

Man charged for murder in Reno

BY MADELYN EDWARDS
madelyn@azlenews.net

About six months of investigating a man's death on Shady Lane in Reno culminated in the Reno Police Department filing murder charges last week.

On Jan. 17, Floyd Levi Nunley was charged with the slaying of Rodney Dale Tallant.

This investigation began when Reno police officers found Tallant dead at his home that he was renovating on Shady Lane on July 26.

According to a Reno Police Department news release, Tallant died of a gunshot wound to his head.

"When it first started, it appeared to be a death of natural causes because it wasn't an apparent gunshot wound," Reno Police

Department Deputy Chief Nathan Stringer said.

Reno police officers found Nunley in a shed on the Shady Lane property when they were conducting a sweep of the area. Stringer said Nunley sold the home on Shady Lane to Tallant,

who was his distant relative and friend. Tallant was in the process of renovating the Reno house so he could move in, and Nunley was helping Tallant with the renovation. Nunley would also occasion-



PHOTO COURTESY OF TARRANT COUNTY
Floyd Levi Nunley

PLEASE SEE **MURDER** | A5

Briar-Reno Fire Marshal's Office gains new leader

BY MADELYN EDWARDS
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Who likes watching horror movies at night?

Who has been described as a "scary (movie) fanatic" by their boss?

Who enjoys the horror author Stephen King so much that they were inspired to name a pet after one of King's characters?

Briar-Reno Fire Department Cpt. Rebekah Marlow checks all these boxes.

But now Marlow is ready for a new thrill — joining the Briar-Reno fire marshal's office.

Marlow has been working at the Briar-Reno Fire Department for about four years, after previously working in emergency medical services in the Fort Worth area.

"I've got a lot of family that's in the medical field, and I was interested in rescue stuff initially," she said. "I started out in EMS, and then just sort of fell into fire (safety work)."

Marlow said working in emergency medical services and in firefighting go hand-in-hand. Ultimately, she enjoys being able to help people.

Joining the fire marshal's office follows the natural progression of her career, Marlow said. This promotion required her to attend school at the Weatherford College Law Enforcement Academy for the past five months. She



MADELYN EDWARDS | SPRINGTOWN EPIGRAPH

PLEASE SEE **MARSHAL** | A2

There are two things that Briar-Reno Fire Department's Cpt. Rebekah Marlow likes a lot — scary movies and helping people.



Fentanyl Q&A at Springtown overdose awareness group

PHOTO COURTESY JESSICA CASTRO

Springtown's overdose awareness group "We ARE our brother's keeper" hosted its first monthly community meeting at the new resource center. On Jan. 21, people gathered at the resource center at 824 E. State Highway 199 to hear a Q&A about fentanyl led by Mike Carter (left), Kenneth Carlisle Jr. (right) and Hilton Young Sr. (not pictured). Carter is the alumni and intensive outpatient program manager at Clearfork Academy, a juvenile addiction recovery center. Carlisle, who also has worked at Clearfork Academy, was available to sign copies of his book about addiction. Young delivered spoken-word poems at the event.

Reno petition lawsuit to have district court hearing Feb. 1

BY MADELYN EDWARDS
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The lawsuit to put the disincorporation of Reno on the ballot is headed toward a court hearing.

On Feb. 1, parties in this case are expected to have a hearing in the 415th District Court regarding the plaintiffs' motion for summary judgment. A motion for summary judgment is defined by the American Bar Association's website as "asking" the court for a judgment on the merits of the case before the trial. It is properly made where there is no dispute about the facts and only a question of law needs to be decided."

In this case, the plaintiffs are hopeful that the judge

will review the evidence submitted and ensure that an election regarding the city's disincorporation is called for in May.

"We wanted it on the ballot," plaintiff Jennifer Vogle said. "It's not fair for them to take away our right to vote."

In August, Reno residents submitted a petition to dissolve the city. The petitioners claimed they had more than the 400 signatures required to trigger an election.

However, an election to allow Reno residents to vote on whether the city should disincorporate was not ordered.

Since then, petitioners Eric Hunter, Joy Jenkins and

PLEASE SEE **LAWSUIT** | A7



SUD manager raises concerns about water infrastructure project timeline

BY MADELYN EDWARDS
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Walnut Creek Special Utility District's new general manager Doug Carothers struck a concerned tone about the bidding process for an urgent project at last week's board of directors meeting.

The SUD has been working on a project to improve water volume and pressure for some customers. In July, the board approved a resolution to use no more than \$5 million to install water lines – primarily 16-inch – from Jay Bird Lane, down State

Highway 199, to Newsom Mound Road and then south to Veal Station Road as well as moving an elevated storage to the area of high growth and where there are pressure problems.

However, Carothers informed the board on Jan. 17 that this project had not started the process to get contractors to submit bids for the work. He said the engineers were supposed to have the bid package ready for advertising at the end of last year, but now that date has moved to the second week of February.

During the meeting, Carothers said he told Bill Lohrke, senior project manager from E.S.&C.M. Inc. who provides engineering services for the district, that the SUD is on a "time crunch."

"We've got to get this project moving," Carothers said. "We need these water mains done by the middle of June in order for us to pressure test and disinfect these mains."

Some board members also expressed concern and said they thought the project would be further along than it is.

Lohrke told the Epigraph

last week that about three-fourths of the plans for the 16-inch line were complete, and the project would be ready for the district to re-view in two weeks. At that point, the advertisement for bids will appear in a regional newspaper for two consecutive weeks, and the bids will be opened in three weeks.

The 16-inch water line is also supposed to tie in to the new 10-inch line – which is under construction and was prioritized – that will service the new Azle elementary school at FM 730 and Stewart Street to give the school bet-

ter water pressure, Lohrke said. But the status of the 16-inch water line project will not delay the opening of the school.

Lohrke also commented on the district's increased growth rate, which has meant that there's more work to be done.

"We normally would do maybe three or four subdivisions a year. Now, we do three or four subdivisions a month," he said. "So, everything is urgent. Everything is in a hurry."

A few days after the SUD board meeting, Carothers

sounded hopeful that the project would be completed on schedule. He said another engineer would be added to the team to assist.

Carothers vowed to stay on top of this project, and he plans to attend every meeting related to it.

"It's my job to be concerned," Carothers said. "As a manager and a project leader, if I see things that could possibly delay what we're doing, it's my job to get concerned. If I'm not seeing the results that I expect, then I like to put the power of my board behind me."

MARSHAL

FROM PAGE A1

graduated from the academy in December.

"I enjoyed the firefighting, and then I wanted to learn more about what caused it, and so (I) just naturally fell into investigating," Marlow said.

However, arson investigations are only part of a fire marshal's job, she said.

"We also do inspections for life safety on buildings and homes," Marlow said. "A big part of it for us is promoting sort of a life safety and fire education, teaching citizens."

Having Marlow to lead the fire marshal's office will take pressure off of Fire Chief Moses Druxman having to do the job by himself. Druxman said he will still be part of the fire marshal's office to help Marlow, and two volunteer

investigators/inspectors are expected to join the team.

"The fire marshal's office itself affects everything from developments of commercial to residential to hydrant placing to annual inspections, foster homes," Druxman said. "We do about 200 inspections a year."

Educating the public is one of the main challenges of a fire marshal's job, Druxman said.

"A lot of folks out here are not familiar with having to follow compliance rules as far as fire codes and building codes. And as this community has changed over the years, we've gotten too populated now to not do that," he said. "The big portion of this is education. It's not to go out and fine people or shut their businesses down. It's to educate them."

Luckily for Marlow, she enjoys the education part of her job.

"I enjoy that (the job is) a challenge. It's new for me, but I also enjoy getting out there and talking to people," she said.

Marlow's eagerness to learn and her ability to educate people are among the qualities that make her fit for the fire marshal's office, Druxman said.

"With our firefighters, she trains them extremely well, and I think that she can carry that on to the public side of educating the community of how they can fix their businesses to be compliant and safe," he said.

Marlow wants the community to know that staff at the Briar-Reno Fire Department is here to help and to answer any questions.

"We're all approachable," she said. "If there's any questions or concerns, if you ever want to know something, feel free to contact us and talk."



PHOTO COURTESY OF BRIAR-RENO FIRE DEPARTMENT FACEBOOK PAGE

Briar-Reno Fire Department's Cpt. Rebekah Marlow is set to take charge of the fire marshal's office after graduating from law enforcement academy in December. From left are Reno Police Department Deputy Chief Nathan Stringer, Marlow, Police Chief Scott Elsner, Reno Mayor Sam White, and Fire Chief Moses Druxman.

LEGAL PUBLIC NOTICES

THE STATE OF TEXAS CITATION BY PUBLICATION CAUSE NO.22P409

IN THE ESTATE OF WILLIE FALMA FULFORD, JR., DECEASED TO: Lisa Ann Wilson, address unknown, wherever May Be Found. Cecil R. Wise, filed a Application to Determine Heirship and for Dependent Administration and Letters of Administration in a proceeding styled In the Matter of the Estate of Willie Falma Fulford, Jr., Deceased, on 09/27/2022, and bearing the Cause Number 22P409, in the County Court of Parker County, Texas. Said written contest or answer shall be filed in the office of the County Clerk of Parker County in Weatherford, Texas no later than the Monday following the 10?? day after this Citation for Publication is published. You are hereby cited to appear before said Honorable Court by filing a written contest or answer to the Application before the above stated time and date should you desire to do so. To ensure its consideration, any objection, intervention, or response must be filed in writing with the County Clerk of Parker County, Texas, on or before the above-noted date and time. Given under my hand and seal of said court of Parker County, Texas, at the office of the Parker County Clerk in Weatherford, Texas this on this the 17th day of January, 2023. LILA DEAKLE, County Clerk, Parker County, Texas. By Sharon Hall, Deputy Clerk. ATTORNEY FOR APPLICANT Jennifer S. Ruelas, 1020 Fort Worth HWY STE 500, Weatherford TX 76086. 817-609-8935.

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Lunch: Everyday - Choice of one meat, two vegetables, and one grain/bread with milk. Variety of milk is offered every day for breakfast and lunch.

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Reno P&Z chair: city can't promise water to proposed subdivision

BY MADELYN EDWARDS
madelyn@azlenews.net

A new subdivision is expected to be built in Reno's extraterritorial jurisdiction while its sister development may seek annexation into the city limits.

The question is whether the city will be able to extend water to a new subdivision.

In the extraterritorial jurisdiction, the Andy Ranch subdivision is expected to have 20 two-acre lots on the southwest corner of North Cardinal Road and Knob Hill Road.

During the Jan. 9 Reno Planning and Zoning Commission meeting, P&Z Chairperson Brian Schrader reported that the plat for Andy Ranch seemed to be in compliance with county standards, with the exception of one needed correction, and said the developers could proceed with applications to

commissioner's court and other agencies to move forward on the project.

The Andy Ranch subdivision is not expected to be discussed further by the Reno City Council.

The developers of Waterstone Estates, a subdivision related to Andy Ranch, want their potential subdivision to be annexed into Reno, Schrader said. This subdivision is expected to have one-acre lots located at the southeast corner of Ladybird Lane and Knob Hill Road.

Both of those developments previously came before the P&Z and initially, both intended to be annexed into Reno. The developments' plans included center line plats, meaning the measurements of the lots would start in the middle of the road.

At the time, those subdivisions did not receive approval from the P&Z. Now, Andy

Ranch is expected to keep the center line platting, while Waterstone Estates has done away with that.

Andy Ranch will be supplied with water via wells, and Waterstone Estates would potentially use the city's water service. However, Schrader said the city may not be able to extend water to Waterstone Estates. The city is expected to meet with the Texas Commission on Environmental Quality to find out if any water-related violations need to be fixed before water is extended to a new development.

"We're telling Waterstone Estates that until we meet with TCEQ, and we find out what our liabilities and possible expenditures are, we don't have the budget and are not in a position to promise them water," he said.

In 2021, the developers of Andy Ranch and Waterstone

Estates made an agreement with the city stating that both developments would be annexed into the city and use city water, Schrader said. The terms of this agreement included the developers supplying well site land to support water infrastructure in the area.

"They wanted water. They were going to annex two additions. They were going to provide the land in both additions for future well sites, and they were going to come in with concrete streets," Mayor Sam White said. "Since then, they've changed everything, and one addition is not even coming in at all. The other one is not going to give us land. Then we're left with trying to come up with a booster pump. We're going to have to get an evaluation from an engineering firm, which is going to cost us, before we can proceed forward."

Because Andy Ranch has decided not to be annexed into the city, that agreement is no longer valid, meaning there wouldn't be another well site to support Waterstone Estates, Schrader said.

"Now that Andy Ranch withdrew from the deal, the lot acreage for the well has been withdrawn, and the number of houses that would be brought into the tax base is reduced," he said. "What Waterstone Estates wants us to do is run a water line off the existing well and storage capacity, and we don't have it without supplementing it with another well, which has disappeared. And we don't have enough tax base to bring in enough revenue; we'd have to go out and take out a loan or something to do the work."

Schrader said during the P&Z meeting that extending

water lines to Waterstone Estates without studying the impact could "potentially jeopardize the water supply to the entire Reno water system."

"This is why I wanted the Water Task Force," White said. "We want to preserve what we have today. We do not want to oversell for the future."

The Epigraph tried to reach the developers of Andy Ranch and Waterstone Estates for comment before press time but was unsuccessful.

Schrader said the city will meet with Waterstone Estates after Feb. 6 to see how the city can provide water to the potential subdivision. At the P&Z meeting, he encouraged the developers of the two subdivisions to "discuss a cooperative plan that's in the spirit of the (agreement)."

Scholarship applications are now available to journalism students

FROM STAFF REPORTS

Journalism students are now eligible to apply for two \$1,500 scholarships from the North & East Texas Press Association (NETPA) and the Texas Press

Association.

NETPA has helped college-bound journalism students with tuition and books through this scholarship program, which is funded by private dona-

tions and through an annual auction held at their yearly convention. This year, the convention will be held April 27-29, 2023, in Nacogdoches.

Applicants must be from

the geographic area served by NETPA and have a declared major in journalism/communications/photo-journalism, but preference is given to print majors. Application deadline is

March 25, 2023.

Scholarships will be made payable to the registrar of the college/university upon proof of enrollment as a full-time student majoring in journalism.

Applications may be downloaded from the NETPA website at www.netpa.org.

For more information contact Jim Bardwell at 903-845-2235.

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In compliance with chapter 551 of the Texas Government Code, Parker County Emergency Services District No. 1 will hold a Public Hearing and Special Meeting on the Petition for Inclusion of a Defined Territory in Parker County, including all properties within the City of Sanctuary, and all other properties in East Parker County, East of Farm to Market 51, that are not currently within the full purpose boundary of a municipality or an emergency services district, per the petition filed with the District on January 13th, 2023. The public is invited to speak.

The Public Hearing and Special Meeting will be held on February 15, 2023 at 5:00 p.m. At Parker County Emergency Services District No. 1 Administration

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Power installation mix-up means continued rental costs for Reno

BY MADELYN EDWARDS
madelyn@azlenews.net

The city of Reno continues paying a significant amount of money per month for a generator at Well Site 1 despite efforts to install power at the site.

Well Site 1, located on Ladybird Lane, currently runs using a rented generator with a diesel tank that powers rental pumps, all of which costs about \$27,000 per month.

To alleviate the rental

equipment cost, the city is expected to receive new 20-horsepower pumps and variable speed controllers in February, and Tri-County Electric Cooperative was scheduled to install 480-volt, three-phase power at the site to replace the rented generator. Both the rental system and the final system at Well Site 1 are aimed at generating more water pressure and flow in the area.

However, Reno City Administrator Scott Passmore reported at the Jan.

9 Reno Planning and Zoning Commission meeting that the Tri-County subcontractor had brought the power lines to Well Site 7 instead, which also has a Ladybird Lane address.

P&Z Chairperson Brian Schrader said during the meeting that if Tri-County was responsible for the error then the electric co-op should also be responsible for the rented generator and diesel fuel bill.

Schrader also said city officials "should be monitoring

(their) subcontractors and (their) projects more closely."

"I do not understand how a mistake of this magnitude can be made," he said.

Tri-County Electric Co-op spokesperson Annie Watson told the Epigraph that the co-op followed all work order processes with the city of Reno during the project. Watson added that the co-op values its relationships with local governments and has been working with Reno city officials.

Getting power to the cor-

rect well site is expected to take 90-120 days, Reno Mayor Sam White said during a budget workshop earlier this month.

When asked why it would take so long, Passmore said Tri-County must get another 10-foot easement before the power is installed.

Well Site 1 originally used power from Tri-County, but it was single-phase power, Schrader said. Three-phase power was needed for efficiency purposes.

The city has been using the

rental pumps and generator at Well Site 1 since the summer as a temporary fix while the city was running low on water capacity and pressure. The rental equipment was only supposed to be needed for three to six months, Schrader said.

But having upgraded power at Well Site 1 has been discussed since February 2022, the P&Z chairperson said.

"Here it is 11 months later, and we still don't have the proper power at the proper location," Schrader said.

Take me back

Where is the place you would return over and over again, if you could?

I have been blessed to travel to some amazing places in my lifetime.

Faraway places like Aruba, Austria, Hawaii, Hungary, Norway, Romania, and Ukraine.

Awe-inspiring North American places like British Columbia, the Grand Canyon, Lake Tahoe, the Smoky Mountains, and Yellowstone.

I've covered Texas from east to west and north to south.

Some places I've been to more than once and some places I'd like to return if I



BE AMAZING

By Gerry Lewis

Azle resident Dr. Gerry Lewis guides explorers to discover their AMAZING. He is an author, musician, and speaker, and a coach-sultant for individuals, churches, and organizations. More at www.discoveryouramazing.com.

could.

Memories multiply as I think of the sights, sounds, smells, and tastes of those places.

But what I remember most is experiences and travel companions.

I spent a good portion of last week in meetings in San Antonio. I made sure to eat at two places that I've been visiting since February of

1980 when, as a senior at Monahans high School, I participated in the Texas All-State Choir.

Casa Rio has been serving up Mexican food on the river since 1946. My first visit in 1980 was with our MHS assistant choir director, James Coldewey, and a couple of elementary school music teachers whose names have left me. I had the Deluxe Mexican

Dinner that evening in 1980 and have had it again every time (except one) I have returned for the past 43 years. I've eaten better Mexican food in a lot of places, but I've never eaten Mexican food that means more to me.

On the last morning of my trip last week, I walked from my hotel to Schilo's German Deli, San Antonio's oldest restaurant (1917) for breakfast. Ken Mills, MHS choir director, took me there for breakfast on a February morning in 1980. Mr. Mills, through choir travel experiences, introduced this not-very-traveled and seldom-eating-in-restaurants boy to Chinese food and man-

icotti—things I was not likely to ever have with my family.

Mr. Mills influenced my life in significant ways—even leading me to get a degree in music with a special emphasis on choral conducting. I ate a potato pancake in his honor last Friday and thanked the Lord for him.

Memories.

Gratitude.

Thirty years ago, I wrote a song called "Take Me Back" that celebrated memories of listening to my Grandmother share God's word with me, camping with my dad, marrying my Sweetie, celebrating the birth of my kids, and giving my life to Jesus.

The refrain:

"Take me back to the places that now seem so near. Take me back to the places that I hold so dear. I can go to the place where my faith had it's start if You take me back, Lord Jesus, in my heart." (From the album "In the Family Way" © 1993 That'll Preach Ministries).

So, here's my question again: where would you return if you could?

What keeps you from returning in your memory?

Who made it special? How will you thank God today for that memory?

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Advertisement and Invitation for Bids

The City of Springtown will receive bids for Springtown CDBG – Avenue C Reconstruction until **10:00 AM on Friday, February 10th, 2023** at Springtown City Hall, 102 E 2nd St, Springtown, TX 76082. The bids will be publicly opened and read aloud at 10:05 AM on Friday, February 10th, 2023 at Springtown City Hall, 102 E 2nd St, Springtown, TX 76082. Bids are invited for several items and approximate quantities of work are as follows:

1. **820 LF of 6" PVC Water Main**
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Bid/Contract Documents, including Drawings and Technical Specifications are on file at the office of the engineer, Pacheco Koch, 4060 Bryant Irvin Rd, Fort Worth, TX 76109. Copies of the Bid/Contract Documents may be obtained free of charge by the prospective bidders at www.civcastusa.com under the following project name - "Springtown CDBG – Avenue C Reconstruction". Additionally, bid documents may be obtained free of charge from Pacheco Koch at 4060 Bryant Irvin Rd, Fort Worth, TX 76109.

A bid bond in the amount of 5 percent of the bid issued by an acceptable surety shall be submitted with each bid. A certified check or bank draft payable to the City of Springtown or negotiable U.S. Government Bonds (as par value) may be submitted in lieu of the Bid Bond.

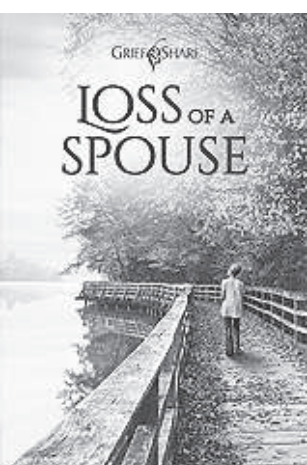
Attention is called to the fact that not less than, the federally determined prevailing (Davis-Bacon and Related Acts) wage rate, as issued by the Texas Department of Agriculture Office of Rural Affairs and contained in the contract documents, must be paid on this project. In addition, the successful bidder must ensure that employees and applicants for employment are not discriminated against because of race, color, religion, sex, sexual identity, gender identity, or national origin. The lobbying certification must be submitted with the bid packet to be considered complete and responsive. All contractors/subcontractors that are debarred, suspended or otherwise excluded from or ineligible for participation on federal assistance programs may not undertake any activity in part or in full under this project.

Deadline for questions is **10:00 AM on Monday, February 3rd, 2023**.

The City of Springtown reserves the right to reject any or all bids or to waive any informalities in the bidding. Bids may be held by the City of Springtown for a period not to exceed 60 days from the date of the bid opening for the purpose of reviewing the bids and investigating the bidder's qualifications prior to the contract award.

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Everyone fails, but failure does not necessarily equal a loss

This past Saturday I got up, went through my usual Saturday morning routine, and then went to the office to get some work completed. The day progressed swimmingly until I simply ran out of gas. It had been a long, trying week and I needed to clear my head. It seemed reasonable to call the workday short and retire to my house to relax for a spell. Fortunately, there was NFL playoff football on TV and the game I focused on was quite an experience.

The Jacksonville Jaguars were pitted against the Los Angeles Chargers. The Jags were led by Trevor Lawrence, an outstanding young quarterback who had been in the No. 1 selection in the NFL draft after winning a national championship in college. His season had been somewhat inconsistent as the Jags had lost five in a row at one point, but they had turned things around and were now amid a five-game winning streak and making their first playoff appearance in some years.

The first half of the game



FROM MY FRONT PORCH

By Sam Houston

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

could not have gone worse for the Jags and Trevor. The young quarterback managed to throw three interceptions in the first quarter alone; a record for failure that no NFL quarterback had ever managed to obtain. At one point the Jags were down 27-0 and I am pretty sure, most people turned the channel to a different show or simply went to bed. The fans and the sports media analysts were filling the airways with criticism. They were expounding what everyone in the world who had been watching the game already knew — that the first half was a total failure and the blame largely lay at Trevor Lawrence's feet.

The second half was a different story. Lawrence completed 15 of 17 passes and threw three touchdown passes. The Jaguars came

all the way back and won the game on a last-second field goal, 31-30. It was one of the biggest and best comebacks in NFL history and certainly a dramatic and entertaining game to watch.

How did Trevor Lawrence do it? How did he work through the agony of four first half interceptions, and then have the fortitude to come out in the second half and not only play better, but play remarkably well and lead his team to victory? Why did he not give up, hang his head in despair and tell himself it simply was not his day? What motivated him and gave him the courage to keep moving forward even when the odds were so far against him?

There are hundreds of examples of great comebacks in history. Abraham Lincoln suffered a tremendous defeat in

losing the 1858 Illinois Senate election to Stephen Douglas but rallied from the loss to become his party's candidate for the nation's highest office. He was elected in 1860 and became one of our greatest presidents.

Richard Nixon lost the 1960 presidential election, and then lost the California Senate election in 1962. The world considered former vice-president Nixon to be a political "has been," but just a few short years later he came back from political obscurity to win the presidency in the election of 1968.

In the weeks and months following the devastating defeat at Pearl Harbor there was genuine concern the Japanese might invade the mainland of the United States. With a damaged and depleted U.S. Navy, fear was rampant. Just a mere six months after Dec. 7, the U.S. military unleashed a devastating defeat upon the Imperial Japanese Navy at the Battle of Midway. The Japanese lost more than 3,000 men, four aircraft carriers and 300 aircraft. The

United States suffered the loss of 360 men and 145 aircraft during what some describe as the greatest U.S. naval victory in history. The battle changed the tide of the war in the Pacific.

Seems like all these examples involve strong-willed people who had inherent confidence in their abilities. Lincoln and Nixon knew they would not win every single vote, and Trevor Lawrence knew he would not win every single play. The U.S. military forces understood there would be regrettable but expected losses. All of these examples played the "long game" and knew if they did their best, prepared and worked hard, eventually the table would turn in their favor.

Temporary defeats are to be expected. There is no one who has ever operated a business, been in love, or raised a child, who has not had setbacks. I have never met a cowboy who can say he has never been thrown from a horse. The question is not if the setbacks will come, but

how a person deals with and works through the setbacks that matters. It is confidence in one's own skills and talents. It is maintaining faith that the hard work and dedication will eventually pay off. It is having the courage and grit to compete no matter the obstacles or odds. These are the characteristics that allow people to come through the darkest passages of life and bask in the sunshine of another day.

As this next week unfolds, there will be little setbacks in your life. It might be as small as the new puppy having an accident on the living room rug, to losing a major client at work and wondering if you can keep the doors open. Keep your focus, stay in the course, be cool when others are losing their head, do what you do best, and eventually, success will be yours.

Thought for the day: Success is not final; failure is not fatal. It is the courage to continue that counts.

Until next time I will keep ridin' the storm out.

MURDER

FROM PAGE A1

ally reside on the property.

Upon finding Nunley, Reno police officers detained him but released him at the scene of the crime. Stringer said officers didn't feel comfortable charging Nunley right away because of the number of

people, mostly family members, who were present at the scene.

"Everybody at the scene becomes a suspect because we don't know the story," Stringer said.

According to the news release, Reno investigators interviewed family members and neighbors as well as Nunley during the course of

the investigation.

Reno police also connected Nunley to other crimes that allegedly occurred in unincorporated Tarrant County, according to the news release. That part of the case was turned over to the Tarrant County Sheriff's Office, and in August, Nunley was arrested and charged with three counts of aggravated sexual

assault of a child.

Stringer wouldn't comment on the sexual assault case, but he did say the sexual assault case and homicide case are related.

During the investigation, Nunley eventually confessed to the killing, Stringer said.

"We went out to see him, I think, three times while he was in custody at Tarrant

County," he said. "You get a little bit of truth with a whole lot of not truth. And then as you move forward, you kind of put the truth together to confront them, and then they give you what actually happened. It's a process, especially with a homicide."

Because of the connected sexual assault charges, the deputy chief declined to pro-

vide details on Nunley's motivation for the slaying.

Nunley is in custody at the Lon Evans Corrections Center in Fort Worth and his total bond amount is \$400,000. Though he is currently in Tarrant County, Stringer said Nunley is expected to be tried for murder in Parker County.

Nunley declined to be interviewed for this story.

Spotlight on

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History of the Texas Aggies and agriculture in the Tri-County area

"It don't cost nuthin' to be nice. It don't cost nuthin' to do the right thing most of the time and it costs a lot to lose your good name by breakin' your word to someone." — Coach Paul "Bear" Bryant

Coach Bryant was the well-known head football coach for the University of Alabama from 1958 to 1982. Immediately prior to his returning to Alabama where he played football in the 1930s, Bryant served as head coach at the Agricultural and Mechanical College of Texas (later known as Texas A&M University) from 1954 to 1957. He was the architect of the now famous 10-day Junction, Texas, training camp in early September of 1954.

Nearly 100 prospective Aggie football players traveled to Junction with coach Bryant. Thirty-eight camp survivors returned 10 days later as the 1954 team. Survival of Bryant's Junction Camp paid dividends for the players, not only serving as the building blocks for a strong football

team in coming years, but also for the rest of their lives. The successful, after A&M careers of the "survivors" included football coaches (two NFL coaches and several collegiate coaches), one NFL player, educators, petroleum engineers, a financial analyst, military service people, architects, a banker, an agricultural extension agent, politicians, a veterinarian, farmers and ranchers, and a mechanical engineer.

The conclusion drawn here would be that surviving adverse conditions contributes to the making of tough, never-quit, get'er done successful individuals. Not unlike the "Greatest Generation" being the results of the Great Depression survivors. To get what Paul Harvey might have called "the rest of the story" you may want to Google: Story told by Paul "Bear" Bryant at a Touchdown Club meeting. It's a good read and will be well worth your time.

"If you believe in yourself and have dedication and pride — and never quit — you'll be a winner. The price



AG 101
By Jack DeShazo

Jack DeShazo has decades of experience in the agriculture field.

of victory is high, but so are the rewards." — Paul "Bear" Bryant.

Ok, now that I have momentarily gotten a little Texas Aggie football/"Bear" Bryant history out of my system we'll move on to some local history. However, let's first look at a few facts before we go any farther. Fact No. 1, history is important. It tells us where we have been and helps us to plot out where we are going, hopefully keeping us from making the same mistakes that were made before.

No. 2, history gives us a sense of being a part of something greater than us. No. 3, some people are bored by history and some thrive on it. If you haven't figured it out by

now, I am a history thriver.

No. 4, this is an agricultural column and the history of agriculture in an area cannot be discussed without also reviewing the history of that area.

And finally, Azle and Springtown were small towns with many small communities scattered throughout. Agriculture was the lifeblood of these towns and communities. A high percentage of the residents were involved in agriculture and dependent on it for their income. Now you may be wondering what got me started on the history subject. Well, I'm a little bit like the single rock that starts an avalanche. It usually doesn't take much more than a single word or story and

then here we go, it's "Katie, bar the door."

I will share the blame with another individual, but not divulge her name to protect the innocent. About a month ago I was enjoying a good burger at an establishment on Azle's Main Street when I spied a fellow Hornet. After the normal hellos, our conversation led to the changes that Azle, Springtown and the rest of our Tri-County area were experiencing.

She commented that all of the dairies that used to be in the Silver Creek area were gone — sad but true. In the 1950s and 60s, Parker County was home to more than 250 dairies, with many of those being in our corner of the county.

Of course, the milk production business did not stop at the county line, it spilled over into Tarrant and Wise counties also. It was rare to go past an intersection of a country road and there not be at least one dairy present and many more in between. And

of course, it was also not rare to meet milk trucks on the road hauling milk from the dairies to the in-town creameries for processing.

Dairies were prominent, but not the only agricultural enterprises in our area. We were fairly well agriculturally diversified with many other livestock and plant crop undertakings. Now, there are probably many folks who are new to the area wondering why am I talking about these things. They are in the past.

Yes, that would be a correct statement, to a certain extent, but just like knowing something about your family's history, it is also important to know about your community's past. After all, that is what has gotten us where we are today. At this point I am just about out of space and time, so the next time that we visit we'll touch more on the history of our North Central Texas area and how it is intertwined with agriculture.

'Til then.

LAWSUIT

FROM PAGE A1

Vogle filed a lawsuit against Mayor Sam White to order him to call for the election for disincorporation. The lawsuit claims that the reasons the city gave for invalidating signatures — which made the valid signatures drop below 400 — are illegitimate. The motion for summary judgment states that these reasons included:

- Residents moved from the city after signing the petition.
- The same person signed for all household members.
- Some signatures were illegible.
- Dates of birth on the petition weren't the same as the voter roll.
- Questionable signature did not match initials.

Plaintiffs Hunter and Vogle said they are confident that they provided enough evidence to validate the petition

signatures. The evidence they provided includes statements from petitioners backing up their signatures and information on petitions under Texas Election Code Chapter 277 from the Texas Secretary of State's website.

In October, Reno City Council approved hiring a municipal law firm to represent the city in the legal case against White.

In response to the plaintiffs' lawsuit, White filed an answer in court to deny the

allegations.

White's answer also states that plaintiffs did not comply with the city's ordinance that requires complaints to be addressed and refused by the city council before filing a lawsuit. The ordinance states, "No suit of any nature whatsoever shall be instituted or maintained against the city unless the plaintiff therein shall aver and prove that previous to the filing of the original petition the plaintiff applied to the city

council for redress, satisfaction, compensation, or relief, as the case may be, and that the same was by vote of the city council refused."

The plaintiffs responded to this claim in an amended document by saying that they did comply with the city's ordinance because the petition to disincorporate was considered and rejected by the city council. The plaintiffs also claimed that they didn't have to follow this city ordinance because they sued the mayor,

not the city.

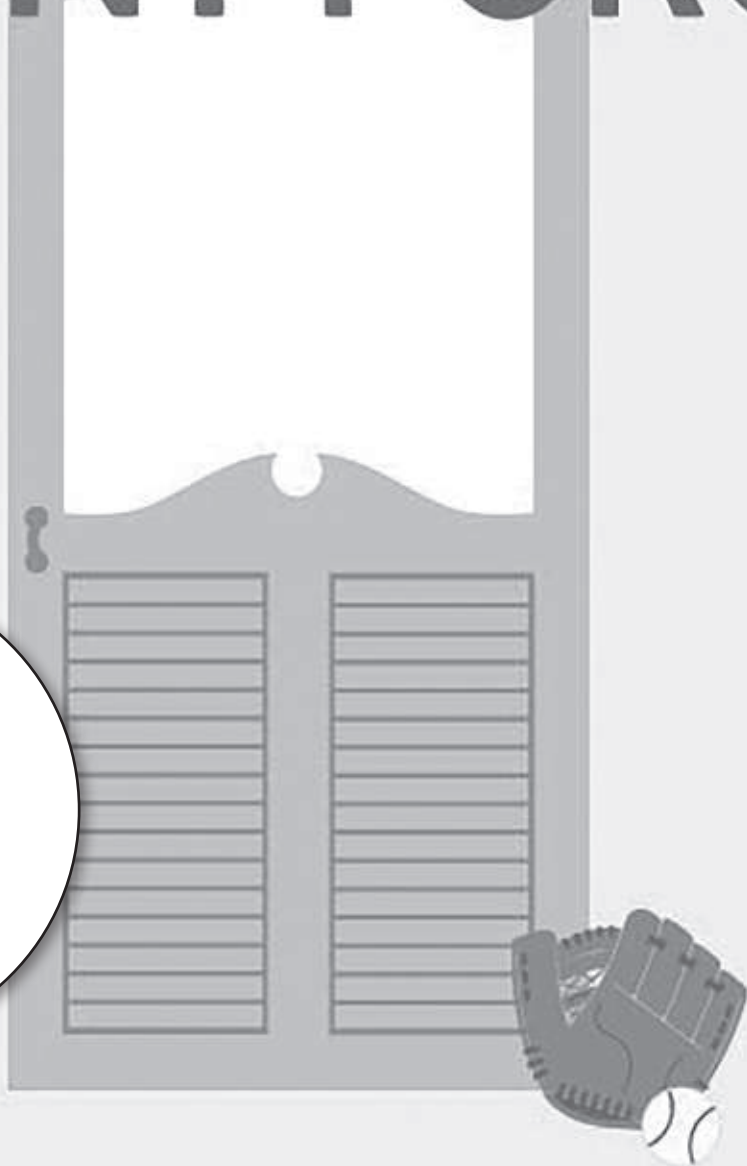
Hunter said he is happy to have the hearing coming up but is also disappointed that the issue had to escalate to this point.

"It's just disappointing that we have to go through this because Sam (White) is doing everything that he can to suppress the citizens' right to vote on this," he said.

It is unclear how much time the judge will take after the hearing to make a decision on this case.

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SISD celebrates School Board Recognition Month

FROM STAFF REPORTS

January is School Board Recognition Month, and Springtown ISD is celebrating its trustees for their dedication and commitment to the district and its students. According to a SISD news release, the theme of this year's School Board Recognition Month is "Forward, Together," which highlights the collaboration among school leadership, teachers, and parents on behalf of students. "Recognizing the efforts of our volunteer school board is so important because of all the hard work

trustees put in to making our district a success," SISD Superintendent Shane Strickland said in the news release. Dan Troxell, executive director of the Texas Association of School Boards, applauded the efforts of trustees in providing leadership and good governance so that school districts can focus on educating the 5.4 million public school students in their care. "Texas school boards are critical to the success of students and the future of Texas," Troxell said in the news release. "Boards lead

their districts in the right direction, providing oversight, setting goals, overseeing the budget, and selecting and evaluating the superintendent. These volunteers serve for the betterment of their local schools and communities." Board members serving SISD are:
 · Board President Rick Beall
 · Vice President Chris Gilley
 · Jay Grubis, Secretary
 · Tootie Hall
 · Damon Liles
 · Gary Veazey
 · Mark Bryant
 Learn more about school board service at tasb.org.



PHOTO COURTESY SPRINGTOWN ISD WEBSITE

Springtown ISD is honoring the school board for School Board Recognition Month. From left is former Superintendent Mike Kelley, board member Gary Veazey, Vice President Chris Gilley, board member Tootie Hall, President Rick Beall, board member Damon Liles, board member Mark Bryant and Secretary Jay Grubis.



Blue Collar Tour comes to SHS

COURTESY PHOTO | SPRINGTOWN FFA FACEBOOK PAGE

Wyoming's Western Welding Academy made a stop at Springtown High School on Jan. 19 for its annual Blue Collar Tour. The tour is visiting high schools and trade schools across the country to provide welding demonstrations, prize giveaways and information about the benefits of trades.

JIM STEVENS PHOTOGRAPHY

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Springtown soccer boys beat Alvarado; district contests loom

JEFF PRINCE

jeff@azlenews.net

Aledo is always tough, and Springtown's soccer boys knew they were in for a fight on Jan. 17.

Despite a homefield advantage, the Porcupines fell to the Bearcats 4-0 in that non-district game.

The Porcupines are a resilient, good-natured bunch who give 100% at every contest. Three days later, on Jan. 20, Springtown rebounded from the Aledo loss to face Alvarado at home.

This time, Springtown gave its hometown crowd more to cheer about.

Final score: Springtown 2, Alvarado 1.

The victory put Springtown's record at 3-10.

Next up, Springtown plays at 7 p.m. Friday at Hirschi. District competition begins Feb. 3 on the road at Bridgeport.



JEFF PRINCE | AZLE NEWS
Rolando Salas looks on with disappointment after Aledo scores a goal.



JEFF PRINCE | SPRINGTOWN EPIGRAPH
Samantha Orozco is one of four freshmen on the varsity soccer team.

Springtown freshman provides youthful enthusiasm to soccer team

JEFF PRINCE

jeff@azlenews.net

The Springtown soccer girls lost by one point to Graham on Jan. 18, dropping their preseason record to 2-5 but providing valuable experience that should come in handy.

District competition begins in February, and the Lady Porcupines plan to be battle tested and ready.

Older players such as Aubrey Mueller and Jocelyn Diaz provide many of the wow moments on the soccer field. Still, they'd go nowhere without the younger players, including the team's four freshmen.

One of them is Samantha Orozco, who was surprised to make varsity as a fresh-

man. She wasn't sure she was ready after just one year in youth league, but she knew she wanted to try.

"I don't really believe in myself because I just started playing last year, but I fell in love with it," she said. "Softball was my first sport, but that love was just not there for me. My brother told me, 'You should try soccer because you're fast.' One practice in, I really liked it. I like running. I don't like just standing still."

Fort Worth was her native home, but she moved with her family to Springtown in third grade. Now, she loves the town, loves being on the team, and she is logging plentiful playing time.

"I'm still learning because I don't really know much,"

she said. "I like playing at night with the lights all shining on you. I like how (teammates) play and how they talk. I like everything."

Preseason games against non-district opponents provide girls such as Orozco with much-needed experience for what lies ahead. During a recent game against Life Oak Cliff, the Lady Porcupines played against a 30-mph wind in the first half and fell behind but managed to keep the score tight at 1-0.

As the second half began, the two teams switched directions, and Springtown enjoyed the advantage of having the wind at its back. For the next half hour, the Lady

PLEASE SEE SOCCER | B3

Softball tryouts draw Springtown girls

JEFF PRINCE

jeff@azlenews.net

Softball tryouts were about to begin, and Skylar Jones was making last-minute preparations.

Emblazoned on her T-shirt was "Wild and Free," a message Jones interprets as "be yourself," she said.

The Springtown junior is student manager for the Lady Porcupines, and her responsibilities include helping head coach Scott Mann record statistics, videotaping practices, fetching softballs, and whatever else is needed.

Jones began managing the softball team as an uncertain sophomore but has blossomed into a self-assured junior.

"Now, it's much easier," she said. "I didn't get it at first,



JEFF PRINCE | SPRINGTOWN EPIGRAPH

PLEASE SEE SOFTBALL | B3 Skylar Jones begins her second season as student manager.



JEFF PRINCE | SPRINGTOWN EPIGRAPH

Chelsea Cobb catches a ball at third base during tryouts.



JEFF PRINCE | SPRINGTOWN EPIGRAPH
Haeden Ollis earns fourth place at the Red River Classic Invitational.

Springtown boys win wrestling championship at Red River meet

JEFF PRINCE
jeff@azlenews.net

Springtown boys and girls traveled to the Red River Classic Invitational on Jan. 20-21 in Vernon and “showed great improvement” and “got better every match,” said head coach Sawyer Cooper.

The boys earned a team championship with 326 points. “It was a great weekend, and we are very proud of these great kids,” Cooper said. For the boys, Dallin Fabrizius, Joseph Newman and Christian Nolan earned first place awards. Hunter

Binz and Jeremiah Duvall won second place. Finishing in third place were Devin Bell, Grant Butler, Daniel Garcia Diaz, Josue Martinez, Cameron Mashburn and James Snyder. Haeden Ollis won fourth place, and Colton Halstead took seventh.

Cooper named Nolan and Fabrizius as the Punishers of the Meet for winning every match. For the girls, Evelyn Brown earned first place, Hayleigh Jenkins and Aubrey Mueller took third, Brilyn Fowler won fifth, and Lilly Duvall nabbed sixth.

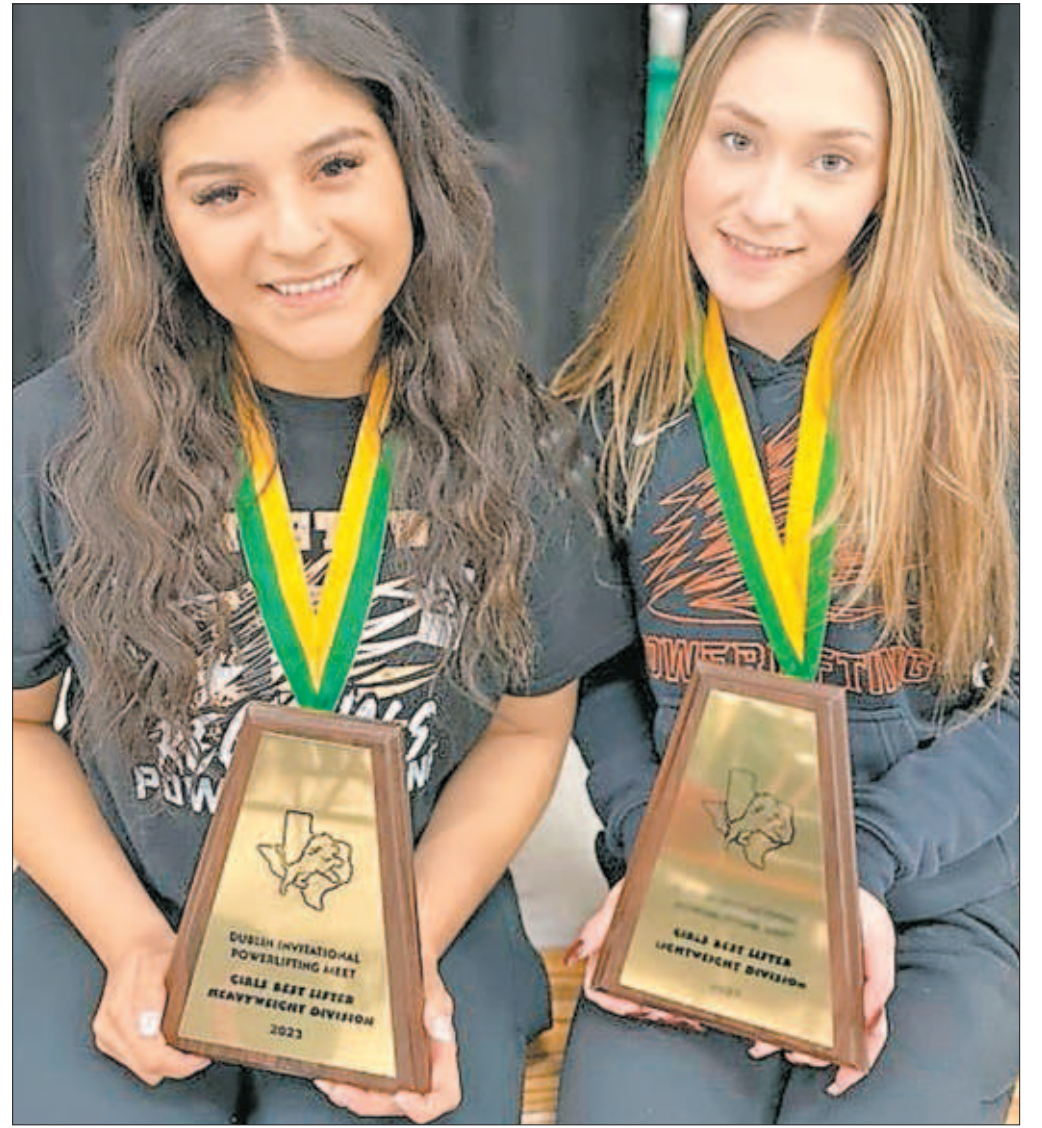
Springtown powerlifting girls throw weight around at Dublin

JEFF PRINCE
jeff@azlenews.net

Springtown’s varsity powerlifting team won first place at the Dublin Invitational. On Jan. 21, the Porcupines’ varsity and JV teams headed to Dublin to compete with other high schools, and 19 of 22 Springtown lifters medaled. Varsity lifters won big, tallying 62 points. Second-place Comanche finished far behind in points with 32. JV finished in fifth place with 19 points. Of the 19 medals earned, six were for first places, four were second places and three were third places. Angela Chavez set a new school record with a 500-pound squat. Brianna Graham was named best lifter in the light

division with an 840-pound total. Anaie Rodriguez was awarded best lifter in the heavy division with a 965-pound total. **INDIVIDUAL RESULTS: VARSITY**
105 - pound class - Sarah Self, second place, 515 total pounds
114 - Brianna Graham, first place, 840 total
132 - Macy Chavez, first place, 800 total
132 - Skyler Tyree, second place, 750 total
132 - Jessica Montgomery, third place, 745 total
148 - Kylie Wear, first place, 875 total
148 - Abigail Stoner, second place, 750 total
165 - Anaie Rodriguez, first place, 965 total
198 - Abigail Rodgers, first

place, 950 total
198 - A’shianya Elam, fourth place, 835 total
259 - Angela Chavez, first place, 1,160 total
INDIVIDUAL RESULTS: JV
105 - Evelyn Hernandez, sixth place, 410 total
114 - Zoey Adams, second place, 560 total
114 - Callee Gaston, fourth place, 520 total
123 - Emily Plumlee, fourth place, 585 total
132 - Kimberly Munoz, ninth place, 505 total
132 - Faith Styles, 10th place, 505 total
148 - Hayley Knight, third place, 705 total
148 - Melissa Chavez 4rh 690 total
165 - Lyndsy Shotwell 4rh 620 total
220 - Isabella Medina 5th 645 total



From left, Anaie Rodriguez and Brianna Graham earned additional awards as best lifters. COURTESY PHOTO



JEFF PRINCE | SPRINGTOWN EPIGRAPH
Hudson Hulett and the Springtown Porcupines are fighting for a playoff spot on the basketball court.

Springtown basketball boys back to winning ways

JEFF PRINCE
jeff@azlenews.net

The Springtown Porcupines won two games in a row against district rivals recently. A victory this Friday against Decatur could give them added leverage in the hunt for a playoff spot. On Jan. 20, Springtown was losing by double digits heading into the fourth

quarter against Castleberry. The boys, led by tough senior Aaron Tidwell and burly junior Kelby Castro, kept battling and overtook the Lions before the final buzzer. Final score: Springtown 40, Castleberry 37. The victory put the Pines at 6-17 overall and 2-1 in district competition. Three days earlier, the Porcupines traveled to Bridgeport and won 59-38.

The wins mark quite a turnaround for a Springtown team that was blown out of its district opener by Krum 63-39 on Jan. 13. Another district contest awaits. Springtown plays at 7:30 p.m. Friday at home against Decatur. Springtown and Decatur are tied for second place currently, and the winner of Friday’s game will move ahead in the standings.

Lady Pines victorious against Castleberry Lions

JEFF PRINCE
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The Lady Porcupines shook off their Jan. 17 lopsided loss to Bridgeport and roared back into the gym on Jan. 20 to face Castleberry. The Lady Lions didn’t stand a chance.

Springtown overcame a first quarter deficit to take the lead in the second quarter and never let go. Final score: Springtown 57, Castleberry 44. Springtown plays at 6:15 p.m. Friday at home against Decatur in another district dust-up. The contest offers

the Lady Pines an opportunity to move up in the standings. Springtown is a game behind Decatur currently, and a victory could push them into a tie for second place. Springtown is fighting for a playoff spot with four games remaining in the regular season.



JEFF PRINCE | SPRINGTOWN EPIGRAPH
Haylee Sanborn and the Springtown Lady Porcupines keep dribbling and fighting for victories.



Ava Fernandez displays her throwing abilities.

JEFF PRINCE | SPRINGTOWN EPIGRAPH

SOFTBALL

FROM PAGE B1

but now I get it.”

Keeping statistics is one of the most difficult parts of her job. Jones records pitches, hits, outs, and so on.

“She has done a really good job for us,” Mann said. “She is a really good manager.”

On Jan. 13, Mann and his manager tracked the progress of 20 girls who attended tryouts at the Pojo softball field. About a half-dozen other girls were out of town playing basketball but would try out the following day.

January tryouts are a tradition. The event is held in freezing weather sometimes, but on Jan. 13, the afternoon was sunny and mild. The girls chatted excitedly and laughed while tossing balls back and forth.

“We lost a couple of players last year, but it’s a good group here,” the coach said. “They have been working hard in the offseason and have gotten stronger, and we’ve gotten a little bit

faster.”

Last year’s team was young with just two seniors, Summer Conway and Promise Crews. That team won 19 games and went three rounds deep into the playoffs.

This season’s roster includes seasoned veterans such as pitcher Noelle Fernandez, a senior. During tryouts, Fernandez stood on the sidelines watching. An elbow injury required rehabilitation, and she wouldn’t be recovered for another couple of weeks.

“I’m just healing back up, and so I can’t throw 100%,” she said.

When Fernandez is full steam, she is golden on the mound. The Lady Porcupines will rely on her elbow to blaze the bean across the plate.

“I’ll be healed and ready by our first scrimmage on the 28th, so I’m just waiting it out,” she said.

She liked what she saw at tryouts and harbors high hopes for the season.

“We have a lot of returners, so I’m feeling pretty confident about what we have,” she said. “Then, with the new girls, we can build and es-

tablish more of the team we want.”

Her goals for her final year at Springtown High are to graduate and head to college. She has committed to Hawaii Pacific University to play softball on scholarship.

“It’s my dream school,” she said. “It’s really cool.”

First, though, she’ll try to push the Porcupines back to the playoffs.

Tryouts determine who makes varsity and who plays junior varsity. Mann scores the girls as they run, hit, field and throw, and he tests their understanding of the rules.

“Knowledge of the game is a big one,” he said.

Nobody was in danger of being cut. Every girl who tried out will land on varsity or JV.

After warm-ups, the girls circled around Mann to begin the process.

Mann told them what to expect and asked everyone to put their hands together in unison.

A girl hollered out, “Everybody be encouraging!”

Then, the girls clapped their hands and ran onto the field to begin another season of Porcupine softball.



Kyra Reeves vies for a varsity spot.

JEFF PRINCE | SPRINGTOWN EPIGRAPH

SOCCER

FROM PAGE B1

Pines attacked Life Oak Cliff’s net again and again, but their shots sailed high or wide, or they hit the bar and bounced away, or the goalie scooped them up.

The wind behind their backs turned out to be their enemy. Every shot that went wide or high would roll forever as the wind pushed it far from the field. Life Oak Cliff players, nursing a 1-point lead, took their sweet time fetching balls to resume play, allowing valuable seconds to tick away.

“Go ball! Go ball!” said Life Oak’s coach after another Springtown shot went wide and rolled 50 yards away from the field.

Despite Springtown’s best efforts, Life Oak Cliff managed to score another goal just before the game ended to win 2-0.

Springtown travels to Wichita Falls to play at 4:15 p.m. Friday at Hirschi.

JEFF PRINCE | SPRINGTOWN EPIGRAPH

From right, Samantha Orozco and Areli Araujo shakes hands with opponents after a game.





PHOTO COURTESY JO H PHOTOGRAPHY

Delaney Harris won third place in walk-up goat tying and seventh in ride-up goats.

Springtown qualifies two riders for Stock Show rodeo

JEFF PRINCE
jeff@azlenews.net

Two members of the Springtown rodeo team participated at the Fort Worth

Stock Show and Rodeo Invitational that awards scholarships.

The Stock Show rodeo invitational, held Jan. 22, included the top 10 com-

petitors in each event and provides scholarships to the winners.

Delaney Harris qualified to participate in two goat events, winning third place

in walk-up goats and seventh in ride-up goats.

Bull rider Colton Phillips straddled a beast but did not cover.

Currently, Springtown is

in ninth place in the North Texas area out of 75 teams that participate in the association.

The Springtown rodeo team will compete Jan. 27-

29 at the North Texas High School Rodeo Association Arena in Saginaw.

Kid Scoop.com

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WAKE UP, PUNXSUTAWNEY PHIL!

Groundhogs hibernate all winter long in burrows they dig.

On February 2, weather forecasters all over the United States look to the town of Punxsutawney, Pennsylvania for a little advice. Legend says that the groundhog named Punxsutawney Phil can foretell the weather!

On February 2, the town of Punxsutawney begins the big Groundhog Day celebration before sunrise.

As the sun rises, I get ready to emerge from my stump. All eyes are on me!

...but if the sun isn't shining, then there are no shadows to be seen. I stay out looking for food, and spring will arrive very soon!

Once my prediction has been made, the crowd cheers for me. Then I go back to sleep until spring!

Oh oh! Phil's snoring shook this story out of order. Number the panels from 1-5 in the correct order.

The legend says that if the sun is out, I see my shadow, get scared, and hide back in my burrow, and spring will not arrive for another six weeks...

Shadow Search
Find the shadow that matches Phil exactly.

Why do shadows change size?
Robert Louis Stevenson said a shadow is like a rubber ball because it grows and shrinks throughout a day. Try this experiment to find out why shadows change size.

Stuff you'll need: cup, pencil, flashlight, paper

Hold the flashlight almost directly above the cup. Draw the shadow you see.

Hold the flashlight near the bottom of the cup. Draw the shadow you see.

Think About It: What time of day would Punxsutawney Phil have his long shadow?
 Early Morning Noon

Standards Link: Reading Comprehension: Follow multiple-step directions.

Kid Scoop Puzzler

Spell a message to Punxsutawney Phil by solving these math problems. Use the number code to see what letter belongs under each answer.

1,190 + 530	169 + 362	2,222 + 1,211	521 + 213
○	○	○	○
1,697 + 234	2,763 + 1,226	Number Code	
○	○	531 = A 3,989 = P 734 = E 1,931 = U 3,433 = K 1,720 = W	

Standards Link: Math/Number Sense: Find the sum of whole numbers to 10,000.

Double Double Word Search

GROUNDHOG Find the words in the puzzle. How many of them can you find on this page?

WEATHER	L I H P F X S K G G
SHADOWS	E K A W O W P N R C
BURROW	C S I U O L I O N H
BROWN	R X I D D R U M W A
LOUIS	U C A X P N R G O M
CHAMBER	O H B S D Y X U R B
SPRING	S R E H T A E W B E
SOURCE	Y S O W E E K S X R
FOOD	F G Y R A U R B E F
WEEKS	
PHIL	
FEBRUARY	
SIX	
WAKE	

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Weather Adjectives

Look through the newspaper and choose five adjectives that describe weather. Then look through the newspaper for a picture or cartoon to illustrate each of these adjectives.

Standards Link: Grammar: Identify and use adjectives in writing.

Write On!

When is it spring?

How do you know when winter is over and spring has begun? Write a paragraph explaining how you know.

Standards Link: Physical Science: Objects can be described in terms of their physical properties (shape).

SMART FUN AT HOME

One important thing to understand when you read is **cause and effect**.



For example, in the legend of Groundhog Day, when the groundhog sees his shadow, he goes back in his burrow. In this case, the **effect** is that the groundhog goes back in his burrow. That is what happens. What **causes** him to go back in his burrow? Getting frightened by his shadow.

Try It!

- With a parent or learning buddy at home, select an article from today's newspaper. Read the headline. Discuss what you think caused the news reported in the headline.
- The headline usually tells what happened. This is called an **effect**. Read aloud to your learning buddy the first paragraph of the article. Does this tell you the **cause**? Read the rest of the article aloud. After each paragraph, stop and discuss what you have learned about what caused the news reported in the headline.

Complete the following:

HEADLINE (effect):

CAUSE(s):

NAME:

NAME OF LEARNING BUDDY:

Standards Link: Reading Comprehension: Distinguish between cause and effect in text.

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ACROSS
1 TXism: "would ___ maggot" (icky)
5 this Riley was a LB for the Houston Oilers (1981-86)
6 dye for hair coloring
7 loaf around
8 TXism: "give ___ rest" (shut up)
9 assn. for Texas MDs
12 slinging insects
17 just the tea, please (2 wds.)
19 TXism: "busy ___ -armed paper hanger"
21 in San Patricio County on U.S. 181
22 north-westernmost county in Texas
23 TXism: "takes a big ___ rope him" (large man)
28 saddle ___ (chafed)
29 "I don't want to hear a ___ out of you"
30 TXism: "___ marm" (teacher)
31 city in Nebraska and Texas
35 "it's just the ___ the iceberg"
36 TXism: "he ___ own two feet" (independent)
42 Hereford: "The Town With ___ ache"
44 venomous "Texas Snake"
46 in Sam Houston State Park: "Long-leaf ___"

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HEALTH, MIND AND BODY 2023

A Special Section of the Azle News | Springtown Epigraph • WEDNESDAY, January 25, 2023

Fun ways for seniors to stay active

Physical activity is an important component of overall health. Health experts advise that exercise can increase lean body mass, prevent conditions like diabetes and cardiovascular disease, improve balance, and positively affect mental health/cognition. Exercise also can foster socialization with others, helping people overcome boredom and isolation.

As individuals get older, they may not be able to participate in all of the activities they enjoyed as youths, but that doesn't mean older adults must resign themselves to sedentary lifestyles. There are plenty of entertaining ways to remain physically active that can accommodate any limitations a person may have. Explore these methods for staying active.

EXPLORE SENIOR CENTER OFFERINGS

Community senior centers often fill calendars with a vast array of activities, some of which can include physical activities. Hikes, walking tours, dances, and other activities all serve as entertaining ways to get out and about while meeting some fitness goals.

GARDEN OR DO YARD WORK

The Office of Disease Prevention and Health Promotions says adults should get 150 minutes of moderate exercise per week. Raking leaves, mowing the lawn, digging in flower beds, trimming bushes, and other outdoor tasks could help a person meet this quota in a

way that doesn't seem like exercise at all.

PLAY GAMES WITH GRANDCHILDREN

Little kids may inspire older adults to be more active, as it can be difficult to keep up with those youngsters. Take infants or toddlers for walks or push them in strollers. Attach a child seat or towing carriage to a bicycle and ride around the neighborhood. Play games that require movement, such as hide-and-seek or Marco Polo in the pool. If it's snowing, have a snowball fight or make a snowman in the yard.

TAKE UP A NEW HOBBY

Find hobbies that incorporate physical activity. Perhaps learning to salsa dance or taking Zumba^a will be fun? Pickleball has caught on across the nation. The sport is a mix of tennis, racquetball and badminton that caters to all ages. Joining a bowling team is another way to get active and meet new people.

Physical activity is important at any age. Seniors can explore fun ways to stay in shape and be active to reap all the benefits of exercise.



A bicyclist enjoys the outdoors along one of TRWD's many trails.

PHOTO COURTESY TRWD



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How to protect nature when enjoying the great outdoors



Eagle Mountain Park, situated along the northeastern shore of Eagle Mountain Lake.

PHOTOS COURTESY TRWD

Few getaways can reinvigorate the mind and body like a day spent in the great outdoors. The rewards of a day spent outside aren't just figments of the imagination. The online medical resource WebMD notes that exposure to the great outdoors can improve sleep cycles, boost self-esteem, reduce anxiety, help people focus, and bolster the immune system, among other benefits.



FILE PHOTO

Kids helping clean the lake in the annual TRWD Trash Bash around Eagle Mountain Lake.

The relationship between people and nature is not a one-way street. Just as nature takes care of people, people must do their part to protect nature. Whether nature lovers are hiking, relaxing at the beach or engaging in another outdoor activity, the following tips can help people protect the serene settings and landscapes they love so much.

- Leave nothing behind. Anti-littering campaigns have been prevalent for decades. Despite that, litter remains a significant problem. A 2020 study from Keep America Beautiful, a non-profit dedicated to preventing litter, found that there are nearly 50 billion pieces of litter along roadways and waterways across the United States. Each piece of litter that finds its way into nature can be prevented. When spending time in nature, individuals can commit to bringing out whatever they

bring in. Leaving nothing behind reduces the issues associated with litter, including the negative effects it has on wildlife and marine life, and helps to maintain the idyllic look of natural settings like forests and beaches.

- Reduce reliance on plastics and recycle the plastics you do use. Plastics adversely affect the health of the planet in various ways. But a staggering percentage of the plastics humans use are never recycled. A 2108 study published in the journal Science Advances found that, of the 8.3 billion metric tons of plastics that have been produced since 1950, only around 9 percent has been recycled. Plastics take roughly 400 years to degrade, so much of the plastics that have not been recycled are ending up in the world's oceans. In fact, projections from environmentalists suggest that oceans will contain more plastics

than fish by the middle of this century. By reducing reliance on plastics and recycling the plastics they do use, nature lovers can do their part to combat this significant threat and protect the natural settings they enjoy so much.

- Plant trees. Planting trees could help combat the issue of rising carbon dioxide (CO2) in the atmosphere. According to Greenpop, an organization devoted to urban greening and forest restoration projects, trees absorb CO2, removing it from the air and storing it as they release oxygen. A day outdoors planting trees is a fun activity for people of all ages, and it's also a highly effective way to help the planet.

The great outdoors is a respite for millions of people across the globe. Taking steps to protect nature is a great way to ensure it's accessible and there to enjoy for generations to come.

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How to plan for post-retirement medical expenses

STATEPOINT

When individuals retire, they not only walk away from work, but also relinquish their steady paychecks. For many, retirement can be a potentially risky financial endeavor. Saving for retirement is a great way to mitigate such risk, but unforeseen expenses, such as medical bills, can quickly derail a retirement plan.

Many people have a greater need for medical care as they get older. The Fidelity Investments Retiree Health Care Cost Estimate indicates health care can be one of the biggest expenses a person will take on in retirement. The average 65-year-old couple who retired in 2021 in the United States can expect to spend \$300,000 on health care and medical expenses during retirement. The financial resource The Street says other studies suggest it's wise for retirees to plan to spend between \$3,000 and \$7,700 per year on health care.

Financial advisors warn that relying exclusively on Medicare to cover health care costs isn't going to cut it. Benefits under the Medicare program often aren't enough to pay for all of a retiree's needs. There may be gaps for chronic treatment of illnesses and specialty treatment for certain conditions. Long-term care services also typically are not covered. It's important to note that Medicare will cover general doctor's visits, but it does not cover the cost of deductibles or copays.

Individuals need to be proactive and plan for medical expenses in retirement. After housing, healthcare is the most significant expense for retirees. Health spending ac-



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People need to be aware of the potential costs of medical care in retirement and plan ahead so they can meet those obligations if and when the need arises.

counts and long-term health insurance are two options for people looking for ways to cover their health care costs in retirement.

As of 2022, people can contribute up to \$3,650 for an individual or \$7,300 for a family per year into a health savings account. After age

55, an additional \$1,000 per year is allowed. Money in an HSA grows tax-free and it can be spent tax-free on qualified medical expenses. Once a person has Medicare, he or she no longer is eligible to contribute to the HSA, but can use money already in the account to pay for qualified

medical expenses that are not covered by Medicare.

Long-term care insurance is another option, and many people invest in such an account during their 50s or 60s. The earlier an individual enrolls in a program, the lower the premium. According to Personal Capital, most

policies will not start until a patient has needed assistance for 90 days and other qualifying guidelines are met. Generally speaking, long-term care insurance also is use-or-lose. If there's never a need to use the insurance, it will not be refunded. This is a risk that certain people are

willing to take.

In addition to these options, people may consider gap insurance programs. When putting together a retirement plan, it can be wise to speak with financial advisors who can customize products based on their expected needs.

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The basics of diabetes and diet

STATEPOINT

The number of people living with diabetes has risen dramatically over the last four decades. According to the World Health Organization, between 1980 and 2014, the number of people with diabetes rose from 108 million to 422 million.

The dramatic spike in diabetes cases in such a short period of time highlights just how big a threat the disease poses to the health of people across the globe. That makes now a perfect time to learn more about diabetes and what individuals can do to manage their disease.

WHAT IS DIABETES?

Diabetes is a chronic disease related to how the body produces or utilizes insulin, a hormone that regulates blood sugar. Diabetes occurs when the pancreas does not produce sufficient insulin or cannot effectively utilize the insulin it produces.

WHAT IS THE DIFFERENCE BETWEEN TYPE 1 AND TYPE 2 DIABETES?

The WHO notes that more than 95 percent of the people with diabetes have type 2 diabetes. According to the American Diabetes Association, type 2 diabetes occurs when the body does not use insulin properly, whereas type 1 occurs when the body does not produce insulin.

CAN DIABETES BE MANAGED?

It's important that individuals diagnosed with diabetes recognize that both types 1 and 2 can be managed. The ADA reports that diet and routine exercise are vital to managing type 2 diabetes. The ADA urges people who have recently been diagnosed with diabetes to speak with a registered dietitian nutritionist (RDN/RD) to find foods



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The dramatic spike in diabetes cases in such a short period of time highlights just how big a threat the disease poses to the health of people across the globe.

that are healthy and help them feel satisfied at the end of a meal. Lingerings may compel people to make poor dietary choices that could make their condition worse. The ADA's 'Nutrition Consensus Report,' published in 2019, is a comprehensive review of 600 research articles over a five-year span conducted by a panel of scientists, doctors, endocrinologists, diabetes

educators, and dietitians. That review emphasized the significance of working with an RDN, noting that recommendations about diet for diabetes patients must take factors specific to each individual, including their life circumstances and preferences, into consideration. The review also noted that each person responds differently to different types of

foods and diets, so there is no single diet that will work for all patients.

Though there is no 'one-size-fits-all' diet for people with diabetes, the ADA created the Diabetes Plate Method as a simple way to help people with diabetes create healthy meals. The method urges individuals to fill half their plate with non-starchy vegetables, such as

asparagus, broccoli, green beans, and salad greens. One-quarter of the plate should be filled with lean proteins such as chicken, lean beef (cuts like chuck, round or sirloin), or fish (salmon, cod, tuna). Plant-based sources of protein also count, and these include beans, lentils, hummus, falafel, edamame, and tofu, among other foods. The final quarter of the plate should

be reserved for foods that are higher in carbohydrates, such as whole grains (brown rice, quinoa, whole grain pastas), beans and legumes, or even fruits and dried fruit.

More people than ever before are being diagnosed with diabetes. Diet plays a significant role in managing life with diabetes. More information can be found at diabetes.org.

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Simple ways to make meals healthier

STATEPOINT

Cooking foods at home is one of the simplest ways to gain greater control over personal health. Cooking at home is the easiest way to know precisely what you're putting into your body each day. Cooking your own meals also enables you to customize recipes so they align with any dietary restrictions or personal preferences you may have.

According to a 2021 survey by the consumer market research firm Hunter, 71 percent of people in the United States plan to continue cooking more at home after the pandemic ends. Increased creativity and confidence in the kitchen, as well as the fact that cooking at home helps to save money and enables one to eat healthier, is driving the ongoing increase in dining in.

When cooking at home, cooks can consider various tips to make meals that much healthier.

- Increase fiber intake. Fiber improves bowel regularity and helps a person feel full between meals. High fiber foods also help stabilize blood sugar levels. Two servings of fibrous foods at each meal and an additional fiber-rich snack each day can ensure your body is getting the fiber it needs.
- Slow down eating. The pace at which a person eats a meal can affect his or her overall health. Healthline reports that fast eaters are more likely to eat more and have higher body mass indexes than slow eaters.
- Choose whole grains. Choosing whole grain breads or cereals over refined grains can make for a more nutritious diet. Whole grains are linked to a reduced risk for type 2 diabetes, heart disease and cancer.



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Increasing the amount of vegetables in one's diet is a simple and healthy modification.

- Swap Greek yogurt for other varieties. Greek yogurt contains up to twice as much protein as regular yogurt, providing roughly 10 grams per 3.5 ounces. Protein along with fiber helps a person feel fuller longer, which can manage appetite and reduce overeating. Greek yogurt also can replace mayonnaise or sour cream in certain recipes.
- Add a vegetable to every meal. Vegetables are loaded with essential vitamins and minerals. Plus, they tend to be high in antioxidants that strengthen the immune

system. Increase vegetable intake by eating vegetables with every meal.

- Choose healthy fats. While a person should minimize the amount of oils and other fats used during the cooking process, when it's necessary for a recipe, select

the best fat possible. Olive oil is a monounsaturated fat that is packed with antioxidant polyphenols. It is considered a heart-healthy oil, and it may promote a healthy brain and memory function.

- Cut out sweetened beverages. Sodas and other

sweetened drinks are leading sources of added sugar in diets. Opting for water or naturally sweetened fruit juices can improve overall health. Small dietary changes can add up to big health benefits.

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Warning signs of mental health issues

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A 2017 study from the Institute for Health Metrics and Evaluation estimated that 792 million people across the globe lived with a mental health disorder. If that figure is startling, it's likely even greater as a result of the pandemic.

Data from the Kaiser Family Foundation indicated that about four in 10 adults in the United States reported symptoms of anxiety or depressive disorder during the pandemic. That marked a significant uptick since the summer of 2019, when one in 10 adults reported such symptoms.

The pandemic undoubtedly posed significant challenges that affected the mental health of people across the globe. But those challenges won't necessarily go away if and when life returns to pre-pandemic normalcy. Nor is there any guarantee that new challenges that pose a threat to individuals' mental health won't arise in the years to come. That reality underscores the importance of learning to recognize signs of mental illness in both adults and children.

The National Alliance on Mental Illness notes that each mental illness has its own symptoms, so anyone concerned about their own mental health or the health of a loved one can speak with a mental health professional for more information. In the meantime, the NAMI notes that these are some common signs of mental illness in adults and adolescents.

- Excessive worrying or fear
- Feeling excessively sad or low
- Feelings of confusion or difficulty concentrating and learning
- Extreme mood changes, including uncontrollable



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Individuals who are experiencing any of these symptoms or those who recognize them in loved ones, including children, are urged to contact a health care professional

'highs' or feelings of euphoria

- Prolonged or significant feelings of irritability or anger
- Avoiding friends and social activities
- Difficulty understanding or relating to other people
- Changes in sleeping habits or feelings of fatigue and low energy
- Changes in eating habits, such as increased hunger or lack of appetite
- Changes in sex drive

· Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)

- Inability to perceive changes in one's own feelings, behavior or personality. Some individuals experience a lack of insight known as anosognosia, which NAMI describes as unawareness of one's own mental health condition.

- Overconsumption of substances such as alcohol or drugs
- Multiple physical ailments without obvious causes, such as headaches, stomach aches and vague and ongoing aches and pains
- Suicidal thoughts
- Difficulties handling daily life, including an inability to carry out activities or handle problems and stress that arises each day
- An intense fear of

weight gain or concern with appearance

Pre-adolescent children also can experience mental illness, which can manifest itself through these symptoms:

- Changes in academic performance
- Excessive worry or anxiety. Some children may fight with parents to avoid going to bed or school.
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or

aggression

- Frequent temper tantrums

Individuals who are experiencing any of these symptoms or those who recognize them in loved ones, including children, are urged to contact a health care professional, including their general physicians, who may be able to recommend a mental health specialist. More information is available at www.nami.org.

How to heal from mental health issues that arose during the pandemic

METRO CREATIVE CONNECTION

Perhaps no event in recent history affected the mental health of more people across the globe than the COVID-19 pandemic. Research published in late 2021 in the medical journal *The Lancet* indicated that cases of major depressive disorder and anxiety disorders increased by more than 25 percent worldwide due to the COVID-19 pandemic.

As the world emerges

from the pandemic and governments across the globe gradually implement measures designed to make coexisting with COVID-19 less restrictive, mental health professionals recognize that individuals may need help recovering from the prolonged stress and trauma brought about by the pandemic. Mental Health America, an organization committed to promoting mental health as a critical component of overall wellness, recommend various strategies to help individuals

move forward in the aftermath of the pandemic.

- Recognize that recovery can't be rushed. MHA urges individuals to give themselves time to adjust, noting that it will take time before a sense of safety and security returns. That means it could be awhile before individuals feel like themselves again, and that's not only acceptable, but normal.

- Ask for help. The pandemic was proof that it's impossible to go it alone through difficult situations,

so individuals should not hesitate to rely on loved ones as they recover. MHA notes that social support is crucial when healing from trauma and touts the value of sharing one's story. Such sharing enables individuals to process their thoughts and feelings.

- Embrace healthy behaviors. During the pandemic, many individuals, even those devoted to healthy living prior to 2020, found it difficult to continue engaging in behaviors and activities that promoted their over-

all health. Embracing these behaviors, which can include eating a healthy diet, exercising regularly and getting sufficient sleep, improves individuals' ability to cope with stress. Re-establishing old routines also can return a sense of structure to daily life that might have gone missing over the last two years.

- Seek professional health care help if necessary. MHA urges individuals who are putting in the work but still struggling to contact a health care professional. Hundreds

of millions of people across the globe have had to confront issues affecting their mental health since the start of the pandemic, and health care professionals are prepared and ready to help individuals overcome those issues as the world returns to normalcy.

More information about accessing mental health help can be found at mhanational.org.



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Signs you or a loved one could be dealing with depression

STATEPOINT

Depression is among the most common mental disorders in the world. According to a 2019 report from the Institute of Health Metrics and Evaluation, roughly 3.8 percent of the world's population is affected by depression. That percentage is higher among adults (5 percent) and even more so among adults 60 and over (5.7 percent).

Despite its prevalence, depression still carries a stigma, leaving many people to confront it in silence. However, over the last several years, public attitudes toward mental health have shifted, compelling millions of people to recognize the severity of the threat posed by mental health disorders like depression. That recognition has led various prominent public figures, such as comedian Jim Carrey, athlete Kevin Love and singer/actress Lady Gaga, to publicly acknowledge their own battles with depression.

Depression is nothing to be ashamed of, and recognition of that reality may compel millions of people to seek the help they need. One of the first steps toward overcoming depression is to learn how it can manifest itself. Though feelings of sadness are common in people with depression, according to ADA Health, depression is much more than a feeling of sadness, and its symptoms may be masked by physical complaints or substance abuse. That can make it hard



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One of the first steps toward overcoming depression is to learn how it can manifest itself. Group therapy can be beneficial especially when sharing with others that are having the same experiences.

to identify signs of depression, which underscores the significance of learning to spot its symptoms. The National Institute of Mental Health notes that the following signs and symptoms could be indicative of depression if individuals have been experiencing them most of the day, nearly every day, for

at least two weeks.

- Persistent sad, anxious, or 'empty' mood
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration or restlessness
- Feelings of guilt, worthlessness or helplessness
- Loss of interest or pleasure in hobbies or activities

- Decreased energy, fatigue or feeling 'slowed down'
- Difficulty concentrating, remembering or making decisions
- Difficulty sleeping, early morning awakening or oversleeping
- Changes in appetite or unplanned weight changes
- Thoughts of death or suicide, or attempts at suicide

· Aches or pains, headaches, cramps, or digestive problems without a clear physical cause that do not ease with treatment

It's important that individuals experiencing these symptoms or those who witness them in loved ones avoid self-diagnosing their

conditions or the condition of friends or family members. If any of these symptoms are present for two weeks or more, contact a physician immediately or urge a loved one to do so.

More information about depression can be found at www.nimh.nih.gov/health/topics/depression.

How to overcome mental fatigue

METRO CREATIVE CONNECTION

Fatigue and exhaustion are often discussed in terms that characterize the physical effects that they have on the body. However, mental fatigue can be just as draining as physical exhaustion, even if its symptoms are not as evident as achy muscles or tired feet.

The online medical resource WebMD notes that mental fatigue typically arises when individuals focus on mentally challenging tasks for extended periods of time. Many individuals also experienced mental fatigue during the pandemic. Pandemic-related restrictions forced individuals across the globe to confront a number of unforeseen, unexpected challenges, including a sudden shift to remote work and school closures that forced working parents to juggle the rigors of their careers with the dif-

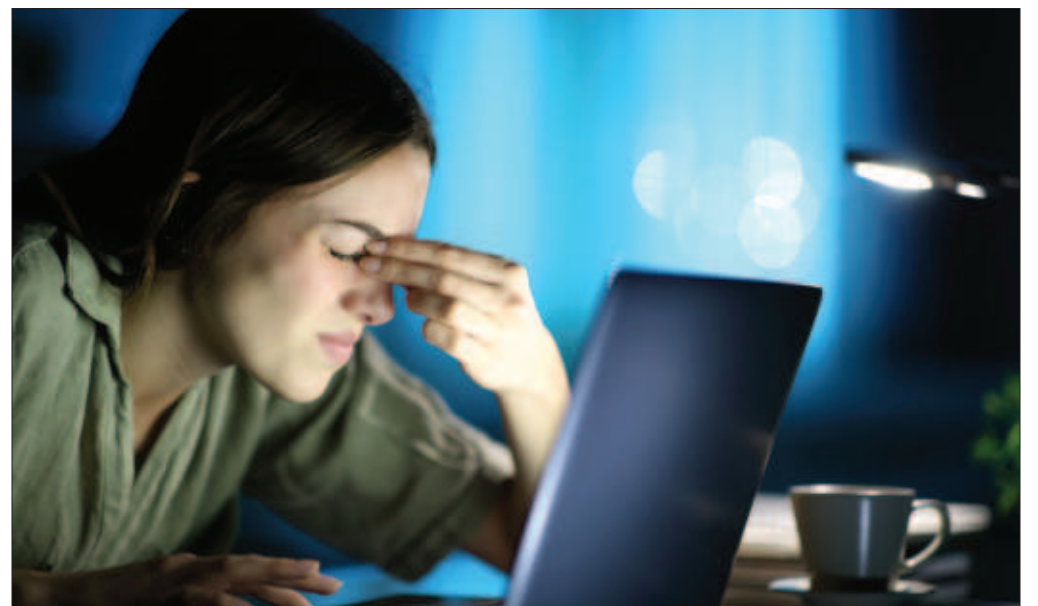
iculties of remote learning. That upheaval contributed to prolonged mental fatigue for many individuals.

Much like athletes need routine breaks from exercise to let their muscles recover, individuals need to look for ways to give their overworked minds a chance to recuperate from fatigue. Each person is different, but these strategies can help people overcome mental fatigue.

- Take breaks from the news. Overconsumption of news is one potential contributor to mental fatigue. That's especially so in the digital age, when the latest headlines are never further than a smartphone away. The Johns Hopkins Women's Mood Disorders Center notes that limiting news consumption during stressful times can be an effective way to reduce symptoms of stress, including mental fatigue.
- Schedule time to relax.

The pressure to feel as if you should always be doing something, whether it's working, taking care of your family or tackling a to-do list around the house, can contribute to mental fatigue. Schedule time to relax and make a concerted effort to keep that time open. Avoid using scheduled relaxation time to work on household chores or check work emails. Instead, use this time to do something you find genuinely relaxing, even if that activity feels like you're doing 'nothing.'

· Spot the signs of mental fatigue. Another way to overcome mental fatigue is to learn to recognize its symptoms. Recognition of these symptoms allows individuals to use them as alarm bells that alert them when it's time to take a step back and unwind. WebMD notes that mental fatigue symptoms include mood-related issues like increased irritability or



METRO CREATIVE CONNECTION

Individuals need to look for ways to give their overworked minds a chance to recuperate from fatigue.

anger; difficulty concentrating that makes it hard to finish tasks; zoning out; difficulty sleeping; and engaging in unhealthy behaviors,

including overconsumption of alcohol. The signs of mental fatigue may not be as instantly recognizable as the symptoms

of physical exhaustion. But mental fatigue can be just as dangerous as physical tiredness if left unchecked.

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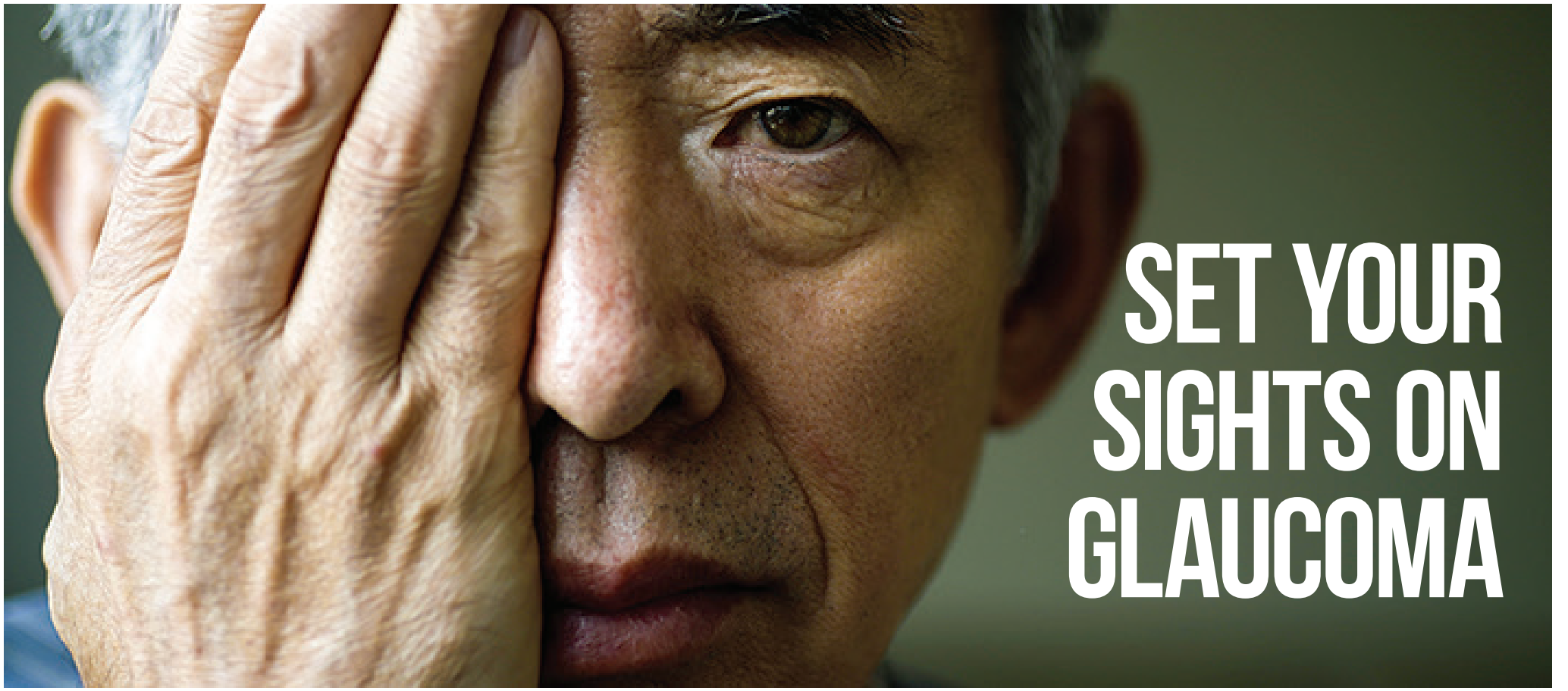
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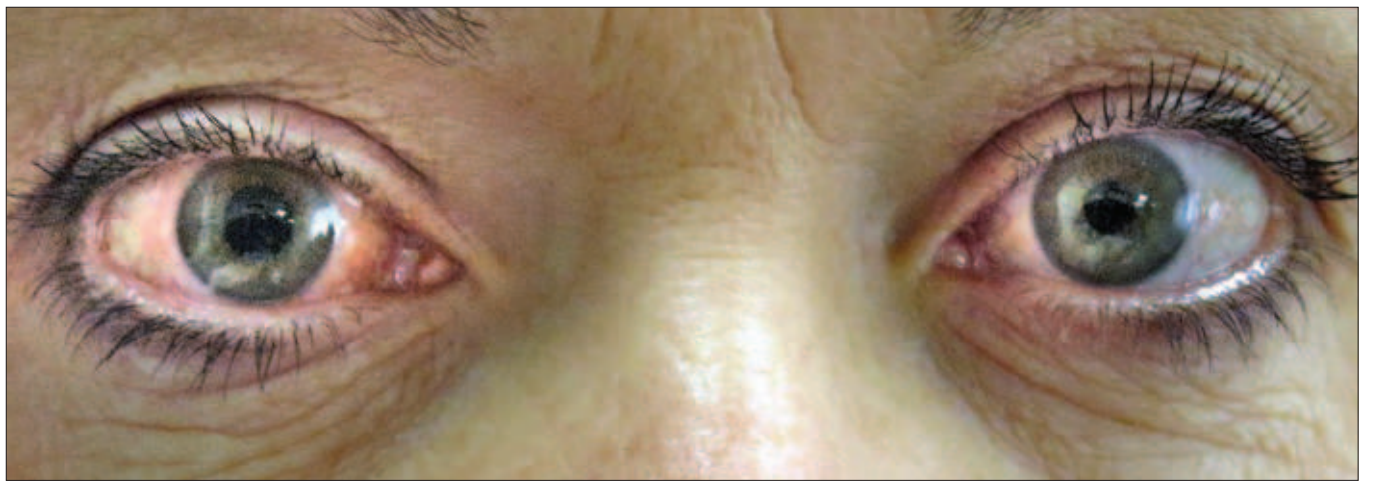
Eyesight often isn't fully appreciated until it begins to diminish. Starting in one's thirties, if not earlier, a person's vision may start to be less sharp. Items at a distance or up close may be more difficult to discern, and if prescription glasses or contacts are worn, that prescription may need to be adjusted more regularly. However, there are some eye conditions that are not entirely a result of aging. Glaucoma is one of them.

According to Johns Hopkins Medicine, glaucoma is a chronic, progressive eye disease that occurs when the optic nerve is damaged. Glaucoma is the leading cause of irreversible blindness and usually occurs when an abnormality in the eye's drainage system causes the aqueous humor fluid in the eye to build up, sometimes leading to excessive pressure that impacts the optic nerve. The optic nerve connects the retina with the brain, sending vision signals. Damage to the nerve can cause loss of eyesight. While pressure is largely to blame for glaucoma, glaucoma can occur even if eye pressure is normal.

Glaucoma is often a silent condition. The Mayo Clinic advises that many forms of glaucoma have no warning signs. With effects so gradual, no changes in vision may be noticed until the condition is in its later stages.

This underscores the importance of getting regular eye examinations that will include measurements of the pressure in both eyes, says the Glaucoma Research Foundation. Glaucoma caught early can be slowed down or even prevented before it becomes severe. Lifelong treatment and monitoring will be needed after diagnosis.

There are different types



JAMES HEILMAN, MD | CREATIVE COMMONS

Acute angle closure glaucoma of the right eye. Note the mid sized pupil on the left that was not reactive to light and conjunctivitis.

of glaucoma. The most common is open-angle glaucoma, which occurs after the clogged fluid does not drain properly. Angle-closure glaucoma, also called closed-angle glaucoma, happens when the iris is very close to the drainage angle in the eye and the iris blocks the drainage

angle. This results in an acute glaucoma attack. Some people have normal tension glaucoma, in which eye pressure is in normal range but there are signs of glaucoma. These individuals' optic nerves may be more sensitive to pressure than others' and will have to be monitored.

Certain people are at a greater risk for developing glaucoma than others. Individuals over 40; those with a family history of glaucoma; people of African, Hispanic or Asian heritage; people with high eye pressure; those who have had an eye injury; and individuals

who use long-term steroid medications are at increased risk. Other factors also affect glaucoma risk.

Glaucoma should be discussed at routine eye wellness visits to prevent lasting vision damage.

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

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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



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Men and women close to their retirement age should approach their diets in recognition of the various ways their nutritional needs change at this point in their lives.

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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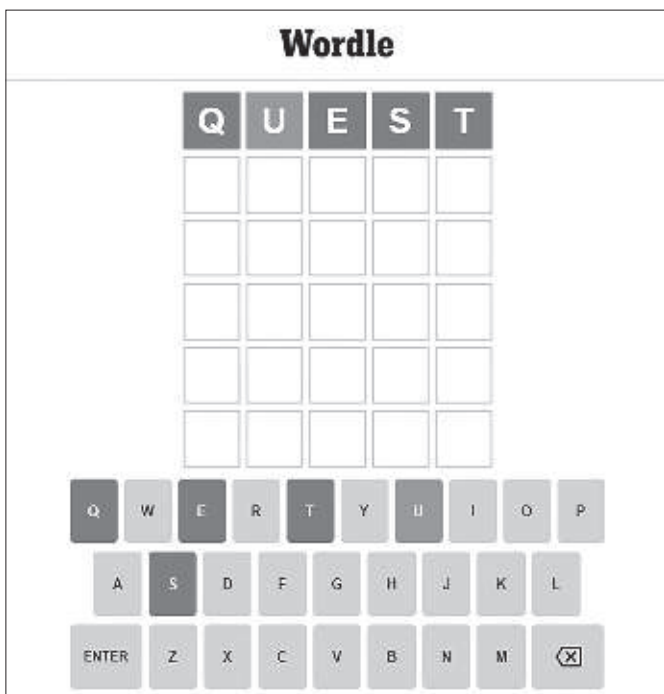
The brain-boosting benefits of word games

METRO CREATIVE CONNECTION

Word games continue to be popular pastimes and provide a great opportunity to engage in lighthearted competition among family and friends.

Wordle is perhaps the most recent word game to become popular in recent years. Created by software engineer and former Reddit employee Josh Wardle and launched in October 2021, Wordle was devised as a way to pass the time during the pandemic lockdown. Today it is played by millions of people and was even purchased by The New York Times Company in 2022.

For those who are looking for something even newer,



Knotwords, a word game created by Zach Gage and Jack Schlesinger, is available on iOS, Android and Steam. It's a mix between a word scramble, crossword puzzle and sudoku.

There are scores of other word games for people to try. In addition to their entertainment value, these games may provide some benefits that surprise even the most devoted wordsmiths.

- **Build your vocabulary:** Word games enrich vocabulary and may introduce people to new words. They also may help reinforce spelling skills.

- **Improve focus:** Nowadays people are pulled in many directions and are expected to multitask more than ever. Word games in large part re-

quire focusing exclusively on the task at hand and employing strategy.

- **Stimulate the brain:** Word games require critical thinking skills that could stimulate the brain. Word games train the brain in a way that's similar to how physical activity trains the body.

- **Improve memory:**

According to WebMD, word games may help seniors avoid memory loss and possibly delay the onset of dementia. But seniors are not the only ones to benefit. Word games may improve short-term memory and the cognitive abilities of people

of all ages.

- **Boosts feel-good substances:** When a person is happy, the body releases endorphins, which are feel-good hormones and neurotransmitters. Healthline indicates an 'endorphin rush' often occurs after engaging in a fun activity. Endorphins are released by the hypothalamus and pituitary gland. Playing word games may release endorphins, which can improve mood, boost self-esteem and reduce pain and discomfort.

These are just a handful of the many positive ways word games can affect the mind and body.

WORDLE IS FREE TO PLAY:

<https://www.nytimes.com/games/wordle/index.html>

Games that can challenge the brain

METRO CREATIVE CONNECTION

Games are as popular as ever. For evidence of that, one need look no further than his or her own smartphone. The number of hours people spend playing games on their smartphones might surprise even the most ardent players.

According to the mobile research firm Apptopia, between May and July of 2018, mobile users spent a whopping 3.38 billion hours playing the wildly popular strategy game 'Clash of Clans,' making it the most popular smartphone game in the world during that time period.

Games might be seen as a way to unwind, but some games can potentially do

more than merely provide a way to escape the daily grind. Brain teasers, riddles and crossword puzzles are just some of the types of games that can help people engage and challenge their brains while still providing a bit of escapism.

A Healthier Michigan, which is sponsored by Blue Cross Blue Shield Michigan and aims to help locals adopt healthier lifestyles, notes that the following exercises, games and platforms can help men and women challenge their brains in unique ways.

- **BrainHQ:** According to Posit Science, which created the system, BrainHQ (<https://stayingsharp.aarp.org/>) is a system of training the brain that was developed by neuro-

scientists and other brain experts. The BrainHQ platform includes various brain training exercises with hundreds of levels that can help people improve their brain function, including memory and retention.

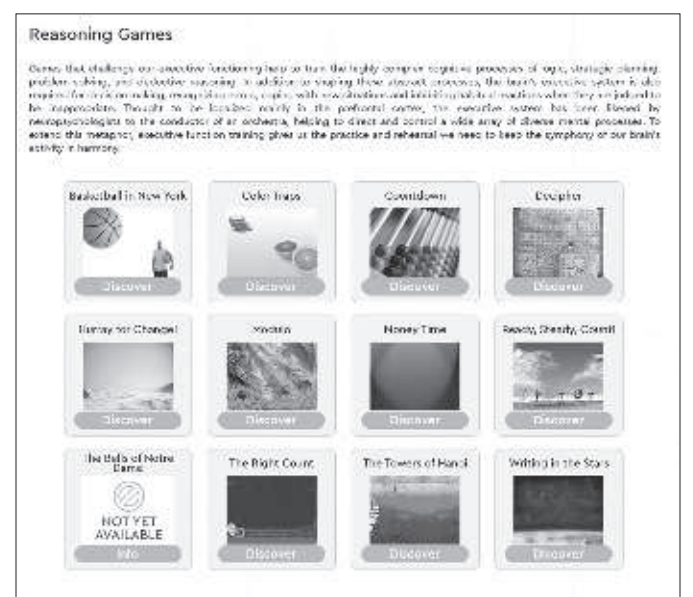
- **Writing in the Stars:** Similar to a crossword puzzle, this game provides a list of nine words to users, who must then find the six words that connect to form a six-point star before they can move on the next level. Available at www.happy-neuron.com, Writing in the Stars aims to help users improve their logical reasoning.

- **Private Eye:** With a goal of helping users improve their focused attention and concentration, Private Eye (www.happy-neuron.com) asks

players to peruse a grid full of intricate layers and symbols in an effort to find the item that does not belong.

- **Braingle:** With more than 200,000 members, Braingle (www.braingle.com) is a popular online community where users can go to access brain teasers, trivia quizzes, IQ tests, and more. Users even rank the games, allowing novices to find games that might help them hone certain skills or ease their way into challenging their brains with games.

Millions of people across the globe play games every day. Though players often play games to have fun, they might be helping their brains without even knowing it.




FREE TO PLAY:

<https://www.happy-neuron.com/brain-games>

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Attention Men and Women over 65 years old... Do You Want To Learn How To Stay Out Of Nursing Homes FOREVER?

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By Balance Expert Dr. Robert Moss



Do you feel guilty that your spouse is forced to be with you all the time because of your dizziness/loss of balance?
Do you feel that your dizziness/loss of balance is always there no matter what you do?
Do you feel that you are handicapped by your dizziness/loss of balance?
Does your spouse stay with you in the shower so that you do not fall?
If you answer yes to any of these questions, **please read further...**

CDC Reports: Household Falls Are The Leading Cause of Injuries In Seniors


If you have ever seen the Life Alert commercials, then you will immediately have a picture in your mind of an elderly lady laying on the floor desperately trying to get up only to discover she is not able to. Whether she is just weak, has broken a hip or caused some other serious injury this image of helplessness is constantly on the mind of our elderly patients.

Working with seniors over many years it has become apparent that the greatest common fear is the fear of falling and not being able to get back up. **This is not unreasonable as 1/3 of all adults over 65 will fall this year** and each fall is potentially **life changing**.

Falling should not be your lifestyle

Falls often lead to hospitalizations, serious injury or the need for assisted living of some sort. In the most severe cases a fall can lead to death. If the fall, injury, and hospitalization isn't bad enough, frequent falls lead to loss of independence, limits in your daily activities, and increase your reliance on friends and family members to complete basic everyday tasks.

With the right information and the right guidance many falls can be prevented, keeping you out of the hospital and Nursing Homes. Here is what one of my patients had to say:




When I came to Moss, I had trouble walking due to no balance. I was not able to get in and out of a car, I was not able to do my activities. After my therapy I am able to walk and continue with my shopping and light house work. I can do this all un-assisted thanks to my therapy. Evelyn Tinney

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The impact of reading on personal health

Not only does reading expand horizons and provide a sense of escapism, it helps improve physical and mental health.

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Books transport people to different times, provide a sense of escapism and introduce readers to different schools of thought. Individuals may read for pleasure and/or to expand their intellectual horizons.

It's important to note that reading also may help improve mental and physical health. With so much to gain from reading, now is a great time to embrace those book clubs, resolve to read more and explore how picking up a good book may be just what the doctor ordered.

REDUCES STRESS

Immersing yourself in a story requires focus and concentration. According to researchers at the University of Sussex, it took just six minutes of reading for study participants to experience slower heart rates and reduced muscle tension.

Stress is one of the biggest threats to overall health, as the stress hormone cortisol can lead to inflammation in the body that may impede the immune system, according to Piedmont Health. Finding ways to reduce stress, including through activities like reading, is a win for anyone who wants to improve his or her health.

IMPACTS LONGEVITY

According to the 2016 study, 'A chapter a day: Association of book reading



METRO CREATIVE CONNECTION

Reading may help improve mental and physical health.

with longevity,' by Bavishi A, Slade M.D., reading exerts its influence on longevity by strengthening the mind. Reading positively impacts the way the brain creates synapses, optimizing neurological function. It also expands vocabulary, and helps with memory.

CHANGES THE BRAIN

A 2014 study published in Neuroreport determined

reading involves a complex system of signaling and networking in the brain. As one's ability to read matures, these networks become stronger and more sophisticated. MRI scans found that brain connectivity increased throughout studied reading periods and for days afterward.

INCREASES EMPATHY

Through literary fiction, readers are exposed to the

situations, feelings and beliefs of others. This can help a person develop a greater ability to empathize with others, according to Healthline.

HELPS IMPROVE SLEEP

Reading is an effective way to wind down and relax before going to bed. It can be a positive nighttime ritual, provided one reads a paper book or utilizes an e-reader that is not backlit, as bright lights

from digital devices may hinder sleep quality. In fact, doctors at the Mayo Clinic often suggest reading as part of a regular sleep routine.

REDUCES DEPRESSIVE FEELINGS

Individuals diagnosed with depression may feel isolated and estranged from other people. Books may reduce those feelings by helping a person temporarily escape

his or her world into another. Also, books can serve as a common ground through which conversations over shared interests can begin with others.

Reading has many positive health benefits, which is why resolving to read more can be beneficial.

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