothing music, establish a bedtime routine, go to bed and wake up at the same times each day (even on weekends), and exercise regularly. Speak with a health care provider if sleeplessness is chronic.
- Eat a healthy, balanced diet at regular intervals. Fasting may contribute to migraine onset. Avoid foods such as aged cheese, alcohol and chocolate if they trigger your migraines.
- Try to manage stress in any way you can, which may include time management and simplifying your life. Delegate to others if you're taking on too much.



COURTESY PHOTO

MANAGING MIGRAINES: A migraine is a neurological condition that typically causes painful headaches which are accompanied by other symptoms, such as sensitivity to smell, touch, light, and sound.

· Journal when migraine symptoms come on so you can determine if there is a trigger.

Migraine headaches can interrupt life and prove debilitating. Finding relief takes patience. If home remedies

do not suffice, people can speak to their doctors about possible medical therapies.

The risks of an overly sedentary lifestyle

Health experts call it "sitting disease." It refers to when people spend more of their time behind a desk or steering wheel of a car or planted in front of a television than they do engaging in physical activity. According to the American Heart Association, sedentary jobs have increased by 83 percent since 1950, and technology has reduced many people's need to get up and move. Inactivity is taking a considerable toll on public health.

A study from the University of Cambridge equated inactivity with being obese. The Mayo Clinic advises that research has linked sedentary behavior to a host of health concerns, and found those who sat for more than eight hours a day with no physical activity had a risk of dying similar to the risks of fatality linked to obesity and smoking. Increased blood pressure, high blood sugar,

abnormal cholesterol levels, and excess body fat all can be attributed to inactivity.

Mental health can be adversely affected by a sedentary lifestyle as well. Australian researchers surveyed more than 3,300 government employees and found men who sat for more than six hours a day at work were 90 percent more likely to feel moderate psychological distress, such as restlessness, nervousness or hopelessness, than those who sat for less than three hours a day.

In addition, a sedentary lifestyle can significantly increase a person's risk for various types of cancer. A German meta-analysis of 43 studies involving four million people indicated those who sit the most have higher propensities to develop colon cancer, endometrial cancer and lung cancer.

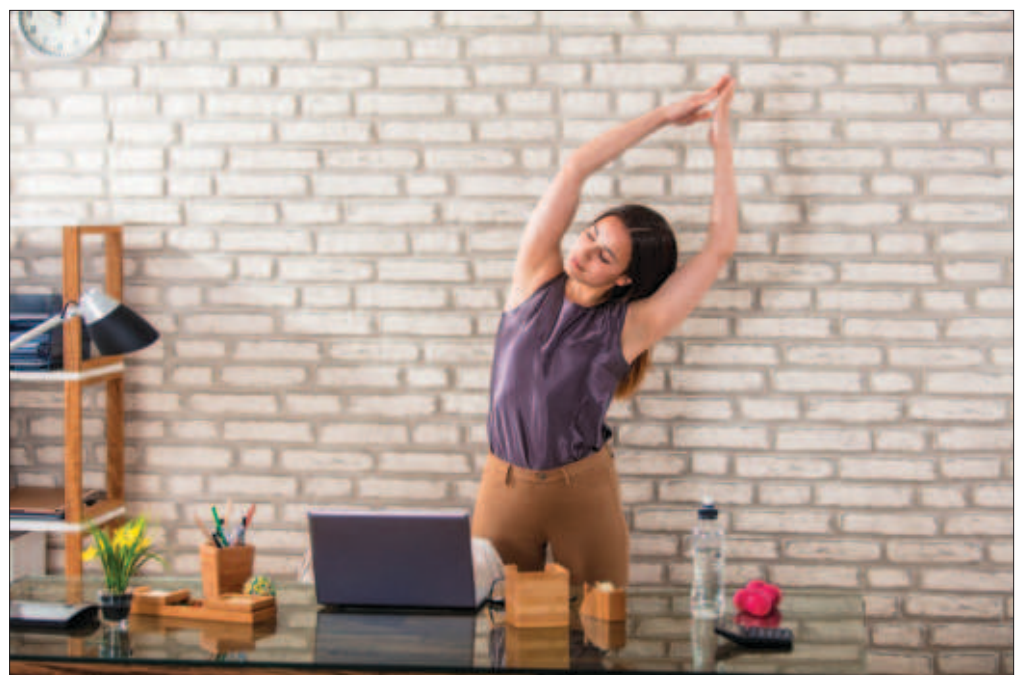
Johns Hopkins Medical Center says research shows that high levels of exercise at some point in the day can

lessen some risk, but it's not entirely effective if most of the rest of the day a person is inactive. Risk for cardiovascular disease increases significantly for people who spend 10 hours or more sitting each day.

Various medical organizations recommend individuals get up and move at any opportunity to help reduce risks of inactivity. Erin Michos, M.D., M.H.S., associate director of preventive cardiology at the Ciccarone Center for the Prevention of Heart Disease, advises people who are very sedentary to aim for 4,000 steps per day. Such individuals can then build up to a target of 10,000 steps daily.

The Mayo Clinic recommends these strategies to reduce the amount of time you spend sitting.

- Stand while talking on the phone or watching television
- Invest in a standing desk
- Get up from sitting every



COURTESY PHOTO

KEEP MOVING: Moving every 30 minutes is one way to reduce the harmful effects of a sedentary lifestyle.

30 minutes

- Walk at lunch or during meetings

Sedentary lifestyles can affect health in many negative ways. But there are various

ways to get up and go over the course of a typical day.



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Get serious about stroke

Stroke is a serious medical condition and a leading cause of disability in North America. According to the American Stroke Association, stroke is the fifth leading cause of death in the United States. However, 80 percent of strokes are preventable.

Sometimes called a brain attack, or a cerebrovascular accident, a stroke happens when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts, according to the Centers for Disease Control and Prevention. This can deprive the brain of oxygen and cause brain cells to begin to die within minutes, warns the National Heart, Lung, and Blood Institute.

A stroke is a medical emergency. If someone is suspected of having a stroke, emergency personnel should be called immediately. Every minute counts when a person is suffering a stroke, and medical personnel can begin potentially life-saving treat-

ment on the way to an emergency room.

Symptoms of stroke

Sometimes symptoms of stroke can occur out of nowhere, and other times there may be subtle signs that something has been brewing. The Mayo Clinic says these are the most common signs of stroke.

- Trouble speaking and understanding what others are saying. This may include slurred words or trouble understanding speech.
- Paralysis can occur in the face, arm or leg. Numbness or weakness also may occur. This often affects just one side of the body.
- Sometimes there is trouble seeing in one or both

eyes, including blurry or blackened vision.

- Headaches will come on severely, and can be accompanied by vomiting, altered consciousness or dizziness.

- Someone having a stroke may stumble or lose balance and experience coordination issues.

The National Stroke Association and other organizations use the acronym FAST to educate the public about detecting signs of stroke.

- **F (Face):** Ask the person to smile and look for drooping on one side.

- **A (Arms):** Have the person raise both arms and check to see if one arm drifts downward or cannot be raised.

- **S (Speech):** Ask the person to repeat a simple phrase and check for slurring or strange sounds.

- **T (Time):** Call 911 or emergency medical help immediately if any of these indicators are present.

Types of stroke

There are different types

of stroke. Most strokes are ischemic strokes, says the CDC. Ischemic stroke occurs when a blood clot or other particles like fatty deposits block blood vessels to the brain.

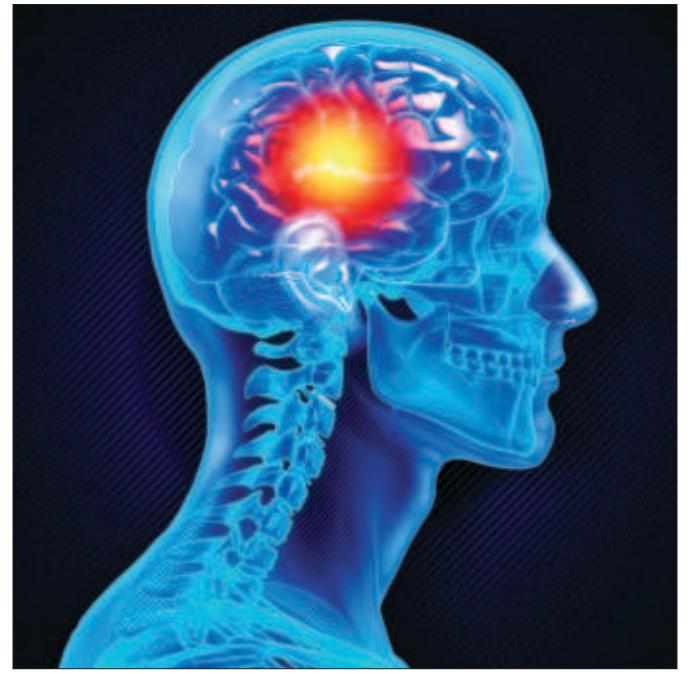
A hemorrhagic stroke happens when an artery in the brain leaks blood or ruptures. High blood pressure and aneurysms often are culprits in hemorrhagic stroke.

Transient ischemic attacks, also called mini-strokes, serve as warnings of a future stroke. Blood clots often cause these as well.

Diagnosing and treating stroke

Doctors will use various imaging techniques to check for brain and blood vessel health if there is risk for stroke. Blood pressure and other general health assessments can give doctors an idea of potential risk factors for future stroke incidents.

If blood clots are present, doctors may use medication, stents and surgery to break up or address clots.



COURTESY PHOTO

STROKES ARE SERIOUS: Every minute counts when a person is suffering a stroke, and medical personnel can begin potentially life-saving treatment on the way to an emergency room.

Stroke is a medical emergency. Individuals are urged to take stroke risk seriously and act promptly if symp-

toms are present.

Summer safety tips to consider

Summer is synonymous with relaxation and fun in the sun. The easygoing nature of summer can make it easy to overlook safety concerns that run the gamut from heat-related illnesses to bug bites to water play injuries. Though no one wants to rain on their own summer parade, keeping these safety tips in mind can ensure the coming months are as safe as they are fun.

• Safeguard against the threat of heat-related illnesses. Sizzling summer days pose a significant threat if the proper measures aren't take to avoid heat-related

illnesses. According to the National Safety Council, heat exhaustion, which occurs when the body loses excessive water and salt, and heat stroke, which the Centers for Disease Control and Prevention notes is marked by the body's inability to control its temperature, can escalate rapidly. The NSC identifies individuals who work outdoors, infants and young children, people who are 65 and older, people who are ill, and people who are overweight as those most at risk of heat-related illnesses. Such illnesses are entirely preventable, and the CDC recommends remaining

indoors in air conditioned rooms, drinking plenty of fluids but avoiding alcohol, wearing loose and lightweight clothing as well as a hat, and replacing salt lost from sweating by drinking fruit juice or sports drinks.

• Apply sunscreen. Long days in the summer sun may be a great way to relax, but it's imperative that individuals apply sunscreen before going outside and then reapply it throughout the day as necessary. Sunburn is not only unpleasant, it also increases a person's risk for skin cancer and affects the body's ability to cool itself, which can increase the risk

for heat stroke.

• Protect against mosquitoes. Mosquitoes are more than a mere nuisance. Mosquitoes can carry an assortment of viruses, including Zika virus and West Nile virus. And though such viruses are often thought of as a problem for people in faraway lands, the NSC notes that the Aedes mosquito, which is a known transmitter of the Zika virus, has appeared in various regions of the globe, including the continental United States and popular vacation destinations like Mexico and Central and South America. The NSC recommends that everyone,

and especially individuals who work outdoors, apply mosquito repellent before going outside and to continue to do so as necessary throughout the day. In addition, clothing treated with the insecticide permethrin may help to repel mosquitoes.

• Exercise caution around water. The CDC reports that drowning is the leading cause of unintentional death for children between the ages of one and four. Though children might be most vulnerable to water-related accidents and death, adults also must exercise caution when around the

water. The NSC recommends individuals avoid the water, be it in a lake, river, ocean, or pool, unless they know how to swim. Individuals also should never swim alone and only swim in areas supervised by a lifeguard. When swimming at a private residence, children should never be allowed to swim unless an adult is supervising. Adults also should avoid alcohol when swimming.

Summer is a season to relax, but it's also a season when safety should be a top priority for people of all ages.

Dos and don'ts of healthy weight loss

Maintaining a healthy weight promotes long-term health. Being overweight or obese are risk factors for various conditions, including type 2 diabetes and cardiovascular disease. The World Health Organization reports that the worldwide obesity rate has tripled since 1975. In 2016, more than 1.9 billion adults were overweight. Of these, more than 650 million were obese.

Health issues related to obesity are largely preventable. Losing weight in a healthy manner is essential

for safe and lasting results. Individuals aspiring to lose weight can follow these guidelines on what to do and what not to do.

DO add lean protein sources to your diet. Healthline indicates the body burns calories when digesting and metabolizing protein, so a high-protein diet can help to shed up to 80 to 100 calories per day. Protein also helps you to feel full, reducing the propensity to overeat.

DON'T get hung up on numbers early on. The Centers for Disease Control and Prevention advises that even modest weight loss of 5 to

10 percent of your total body weight is bound to produce health benefits, such as improvements in blood sugar levels, cholesterol and blood pressure. Start small and gradually build up.

DO eat at least four servings of vegetables and three servings of fruits daily. Produce contains an abundance of vital nutrients and is often fiber-rich and low in calories, which helps you to feel full.

DON'T overlook the impact of beverages on weight loss. The calories in sugary beverages, including some all-natural fruit juices, can add up quickly. Stick to water, tea or

other unsweetened beverages to help with weight loss.

DO get moving more. The Mayo Clinic notes that while it is possible to lose weight without exercise, getting moving can help burn off the excess calories you can't cut through diet alone. Exercise boosts metabolism and benefits mood and strengthens muscles and the cardiovascular system as well.

DON'T go shopping while hungry. If you do, you may make impulse buys that compromise healthy eating plans.

DO speak with a doctor if you are vetting diet and exer-

cise plans. A healthcare professional can assist you by indicating if a particular diet or fitness routine is acceptable for your age, goals and current health status.

DON'T forget to track eating. Most healthy diets involve some sort of calorie-counting, whether they actually require you to document your intake or use a formula to attribute "points" or another measure related to what you eat. Writing or tracking the foods and beverages you consume will provide the most honest assessment of habits that could affect weight loss.

DO include foods you enjoy. Completely restricting access to occasional treats may cause you to resent healthy eating, which can derail weight loss goals. The principle of moderation can apply to healthy weight loss as long as you account for the more calorie-dense foods.

Losing weight in a healthy manner is achievable when you seek guidance and follow some time-tested techniques.



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Is Bariatric Surgery in Mexico worth the cost?

Coryell Now Offers the Most Competitive Price in Central Texas

PRESS RELEASE

Traveling south of the border has its perks. Sunny beaches, delicious food, and rich cultural history make Mexico a desirable vacation spot. But, when it comes to a life-changing surgery, is the bargain surgery worth the added cost?

Visiting another country to obtain healthcare, known as “medical tourism,” creates a considerable amount of potential complications. If you’ve researched bariatric surgery, you’ve likely seen that a common trend for candidates – especially those looking to save money – is to have the operation performed in Mexico. While these procedures appear to cost less, the risk to your individual health and safety becomes a costly consideration. Further treatment is often needed upon returning, possibly amounting to thousands of dollars out-of-pocket. The possible risks of this

option include:
 · There is no individualized patient plan and education, resulting in long-term complications after the surgery and unsuccessful long-term weight loss.
 · Mexico surgery centers do not have to adhere to the same guidelines as clinics and surgeons in the U.S. In the U.S., patients are protected by healthcare laws and practice standards.
 · Patients have to fly home before fully recovering from surgery, increasing the risk of developing pulmonary embolism and blood clots.
 · There is no nutritional counseling or follow-up care

to monitor for malnutrition, which can lead to short- and long-term health problems, slow recovery from wounds and illnesses and vitamin deficiencies, which can cause hair and nail loss.

· The inability for patients or families to take legal action as a result of harm or death.

Adding travel expenses, lodging, and time away from work, the cost of crossing the border for bariatric surgery adds up quickly. Instead, consider staying close to home with Coryell and experience:

· Specialized care by a doctor trained in bariatrics and metabolic surgery

· A medical team who will provide a customized care plan to meet individual patient needs

· A comprehensive guide you and your medical team use to equip you with the knowledge needed to maintain a successful weight loss journey



COURTESY PHOTO

MEDICAL TOURISM: Visiting another country to obtain healthcare, known as “medical tourism,” creates a considerable amount of potential complications.

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· No travel requirements before or after the procedure

· Lifelong follow-up care and relationships
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ter offers bariatric surgery led by David Gochnour, MD, complemented by expert nutrition advice and behavioral health counseling to maximize results and long-term success. Coryell Health is now offering the most competitive price in Central

Texas for bariatric surgery. Think bariatric surgery could change your life for the better? Call to schedule a free consultation at 254-404-2555.

The link between stress and cancer

Adults have an issue with stress. According to a survey from the American Psychological Association released in December 2022, more than one in four Americans indicated they expected to experience more stress at the start of 2023 than they had at the start of 2022. And it's not just Americans feeling the sting of stress, as the American Institute of Stress indicates 35 percent of individuals across 143 countries feel

stressed out. Stress is not always a bad thing. Roughly a decade ago, researchers at the University of California, Berkeley, discovered that acute stress in rats caused the stem cells in their brain to grow rapidly into new nerve cells that ultimately improved the animals' mental performance. However, chronic stress, which the APA characterizes as constant and persistent stress over an extended period of time, can have a profoundly negative effect

on overall health. And that negative effect includes a link to cancer, especially for survivors of the disease. A 2020 study from researchers at The Wistar Institute Cancer Center in Philadelphia found that a stress hormone triggered a reaction in immune cells that awakened dormant cancer cells. Those cells eventually formed into tumors. When discussing the link between stress and cancer, it's important to note that many studies, including the

one conducted by researchers at the Wistar Institute, have shown that stress and cancer can cause the disease to grow and spread in mice. The National Cancer Institute notes that studies have not identified a clear link between stress and cancer outcomes in humans. But researchers urge patience, noting that the Wistar Institute study is a significant step forward in studying the potential link between stress and cancer in humans. Further study in the coming years could very well identify a similar link in humans as the one already discovered in mice.

In the meantime, individuals are urged to take stress seriously and not simply accept it as a mere fact of twenty-first century life. And that's especially important for individuals who have been diagnosed with cancer, including those who are in treatment and others who have successfully finished their treatment. According to City of Hope, one of just 52 NCI-designated comprehensive cancer centers in the United States, talking to others and relying on loved ones when receiving treatment; speaking with someone in a neutral position, such as a therapist; and exercising reg-

ularly are some of the ways to overcome chronic stress. City of Hope also notes the stress-reducing benefits of wellness practices such as meditation and yoga in regard to combatting stress. Chronic stress can have a lasting and negative impact on overall health. Though the link between chronic stress and cancer requires more study before researchers can reach a conclusion about such a connection, individuals are urged to embrace the many ways they can reduce chronic stress with a goal of living healthier, happier and, hopefully, cancer-free lives.

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