



## Briar-Reno gets new Fire Marshal

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

**SEE STORY**  
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# There's no season like show season



**DON MUNSCH** | AZLE NEWS  
 Azle High School senior Madison York spends time with goat Cardi B at the high school's barn one day last week. York also has a pig she shows. AHS students are participating in stock shows this month and in March.

## Students get ready for Fort Worth, county shows

**BY DON MUNSCH**  
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The din of goats at the ag barn on the campus of Azle High School never seems to cease, and neither does the work ethic of students readying their goats and other animals for ongoing and upcoming stock shows.

Students had an Azle practice show on Jan. 7 here in Azle. Now comes the Fort Worth Stock Show and Rodeo, which goes on until Feb. 4, and then the Tarrant County Junior Livestock Show, which a majority of AHS students will be participating in, said Suzanne Murr, director of Career and Technical Education at AISD. That

show will be held the week of March 7-11.

The Fort Worth show began Jan. 13, said Elizabeth Slough, AHS ag teacher.

This past weekend, AHS students were in Fort Worth, with one exhibiting beef heifers and eight students showing market goats and market lambs. Three students will attend the swine show this week and will show gilts. All told, there are 11 students participating; there is some duplication with some students showing multiple projects. Slough expects 40 students - FFA members and junior FFA members - at the Tarrant County show in March.

"That includes students

who are exhibiting projects in ag mechanics, as well; they're going to be building projects," she said.

She said the school had a good turnout with the local show it had in early January. Lake Worth students participated at the show.

"Kids are working hard," Slough said. "We're going to hope for the best. You never know really going into it exactly how everything's going to turn out. But this one in Fort Worth really is kind of more of a practice show for us. And then Tarrant County is the big one, so we'll know what we need to do to dial in and make sure all these ani-

PLEASE SEE **SEASON** | A10

# 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-

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PHOTO COURTESY OF TARRANT COUNTY  
 Floyd Levi Nunley



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# Briar-Reno Fire Marshal's Office gains new leader

BY MADELYN EDWARDS  
madelyn@azlenews.net

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 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 Druyman having to do the job by himself. Druyman 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," Druyman said. "We do about 200 inspections a year."

Educating the public is one of the main challenges of a fire marshal's job, Druyman 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



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 Druyman.

for the fire marshal's office, Druyman 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."

# Tickets, tables now available for Chamber banquet

BY DON MUNSCHE  
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People wanting to attend the Azle Area Chamber of Commerce's 61st Annual Awards Banquet may reserve tickets and tables now.

The event is 6-9 p.m. Feb. 16 at the Orchard Event Venue & Retreat in Azle, located at 1421 Northwest Pkwy. Orchard is a new venue for this year. Social hour is

at 6 p.m. and dinner will be served at 7 p.m.

The chamber requests attendees reserve their seats by purchasing them no later than Feb. 6. Prices:

- Chamber Member individual tickets: \$40
- Non-Member individual tickets: \$50
- Chamber Member sponsor table of eight: \$320
- Non-Member sponsor table of eight: \$400

Attire for the evening is business casual with a black and white theme, said Jennifer Herrington, executive director of the chamber.

Hogye Hogle will be master of ceremonies again this year at the banquet.

"We will have the Heads or Tails game again this year," Herrington said in an email, noting it is \$20 per person and participants must purchase a Light Up Pin to play.

"They will be sold at the door, and we will have volunteers walking around with them to purchase before the social hour ends."

The banquet features a silent auction, and participants may use cash, checks or credit cards for a purchase.

Also at the event, member awards will be announced: Ambassador of the Year, Director's Award, Friends of the Chamber Award,

Shining Star Award, Rising Star Award, Businesswoman of the Year, Businessman of the Year and Citizen of the Year. Plus, there will be the People's Choice Awards.

A new chamber president will be announced, and outgoing board members will be recognized, and then the new board will be sworn in.

Herrington said tickets/tables are limited this year, and

can be purchased through the Chamber office or on the website at [www.azlechamber.com](http://www.azlechamber.com). She said all attendees must reserve their seat/table ahead of time. Online registration closes Feb. 6. No tickets will be sold at the door.

The chamber is located at 404 W. Main, suite 102, and can be reached at 817-444-1112.

# 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 review 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."

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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 could not have gone worse



## 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.

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 suf-

fered a tremendous defeat in losing the 1858 Illinois Senate election to Stephen Douglas but rallied to 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 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.

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**Thurs** Cocoa puffs Bar w/ Cheese Stick, Orange **Fri** Strawberry Cream Cheese Bagel, Banana

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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)."

# 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.

## LEGAL PUBLIC NOTICES

STATE OF SOUTH CAROLINA  
COUNTY OF CHARLESTON

IN THE FAMILY COURT FOR THE NINTH JUDICIAL CIRCUIT DOCKET NO. 2022-DR-10-1608 SOUTH CAROLINA DEPARTMENT OF SOCIAL SERVICES VERSUS Rayia L. Brown, Travis Smalls, Joshua Forrestier, Joel Mackey II, Oscar Moultrie, Christine Bennett, and Mercedes Jefferson DEFENDANTS. IN THE INTERESTS OF: MINOR CHILDREN BORN 2020, 2012, 2015, and 2021 TO DEFENDANT: Joel Mackey II YOU ARE HEREBY SUMMONED and required to answer the Complaint in this action filed with the Clerk of Court for Charleston County on June 3, 2022. Upon proof of interest, a copy of the Complaint will be delivered to you upon request from the Charleston County Clerk of Court, and you must serve a copy of your Answer to the Complaint on the Plaintiff, the South Carolina Department of Social Services, at the office of its Attorney, Daniel A. Beck, Legal Department of the Charleston County Department of Social Services, 3685 Rivers Avenue, Charleston, S.C. 29405-5714 within thirty (30) days of this publication, exclusive of the date of service. If you fail to answer within the time set forth above, the Plaintiff will proceed to seek relief from the Court. Daniel A. Beck, SC Bar #104335, 3685 Rivers Avenue, Charleston, S.C. 29405, (843) 953-9625.

NOTICE OF PUBLIC SALE

On February 3, 2023, at 8 a.m., A&A Mobile Homes Transport Inc. will be holding a public auction on the homes listed below. Any persons with any interest in this home needs to contact our office at 817-237-1370. The sale will be held at 12125 Jacksboro Hwy. Fort Worth, Texas 76135.

1) 1996 CMH MANUFACTURING INC. HUD #HWC0230101/102 CURRENT OWNER JANET DOVE, POSSIBLE OWNER MEGAN GUILLORY.

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2022 SIDEWALK IMPROVEMENTS

Separate sealed bids for the construction of 2022 SIDEWALK IMPROVEMENTS (Azle bid number 2023-004) will be received by the City of Azle, Texas until 3:00 PM on Thursday, February 23, 2023, at City Hall, 505 W. Main Street, Azle, Texas, 76020, and then at said location publicly opened and read aloud. This project includes the installation of approximately 1,685 linear feet of 6' wide concrete sidewalk, curb ramps, crosswalk striping, and other incidental items. The Contract Documents consisting of Advertisement of Bids, Information for Bidders, Bid Proposal, Bid Bond, Contract, Performance and Payment Bonds, Maintenance Bond, General Conditions, Notice of Award, Notice to Proceed, Plans, Specifications, and Addenda (if any) may be examined at the following location: JACOB & MARTIN, LLC 1508 Santa Fe Drive, Suite 203, Weatherford, Texas 76086 The Owner reserves the right to waive any informalities and to reject any or all bids. Bids may be held by the Owner for a period not to exceed 60 days from the date of bid opening for the purpose of reviewing the bids and investigating the qualifications of Bidders prior to awarding of the contract. Copies of the CONTRACT DOCUMENTS must be ordered online at www.jacobmartin.com. Orders for CONTRACT DOCUMENTS may include hard copies for pick up, mail out or digital download via www.jacobmartin.com. Upon verification of online payment, hard copies may be picked up at Jacob & Martin, LLC, located at 1508 Santa Fe Drive, Suite 203, Weatherford, TX 76086. Cost for hard copies of the CONTRACT DOCUMENTS will be \$100.00 for 11x17 half size plans. Cost for digital download of CONTRACT DOCUMENTS will be \$0.00. Contractors must purchase a set of CONTRACT DOCUMENTS to be considered a registered plan holder eligible to bid the project. A certified check or bank draft, payable to the order of CITY OF AZLE, TEXAS, negotiable U.S. Governmental bonds (at par value) or a satisfactory Bid Bond executed by the Bidder and an acceptable surety in an amount equal to five percent (5%) of the total bid shall be submitted with each bid. City of Azle, Texas Alan Brundrett, Mayor January 25, 2023.

NOTICE OF CLAIM AND PUBLIC SALE

Storage unit contents to be sold to satisfy landlord's lien. Seller reserves the right to withdraw property from the sale. Unit items to be sold to the highest bidder. Sale to be held ONLINE at https://www.storage-treasures.com/. Location of Units for Public Sale: Longhorn State Storage Azle at 11700 Jacksboro Hwy, Fort Worth TX 76135. Auction to be held on Monday February 27th, 2023 beginning at 9:00 a.m. for the following tenants: Brian Ford & Judy Ford, Courtney Grimes, Natalie Stephens, Shirley Polston, Shannon Thomas



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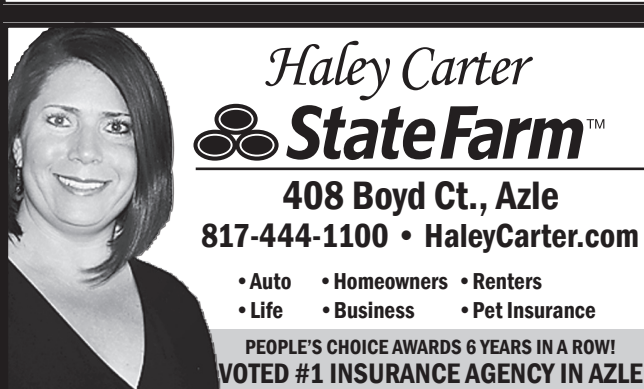
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# Council approves firm for comp plan creation

**DON MUNSCH**  
don@azlenews.net

The Azle City Council last week approved negotiating with a firm to create a new comprehensive master plan. At its Jan. 17 meeting, council approved City Manager Tom Muir to negotiate a professional services agreement with Halff Associates Inc. to formulate the plan. A comp master plan gives city leaders a chance to examine and manage growth and development. The services agreement would be considered at the next council meeting. Councilmembers desired to create a new comprehensive master plan, including a new thoroughfare, downtown, and parks master plans, according to a council agenda memo. In October, city staff issued a request for qualifi-

cations and received six submittals, and after reviewing the submittals, staff interviewed three firms, with Halff Associates Inc. presented for council consideration. Halff is based in Richardson and has an office in Fort Worth. Kimberly Miller, director of Resilience Planning for Halff Associates, spoke to council about her company's ideas for the comp master plan. She is the project manager for the comp master plan, and she told council her company has prepared more than 150 plans in the last several years, both on the comprehensive planning side and on the parks planning side. With Azle in the development stage, a comprehensive examination is necessary, both of the city and its growth because a lot of communities can find themselves in the position of getting the

type of growth they don't want, Miller said. "Just opportunistic growth that's in the wrong place at the wrong time," she said, finishing her thought. "And we know that that's one of the main things that you all want to see - you want purposeful growth, and you want to move forward in a way that looks at what the inherent character of Azle is." Among areas city leaders can examine are deciding steps with future land use, investment in infrastructure and working with and improving current roadways. Water, wastewater, and drainage infrastructure are also part of the examination, as would deciding commercial and residential usage for the next 10 to 30 years. Miller discussed how the plan would have a steering committee that accompanies

Halff representatives through the whole process. The council has a role there, too. "We set up the structure and you kind of help us with developing who the right people are to be on that steering committee," she said, noting that focus group formation is one of the first steps the company wants to accomplish to get people engaged and help set a path forward. Mayor Alan Brundrett asked Miller about the benefit of devising this plan considering how the city is close to being built out (85%). She said every city grows and changes and "what's built out today might not be the same thing as built out in 10 years." She explained, for example, some of the areas people thought were built out to their maximum potential could find some development interest in the future. Other

benefits come from examining roadway access and improving the relationship to the roadway and commercial development and downtown and the reduction of safety issues. Brundrett said one of the challenges the city faces with growth is dealing with traffic and congestion and that those problems should be addressed and be part of the discussion. "There's some level of the thoroughfare plan that's all weaved into the comprehensive plan," Miller said. The mayor said he prefers to look at what's feasible to accomplish in the city with budget constraints and land available. Miller said her company would look at future land use and consider where the city is now, as the company has a need for some new commer-

cial development and can help city leaders find where those commercial opportunities are and raise the tax base to complement the residential tax base that already exists. Her presentation showed four phases - explore, envision, guide, and activate - with the activation mode being ready nine to 12 months from the initial explore phase. The implementation phase would include land development regulations, "an eye toward what possible tools to apply during implementation" and be "a component of the entire planning process," according to the presentation. Halff Associates Inc. touts its public and private sector experience, fiscal analysis, ability to be visual storytellers, having a "Responsive Engagement Toolbox" and its staff capacity and resources.

# New rates approved for garbage, recycling

**BY DON MUNSCH**  
don@azlenews.net

The Azle City Council on Jan. 17 approved new rates for garbage and recycling service. Community Waste Disposal requested a market adjustment on garbage rates, as outlined in the current contract, with the largest portion of the increase related to fuel costs, city officials stated in a council agenda memo. Residential rates will increase by \$1.89 to \$23.09, which

includes a 10-cent increase for the X-Treme Green Event. Commercial handload will increase by \$2.87 to \$34.61. All stated rates include billing and franchise fees. The rates are effective Feb. 1. Broken down, residential waste will increase from \$15.73 to \$17.15, residential recycle will increase from \$4.39 to \$4.76 and the X-Treme Green Event will rise from \$1.08 to \$1.18. Also at the meeting, council approved, among other

items:  
· Calling for an election on May 6 for the positions of mayor and council places 3, 4 and 6. Alan Brundrett is the current mayor, while Stacy Peek, Randa Goode and Brian Conner occupy places 3, 4 and 6, respectively. People may file for election until Feb. 17.  
· Approved a resolution to allow the Azle Police Department to pursue a \$50,000 reimbursable Justice Assistance Grant for a digital crime scene mapping and

reconstruction system. The agenda memo explained Tarrant County District Attorney's Office officials rate the APD's current system as no longer meeting acceptable standards for crime scene work. This federally-funded grant is fully reimbursable, but acquisition and reimbursement will not occur until the next fiscal year (FY 2023-24).  
· Approved a resolution for APD to pursue a Justice Assistance Grant for rifle-rated armor and armor carriers

for patrol officers. The grant request is for \$10,000 and will provide a minimum of five sets of armor and carriers. The grant is fully reimbursable, but acquisition and reimbursement will not occur until the next fiscal year (FY 2023-24).  
· Approved awarding a bid to Jackson Creek Manufacturing for the Animal Control Transport Unit. The transport unit will be installed on a new cab and chassis to provide a new vehicle for Animal Control

to collect and transport animals, the agenda memo stated. The total budgeted amount is \$80,000. The cab and chassis (Ford F-250) has been ordered at a cost of \$33,514.67, leaving \$46,485.33 for the Transport Unit. Jackson Creek Manufacturing submitted the only bid at \$51,050, but it exceeds the remaining funds by \$4,564.67. Those remaining funds will be provided by the Animal Control budget through a mid-year budget amendment.

*Spotlight on*

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## Cryo by Tried and True at POJO Wellness

POJO Wellness is pleased to announce the new home of Cryo by Tried and True, a woman-owned small business. Cryo by Tried and True has been in business since April 2021. Cryo by Tried and True offers treatments with only the Kassen body sculpting device by TruCryo. As the world's number one non-invasive cryo service, it is now easy to prioritize your health and self-care. Fat freezing, cryo slimming, localized cryotherapy, cryofacials and more are offered at POJO Wellness. These world-class treatments are pain-free and non-invasive, with no scalpel, no incisions, and no medications. Lindsay Rodriguez, the Chief Freezing Officer, will ensure that you have a great experience, whether it's your first visit or your fourth. "Looking and feeling you best needs to

be everyone's priority," says Rodriguez. "Localized cryotherapy is a safe and effective way to enhance your health without surgery." The cryo procedures can be used on many different areas on the body to help you feel like your best self. Cryo by Tried and True also provides mobile cryo service to horses, bringing the same benefits of cryotherapy to your equine family. POJO Wellness, the new home of Cryo by Tried and True, is located at 3001 E. Highway 199, Suite 102, in Springtown, between Sunset Drive and Belle Place. Appointments are available Monday through Saturday. Call 682-327-9547 to schedule your treatment. Clients who book a package and mention this ad will receive 15% off.

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# OBITUARIES

## Grace "Johnnie" Hunter 1926 - 2023

Grace Imogene Johnston "Johnnie" Hunter was born February 1, 1926. She passed January 13, 2023.

She graduated Valedictorian from Rhome High School in 1943, completed her studies at Brantley Draughon Business College in Fort Worth, worked as a stenographer, full-time mother/homemaker, and legal secretary.

She was preceded in death by her husband, Dr. William Kyle Hunter (Azle's first veterinarian), her granddaughter Kami Deann Hunter, great-granddaughter Ellanie Rose Cox, her parents, and all of her siblings.

She is survived by her children, David, Paul, Byron, and Donna, children by marriage, David Cox, Jene Hunter, Nancy Hunter, and Linda Stell, grandchildren Eric Hunter, wife Loretta, Sean Hunter, Jeff Hunter, Stephanie Howard, James



Howard, wife Joana, Anna Hunter Counts, husband Austin, Kyle Hunter, wife Amanda, Sarah Cox, Will Cox, and Hunter Cox, 17 great-grandchildren, and many beloved nephews and nieces.

She was a devoted mother, grandmother, great-grandmother, and friend to all. She was deeply cherished and will be deeply missed.

*The Azle News, January 25, 2023 Edition*

## Donald Maley 1962 - 2023

Donald Dewayne Maley, born on April 14, 1962 in Fort Worth, Texas to Marion Maurice White and Bernita Kaye Wallace Sells, passed away on January 9, 2023.

Friends and family can pay their respects at the memorial service on Saturday, January 28, 2023, at 1 p.m. at American Legion Post 569, 400 W. Felix St. Fort Worth, Texas, 76115.

Donald loved to fish, play games, and have fun. He was a jack of all trades, from remodeling houses to fixing cars and appliances. If there was a problem, Donald could fix it.

Donald is preceded in death by his mother, Bernita Kaye Wallace Sells; his sister, Sherry White and his brother Thomas "Tommy" Maley.

Donald is survived by his



five children, Tanya Maley, Michael Maley, Shane Maley, Bryanna Wheeler, Chelsea Perez, and 12 grandchildren. He is also survived by his father, Marion Maurice White, sister Terry Rentz, and his girlfriend Donna Steele.

*The Azle News, January 25, 2023 Edition*

## Susan Sexton 1962 - 2023

Susan Benfer Murray Sexton, 60, passed away Sunday morning, Jan. 15, 2023, in Springtown, Texas.

Funeral is 10 a.m. Saturday, Jan. 28, 2023, at Hilltop Family Church, Springtown, with a visitation with family 9 a.m. prior to the service. Graveside service at Greenwood Memorial Park, Fort Worth.

She was a much loved daughter, sister, mother, grandmother and friend. She grew up in the White Settlement area and graduated from Brewer High School. She later moved to Springtown, where she raised her family.

Susan loved being a mother and grandmother (Honey). Her greatest joy often came from caring for children throughout her entire life. She raised her three sons and daughter and was still very involved in their lives even as adults. She impacted the lives of many families through caring for their children, until she had grandchildren of her own and became a full-time Honey.

Susan loved Jesus and led her family in the way of the Lord. She studied and knew the Bible and loved to share the scriptures with her fam-



ily. She had an unquenchable desire to know her Jesus more and to make Him known to others. She also enjoyed spending time gardening in her flower beds and cooking for her family.

She was preceded in death by her father, Raymond Benfer; and daughter-in-law, Ashlyne Cate Murray.

She is survived by her children, Jacob Murray, Zachary Murray, Beau Murray and Alexa "Lexi" Murray Brouhard and son-in-law, Andrew Brouhard; her mother, Barbara Benfer; and grandchildren; Mavis Murray, Callum Brouhard and Asher Brouhard.

*The Azle News, January 25, 2023 Edition*

## James McCracken 1958 - 2023

James W McCracken passed away on January 17, 2023, with his family by his side.

Celebration of life will be held February 4 at 1 p.m. at 247 Sunset Dr. in Springtown, Texas.

James has been called many things like Jim, Dad, Pawpaw, Uncle Jim and McNasty.

Jim had a passion for life and could take any bad day and make it better! Always making jokes and having full-on conversations with random people he met.

He leaves behind his wife, Judy McCracken; children, Lisa Wade, Donald Perry Jr., Kim Franks, Treasure Ben-Levi, and Rocksan Rangel; 10



grandchildren and six great-grandkids; three brothers; two sisters; and many nephews and nieces.

*The Azle News, January 25, 2023 Edition*

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## 'Wizard' not ready

### Azle High School musical postponed until February

#### FROM STAFF REPORTS

Azle High School's theater department has moved back the production of "The Wizard of Oz" musical because of production delays.

The production, set for this weekend, will be performed Feb. 23-25, with 7 p.m. shows nightly and a 2 p.m. show on Feb. 25. The show will be staged at the auditorium at the school.

## 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 provide 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.

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<p><b>THE ABBEY CHURCH</b> Pastor: Paul Brownback 10400 Jacksboro Highway <b>817-238-1404</b> www.TheAbbeyChurch.com Morning Worship..... 10:30 AM Community Groups..... Various Times</p> <p><b>ASH CREEK BAPTIST CHURCH</b> Pastor: Dr. G. Wesley Shotwell 300 South Stewart St. <b>817-444-3219</b> www.ashcreekbc.org Sunday School..... 9:30 AM Contemporary Worship-TMP..... 10:45 AM Traditional Worship..... 10:45 AM Evening Worship..... 6:00 PM Wednesday Youth Refuge..... 6:00 PM Wednesday Evening..... 6:15 PM</p> <p><b>AZLE CHRISTIAN CHURCH</b> (Disciples of Christ) Senior Minister, Ashley Dargai, Katie Medlin, Worship Minister 117 Church St. • <b>817-444-3527</b> Sunday School..... 10:00 AM Morning Worship..... 11:00 AM</p> <p><b>AZLE FIRST ASSEMBLY of GOD</b> Rev. Joshua Lowrance 1020 S.E. Parkway, Azle <b>817-237-4903</b> Sunday School..... 9:30 AM Morning Worship..... 10:30 AM Wednesday Evening..... 7:00 PM</p>	<p><b>COMMUNITY BIBLE FELLOWSHIP CHURCH</b> Pastor - Alton Davis 817-521-4510 1405 Reynolds Rd., Azle <b>817-444-7117</b> Directions: 730 N. to 1542 .5 mi. right on Cardinal, left on Reynolds Sunday School..... 9:45 AM Morning Worship..... 11:00 AM Sunday Evening..... 6:00 PM Wednesday Evening..... 7:00 PM</p> <p><b>CORNERSTONE COMMUNITY CHURCH</b> 2233 Hwy 199 E. • Springtown <b>817-221-LIFE (5433)</b> Sunday Worship Service ..... 10:00 AM Wednesday ..... 7:00 PM</p> <p><b>CROSSROADS BAPTIST CHURCH</b> Pastor - Jon Baker Corner FM 730S &amp; FM 1886 <b>817-755-0279</b> Transportation Available Worship Service..... 10:30 AM Wed. Prayer Service..... 7:00 PM</p> <p><b>THE EDGE CHURCH - AZLE</b> 1313 S.E. Pkwy, Azle <b>817-237-4822</b> Missouri Synod "Love God - Serve Others - Share Jesus" Traditional Worship ..... 9:30 AM Contemporary Worship..... 11:00 AM</p>	<p><b>FIRST UNITED METHODIST CHURCH</b> Pastors: Rev. Todd &amp; Jenn Pick 200 Church St., Azle <b>817-444-3323</b> Morn. Worship..... 8:30, 9:45 &amp; 11 AM Sunday School..... 9:45 &amp; 11 AM Youth (UMYF) ..... 5:00 PM Sun &amp; 6:30 PM Wed</p> <p><b>HOLY TRINITY CATHOLIC CHURCH</b> 800 Highcrest Dr. - Azle <b>817-444-3063</b> Saturday..... 5:00 PM Sunday..... 9:00 AM Sunday..... 11 AM (Spanish) Daily Mass (M, T, Th, F)..... 8:00 AM Wednesday Mass Religious ED ..... 6:30 PM Confessions..... Sat 4 PM</p> <p><b>HOPE LUTHERAN CHURCH ELCA</b> 4795 E. Hwy 199 - Reno <b>817-221-HOPE</b> Follow us on Facebook for streaming services Sunday School..... 9:00 AM Traditional Service..... 10:00 AM</p> <p><b>SOLID ROCK BIBLE CHURCH</b> 591 S. Reno Rd., Springtown, Texas 76082 Pastor - Bill Gay - <b>817-304-7443</b> Coffee and Donuts..... 9:00 AM Sunday School..... 9:30 AM Morning Worship..... 10:30 AM Children's Church After Music Service Wed. Prayer Meeting..... 6:30 PM Wed. Bible Study..... 7:00 PM</p>	<p><b>LEGACY CHURCH</b> Assembly of God Church Pastor: Gary D. Veazey Hwy. 199 &amp; Jaybird Lane <b>817-221-2983</b> Morning Worship..... 9:15 &amp; 11:00 AM Kidz Zone..... 9:15 &amp; 11:00 AM Weds Evening Legacy Group Legacy Youth, Kids All Services..... 7:00 PM</p> <p><b>SILVER CREEK UNITED METHODIST CHURCH</b> Rev. Sheila Fiorella - Pastor 2200 Church Rd., Azle <b>817-444-1382</b> www.silvercreekumc.org Sunday School 9:30 AM • Worship 10:30 AM</p> <p><b>SILVER CREEK BAPTIST CHURCH</b> Pastor: Jay Ditty Minister of Music: David Musick Corner FM 730 S. &amp; Veal Station Rd. Church <b>817-444-2325</b> www.silvercreekbc.org Sunday School..... 9:45 AM Morning Worship..... 10:50 AM Evening Worship..... 6:00 PM Wed. Prayer Service..... 7:00 PM</p>	<p><b>THE WORD@LAKESIDE CHURCH OF GOD</b> 9396 FM 1886 Fort Worth, TX 76135 <b>817-237-5500</b> thewordatlakeside.com Pastors: Brandon and Kelly Bohannon Worship Pastor: Brandon Moody Family Life and Young Adult Pastors: Jodie and Mark James, Kids Pastor: Katie Pearson, Student Pastors: Taylor and Sheridan Tomlin, Creative Directors: Logan and Carrie Edwards, Connections Coordinators: Preston and Ashley Larrew</p> <p>Equip Sunday School at the WORD..... 9:30 AM Empower Worship at the WORD..... 10:45 AM Kids at the WORD..... 10:45 AM PreK at the WORD..... 10:45 AM Emanate at the WORD (Special Needs Ministry)..... 10:45 AM Nursery at the WORD..... 10:45 AM Young Adults at the WORD..... 6:00 PM Wednesdays Adult Bible Class..... 7:00 PM The WORD Students (6th-12th grades)..... 6:30 PM Awana Kids at the WORD..... 6:30 PM Life at the WORD Life Groups Various Times</p>
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# Take me back



## 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](http://www.discoveryouramazing.com).

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 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 manicotti—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 its 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?

Be amazing today, my friend.

# Pieces of history of our Tri-County area, agricultural style

"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, a veterinarian, a farmer and rancher, 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 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



## AG 101

By Jack DeShazo

Jack DeShazo has decades of experience in the agriculture field.

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.

**Application has been made with the Texas Alcoholic Beverage Commission for a Wine and Malt Beverage Off-Premise Permit (BQ) by Fro-Zone Limited Company, to be located at 128 Park Place, Azle, Texas, 76020. Officer of said corporation is David Gonzales, President and Owner.**

**The City of Sanctuary Will Consider a proposal at the February 7, 2023, City Council Meeting to be held at 1920 Berkeley Drive, Azle, Texas 76020 at 6:30 pm to pay Aldermen \$25.00 per month and the Mayor \$50.00 per month.**

**NOTICE OF PUBLIC HEARING AND SPECIAL MEETING OF PARKER COUNTY EMERGENCY SERVICES DISTRICT NO. 1**

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 315 Morrow Rd / Springtown, Texas 76082**

**REQUEST FOR INVITATION TO BID**

Notice is hereby given that the City of Azle, Texas, will receive sealed Bids at Azle City Hall, 505 W Main St, Azle, TX, until

**10:00 am local time on Wednesday, February 15th, 2023**

for our Street Rehabilitation Program #2023-003. Bids will be opened and read aloud publicly following the close of the Bid period.

Bidders may receive a copy of the invitation to Bid from the City's website at [www.cityofazle.org](http://www.cityofazle.org). For additional information, please contact Joanna Ash/Purchasing Agent at 817.444.7003 or by email at [jash@cityofazle.org](mailto:jash@cityofazle.org).

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# Border security, tax relief and raises top list; possible end to Confederate Heroes Day?

## BORDER SECURITY, TAX RELIEF AND RAISES TOP LIST

For the Texas House and Senate, there is not much daylight between each chamber's priorities in this year's legislative session. Leaders say the focus will be on property tax relief, border security and employee raises. Preliminary budgets from both chambers were released last week, the Austin American-Statesman reported, with a record \$288.7 billion budget for the next two years. The money in the budget is made up of \$93.7 billion in federal funds, \$130.1 billion in state general revenue funds, and \$64.9 billion in other funds.

The tussle likely comes when lawmakers start spending a whopping \$32.7 billion budget surplus sitting in the state's coffers from the previous biennium.

Gov. Greg Abbott and Lt. Gov. Dan Patrick want to provide property tax relief to homeowners, with Patrick proposing raising the homestead exemption to \$70,000 from \$40,000. Both draft budget bills set aside \$15 billion - almost half the surplus - for property tax relief.

Increased funding for border security, public education and for raises for state employees are also in the draft budgets, which are likely to change several times before session's end.



## CAPITAL HIGHLIGHTS

By Gary Borders

Gary Borders is a veteran award-winning Texas journalist. He published a number of community newspapers in Texas during a 30-year span, including in Longview, Fort Stockton, Nacogdoches and Cedar Park. gborders@texaspress.com.

The Texas Tribune reported the preliminary budgets still leave more than \$50 billion in state funds up for grabs. One of the biggest challenges is that state law and the Texas Constitution set limits on how much tax spending can increase between sessions.

### POSSIBLE END TO CONFEDERATE HEROES DAY?

A 50-year-old state holiday honoring soldiers who fought for the Confederacy in the Civil War is again the target of a lawmaker who wants to end the holiday. State Rep. Jarvis Johnson filed the bill, telling the American-Statesman, "This is not the look we want for our state anymore."

Johnson has filed this measure before without success. Confederate monuments on public grounds have drawn complaints across the state, including the Texas Capitol.

The day is observed on Jan. 19, the birthday of Gen. Robert E. Lee. On occasion,

the holiday celebrating slain civil rights leader Martin Luther King, which is held on the third Monday in January, and Confederate Heroes Day fall on the same day.

"While (the King holiday) is a reminder that we are all created equal, how do we simultaneously celebrate an ideology that has been linked with oppression and supremacy?" Johnson asked.

### NATURAL GAS SUPPLIES HELD UP DURING WINTER STORM

The bout of sub-freezing temperatures blanketing much of the state a few days before Christmas sparked concern for the state's electric grid, which reached its highest peak for the entire year. But the grid held, and natural gas supplies to power plants were ample, state officials said.

The Texas Railroad Commission issued a press release saying, "There was ample natural gas supply to help the state's electricity supply chain and keep Texans safe."

The agency said it would continue to inspect natural gas facilities throughout the winter to ensure "infrastructure is hardened against extreme weather conditions."

The Federal Energy Regulatory Commission in October said the grid is still at risk of failure during extreme winter conditions, such as what happened in February 2021 with Winter Storm Uri.

### OVERHAUL PLAN FOR POWER MARKET GETS INITIAL APPROVAL

The Public Utility Commission last week approved a potential overhaul of the Texas electricity market in hopes of attracting private investment in new power plants, the Statesman reported. However, the Texas Legislature has ultimate approval. Critics say the plan is untested and could increase electric bills for consumers.

Abbott has already backed the plan, which is an effort to make the power grid, managed by the Electric Reliability Council of Texas, more reliable. It is intended to encourage more private investment in "plants that can turn on and off quickly depending on need."

If approved by legislators, the plan could take up to four years to implement.

### LAWMAKERS HIGHLIGHT STATE'S FRAGILE WATER INFRASTRUCTURE

A bipartisan group of 38 state legislators have banded together to educate fellow lawmakers about water security issues, the Texas Tribune reported. Aging infrastructure and lack of funding have created water-supply problems across the state, particularly in rural areas.

Last year there were more than 3,000 boil-water notices issued across the state because water quality was in doubt. Seven of the 10 water systems that issued the most notices were in rural parts of East Texas, the Tribune reported after analyzing data from the Texas Commission on Environmental Quality. There have already been 79 boil-water notices in January.

The group is not advocating for any specific bills.

"Water security is critically important to all Texans and our economy," state Rep. Tracy King, who heads the caucus, said in a statement. "We must continue to innovate, invest and strategize long-term to manage our water resources efficiently."

### STATE'S NEWEST HISTORIC SITE

The Texas Historical Commission's latest historic site is 274 years old. Presidio la Bahia was the site

of the Goliad Massacre in March 1836. More than 300 Texans were held inside the church before being executed by Mexican forces.

The Presidio was established on that site in 1749 during the Spanish colonial period. The fort became the nucleus of the modern-day city of Goliad.

The Presidio underwent restoration in the 1960s under the oversight of renowned restoration architect Raiford Stripling of San Augustine. More than 33,000 people visit the Presidio each year, according to its website.

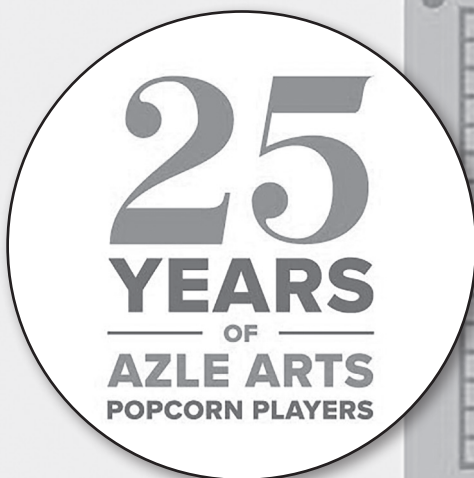
### COVID-19 CASES, HOSPITALIZATIONS DROP

The number of new COVID-19 cases in Texas during the past week reported to the Coronavirus Resource Center at Johns Hopkins University was 26,996, down

about a third from the previous week, with 270 new deaths, up from 148. The number of lab-confirmed COVID-19 hospitalizations in the state, according to the Texas Department of State Health Service, totaled 2,837, which was down 17% from the previous week. Readers should keep in mind that only reported cases are tallied. People who test positive with a home test kit likely are never reported.

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# SEASON

FROM PAGE A1

imals are ready to go for the big show, which would be our county stock show.”

Several students talked about their projects last week at the barn. Each student had a goat that they worked with, with work ranging from washing and clipping the animals to exercising the goats around the barn building.

Brysen McKown, AHS senior, clipped her Boer goat named Oatie, or Oatie the Goatee. She got the goat in June. She is also showing a pig in the Fort Worth show.

“It’s a lot of work,” she said about showing two animals at once.

She said sometimes animals can be “pretty difficult” to deal with, but once she builds a relationship with them, they become “pretty fun.” The pig, Penny, is a little more challenging than the goat, she said.

McKown has participated in FFA for four years and said she got involved in the activity after taking an intro to ag class her freshman year of school. She got invited to join a team her sophomore year.

“And then I just kind of fell in love with it,” she said.

She plans to major in ag communications with a minor in education in college, but she is unsure where she will attend college. She has been accepted to the University of Nebraska, the University of Wyoming and West Texas A&M University.

AHS sophomore Elizabeth Robinson, in her first year in ag, exercised her dairy wether goat Copper at the barn. Dairy wethers won’t be shown in Fort Worth, though, so she is focused on

the future show in March. She will attend as many jackpots – practice shows – as she can until March to help her prepare.

“I like just getting out and being able to focus on my animal – it kind of clears my head a bit,” she said about showing a goat. “It’s interesting to, like, work toward something.”

Avery Smith, a senior, also exercised her Boer goat, named Hank, before taking a quick break to talk to the News. After high school, she plans to attend Weatherford College and then transfer to Tarleton State or West Texas A&M and major in wildlife management.

Hank is mostly cooperative but “sometimes, he’s a little crazy,” she said. She spends a few hours each day with her goat. She will be showing Hank at both the Fort Worth and Tarrant shows. She exercises Hank twice a day.

“You learn a lot,” she said about showing animals. “I’ve, like, gotten a lot of responsibility from it, having to take care of him and train him every day.”

Senior Madison York washed her goat, Cardi B, in the barn soon after she arrived. She also has a pig, Ace, she will be showing. She also clipped Cardi B, who was especially restless.

“He’s super hyper all the time,” York said.

York has been involved with ag since her freshman year.

“I like showing,” she said, naming her favorite aspect of ag, adding she likes showing both pigs and goats. She has also shown chickens.

After high school, she plans to be a kindergarten teacher one day.




DON MUNSCH | AZLE NEWS

AHS students, clockwise from top left, Avery Smith, Elizabeth Robinson and Brysen McKown work with goats as part of their efforts in the school’s ag program. Their efforts with the goats include feeding, exercising and grooming.

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JEFF PRINCE | AZLE NEWS

Natalia Espinoza is another newbie on the varsity squad.

## Azle cheerleaders earn fourth place at NCA Nationals

JEFF PRINCE  
jeff@azlenews.net

Hearing that Azle cheerleaders placed among the best teams in Texas made sophomore Oliver Faoois-Olah do flips.

Most anything makes him do flips.

Faoois-Olah, or "Ollie" to friends, likes to jump in the air and defy gravity momentarily without breaking his neck. His enthusiasm and dexterity helps Azle Cheer and Hornet Muscle do well at games and contests.

On Jan. 21-22, contest judges deemed Azle varsity and junior varsity teams as the fourth best high school teams in Texas. Varsity earned the Vocal Excellence Award, as well.

The competition was held at the National Cheerleader

Association Nationals at Kay Bailey Hutchison Convention Center in Dallas.

"We are extremely proud of both teams for their hard work this year and incredible performances this weekend," head coach Haley Hopkins said.

### FLIPPING OLLIE

Faoois-Olah had never taken gymnastics or programs designed to improve cheer skills. Still, he was confident in his abilities when he attended tryouts this year. Older cheer member Camden Rushing passed along techniques not long before tryouts began, and Faoois-Olah was a natural.

"I met (Rushing) at tryouts, and he was like, 'Hey, you want to try a backflip?'" Faoois-Olah recalled. "I said, 'I've been waiting for this my

entire life.' He taught me the basics of it, and I did it once. It felt amazing."

Pulling off a flawless back flip after one lesson from a cheer member impressed the coach, and Faoois-Olah was picked for the team. Since then, he has added forward and sideways flips to his repertoire.

Injuries can occur while flipping, and Faoois-Olah has landed wrong on several occasions. Sometimes, he doesn't complete the full flip in the air and lands on his knees rather than his feet. Once, he landed on his neck.

"You can break your neck or you can hurt your shoulder," he said. "It just depends on how you fall. I've hurt my neck. It scared me, but it's something you take on when

PLEASE SEE **CHEER** | B3



JEFF PRINCE | AZLE NEWS

Oliver "Ollie" Faoois-Olah performs a back flip for the crowd at a recent basketball game.



Mayson Bowden is an important part of the Hornets offense.

## GOOD SPORT

### Azle soccer player Mayson Bowden gives refs piece/peace of mind

JEFF PRINCE  
jeff@azlenews.net

Shaking hands with opposing players after a game is a tradition at high schools.

Azle senior Mayson Bowden takes the tradition further after soccer games. Win or lose, Bowden makes a point of approaching referees after games and thanking them for their service.

After a recent game against Springtown, Bowden reached out to bump fists with the referees and said, "Thanks for being good refs."

The zebras smiled, and expressed gratitude.

Azle had beaten Springtown, but Bowden makes the effort to thank refs after losses too. Even refs who make what he deems bad calls, receive the friendly gesture.

"It's just good sportsmanship," Bowden said. "Bad calls are part of the game. You win some, you lose some. You

can't blame the ref for anything. It's all about how you play."

The Hornets beat the Porcupines 3-0, and Bowden played a pivotal role with two assists and lots of strong defense. He can score, too. So far this season, he has kicked the ball into the net seven times.

The Hornets are winning games, although they struggled against a few teams such as Cedar Hill and Eaton. The Hornets expects to be ready for action when district competition begins Jan. 27.

"We've had some ups and downs, but we've definitely had more ups than downs," he said.

The team is blossoming under first-year coach Diego Oliveros, and Bowden is excited to see how far the Hornets can go.

"We're looking more organized," Bowden said. "We just got to stay confident and

PLEASE SEE **GOOD** | B3

JEFF PRINCE | AZLE NEWS

# SPORTS Roundup

**JEFF PRINCE**

jeff@azlenews.net

**AZLE HIGH GIRLS WRESTLING**

On Jan. 20-21, the Lady Hornets wrestled at the Texas High School Wrestling Coaches Association State Dual Championship in North Richland Hills. Azle beat Killeen Ellison 36-30, won its second match over Dallas Hillcrest 37-36, and then fell to Dumas 48-21. The girls wrestled Frisco for a chance at third place but lost 48-24 and ended up winning fourth. Last year at the same event, Azle finished in 10th place.

The team's top wrestlers were Annabelle Davis, Pella LeFever and Jacy Williams, all of whom won all of their matches.

**AZLE HIGH GIRLS POWERLIFTING**

On Jan. 19, Azle powerlifting girls earned second place at a meet in Prosper. Eighteen teams participated in the event. Several Azle girls set personal records, and the Hornets finished just a few points out of first place to begin a promising season.

**AZLE HIGH BOYS WRESTLING**

On Jan. 20-21, the Hornet wrestling squad battled against the best teams in the state at the Texas High School Wrestling Coaches Association State Dual Championships. The Hornets finished in 12th place. Three Hornet wrestlers won all five of their matches at the meet: Landin Evans, Oliver Lorenz and Dominick Evans.

Coach Tyler Harrison described the meet as a "tough day competing with the best in Texas." The team will learn from mistakes, reflect, and improve as they prepare for the individual postseason, when wrestlers fight for individual titles rather than team titles.

District postseason begins Feb. 2 with a tourney at the Hornet gym.

**AZLE HIGH SWIMMING**

The Azle swim team performed "great" at the district meet Jan. 20, said head coach

Amy Estes.

Six individual events and four relay teams qualified to compete at the regional meet Feb. 3-4 at Mansfield.

A highlight of the district meet included the girls 400m Free Relay team setting a new school record that had stood since 2017.

"We now start preparations for Regionals," Estes said.

Here is the list of qualifiers and alternates for relays:

- Phoebe Mosley: 1st 100 fly, 2nd 200 IM
- Steven Manley: 4th 100 Freestyle
- Kalen McCullough: 3rd 100 back
- Gianna Schroeder: 3rd 100 breaststroke
- Hailey Fox: 4th 100 breaststroke
- Karla Rodriguez: 100 Free 7th place (alternate for Regionals)
- Brooke Nowakowski: 100 Back 7th place (alternate for Regionals)
- 200 Medley Relay Girls 2nd place

Karla Rodriguez, Gianna Schroeder, Hailey Fox, Kaylee Willey; alternates Haven Brown, Trystin Ellis

200 Medley Relay/ 200 Free Relay Boys:

- Kalen McCullough, Steven Manley, Isaiah Shelton, Joshua Weideman; alternates Isaiah Nunn, Joshua Carmona
- 400 Free Relay Girls 3rd place (new school record)
- Phoebe Mosley, Emory Hann, Laci Clark, Brooke Nowakowski

**AZLE HIGH BOYS BASKETBALL**

District wins and losses have come in twos for the Azle Hornets. The boys basketball team lost its first two district games to Rider and Northwest before bouncing back to win its next two conference clashes against Saginaw and Aledo.

Azle lost its next two games to Brewer and Granbury to go 2-4 in district.

Then, on Jan. 23, the Hornets played Rider and came out on top 66-59. If that "twos" things stays consistent, Azle is due for another win.

The Hornets play their next

district clash at 7:30 p.m. Tuesday, Jan. 31, at home against Saginaw. Azle is fighting for a spot in the District 5-5A playoffs.

**AZLE HIGH BASKETBALL GIRLS**

The Lady Hornets continue to battle injuries while playing hard-nosed basketball.

On Jan. 20, Azle lost its third straight district game despite a strong performance. Azle took on Granbury, fought hard for four quarters, and came up short 56-50.

Among the injured Lady Hornets is senior point guard and team leader Karlee Locke, although her sister, Kendall Locke, continues to propel the team forward. She scored 11 points against Granbury. Brittany Cato led the team in scoring with 16 points. Cheryl Grubbs led in rebounds with 8.

Azle plays at 6:15 p.m. Jan. 27 at Northwest in another district clash. The Lady Hornets are fighting for a playoff spot and return for a home game Jan. 31 against Saginaw.

**AZLE HIGH GIRLS SOCCER**

The Lady Hornets are putting together a sterling season under new head coach Hannah Smith.

Between Jan. 5-20, the girls won their first seven games of the season.

District competition begins at 5 p.m. Friday at home against Granbury.

**AZLE HIGH RODEO**

The following Azle Rodeo Team members secured spots to compete at the Fort Worth Stock Show & Rodeo Scholarship Invitational Rodeo on Jan. 22. The members earned a shot at competing for a \$2000 scholarship for every event in which they qualified.

The Azle team members who competed include:

- Wyatt Allison - chute dogging
- Laurel Allred - barrels, poles, goats, and walk-up goats
- Caitlyn Colley - walk up goats
- Kylan Hankins - bulls
- Jesus Leyva - team roping
- Nickolas McElhannon - bareback
- Lindsey-Kay Reichert - barrels
- Kasen Scarlato - team roping
- Hevenli Scribner - barrels, poles, and walk-up goats

**AZLE CHRISTIAN SCHOOL BASKETBALL**

On Jan. 20, the Azle Christian Crusaders hit the road to Fort Worth and chopped down Elevate Prep Charter School 50-46 in a barnburner.

"We played at their gym in front of the biggest, loudest (crowd) we have ever played" for, said head coach Ryan Rollins. "We showed some nerves and were behind by 9 in the third quarter, but we hit some big shots at the end of the game."

Zach Miles and Jake "Big Shot" Skartvedt hit crucial free throws in the final 30 seconds to nail down the vic-



JEFF PRINCE | AZLE NEWS

Azle's Colin Haas fights for a rebound.

tory. Cam Logan led the team in scoring with 25 points.

Three days earlier, the Crusaders beat the first-place team in their TAPPS district - Granbury Cornerstone - by one point.

The game went back and forth from beginning to end. With 11 seconds remaining and Azle Christian behind by 2 points, Skartvedt hit a three-pointer to win the game.

Final score: Azle Christian 42, Cornerstone 41.

Logan scored 21 points to lead the team. Aj Rollins scored 8, and Noah Rollins finished with 5.

"This was a super big win on the road," the head coach said.

Azle Christian is 4-2 in district and 10-8 overall.

The Crusaders are on the verge of securing a playoff spot for the second year in a row since joining TAPPS.

"We are coming together, especially defensively," coach Rollins said. "We have had some young guys step up on varsity and play solid minutes."

Sophomores Jaxson Logan and Keegan Lee and freshman Jakob Rollins have been contributing valuable minutes to help the team during a spate of injuries.

"We haven't had the same lineup two games in a row yet, but we keep playing hard," Rollins said. "God has blessed us through adversity."

**AZLE JUNIOR HIGH GIRLS BASKETBALL**

The eighth grade A Team "played their hearts out" during the Jan. 19 game against the Springtown Porcupines but lost 37-26, said coach Misty Merck.

"Springtown was a good competitor as always and pushed us to our limit," she said.

Azle newcomer Chloe Warner led the Hornets with 15 points, followed by Taylor Merrill (4), Gracie Hennessy (3), Ellie Yelle (2), and Leah Stewart (2). Rachel Harder led the team in defense with multiple steals.

Next week, Azle will face Chisholm Trail at the final home game of the year.

The seventh grade A Team battled Springtown but experienced a "tough loss," said coach Neosha Beach.

The Porcupines prevailed 49-9.

Azle girls ran into foul trouble early and the game became lopsided eventually.

Azle's scorers were Angel Sifuentes with 4 points, Ella Booten (2), Lydia Leonard (2), and Madison Holloman (1).

"I'm very proud of my girls for finishing strong, despite the score," she said.

The seventh grade White Team prevailed against Springtown 17-13 in an exciting game. Springtown took an early lead before the Lady Hornets settled in defensively and began putting points on the board with help from a three-pointer from Ella Hollman. Azle grabbed the lead and never lost it.

Reese Self led the offense with 7 points. Hollman and Kim Lucerio added 3 points apiece, and Addison Ackerman and Abigail Craft added 2 each.

"Defense was the deciding factor in this game, and that has been the trend all season," said coach Kari Crosby. "This team continues to work hard each week, and their determination to get better and better each week definitely shows."

**FORTE JUNIOR HIGH GIRLS BASKETBALL**

The seventh grade Green Team took on Mineral Wells on Jan. 19 but fell short 36-16 despite tough play. The

Greens worked hard to fight through the full-court pressure by the Lady Rams. The Lady Hornets plan to come back stronger against Irma Marsh this week.

The seventh grade White Team made the trek to Mineral Wells and began strong but also were worn down by the constant full-court pressure.

"Our defense held the line all night, but the girls were unable to pull off the last-minute comeback," said girls athletic coordinator Jason Jones.

Final score: Mineral Wells 26, Forte 20.

McKynlee Walden led the White team with 12 points, and Jonlyn Meissner and Danna Lopez put points on the board.

The eighth grade Green Team fell 43-11 to Mineral Wells. The Lady Rams' height and speed advantages were hard to stop.

"The Lady Hornets had worked very hard on their press this past week, and it was successful during the game," Jones said.

Destoney Roper led the Lady Hornets with 7 points, and Rylee Russell led with 3 rebounds.

"All the girls are starting to take more shots and starting to build confidence within themselves and as a team," Jones said.

The eighth grade White Team also fell to the Rams 30-8, although the Lady Hornets worked well together on the court from the beginning.

Within the first 20 seconds of the game, a successful press break allowed Parker Neely to put the first points on the board, Jones said.

Valencia Saenz led the team in rebounds and made two free throw shots.



JEFF PRINCE | AZLE NEWS

Jacy Williams didn't let a black eye keep her from competing at the State Duals Championship.



COURTESY PHOTO

Azle's girls powerlifting team beat out 16 other teams and finished just a few points out of first.



JEFF PRINCE | AZLE NEWS

Landin Evans wins again.

# CHEER

FROM PAGE B1

you try to learn to do it.”  
 What’s his best tip for someone wanting to learn to flip?  
 “Confidence,” he said.  
 Most of the Hornet Muscle members can do flips, and Faoois-Olah is glad to be among them. He enjoys seeing people’s reactions to flips, especially youngsters.  
 “Little kids, they’re amazed,” he said.  
**PRACTICE MAKES ALMOST PERFECT**  
 The days leading up to the Nationals consisted of a one-hour practice each morning followed by a two-hour practice every afternoon after school.  
 “Practice was very good to-

day,” said sophomore Natalia Espinoza. “We put out a lot of effort on the mat. I’m super excited for Nationals because that just means we get to get better at doing what we’re doing.”  
 Espinoza was on the JV squad as a freshman. Now a sophomore, she is enjoying her first year on varsity.  
 One of her first big contests was Jan. 12 at the UIL Spirit State Championship at the Fort Worth Convention Center.  
 “That was very nerve-racking,” she said. “That was kind of scary.”  
 She expected Nationals would be much the same.  
 “Very bright lights,” she said. “Lots of people. Loud stadium.”  
 And plenty of memories of a successful contest season.



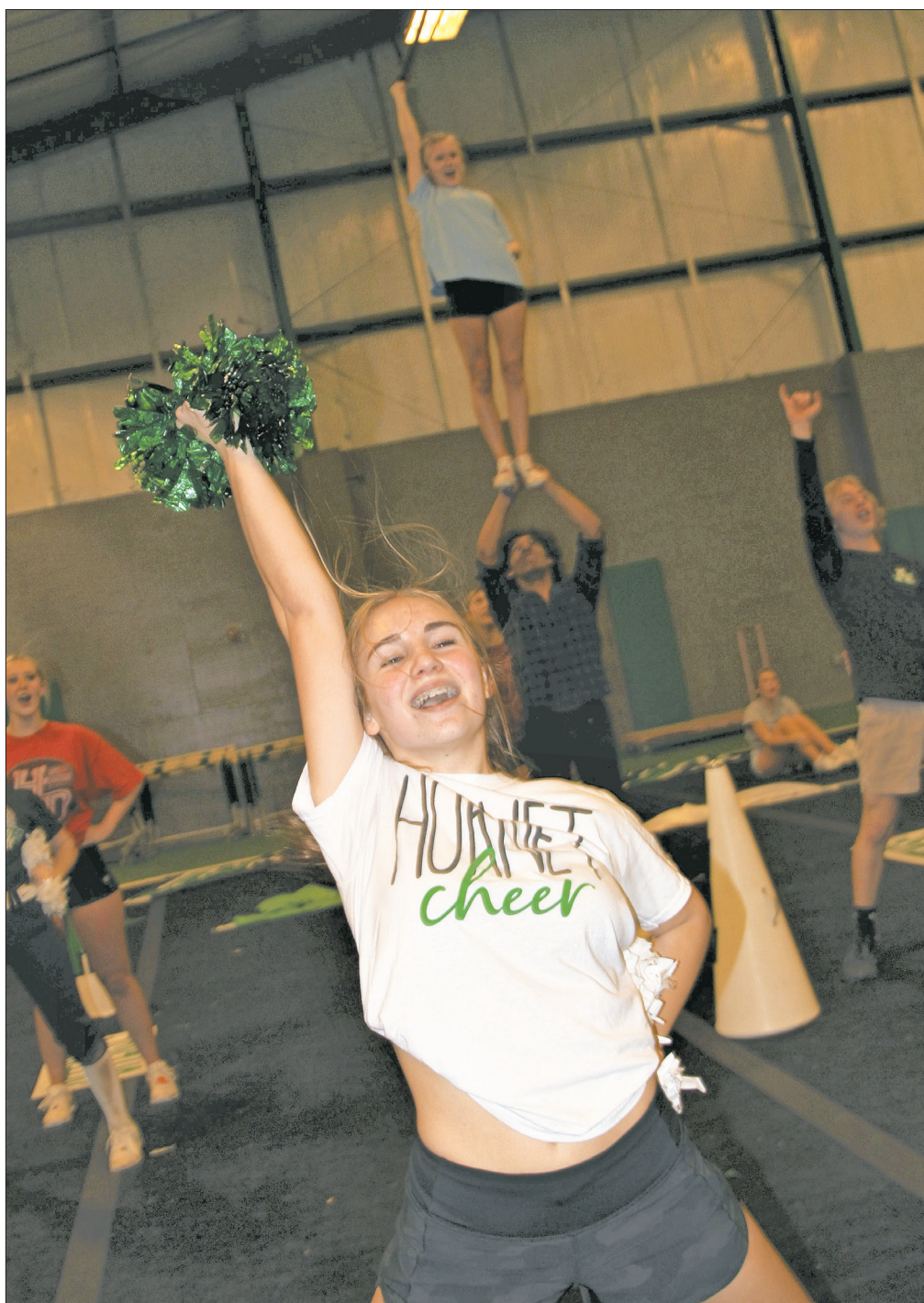
Macy Martin practices flashing signs.

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Oliver Faoois-Olah holds Miranda Baker on his shoulders.

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Co-captain Melani Rushing leads the team at practice in the days leading up to Nationals.

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# 100 raised arms

## Azle wrestler Dominick Evans hits major milestone

JEFF PRINCE  
 jeff@azlenews.net

Winning a state championship is his goal, and Dominick Evans can make it happen by winning lots and lots of wrestling matches.  
 The Azle senior knows how to pin opponents.  
 He has done it 100 times in varsity meets while attending Azle High School.  
 Wrestling coach Tyler Harrison characterizes 100 career victories as a “huge career milestone” and something rare to behold.  
 “This is the first time this has happened in the five years that I have been here and is quite hard to achieve,” Harrison said.  
 Evans’ 100th victory occurred Jan. 14 at the Highway 5 Invitational tournament in Anna.  
 Harrison described Evans as a hard worker and natural leader.  
 “His work ethic not only makes him a better wrestler but lifts up his teammates around him,” Harrison said. “He leads by example and is humble and always looking for ways to improve.”  
 Evans’ teammates and coaches are proud of his achievement and “look forward to watching him chase his goals through the remainder of the season,” Harrison said.  
 A major goal for Evans is

earning a Texas title.  
 He grew up and wrestled in Oregon and won a state championship there as a sophomore. His junior year

at Azle, he made it to the state semifinals and finished in sixth place. This year, he is determined to win the top title in his final year at high

school.  
 Evans plans to do it by “working harder and trusting the coaches in how they are preparing me,” he said.



From left, coach Seth Bell, senior Dominick Evans and head coach Tyler Harrison celebrate the senior's 100th career victory.

COURTESY PHOTO



Thanking referees after games exemplifies good sportsmanship to Mayson Bowden.

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## GOOD

FROM PAGE B1

learn from our mistakes, and we’ll be just fine.”  
 They might be better than fine.  
 The Hornets won four consecutive games between Jan. 12-14.  
 Jan. 20, the Hornets played a powerful Western

Hills team and lost 2-1.  
 That game, like all of Azle’s games so far, was a non-district contest that serves to prepare the Hornets for the battles that count in district play.  
 Azle’s preseason record ended at a respectable 5-3-1.  
 District competition begins at 7 p.m. Jan. 27 at home against Granbury.

# DUGOUT DUTY

## Ankle injury hobbles freshman day before baseball tryouts

BY JEFF PRINCE  
jeff@azlenews.net

All the leaves were brown, and the sky was gray, and Seth Webb was dreaming about baseball.

On Jan. 20, the Azle freshman stood with the help of crutches in the dugout beside the Hornet baseball field. Tryouts were being held, and his friends were out on the field running, hitting, and throwing, but Webb was stuck on the sidelines.

A gimpy ankle was to blame.

A day earlier, Webb had been practicing at second base and working on fly ball communication with an outfielder. When an outfielder calls for a catch, Webb is supposed to peel off to the side to avoid a collision.

"The right fielder called me off, and I went to step to go to the left to get out of his way, and I just rolled my ankle," Webb said. "It hurt in the moment, but I'm doing better now. I'm starting to walk a little bit."

A doctor determined there was no fracture, but Webb would be hobbled during the three days of tryouts. Head coach Stephen Smith expressed empathy and told Webb he would get a chance to show his stuff.

"Coach Smith reassured me that once I was better, I'd be able to try out, and that it was only my freshman year," Webb said.

Webb has been playing



An injured Seth Webb watches as his friends try out for the Azle baseball team.

JEFF PRINCE | AZLE NEWS

baseball since age 4 in youth leagues. He figures to make the JV White team for freshmen this year and hopes to make varsity next year so

he can play alongside older brother Cole Webb, who is currently a junior on the team. "I've never played with

him," Seth Webb said. "It would be nice to be on varsity with him. It would be very sentimental. He is good. He made varsity as a

sophomore."

The brothers grew up in Azle and plan to keep the Hornets in playoff contention in the coming years, includ-

ing 2023.

"The team is going to be pretty good this year," Webb said.

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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!

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

...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!

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...

**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.

### 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.

**Extra! Extra!**

### Guess What!

Here is a guessing game to play with one or more friends. Each player cuts out shapes and pictures of objects from the newspaper and holds them up, one at a time, in front of a light source. Take turns guessing what kind of shape or object is casting the shadow.

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

### 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	169	2,222	521
+ 530	+ 362	+ 1,211	+ 213
○	○	○	○
1,697	2,763	<b>Number Code</b>	
+ 234	+ 1,226	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**

**SHADOWS**

**BURROW**

**BROWN**

**LOUIS**

**CHAMBER**

**SPRING**

**SOURCE**

**FOOD**

**WEEKS**

**PHIL**

**FEBRUARY**

**SIX**

**WAKE**

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

**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.

### 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.

# AHS Swim Team Qualifies 11 for Regional Meet

The Azle High School swim team competed in the District 5-5A swim meet Thursday, Jan 21, in Mansfield ISD. AHS had a great showing at the District Meet and qualified 11 swimmers for the Regional Meet.

Junior Phoebe Mosley placed second in the 100 M backstroke and the girls 200 M Free Relay team broke the previous school record.



Phoebe Mosley

COURTESY PHOTO



Girls 200 M Free Relay

COURTESY PHOTO



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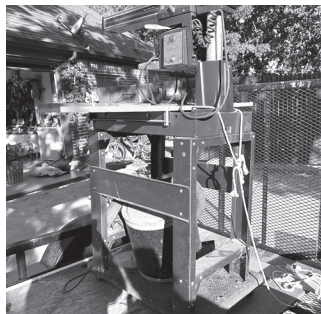
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**ACROSS**

- TXism: "would \_\_\_ maggot" (icky)
- this Riley was a LB for the Houston Oilers (1981-86)
- dye for hair coloring
- leaf around
- TXism: "give \_\_\_ rest" (shut up)
- assn. for Texas MDs
- slinging insects
- just the tea, please (2 wds.)
- TXism: "busy \_\_\_ -armed paper hanger"
- in San Patricio County on U.S. 181
- north-westernmost county in Texas
- TXism: "takes a big \_\_\_ rope him" (large man)
- saddle \_\_\_ (chafed)
- "I don't want to hear a \_\_\_ out of you"
- TXism: "\_\_\_ marm" (teacher)
- city in Nebraska and Texas
- "it's just the \_\_\_ the iceberg"
- TXism: "he \_\_\_ own two feet" (independent)
- Hereford: "The Town With \_\_\_ -ache"
- venomous "Texas Snake"
- in Sam Houston State Park: "Long-leaf \_\_\_"

**DOWN**

- Asian tiered tower
- fifth state due north of Texas (abbr.)
- "do it or \_\_\_!"
- TXism: "\_\_\_ to" (similar)
- environ. protector
- cattle enclosures
- TX Cheyenne Knight golfing assn.
- had supper
- TXism: "hit me like a \_\_\_ of bricks"
- former event by three singing Texas brothers: "\_\_\_ Gala"
- DiCaprio was TX Howard Hughes in film "The \_\_\_"
- "Come and Take It" flag originated in this Texas city
- poker start
- "love," south of the border
- TXism: "he's got \_\_\_ than he can say grace over"
- TX Roy Orbison sang Wilbury's "Not Alone \_\_\_ More"
- TXism: "tight \_\_\_" (cheapskate)
- TXism: "flat \_\_\_"
- "Black Friday" event
- word after "ski" or "telephone"
- Kellogg's "\_\_\_, Crackle and Pop"
- self-importance
- "Hook \_\_\_ Horns!"
- this Levi created blue jeans (init.)
- final mo. of the State Fair of Texas
- birth state of Gov. "Pappy" O'Daniel
- TXism: "a snorter and a snoozer"
- ripped in two
- what an old Texan can tell (2 wds.)
- TXism: "happy as a \_\_\_ slop"
- brandin' tools
- TXism: "got an overdose of woe"
- Cowboys' Dalton Schultz pos.
- \_\_\_ Grange, Texas
- "\_\_\_ \_\_\_ conclusion" (decide with little information)
- daddy
- this Peter wrote "North Dallas Forty"

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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

**P**hysical 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<sup>a</sup> 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

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.



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

PHOTOS COURTESY TRWD



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

FILE PHOTO

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 have 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-



METRO CREATIVE CONNECTION

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. Lingering 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](http://diabetes.org).

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# Simple ways to make meals healthier

**STATEPOINT**

**C**ooking 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 over-

eating. 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

**STATEPOINT**

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



METRO CREATIVE CONNECTION

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](http://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](http://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



METRO CREATIVE CONNECTION

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](http://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-

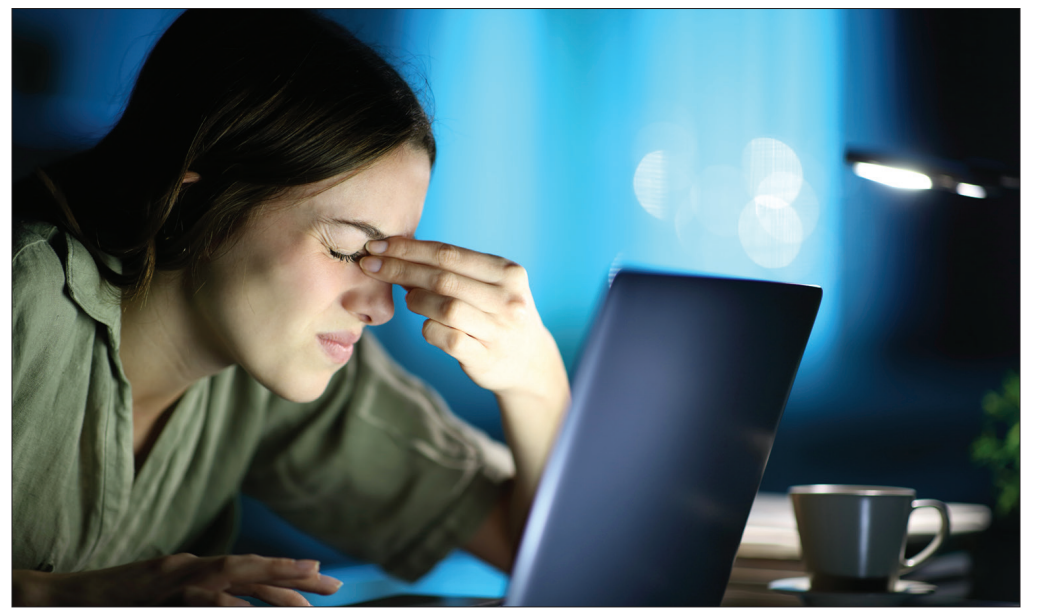
iculties of remote learning. That upheaval contributed to prolonged mental fatigue for many individuals.

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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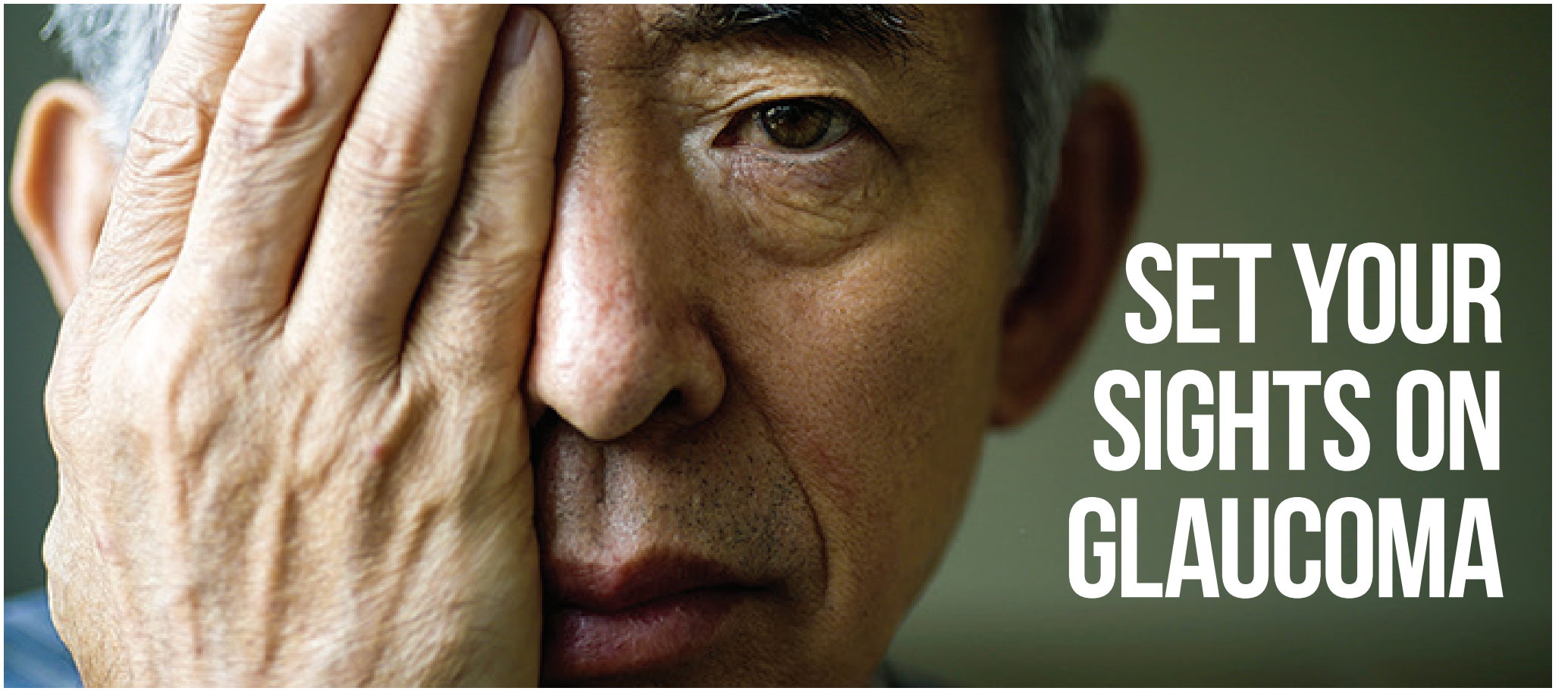
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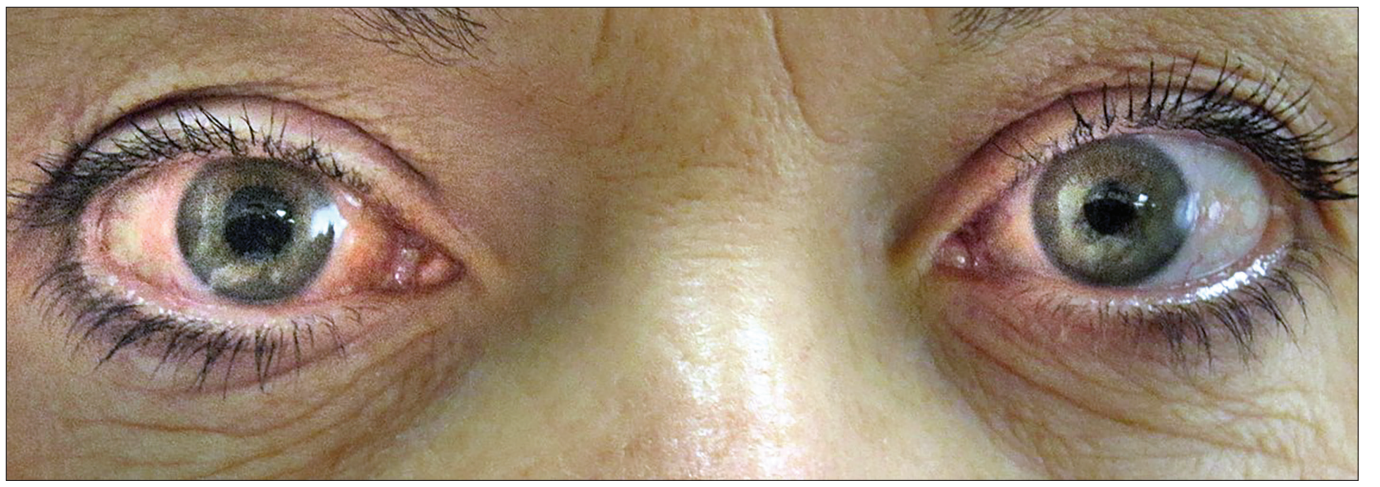
**E**yesight often isn't fully appreciated until it begins to diminish. Starting in one's thirties, if not earlier, a person's vision may start to be less sharp. Items at a distance or up close may be more difficult to discern, and if prescription glasses or contacts are worn, that prescription may need 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

## METRO CREATIVE CONNECTION

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



METRO CREATIVE CONNECTION

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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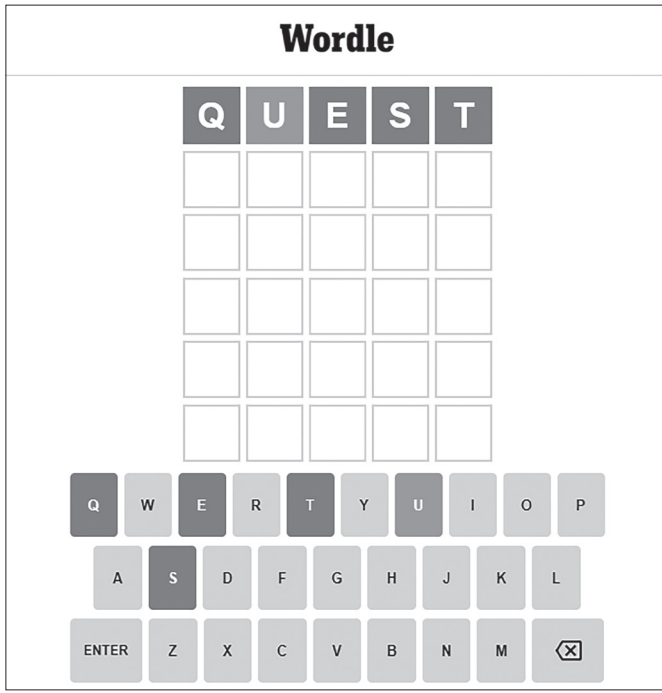
# The brain-boosting benefits of word games

## 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.

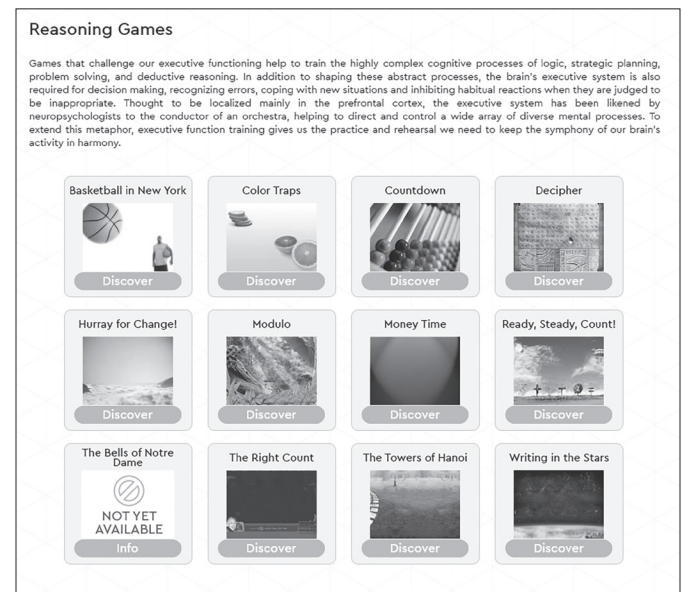
· **Writing in the Stars:** Similar to a crossword puzzle, this game provides a list of nine words to users, who must then find the six words that connect to form a six-point star before they can move on the next level. Available at [www.happy-neuron.com](http://www.happy-neuron.com), Writing in the 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](http://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](http://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**



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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.*

## METRO CREATIVE CONNECTION

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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