THE COUNTY REPORTER tricountyreporter.com

NEWS OF AZLE, SPRINGTOWN, AND SURROUNDING AREAS THE

THURSDAY, January 25, 2024 • **\$1.00**



ZACH FREEMAN | TRI-COUNTY REPORTER Ginger Brandon and other patrons thumbed through the stacks of books on sale looking for gold.

Tomes, tabbies and tournaments

ZACH FREEMAN

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AZLE — Whether it's Mario Kart or books on Descartes, the Azle Memorial Library has something to offer everyone this January. One event that brought people out in droves was the library's Jan 12-13 book sale.

Azle Memorial Library holds wide array of fun activities through January

AML typically holds a book sale once a year either in the fall or winter.

"This year was unique because we had so many DVD donations that we held a separate DVD sale in the fall, then had our book sale this January," AML Director Curren McLane said in an

PLEASE SEE LIBRARY | A12

Springtown P&Z approves final plat for 137-lot subdivision in ETJ

MADELYN EDWARDS

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SPRINGTOWN -Contingent on settling any outstanding engineering comments, Springtown Planning and Zoning Commission unanimously approved the final plat for the new subdi-

vision Pennsylvania Avenue in the city's extraterritorial jurisdiction during its Jan. 16 meeting.

The development will include 137 single-family lots on more than 34 acres at the northwest corner of Walnut Creek Drive and Williams-Ward Road. The new subdi-

vision is expected to include lots that are between 7,500-8,250 square feet on average, though some lots are larger. Pennsylvania Avenue is

unique compared to other subdivisions outside the city limits because it will be served by Springtown sewer and water and therefore,

does not need to adhere to Parker County's usual minimum one-acre lot size. This is because the property has a sanitary sewer easement, so Springtown has to provide sewer service as well as water.

Because it's located in Springtown's extraterritorial jurisdiction, the city doesn't have control over the specifications of the development like other subdivisions in the county. This means the city cannot regulate the subdivision's density, lot sizes, zoning or construction of the streets, nor can the city do inspections of the homes,

provide code enforcement services or improve traffic in the area.

City Secretary Christina Derr told the P&Z at the meeting in January the city would not be able to annex the development at this point.

PLEASE SEE PLAT | A4

Community Caring Center starts \$1.5M expansion project

As need increases in community, local nonprofit seeks to overhaul facilities

ZACH FREEMAN

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AZLE — With its doors opening back up for 2024, Azle's Community Caring Center is experiencing the beginning of a major new construction project. From Dec. 18 to Jan. 1 the center was on hiatus, but has seen just as much, if not more, need for its resources in the new year. As more and more families turn to the center due to food

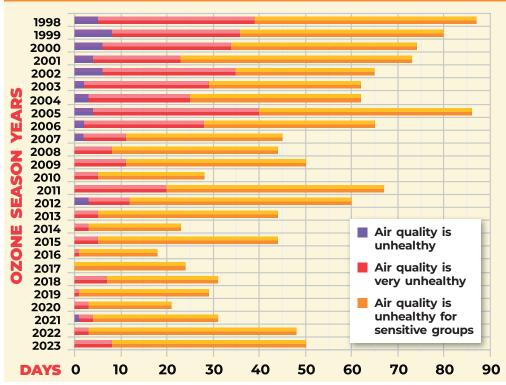
Kristie Cooper talked about the expansion and how it will benefit the community. The average number of families served by the CCC per month jumped from 600 to 1,300 in 2023, Cooper said, adding that the organization has served 995 families in the first 11 days of January. The center received permits

insecurity. Executive Director



PLEASE SEE CCC | A11 A cement-pouring crane could be seen from Commerce Street during the first few days after breaking ground.

Number of days ozone amounts in North Texas were above air quality standards



GRAPH CREATED BY MADELYN EDWARDS VIA NATIONAL CENTER FOR EDUCATION STATISTICS

Source: North Central Texas Council of Governments Regional Transportation Council and Texas Commission on Environmental Quality

Penalties coming if DFW doesn't reduce ozone levels

MADELYN EDWARDS

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While not as high as the late '90s or first half of the 2000s, North Texas' ozone levels in 2023 had the most days that exceeded the standard since 2012.

If the ozone levels don't improve significantly, industries in the Dallas-Fort Worth region could face millions of dollars in penalties.

The North Central Texas Council of Governments (NCTCOG) Regional Transportation Council's annual ozone report covers the 2023 ozone year for the 10-county nonattainment area — Parker, Wise, Tarrant, Dallas, Denton, Collin, Rockwall, Kaufman, Johnson and Ellis counties. The ozone season spans from March through November.

North Texas counties classified as severe for EPA's 2008 standard

According to the council's report, National Ambient Air Quality Standards for lead, carbon monoxide, nitrogen dioxide and particulate matter were attained, but standards for ozone were not. The report found 50 days in the 2023 ozone season exceeded the standard. This includes 42 days with an orange rating, which means those with respiratory diseases should limit their time outdoors, and eight days with a red rating, meaning people with respiratory diseases should avoid prolonged efforts outside while everyone else should limit doing things outdoors, according to NCTCOG's Air Quality

Handbook from Spring 2022. The number of exceedance days in 2023 is slightly more than totals in 2022, 2015 and 2013 but much higher than the number of exceeded days in 2016-2021 and in 2014. The last time the number of exceedance days reached 50 was in 2012 and 2011 when there were 60 and 67 days, respectively, that surpassed the standard.

While stratospheric ozone protects people from the sun, ground-level ozone can cause breathing problems and aggravate lung diseases, according to the council of governments' website. Ground-level

PLEASE SEE OZONE | A4



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VOLUME 1, NUMBER 34 Local, zone(s) 2 sections, 20 pages

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Walnut Creek SUD board awards bids for some bond projects

MADELYN EDWARDS

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SPRINGTOWN - Walnut Creek Special Utility District's infrastructure projects are moving forward as the board of directors awarded bids for two ground storage tanks and two booster pump stations during the Jan. 16 meeting

Walnut Creek SUD's board approved selling bonds last vear and received about \$38.8 million to improve infrastructure across the district. Before the work begins, the SUD must get bids on the infrastructure projects and award contracts to the best bidders.

For the 2 million-gallon ground storage tank at the surface water treatment plant in Bridgeport, the board accepted a bid from Tank Builders Inc. for about \$2.5 million. The contract for

the 1 million-gallon ground storage tank at the Farm-to-Market Road 920 booster pump station, which will be a larger tank than the one that's already there, was also awarded to Tank Builders for about \$1.5 million.

The board awarded both contracts for the booster pump stations on FM 920 and on FM 51 to Acadia Services, LLC, and both bids were about \$2.7 million for each booster pump station. The FM 920 booster pump station is already in existence but will be expanded to nearly triple its size, Engineer Bill Lohrke said. In contrast, the booster pump station south of Springtown on FM 51 will be brand new and allow for growth in the area.

"It will greatly bolster the water pressure and supply for those existing subdivisions," Lohrke said of the FM 51 booster pump station.

Amid these awarded contracts, the board also decided to reject a bid from Tank Builders for a 500,000 gallon ground storage tank, which will be on FM 51, because the bid was a few hundred thousand dollars over budget. Lohrke said the project will be rebid and also include an alternate option for a 300,000 gallon storage tank as well as some design changes.

Lohrke noted that the SUD has worked with both Tank Builders and Acadia previously. Acadia installed a 16inch water line in the district recently, and Tank Builders rehabilitated a clear well at

the water plant in 2022. Of Tank Builders specifically, Lohrke said the company has an "outstanding reputation."

"We highly recommend them as contractors," he said during the meeting.



MADELYN EDWARDS | TRI-COUNTY REPORTER

Walnut Creek Special Utility District Board of Directors members Jim Cox and Vice President Al Garrett attend the board's meeting Jan. 16.

Don't let blood supply see winter slump

ZACH FREEMAN

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AZLE — Carter BloodCare says Texas winters can put a chill on the local blood supply. Blood donations can slump each winter because of *Ministerial Alliance host blood drive Feb. 5* and injuries. On Feb. 5, from 3:30-6:30

Carter BloodCare and Azle Area

"As a thank you, each of our donors will receive a new p.m. the Azle Area Ministerial quarter-zip pullover," Andrea Sign with Carter BloodCare said. "These are available while supplies last, so we encourage you to sign up today for the Carter BloodCare blood drive." For faster donations and less paperwork, donors-tobe can sign up on Carter BloodCare's Donor Portal, by going to ww3.greatpartners.org. Click "Donate Now," type "Azle" into the page's city search and schedule an appointment at an available mobile drive location. Readers can also schedule by following the link *https://* ww3.greatpartners.org/donor/schedules/drive_schedule/145184. More details can be found on the nonprofit blood center's website at CarterBloodCare.org.



BIDEN IS NOT WORKING TO STOP BORDER CROSSERS AND ILLEGAL IMMIGRANTS, GLENN ROGERS IS!

INCREASED BORDER SECURITY SPENDING BY 630%.

inclement weather and seasonal illnesses. This makes the need for the lifesaving resource even greater. If the blood supply drops, patients who require transfusions can face challenging delays. This includes local patients needing major surgeries, cancer treatments or medical aid following vehicle collisions or severe trauma. From 2014 through 2022, at least 1,630 have been injured in Texas from weather events, according to the National Safety Council. Over the last several years, Texas has led the nation in weather-related deaths. Keeping local blood supplies well-stocked is critical in saving lives after weather-related accidents

blood drive of the year at the First Methodist Church Azle at 200 Church Street.

Alliance will host its first

Residents as young as 17 years old — or 16 with parental consent - can safely donate blood with Carter BloodCare. There is no upper age limit for donors. In addition, eligible donors must weigh at least 110 pounds and feel well on the day of donation.

Carter BloodCare always has high hopes for our city's blood drives. Past turnout for Azle donors have been some of the highest in DFW, according to the organization.

Those who present to give blood in February will receive a special gift.

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Without a map, how would you know where you were going?

In 1856, William Rand opened a printing shop in Chicago and two years later hired an Irish immigrant named Andrew McNally to work in his shop. The shop became very prosperous, and in 1859 was hired to run the Chicago Tribune's entire printing operation. By 1868 the two men established Rand McNally Co. By 1873, the company made its first map included within its Railroad Guide. By 1904, Rand McNally published its first road map and by 1917 had started numbering highways. In addition to creating maps with numbered roads, Rand McNally also erected many of the actual highway road signs. This system was eventually adopted by state and federal highway authorities and is how and why high-



ways are numbered.

The oil companies quickly took an interest in road maps, urging Americans to explore the world outside their own backyards, thus creating a need to buy gas to make the trip. By 1920 Rand McNally began publishing maps for Gulf Oil Company, which were distributed free of charge at its service stations. Until the invention of the GPS system, Rand McNally maps were how Americans found their way.

I remember as a youth seeing a collection of maps in the glove box of my dad's automobile. There was a map of the city in which we lived, of the state where we resided, and a couple of maps of the surrounding states. The maps were folded very neatly and concisely and waited in their assigned spot until such a time they were needed.

FROM MY FRONT PORCH

Sam Houston is a syndicated columnist and newspaper

executive. He is also an author, actor, playwright and

ntertainment producer/promote

By Sam Houston

Of course, on those occasions when dad needed some directional assistance when he was driving, he would

ask mom to open a map and give him instructions on how to reach our destination. It didn't take long before my two sisters, who were sitting in the backseat of the car with me, realized opening that glove box and unfolding a map was a sure-fire recipe for comedy.

Mom would copiously peer over the map, seeking to find the best route, while Dad would be firing questions at her in an almost machine gun-like fashion. Mom would get flustered. unable to answer the questions fast enough to suit him. Dad's blood pressure and voice would noticeably rise as indicated by his red face and the bulging veins on his forehead. The entire encounter usually resulted in Dad grabbing the map out of mom's

hands so he could try and examine the map for himself, all while trying to navigate the car down the road.

My favorite part would be seeing dad hand the map back to Mom, all while muttering under his breath inaudible comments about my mother's map reading skills. Who could forget the sound of her attempting to fold the map back into its precision format, getting flustered and basically cramming the map into the glove box in a shape more like a softball rather than a map? For Mom, it usually led to her turning her body in the car seat, so her shoulders were facing out the window and away from the direction of dad. I found a "map event" was usually followed by periods of silence in the car, and I feel pretty

sure led to further discussion outside of the hearing of us children.

When I am driving and need directions, I merely speak into my phone and ask. In just a matter of seconds a voice is telling me where to turn, how much further I must go, and letting me know my estimated time of arrival. It is one of the many blessings of the internet and sure makes life a lot simpler. On the other hand, asking Siri for directions will never be as memorable or entertaining as watching my folks.

Thought for the day: Why is it we don't worry about a compass until we're lost in a wilderness of our own making?

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

A society without porches

CAROL GOODMAN HEIZER cgheizer@gmail.com

There are certain bastions of life that seem to represent more than their individual existence. When we travel back in time to the days of our childhood, many of us remember the daily walks to our neighborhood school and the smell of home-baked cookies as we returned at the end of the day. We remember dinnertime as all members of the family gathered to share their day's activities. We remember being taught respect for other individuals and their property.

We remember doing business with local merchants who knew us by name rather than by account numbers and credit cards. We remember

using our legs for transportation rather than expecting a car for our 16th birthday. We remember the thrill of going to movies rather than bringing the movies to our own television sets.

And we significantly remember porches. Small porches. Big porches. Porches on the fronts of houses. Porches on the backs of houses. And some porches that ran along three sides of the house. Some of the porches had shiny black railings. Some had rough wooden post railings. Some had scratchy brick posts. We could find various items on the porch, but we always found two things in particular ... a swing and a chair.

The swing and the chair were not simply ornamen-

tal pieces of porch furniture. They served a vital purpose. They were the means through which members of the family would sit and discuss matters of importance ... any topic from the current price of fresh vegetables to the description of the latest auto designs. They were the medium through which we could sit outdoors and watch the world go by ... from the squirrels playing tag to the rabbits playing hopscotch to the children playing makebelieve. Something about that swing's motion seemed to put the cares and frustrations of the day to rest. It also allowed us to privately communicate with ourselves and become familiar with our innermost thoughts. The porches usually had

little personal items on them as well. Perhaps it was a set of wind chimes through which we could enjoy nature's gentle song. Perhaps it was a small table where we could set a pot of flowers that always seemed to be getting knocked off, or it held a glass of iced tea that seemed to be crying as its sweaty tears ran down the glass from the heat. Some porches even had small weather-resistant rugs that added the touch of family and friends. Others had one of those wooden-slatted shades so we could keep out the hot, blazing afternoon sun or the cold, blowing rain. On occasion, it successfully kept out the neighbor's chatter.

We could also find our mailbox on the porch. That

gave us the perfect opportunity to converse with the mailman as he brought the daily tidings from around the world. He knew our name, and we knew his. We knew our mailman well enough we could tell from his walk whether he was feeling especially chipper that day or whether his leather bag was especially burdensome.

The porch was an extension of our family life. Although it was another area we needed to clean, we really didn't mind because it was part of who we were. Porches were, in essence, the focal point of American life. Then things began to change.

As the annual family income rose, the desire for larger and more beautiful homes expanded. The new dwellings featured air conditioning and contained more square footage, larger windows, and more elegant features. Yard sizes shrank as fewer working families cultivated flower beds and vegetable gardens. Life became hectic, and neighborhood bonding lessened.

And the porches? They died a quiet and tragic death.

Today we have hurried and harried parents, lonely and hurting latch-key kids, and out-of-touch neighbors. We have children who do not know where their parents are - and parents who do not know where their kids are. We have become a society without porches.

Wake-Up call: The iPhone alarms that could change your mornings

Letter to the Editor



Tri-County Reporter A3

melody, as opposed to being alert and ready to tackle the Have you ever wondered

jolted out of sleep by a jarring tone. Research shows the **THE NO-NOS:**

day.

wakefulness smoother. This can have a significant impact on your mood and productiv-

wake up feeling like a Disney princess, ready to burst into song, while on other days. crawling out of bed feels like an epic journey to Mordor? Well, it turns out the secret to a good or bad morning could be your iPhone alarm tone.

vhy some mornings you

MICKY SHEARON

A fascinating study by music and behavioral science experts at Startle delved into this melodious mystery. They examined how melody and rhythm counter the effects of sleep inertia — the groggy, confused state we often find ourselves in upon waking.

THE MAGICAL MELODY OF WAKING UP RIGHT

Imagine being gently nudged awake by a soothing

type of alarm you choose can significantly influence how groggy you feel in the morning. The team at Startle used science to rank the 28 stock iPhone alarms, and the results are music to our ears.

TOP OF THE CHARTS: THE BEST IPHONE ALARMS

Leading the pack is "Sencha," followed by "By the Seaside," "Uplift," "Constellation," and "Slow Rise." These tunes share a common thread: they all have an easy melody, are played in the key of C, and resonate at a low frequency (400 or 500 Hz). Such characteristics gently awaken the mind and body, making you feel more

ALARMS TO AVOID

On the flip side, some alarms are akin to having a bucket of cold water thrown over your peaceful slumber. The worst offenders? "Chimes," "Beacon," "Radar," "Signal," and "Presto." These alarms lack melody and operate at higher frequencies (1.5k to 5k), effectively shattering your dreams and any hope of a serene awakening.

WHY MELODY MATTERS

Melody plays a crucial role in our wake-up experience. A gentle, melodic alarm can make waking up a more pleasant experience, reducing grogginess and making the transition from sleep to

ity throughout the day.

EXPERIMENT WITH YOUR ALARMS

Why not turn your mornings into a science experiment? Try different iPhone alarms for a week and note how each one affects your mood and energy levels. You might just find the perfect tune to start your day on the right note.

THE TAKEAWAY

Your choice of alarm can be more than just a functional tool; it can set the tone for your entire day. So, next time you're setting your alarm, remember: the right melody could be the key to waking up on the right side of the bed.



STAFF REPORTS

Property tax payments for Parker County homeowners are due at the end of the month.

Payments must be received or postmarked by Jan. 31, according to the Parker County Appraisal District's news release. If this deadline is not

met, homeowners may have to pay penalties and interest.

Taxpayers can pay online at www.parkercad.org using an eCheck for free, using a debit card for a \$2.95 flat processing fee or by credit card for a 2.15% processing fee. The processing fees are not charged or collected by

USPS No. 546-920 | 321 West Main Street, Azle, Texas 817-270-3340 | tricountvreporter.com

The Tri-County Reporter is published every Wednesday at 321 West Main Street, Azle, Texas by Hyde Media, LLC

Periodicals class postage paid at Azle, Texas, 76020. Postmaster: Send address changes to 321 W. Main Street, Azle, TX 76020.

the Parker County Appraisal District, according to the news release. These fees are charged by the processing company at the time of payment.

Tax bills can also be paid in person or by mail. The Parker **County Appraisal District** office is located at 1108

Santa Fe Drive, Weatherford, Texas, 76086. The office has a drive-through as well as after-hours drop boxes in the front vestibule and the drivethrough of the building.

To get a tax statement and tax payment receipt, go to the appraisal district's website at www.parkercad.org online.

EMASH FIRST-This is Micah Willis Sloan, the first baby to be born in the EAgle Mountain Area Suburban Hospital here. The Azle Community Hospital became EMASH officially Sept. 23. He is pictured with his mother, Mrs. Patty Sloan.

Dear Editor,

Life is so interesting. I'm nearly 85 years old. Years pass quickly. Yet, new things happen all the time. History is one of my favorite pastimes. I love to go back and look at picture books and read what happened yesterday and the day before. That is the reason for this letter to the editor today.

I picked up one of my picture books and flipped through some very interest-

ing pages. Then, this picture appeared. Wow!

My son, Micah Willis Sloan, born Oct. 5, 1977, appeared in the Azle News as the first child born in the Azle Community Hospital 46 years ago.

Since he and my wife Patti made the news that week, I thought it might be interesting for the readers of Tri-County Reporter to share with me a historic picture of happiness.

Bobby Sloan, Azle

EDITOR'S NOTE: Many babies were born in the Azle Community Hospital prior to 1977; Mr. Sloan's son was the first child born after the name of the hospital changed to Eagle Mountain Area Suburban Hospital (EMASH).



Publisher KIM WARE publisher@tricountyreporter.com

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Annual Subscription Rates: In-County \$50.00

Out of County \$70.00 Parker, Wise and Tarrant Outside of Parker, Wise and Tarrant Outside of Texas

Online \$40.00 **Out of State** \$80.00 View the paper online

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OZONE FROM PAGE A1

ozone comes from a variety of sources, including on-road vehicles — which is why NCTCOG's Regional Transportation Council is invested in monitoring ozone levels.

"We're the transportation planning agency for North Central Texas, and ozone is formed by release of different pollutants from vehicles, and we have a lot of vehicles on the roadway," NCTCOG Air Quality program manager Jenny Narvaez said. "We are tasked with trying to ensure that any planning practices or projects or future roadways, whether it be new roadways or just fixing roadways, do not further hurt the air."

However, Narvaez also said there are multiple factors beyond transportation that play into DFW's ozone levels, and her team is working with the Texas Commission on Environmental Quality (TCEQ) to investigate why ozone is formed in the area and why it stays.

Meteorology is one of those factors as sometimes ozone blows in from other places. For example, in the summer when DFW ozone levels are at their highest, air travels from South Texas where there are pollutant emitters like petrochemical refining plants and ships, NCTCOG Clean Fuels and Energy senior program manager Lori Clark said.

"Ozone doesn't come out of the smokestack; it's all of these other pollutants that mix with sunlight and heat, and they're mixing as they're traveling," Clark said. "There's a lot of suspicion that things that are happening in the Houston area have a big impact here, so whenever we see a great emission reduction strategy happening in the Houston area, we're happy because it ultimately benefits us."

Nonattainment is set by the U.S. Environmental Protection Agency (EPA), which decides and reevaluates how much ozone in an area is safe, Narvaez said. The North Texas area is in nonattainment according to both the EPA's 2008 and 2015 standards, which overlap.

"Once you are in nonattainment for any one of those particular standards, it's very difficult to get out from underneath that," she said. If an area does not achieve attainment within three years, the classification level increases to more consequential tiers from marginal to moderate to serious to severe, Narvaez said. The North Texas counties are classified as severe for the 2008 standard and will be categorized as serious for the 2015 standard.

"When you do get bumped up in a classification, they give you more time, so you have more time to try to come into compliance," Narvaez said. "That said, certain restrictions start to come into play with each higher level of classification."

One of the consequences of nonattainment is a fee that will have to be paid by point sources, which are usually large, stationary industries that contribute to the creation of ground-level ozone like power or cement plants, to the state based on their emissions. Narvaez said this punishment could likely be a "pretty big debt to our region."

According to a February 2023 presentation from TCEQ, Section 185 of the Federal Clean Air Act mandates a fee for areas deemed severe or extreme that fail to meet the attainment deadline.

"The fee is required each year after the missed attainment date until the area is redesignated as attainment by the United States Environmental Protection Agency," the TCEQ presentation stated.

Though the deadline is July 2027, the 2026 ozone season would have to show attainment to avoid those fees. Penalties could be charged in 2028 at the earliest, and those fees could total \$45 million in the DFW area, according to TCEQ's presentation.

"The fee doesn't have to do with any of those point sources doing anything wrong, per se," Clark said. "It's not because they exceeded their permit limit or because they emitted too much. I kind of characterize it as it's like guilt by association. You're located in the nonattainment area. We failed and failed and failed and so now, you have to pay a price simply because you're here."

In the 10-county area, there are more than 300 point sources that emit 10,372 tons per year of nitrogen oxides, which can combine with volatile organic compounds and sunlight to make ground-level ozone, according to a March 2023 NCTCOG **Regional Transportation** Council presentation. Ellis County, south of Dallas, produces the most emissions in the 10-county region – nearly half — and Wise County comes in second with 1,485 tons per year or 14% of emissions in the area. Meanwhile. Tarrant County makes up 8% of emissions with 784 tons per year, and Parker County creates 2% of emissions with 251 tons per year. Wise, Tarrant and Parker counties combined have a total of 146 emissions point sources.

While regular people in North Texas won't have to directly pay a fee, Narvaez said the fees companies would have to pay could affect people who work for those companies and the local economy if those companies chose to move out of the region.

According to a 2010 memo from the EPA, states can decide how to use the fee money collected by creating a fee program, but if a state doesn't adopt or implement a program, the EPA can collect the unpaid fees plus interest. In that case, the money would be used to fund the EPA's activities.

TCEQ media relations specialist Ricky Richter said any Section 185 revenue is required by the state to be placed into the "Clean Air Fund." The Texas Legislature would have to allocate the funds to TCEQ before the commission could use them.

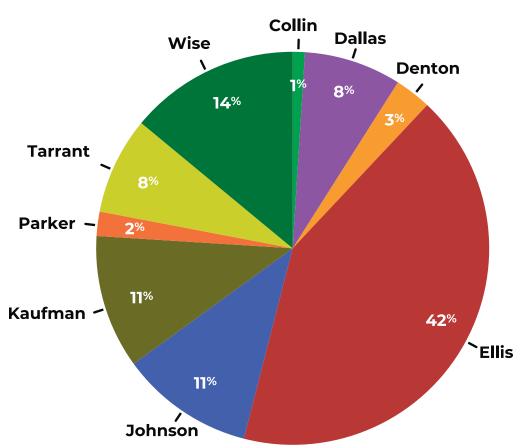
"Any process for spending these funds would be developed after, and in agreement with, the legislative appropriation," Richter said.

POTENTIAL SOLUTIONS

Since a significant part of ozone emissions is transportation-related, that's where the NCTCOG will focus its efforts, Clark said, and one of the biggest sources the council of governments can impact is heavy duty diesel truck traffic. While diesel trucks only make up 5% of miles traveled in the region, they contribute to about 40% of the ozone-forming emissions of nitrogen oxides.

"We're really trying to focus on how can we help transition that vehicle sector into something cleaner, whether it's getting the very oldest of those trucks turned over to a newer diesel that's cleaner,

Percentages of North Texas counties' nitrogen oxides emissions as of March 2023



GRAPHS CREATED BY **MADELYN EDWARDS** VIA NATIONAL CENTER FOR EDUCATION STATISTICS Source: North Central Texas Council of Governments Regional Transportation Council and State of Texas Air Reporting System

or even better yet transitioning them to a different fuel type that is going to help our ozone but will also get us benefits on particulates and greenhouse gases and kind of be a better solution," Clark said. "Something zero emission would be ideal, whether that's battery, hydrogen fuel cell."

This work involves ensuring that there are places for trucks to fuel up using alternatives as well as promoting vehicle incentives and providing technical assistance to fleet operators, said Clark, who is also the Dallas-Fort Worth Clean Cities director. She would also like to see the state implement an emissions inspection program that holds diesel vehicles accountable for their emissions and identify areas that need improvement. However, all NCTCOG can do is encourage and educate companies or entities to change their ways since the council of governments has no regulatory authority.

"Everything that we do is voluntary or incentive-based or just based on education," Clark said. "A lot of times, it's a matter of it's new and different, so it's scary."

The Dallas-Fort Worth Clean Cities director also said initiatives that encourage people to carpool, use public transportation or reduce idling are also helpful in trying to lower ozone levels.

Local entities sometimes aim to improve air quality by upgrading fleets. Azle City Manager Tom Muir reported that Azle's trash collection contractor, Community Waste Disposal, switched its truck fleet's fuel to compressed natural gas. Meanwhile, the city of Springtown has worked to upgrade its fleet by getting vehicles that are more energy efficient, City Secretary Christina Derr said.

"Additionally, some departments have revised their idling policies to reduce fuel consumption which in turn has a direct impact on air quality," Derr said.

Funding is available for alternative fuel projects and energy efficiency projects. For example, NCTCOG funded the installation of public electric vehicle charging stations at Weatherford College. Also, cities, counties and other entities in North Texas can earn awards through Dallas-Fort Worth Clean Cities' Fleet Recognition by reducing emissions and fuel consumption. Check out *https://www*. nctcog.org/trans/quality/air/ funding-and-resources for more information on funding opportunities.

NCTCOG has also launched the Dallas-Fort Worth Air Quality Improvement Plan, and Clark said the council of governments would like to hear from cities and companies about what projects they would like to do as well as from North Texas residents who can identify air quality problems that need to be addressed. To give feedback, visit https://nctcog.publicinput. com/v2733#tab-44907 online.



MADELYN EDWARDS | TRI-COUNTY REPORTER

Springtown Planning and Zoning Commission members Jessica Castro and Jhanna Bogan chat before the meeting on Jan. 16.

PLAT FROM PAGE A1

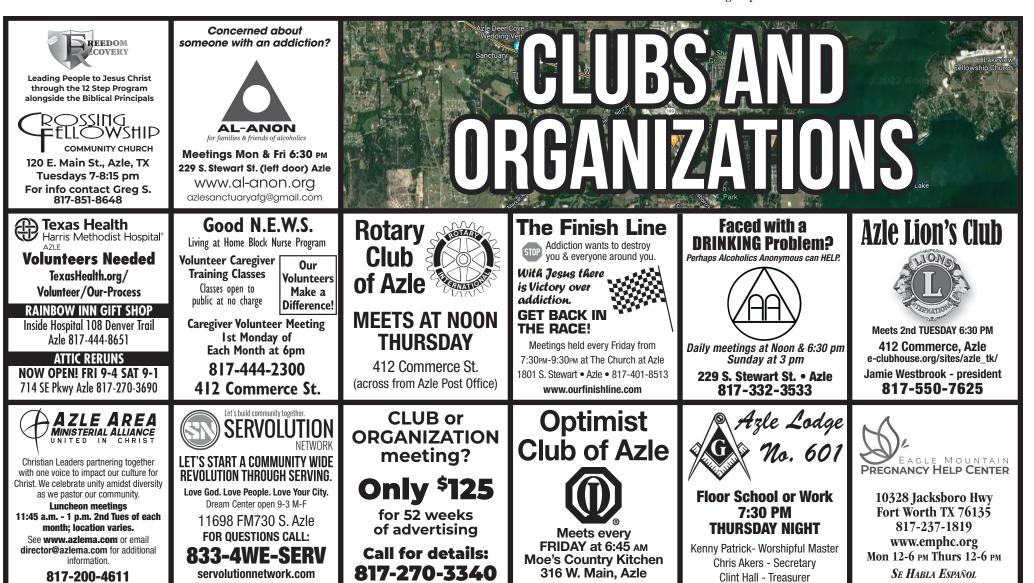
"For most property that's going to be developed like what we're seeing here, no city in Texas has the ability to annex without the property owner's permission," Derr said. "The developer was negotiating with the city. The developer and the city council could not come to agreeable terms, so at that time, he chose to continue with his development and not have it annexed into the city."

In October, Springtown City

Council approved the preliminary plat for this development in a 4-1 vote with council member Ted Martinez present but not voting. Final plats are decided by the P&Z and typically do not have to be considered by the council. Neither the council, nor the P&Z had much choice in their decision because of current rules in Texas.

"This is one of those unfortunate things under state law; your discretion has been taken away from you," Derr said to the P&Z. "State law says that if it meets all of the engineering requirements in the subdivision ordinance that you shall approve it. It's not 'you should' or 'you may.' It's 'you shall,' and there is a process under the law in which if you did not approve it this evening, it would become approved by matter of law anyway. Essentially, we are here as a formality to follow the process set out in our code and under Chapter 212 of the Local Government Code, which governs platting."

Pennsylvania Avenue developer Don Sneed said after the meeting that he's looking forward to getting started on the subdivision.



Super Cyber: AHS tops in Texas, 8th nationally

Azle High School students continue to excel at CyberStart competition

ZACH FREEMAN

azlereporter@tricountyreporter.com

AZLE — Azle High School students have once again proven they're the best in Texas.

Carson Cooper, Jacob McCarroll, Eyvindr Lefever, Theo Chavez, A.J. Rogers, and Logan Leach each brought home a gold medal from the 2024 CyberStart America competition. This is the second time Cooper and Lefever have received the gold medal.

Although there is no official Texas state competition, AHS had more students qualify for the national competition than any other school in Texas. More AHS students qualified for nationals than the top schools in 41 other states as well.

Participants qualify for nationals by earning at least 20,000 points and earn a CSA Gold Badge by getting at least 100,000 points in CyberStart. CyberStart is an online program that teaches cybersecurity skills through more than 200 unique challenges, tasks and puzzles.

These ninth through 12thgraders were among 34,716 students from 2,969 schools to compete this year. AHS began participating in the CyberStart America competition four years ago. Since then, the program has offered many Azle students the opportunity to grow their skills and receive scholarships. Last year, AHS students placed first in the state and 10th nationally. The group's advisor, Sherri Prather, said her students continue to improve every year.

"I am always blown away by what a great job these students do," Prather said. "They work so hard, and they are very competitive. This program has grown so quickly from 12 qualifiers our first year to 69 this year and it is all because these students are managed to beat last year's

just outstanding. I could not be more proud of them and their hard work."

Six AHS students earned gold medals, 16 students earned silver medals, 106 students earned bronze medals and 45 earned the Cybersecurity Scholarship. According to CyberStart's website, it has awarded over \$20 million in scholarships to 4,400 students since CyberStart America was launched in 2020.

Cybersecurity is one of the fastest growing industries in America and by 2025, the U.S. Bureau of Labor Statistics estimates there will be 3.5 million unfulfilled cybersecurity jobs. The median annual wage for information security analysts was \$112,000 in 2022.

Last year's competition concluded in April and while Prather said losing a few months was a shock, the students still stepped up and



Some of Azle's cybersecurity students before the conclusion of their contest.

ranking.

"Again, it is the students that make this team special," Prather said. "I think every vear that we cannot possibly top the year before, but

every year, they just work harder. We lose great students to graduation every vear and other students step up to become leaders in their place. This year's juniors and

seniors have done a fantastic job of leading the team. It is that kind of commitment and leadership that I think has made this year's team so high-achieving."

North and East Texas Press Association scholarships available

STAFF REPORTS

The North and East Texas Press Association, in coniunction with the Texas Press Association, will once again award two \$1,500 scholarships to eligible candidates at its April 25-27 convention in Granbury.

Over the years, NETPA has helped college-bound journalism students with tuition and books through this scholarship program which is

funded by private donations and through the annual auction held at the convention.

Scholarships will be payable to the registrar of the college/ university upon proof of enrollment as a full-time student majoring in journalism and the deadline to apply is no later than March 18.

Applicants must be from the geographic area served by NETPA and have a declared major in journalism/communications/photojournalism. Preference is given to print majors. Applications may be downloaded from the NETPA website: www.netpa.org.

High school applicants should submit the following materials in the scholarship application submission, while college applicants should submit only (b) and (c).

1. Complete the attached application and include a resume that includes scholastic, athletic and community activities.

2. Provide a current official transcript certified by school or college registrar.

3. High school applicants should submit letters of recommendation from two of the following:

a) senior, junior or dual credit college English instructor b) publication adviser or

local newspaper supervi-

sor where student has been employed

c) from a person of the applicant's choice

4. All applicants should submit digital or print clips of published work. Include publication dates.

Applicants may send photocopies of work as published in yearbook or magazine. Please mount all photocopies and newspaper clippings on paper and place in folder or binder IF submitting hardcopy. Also, please include a cover sheet with the following information:

Student's Name, Address, Phone number and email Send the completed print

application to: Jim Bardwell, Gladewater

Mirror, 211 North Main St., Gladewater, TX. 75647 Please call Jim Bardwell at 903-845-2235 with any questions.









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Clockwise from left: Zach, Gary, Rae, Sandra and Kathy have decades of combined tax experience that helps them better serve the Azle area.

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Details matter - especially when it comes payroll, audit services, and can fulfill your notary needs.

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> Reliable Year-Round Tax Service is located at 1355 Northwest Parkway, Suite 102. From Azle, take Hwy. 199 west. At the Kerry Lane crossover, make a U-turn and you will find Reliable Year-Round Tax Service just east of Orchard Lane.

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OBITUARIES

Dennis "Pops" Dorris 1949-2024

Dennis Ray Dorris, affectionately known as Daisy to his friends and Pops to his beloved children and grandchildren, passed away Jan. 11, 2024.

A Celebration of Life will be 4-6 p.m. Feb. 17. at Azle Deer Cove, 101 S. Pearson Ln., Azle.

Born Feb. 27, 1949, Dennis was a loving family man and an avid sports enthusiast, whose unmatched love and passion for his family will be remembered by all who knew him.

Dennis attended the University of Texas at Arlington where he established lifelong friends in the Phi Delta Theda fraternity.

After college, Dennis began to work at Southwestern Bell where he retired after three decades of dedicated service.

To Dennis, family always came first, his love for sports always rivaled only by his devotion to his family. He was an unwavering supporter of his children and grandchildren at their sporting events whether they were playing or coaching.

Dennis was preceded in death by his parents, Herman and Doris Olive Dorris, and brother Kenneth.

He is survived by his trea-



sured children, Devon Dorris and his wife Keri, Derek Dorris and his wife Mindi, Rachel Dorris Plunk and her husband Nick. Pops will be fondly remembered by his grandchildren Dane, Drew, Dalton, Dylan, Addison and Witten. His sisters, Dorene Byrd and Charlene Dupaul, will forever hold dear their memories of Dennis as an influential figure who played a pivotal role in their upbringing. Also considered family is lifelong friend of nearly 70 years, David Conway and his wife Kathy.

His memory will continue to resonate deeply with all who had the privilege of knowing him.

> The Tri-County Reporter, Thursday Jan 25, 2024

Usleta Honeycutt 1937-2024

Usleta Ann Honeycutt, born Aug. 18, 1937, passed from this earth to her eternal heavenly home Friday, Jan. 12,2024.

A memorial service will be at 11 a.m. Saturday, Feb. 3, at First Baptist Church Springtown, 500 N. Main St., Springtown.

Usleta was a longtime member of the First Baptist Church of Springtown, she danced for many years with the Klassy Kloggers, enjoyed the Red Hat Society for some time, and over the course of her 22 years of service to



She is survived by her son Walter Dean Honevcutt II, daughter Denise Deane

Janice "Janie" Lower 1946-2024

Janice Alaine "Janie" (Ford) Lower received her wings Wednesday, Jan. 17, 2024.

Visitation was Monday Jan. 22, at White's Funeral Home, Azle. Funeral service was at 10

a.m. Tuesday, Jan. 23, at White's Funeral Home, Azle. Interment was in Azleland

Memorial Park. Janie was born April 23, 1946, in Shawnee, Oklahoma;

daughter of Gilbert and Mildred (Miller) Ford. She met the love of her life,

Leonard "Johnny" Lower; they were married March 8, 1967. She is preceded in death

by her parents; brother, Bobby Ford; brother-in-law, Bill Williams; and daughter,



Michelle Lower. Survivors include loving husband, Johnny Lower; sis-

and nephews. The Tri-County Reporter, Thursday Jan 25, 2024

ter, Lee Williams; many nieces

Mary "Diane" Martin 1943-2024

Mary Diane (Floyd) Martin, 80, left this world for a better place on Sunday, Jan. 21, 2024, in Weatherford, following a courageous battle with Parkinson's Disease.

Visitation was from 6-8 p.m. Wednesday, Jan. 24, at White's Funeral Home, Springtown. Funeral service is 2 p.m.

Thursday, Jan. 25, at White's Funeral Home, Springtown. Interment is at Springtown Cemetery.

In lieu of flowers, the family requests that donations be made, in Diane's name, to the Michael J. Fox Foundation for Parkinson's research; or any foundation related to the cure of Parkinson's Disease.

Diane was born April 3, 1943, in Dallas, daughter of Thomas Grady and Mary Opal (Thompson) Floyd. Her mother's family were long-time residents of the Springtown area.

She met the love of her life, Buddy Windle Martin, and they were married May 20, 1960. They spent 63 happy years together raising their family. She was a devoted wife, mother, grandmother, great-grandmother and friend to many. Diane worked on special occasions for the Springtown Flower Shop for many years.



She also worked part-time for the Parker County Elections Office, especially during the early voting period.

She is preceded in death by her parents; one son, Rodney Windle Martin; brother, Charles Thomas Floyd; and special cousin, Martha Edwards.

Survivors include her loving husband, Buddy Martin; children, Gregory Bryan Martin and Amy Charlene Welch; grandchildren, Ashton Leigh Barnard (Chris), Jayden Cale Welch and Jaylen Cylie Welch; great-grandchildren, Levi Barnard Anson Barnard

Kenneth Mitchell 1943-2024

Kenneth Raymond Mitchell, 80, of Azle, passed away Sunday, Jan. 7, 2024, surrounded by family.

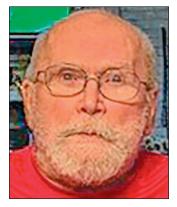
A memorial service will be at 2 p.m. Saturday, Jan. 27, in White's Azle Chapel, Azle.

Kenny was born March 19. 1943, in Rosston, Arkansas to Hubert and Florence Mitchell.

Kenny married the love of his life, Polly Mitchell, on October 14, 1961.

Kenny was preceded in death by his parents; his wife, Polly; and his youngest granddaughter, Miranda Chappell.

He is survived by his brother. Lawrence Mitchell and wife, Ramona; daughters, Mary Mitchell and Jerrie Deweese and husband, John; daughter-in-law. Virginia Chaney; grandchildren, Amanda Deweese, Bion and Joanna Pilcher, Justin and



Jamie Deweese; great-grandchildren, Landon, Hudson, Braydon, Isabella, Korbyn, Braxton and Jaxson.

The family would like to extend its sincere gratitude to Champion Healthcare for all its care, love and support.

> The Tri-County Reporter, Thursday Jan 25, 2024

Tommy Utley 1993-2024 Our sweet Tommy Joe Utley went to heaven Jan. 15, 2024. He was 30 years old. Tommy lived in Azle with his parents Terry and Deborah Utley; twin brother Anthony Utley; little brother Baylee Utley; and his dog

Ikeman. Tommy was a kind soul and our loving Bear; he lived his life to make others happy.

Tommy loved animals, nature, cooking meals for his family, writing, reading, playing video games and watching anime with his brothers, spending time with his family making us laugh and smile.

Tommy really enjoyed connecting with others and was very sympathetic to their feelings and needs. Tommy



was truly a one-of-a-kind soul and will be greatly missed by everyone who ever knew him. 'Til we meet again, my sweet Bear.

> The Tri-County Reporter, Thursday Jan 25, 2024

the Parker County Extension Club, she held many leadership roles.

She was preceded in death by her parents, Homer Clyde and Dorthy Butler Casey; her beloved and cherished husband of 48 years, Walter "Bud" Dean Honevcutt: son Daniel Dean Honeycutt; and her sister Clydette Potts.

Honeycutt, grandson Walter "Trey" Dean Honeycutt III, brother Joel Casey and wife Janet, close family friends James and Carol Blackwood; and a host of nieces, nephews and cousins who will miss her dearly.

> The Tri-County Reporter, Thursday Jan 25, 2024

and Declan Barnard; and a host of extended family members and friends.

> The Tri-County Reporter, Thursday Jan 25, 2024

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Edwards, Connections Coordinators:

Preston and Ashley Larrew

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at the WORD 10:45 AM

Kids at the WORD..... 10:45 AM

PreK at the WORD 10:45 AM

(Special Needs Ministry) 10:45 AM

Nursery at the WORD 10:45 AM

Young Adults at the WORD 6:00 PM

Adult Bible Class......7:00 PM

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ASH CREEK BAPTIST CHURCH	Μ
Pastor: Dr. G. Wesley Shotwell	(
300 South Stewart St. 817-444-3219	
www.ashcreekbc.org	
Sunday School9:30 AM	Sι
Contemporary Worship-TMP 10:45 AM	W
Traditional Worship10:45 AM	
Evening Worship/Youth Refuge 6:00 PM	
Wednesday Evening6:15 PM	С
AZLE FIRST ASSEMBLY of GOD	
Rev. Joshua Lowrance	W
1020 S.E. Parkway, Azle 817-237-4903	W
Sunday School	
Morning Worship10:30 AM	
Wednesday Evening7:00 PM	
COMMUNITY BIBLE FELLOWSHIP CHURCH	
Pastor - Alton Davis 817-521-4510	Tra
1405 Reynolds Rd., Azle 817-444-7117	Сс
Directions: 730 N. to 1542 .5 mi. right	
on Cardinal, left on Revnolds	

on Cardinal, left on Reynolds					
Sunday School	9:45 ам				
Morning Worship	11:00 ам				
Sunday Evening	6:00 рм				
Wednesday Evening					

AZLE CHRISTIAN CHURCH DISCIPLES OF CHRIST Interim Minister Rev. Russell Clark, Family Life Minister Emerson Braun 117 Church St. • 817-444-3527 unday School.....10:00 AM Iorning Worship.....11:00 ам **CORNERSTONE COMMUNITY CHURCH** 2233 Hwy 199 E., Springtown 817-221-LIFE (5433) unday Worship Service10:00 AM /ednesday......7:00 рм **CROSSROADS BAPTIST CHURCH** Pastor - Jon Baker Corner FM 730S & FM 1886 817-755-0279 Transportation Available /orship Service......10:30 AM led. Prayer Service......7:00 рм

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1313 S.E. Pkwy, Azle 817-237-4822 Missouri Synod "Love God - Serve Others - Share Jesus" aditional Worship9:30 ам Contemporary Worship......11:00 AM

FIRST METHODIST CHURCH OF AZLE Pastor: Rev. Raymond Gilman

200 Church St., Azle 817-444-3323 Morn. Worship8:30 & 10:45 AM

GRACEPOINTE CHURCH

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000 mgn0100 Di. 72	
Saturday	5:00 рм
Sunday	9:00 ам
Sunday	11 ам (Spanish)
Daily Mass (M, T, Th, F) .	8:00 ам
Wednesday Mass Religi	ous ED 6:30 рм
Confessions	Sat 4 рм

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Children's Church After Mus	sic Service			
Wed. Prayer Meeting	6:30 рм			
Wed Rible Study				

LEGACY CHURCH Assembly of God Church Pastor: Gary D. Veazey Hwy. 199 & Jaybird Lane 817-221-2983 Morning Worship......9:15 & 11:00 AM Kidz Zone......9:15 & 11:00 AM Weds Evening Legacy Group Legacy Youth, Kids

THE RANCH CHRISTIAN COWBOY CHURCH Pastor: Greg Slankard 7955 Reed Rd., Azle 682-327-7082 www.TheRanchCCC.org Sunday School 9:30 AM • Worship 10:00 AM

Weds 7:00 pm • Thurs Potluck 6:30 pm **SILVER CREEK METHODIST CHURCH** Pastor: Bill Killough 2200 Church Rd., Azle 817-444-1382 www.silvercreekmc.org Sunday School 9:30 AM • Worship 10:30 AM

SILVER CREEK BAPTIST CHURCH

Pastor: Jay Ditty Minister of Music: David Musick Corner FM 730 S. & Veal Station Rd. Church 817-444-2325 www.silvercreekbc.org

Morning Worship10:50 AM	(6th-12th grades) 6:30 PM
Evening Worship6:00 PM	
Wed. Prayer Service7:00 PM	Life at the WORD Life Groups Various Times

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Hearings for Reno rezoning cases rescheduled for next month

MADELYN EDWARDS

springtownreporter@tricountyreporter.com

RENO — The Reno Planning and Zoning Commission meeting Jan. 8 ended abruptly before even getting started.

The P&Z was scheduled to hold public hearings on two rezoning cases and then take action to recommend approval or disapproval of the rezonings. Developers are requesting a 62-acre property at 1491 S. Reno Road be rezoned from agricultural to commercial to establish a storage facility for manufactured items, and land at 4609 E. State Highway 199 be changed from single family to multifamily to make way for a residential development.

Before the meeting was scheduled to begin, commissioners and other officials talked among themselves, and once the clock struck 7 p.m., Chairperson Kevin Vandenberg announced the meeting was canceled. An error in announcing the meeting's public hearings meant the P&Z couldn't hold the public hearings. No ac-

Reno P&Z meeting canceled because of sign-posting error

tion could occur without having the public hearings, so the meeting had to be rescheduled.

"You're supposed to do three things," P&Z member Steve Streiffert said. "We're supposed to post it in the newspaper. We're supposed to notify neighboring residents within 200 feet, and we're supposed to post a sign on the property so the people driving by can see that the zoning is being considered.... But we failed to get the sign up."

Interim City Secretary Rebekka Roberts confirmed Reno's code of ordinances states the city must provide a sign so "the public around them knows of the proposed changes in case they don't get their certified letters or they're outside of the 200foot area we have to send it out (to)."

Rezoning cases are some-

what rare in Reno. Roberts said the last time Reno was rezoned was in 2019, and that was a citywide effort. Vandenberg, who has been on the commission for a few years, said he hasn't witnessed a rezoning case in his time on P&Z.

"I don't get a lot of rezoning stuff," Roberts said. "This is the first one I've actually done.'

While posting the sign is a job for the city's staff, Vandenberg defended Roberts since she was only appointed to her role last year and didn't know to get the signs posted.

"We're all human; things slip by," P&Z Secretary Justin Williams said. "We all have full-time jobs and families and whatnot."

The P&Z will revisit the two postponed rezoning cases Feb. 5, Vandenberg said.



PHOTOS COURTESY OF GOOGLE MAPS

In February, the Reno Planning and Zoning Commission is scheduled to hold two public hearings on rezoning cases. One of them involves a request to rezone a 62-acre property at 1491 S. Reno Road from agricultural to commercial to establish a storage facility for manufactured items.



The other rezoning case the Reno P&Z is expected to consider in February is a request to change the zoning at 4609 E. State Highway 199 from single family to multifamily to make way for a residential development.

hybrid striped bass looking

pens quite often. It can also

be smaller stripers/hybrids

feeding and the bigger ones

will not be far behind. As al-

are holding. Right now the

water temperature is in the

ways, look where the baitfish

for an easy meal. This hap-

Fishing ups and downs

Any angler knows you are not going to catch fish all the time. Even the professionals who have them figured out occasionally get skunked. That is part of fishing. However, if you have the time to spend on the water it may be a good idea to keep working that presentation until hopefully the fish do decide to feed.

Trying to locate active fish will have you burning fuel, but that is the best answer. Keep working the lake until you find a pattern. It is possible to find active fish in another location in the water body you are fishing. If they are not biting at the time, it is probably a good time to go scouting. If however, you know there are fish in a general location, you may consider waiting them out or returning to that spot at a later time. The recent severe cold snap had a big impact on the fishing. In my experience with a drastic change in temperature, it may be prudent to wait a few days for the fish to get acclimated to their environment.



is good to know when these times are. It may help you establish a pattern or you may plan your day around it. Charts of the moon phases are available from many sources. They even make watches that will keep you in tune with the moon phases and peak feeding times. If you don't have one of these charts or watches or you didn't check before vou went out, it is relatively simple to remember when the apmajor or peak feeding time is when the moon is directly overhead and the second peak or minor feeding time is when the moon is underneath on the other side of the planet. During a full moon, the major is around midnight and the minor is around noon. During a new moon the opposite is true; the peak is at noon and the secondary peak around midnight. A quarter

ON FISHING By Michael Acosta

As a licensed professional fishing guide, Michael Acosta shows you how to find them. The Granbury resident of 30 years has been fishing all of his life, and has been a licensed quide since 1998, michael.acosta@att.net

moon) that is overhead during the morning will have the major in the morning and the minor will be around dusk. A quarter moon overhead near dusk indicates a peak feeding time around dusk and a secondary peak in the morning. This should help you approximate the feeding times according to the moon without any charts. These major and minor feeding times move about an hour each day as the moon gets larger or smaller. proximate best times are. The There are also other factors that are used to predict best feeding times. For example, if the moon is overhead at sunrise, that peak may be better than others. I know with sand bass, many times you need to wait during the winter season for the sun to come up and warm the water some, which may have nothing to do with the moon phases. This can also be a good rule with black bass moon (which is actually a half fishing especially on those

colder days. In many cases during the winter, the afternoon bite can be better than the morning bite due to the heating of the day.

Finding active sand bass most anytime of the year may be where you find the bigger striped bass and/or

FISHING REPORT

Granbury water temperatures are in the lower 40s and the water level is close to full pool. Fishing reports for most species were slower due to the colder weather with better reports coming for those fishing in the afternoon. There have been some good catches of really large blue and yellow catfish close to 40 pounds on the upper ends on cut bait. Striped bass and white bass are fair on jigs worked in deeper water mid-lake; look for the birds. Black bass continue to be fair to good on soft plastics fished near deeper docks and flats just off the main channel. Crappie reports are mixed, but best reports are coming from Water's Edge to Bentwater on submerged timber using small crappie jigs and/or minnows.

low 40s and the majority of the baitfish are in deep water.

It has been said many times that patience is part of fishing and it truly is. However, even though we know we have to wait at times for the fish to cooperate, we never really want to wait too awful long.

Following the moon does not give you any guarantee as I mentioned earlier, but it

Comanche Creek (formerly Squaw Creek) Reservoir is still attracting a large number of bass anglers looking for that warmer power plant water. Temperatures on Squaw Creek vary from the 60s to 70s depending on where you are on the lake. Fish are good on soft plastics fished near structure (under water ridges and humps). Eater-sized channel catfish limits continue to be taken on prepared baits. I do not have a tilapia report for Squaw Creek this week.



State continues fight against fentanyl-related deaths

MADELYN EDWARDS

springtownreporter@tricountyreporter.com

Texans may notice a significant change in how fentanyl poisoning is addressed in 2024.

Developed in 1959, fentanyl is a synthetic opioid that can be used as a painkiller and anesthetic, according to a fact sheet from the Department of Justice and Drug Enforcement Administration. Fentanyl is about 50 times more potent than heroin and about 100 times more potent than morphine as a pain reliever.

Fentanyl is sometimes mixed with different drugs like other opioids, heroin, cocaine and methamphetamine, according to the Centers for Disease Control and Prevention, making a potentially deadly combination. The fact that fentanyl has been added may be unknown to the person using drugs.

"People who only use nonopioid drugs are more likely to overdose if they are exposed to drugs mixed with opioids, including fentanyl," the CDC's website states. "This fentanyl contamination of other drugs may contribute to increased risk for overdose, as those misusing other drugs can be exposed to drug products that vary in potency, including some extremely strong products."

Overdose deaths in Texas that involved heroin and synthetic opioids (largely fentanyl) started growing in 2014 but jumped significantly in 2017 and stayed high in

2018 and 2019, according to a 2021 report by the Texas Department of State Health Services Center for Health Statistics Agency Analytics Unit. Likewise, there have been increases in the state of overdoses involving synthetic opioids combined with commonly prescribed opioids, cocaine, benzodiazepines (e.g. Valium and Xanax) and psychostimulants from 2015-2019.

In response to this issue, the Texas Legislature took a few key steps to address fentanyl last year. The state's 2024-25 budget includes \$18 million for opioid overdose prevention and education as well as overdose reversal medication, like Narcan, that will go to first responders and certain educators. October has been deemed "Fentanyl Poisoning Awareness Month." Narcan will be distributed to Texas colleges and universities, and public school kids in grades six through 12 will learn about fentanyl and drug poisoning in class yearly.

"I think we've made huge strides, and I fully support the governor's One Pill Kills program that he's been so involved with," said state Rep. Glenn Rogers, who represents Parker, Palo Pinto and Stephens counties. He also stressed the importance of education as a tool for prevention.

Jessica Castro, founder of the Springtown overdose awareness organization We ARE Our Brother's Keeper, praised efforts to spread awareness and supply Narcan.

Laws passed to increase penalties, awareness

"I think one of the main things that we need more of is education on fentanyl, on overdose in general," Castro said. "The more educated we become, the less those things can happen, and so I think it's important to have that. And having the Narcan is invaluable to our society right now, so the more of that we're able to get, then that's great."

Castro established a resource center at 824 E. State Highway 199 that, among other things, distributes Narcan, and she frequently hears people tell her that they had to use Narcan in urgent situations. She would like to see more training on using Narcan in the community so people can know how to use it in an emergency.

Rogers said he carries the generic form of Narcan and recommended that anyone who spends time around young people should carry it.

"It's a very effective reversal. It's very safe," he said. "If you give it and it really wasn't fentanyl, it was something else, it doesn't cause any harm.'

For addressing fentanylrelated overdoses, more than one dose of Narcan may be needed, Rogers said.

In addition, the legislature passed a law that allows people who distribute fentanyl that causes death to be charged with murder.

"Anybody that would sell fentanyl that is so easily fatal to the user, they should be charged with murder," Rogers said.

The state representative pointed out a change was made to classify fentanyl overdoses as poisonings since sometimes those using drugs don't know they are taking fentanyl. Punishment for manufacturing and delivering fentanyl was also enhanced.

"Unfortunately, fentanyl has been killing dozens of Parker County residents, so I was glad to see the legislature take the problem head on in House Bill 6," Parker County District Attorney Jeff Swain said. "By allowing prosecutors to charge a drug dealer with murder when one of their customers dies from an overdose as a result of ingesting a pill the dealer sold them, the legislature has given us a powerful weapon in our battle against this deadly drug. When we can prove this offense, we will charge it.'

Castro agreed with the idea that a person knowingly distributing fentanyl counts as murder and that heightening punishment may make drug dealers rethink selling fentanyl. However, she wondered about people who sold drugs without knowing they contained fentanyl

"In that situation, how are

we going to prosecute for murder when they're going to say, 'We didn't know it had it in there,' because the times that the pills get made somewhere else, sometimes in different countries, sometimes in different states; the people that are selling them don't necessarily always know," Castro said.

Swain added that his office as well as law enforcement agencies in the county are

trying to stop fentanyl-related deaths. There are multiple approaches they can use, like sending drug dealers to prison, rehabilitating people who use drugs and educating the community.

"As a society though, we have to get our hands around this problem so that we can stop it from killing so many people," the district attorney said.



MADELYN EDWARDS | TRI-COUNTY REPORTER

Mike Carter, a licensed chemical dependency counselor and alumni manager at teen drug rehab center Clearfork Academy, attends an event in Springtown hosted by overdose awareness organization We ARE Our Brother's Keeper in January.

10 area students named to SNHU Fall 2023 Dean's List

STAFF REPORTS

MANCHESTER, NEW HAMPSHIRE — Ten area students earned spots on the Fall 2023 Dean's List at Southern New Hampshire University.

Justin Hulet, Joseph Foss, Kaelin Randolph and Aaron Sissom of Azle attained the list, as did Abigail Osborne

of Paradise. Springtown students who appear on the list include Mason Morgan, Macy Witt, Chasity Kelley, Hunter Preston and Christopher Morton.

Full-time undergraduate students who have earned a minimum grade-point average of 3.500 to 3.699 for the reporting term are named

to the Dean's List. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/ spring, and summer.

Southern New Hampshire University (SNHU) is a private, nonprofit institution with a 91-year history of educating traditional-aged

students and working adults. sure that Southern New Now serving more than 225,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, New Hampshire.

"It is with great plea-

Hampshire University (SNHU) congratulates the following students on being named to the Fall 2023 Dean's List," the university said in a press release. "The fall terms run from September to December.... Recognized as one of the 'Most Innovative' regional

universities by U.S. News & World Report and one of the fastest-growing universities in the country, SNHU is committed to expanding access to high quality, affordable pathways that meet the needs of each learner. Learn more at www.snhu.edu."

AHS students perform with Region 30 Honor Band



ZACH FREEMAN

azlereporter@tricountyreporter.com

AZLE — Several Azle High School band students once again demonstrated their excellence with a recent special performance.

The Texas Music Educators Association hosted its All-Region concert Jan. 11-12 at Burleson High School where AHS concert band members participated as part of the Region 30 Honor Band. Across the state, Honor Bands are composed of Texas' best and most talented band students. The

AHS students earned their spots in the Region 30 Honor Band during auditions in December.

AHS HONOR BAND MEMBERS

- Ellie Bennett
- · Madeleine Boivin
- · Violet Isom
- Jocelyn Olund
- \cdot Aaron Barnes
- \cdot Harley Boyce
- · Carson Cooper
- Isaac Lalonde
- Luke Walley
- Brady Danford
- · Nicolas Renteria
- · Anthony Rodgers
- Miguel Rubio

COURTESY AHS

Azle High School band students who made the Region 30 Honor Band and performed with other high-achieving Texas band students at a recent clinic.



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BOOK REVIEW

You've come for it all

TERRI SCHLICHENMEYER

No more waiting around. The time has come and you're ready to *do* this thing, to seize it in its entirety. No more little bit, little bit, little bit, this is your birthright and you've come for it all even if, as in the new novel, "The Bullet Swallower" by Elizabeth Gonzalez James, having it all could leave you in pieces.

Jaime Sonoro was used to insistent fans.

It was 1964, he was Mexico's most popular, mostbeloved singer, and it was common for fans to leave him gifts. But the woman who rushed to the front door of his home one afternoon and thrust a smelly book in his hands, well, that was extremely unusual. She'd muttered something about Jaime and his father being related to her, that everything Jaime

needed to know was in that book, she demanded that he read it, and then she ran. Taking the moldering thing

to his office, Jaime opened the large tome.

And his eyes were opened. The book was filled with florid language and the tale of Jaime's great-grandfather, Alferez Antonio Sonoro, who killed an entire village for the love of gold, and whose boots were held by the ghosts of the people he'd buried alive. Alferez's son, Antonio, never knew his father, but he knew the desperateness the elder Sonoro left behind. Because he was Mexican and good with a gun, Antonio eventually gained a reputation for being a *bandito* and it was unearned — though sometimes. a man had to make hard decisions.

Every few weeks, for instance, a train filled with

Mexican riches crossed into Houston, and it was ripe for the looting.

Antonio couldn't stop thinking about it.

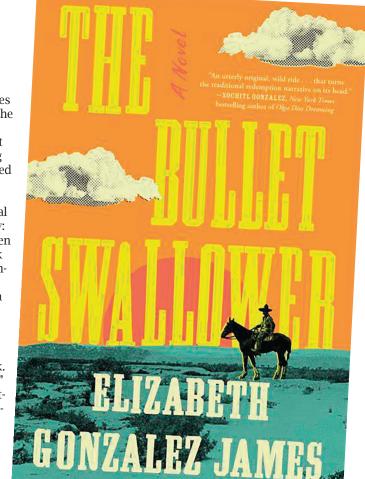
He'd need six, maybe ten men and plenty of horses and mules. He imagined his wife smiling, wearing a golden chain around her neck. The loot would get his family through a years-long drought. So he gathered supplies and his brother, the only man willing to help, and Antonio Sonoro rode to Houston, shadowed the whole way... If you're a fan of westerns,

you have certain expectations: horses, dusty trails, pistols. hardship. cruelty, and probably some bigotry. Check them off your list before you read "The Bullet Swallower" because they're all there. Also: you can expect a truly incredible tale that author

Elizabeth Gonzalez James says "is true except for the stuff I made up."

That honesty comes at the back of the tale, long after you've been rounded up and hog-tied to your chair, long after you've been tangled in chaparral and novel. More honesty: as the tale moves between 1895 and 1964 and back again, and you grow sympathetic to Antonio and start to hate Jaime just a little bit, you won't care what's true and what's not. You'll just want to spend every second of your time with this book.

"The Bullet Swallower" is not just a tale for western-lovers. It's got a midcentury modern flair, too, and something for the paranormal reader. Find this book: here, you'll get it all.



Embracing life's ups and downs: A guide to resilience and positivity

MICKY SHEARON

Special to the Tri-County Reporter

As we all know, the only constant in life is that things are constantly changing. In the ever-changing landscape of life, the ability to adapt, stay positive and find strength in adversity is not just beneficial; it's essential. The journey through life is punctuated by highs and lows, successes and failures, joys and sorrows. Understanding and embracing these fluctuations can transform our experiences, leading to personal growth and a deeper appreciation for the journey. Here are 10 points about the importance of resilience, positive thinking and recognizing the transient nature of life's

ing stronger on the other side. Life, in its unpredictable glory, throws numerous challenges our way. How we respond to these challenges defines our journey. Resilient individuals don't avoid difficulties; they embrace them as opportunities for growth. They understand that every challenge is a teacher, every setback a lesson.

POSITIVE THINKING: A CATALYST FOR CHANGE

Positive thinking is tricky. Don't fall for the trap of toxic positivity. Positive thinking is NOT about ignoring life's problems; it's about approaching them in a more constructive and optimistic way. It's the difference between seeing a problem as an insurmountable obstacle

tive steps towards resolving issues.

THE TRANSIENT NATURE OF **LIFE'S CHALLENGES**

Life is a series of phases, each with its own set of challenges and rewards. Recognizing the transient nature of these phases is crucial. Just as the night gives way to dawn, difficult times eventually lead to better days. This understanding fosters patience and perseverance during tough times and gratitude during good times. **EMBRACING CHANGE AND**

UNCERTAINTY

Change is the only constant in life. Embracing change, rather than resisting it, makes the journey smoother. Uncertainty can be daunting, but it's also where growth and innovation thrive. By stepping out of our comfort zones and embracing the unknown, we open ourselves to new experiences and op-

portunities for personal development.

LEARNING FROM FAILURE

Failure is often seen as a negative outcome, but it's an integral part of success. Each failure is a steppingstone toward achieving our goals. It provides invaluable lessons and insights that cannot be gained through success alone. The key is to learn from these experiences and use them to propel ourselves forward.

CULTIVATING GRATITUDE

In the midst of life's challenges, it's easy to overlook the good. Cultivating a sense of gratitude helps to maintain a positive outlook. It's about appreciating what we have rather than lamenting what we lack. Gratitude en-

BUILDING A SUPPORTIVE NETWORK

No one goes through life alone. Building a network of supportive friends, family and colleagues provides a safety net during tough times. These relationships offer emotional support, practical help and valuable advice. They remind us we're not alone in our struggles.

TAKING CARE OF YOURSELF

Self-care is crucial for maintaining mental and physical health. It's about taking the time to do things that nourish and rejuvenate us. This can be as simple as getting enough sleep, eating healthily, exercising or engaging in hobbies. Taking care of ourselves ensures we have the energy and strength to face

ment and frustration. It's important to set achievable goals and be realistic about what we can accomplish. This doesn't mean lowering our standards; it means understanding our limits and working within them.

FINDING JOY IN THE JOURNEY

Finally, finding joy in the journey is about embracing life in all its complexity. It's about finding happiness not just in the destination, but in the journey itself. Celebrate small victories, enjoy the simple pleasures, and find humor even in difficult situations.

Life is a tapestry of experiences woven together by our responses to its myriad challenges. By cultivating resilience, maintaining a positive outlook, and embracing the transient nature of difficulties, we can navigate life's ups and downs with grace and strength.

challenges.

THE POWER OF RESILIENCE Resilience is the art of

bouncing back from setbacks. It's about facing difficulties head-on and emergor an opportunity to learn and grow. Positive thinkers are solution-focused. They believe in their ability to overcome challenges and are more likely to take proac-

hances our overall well-being and helps us cope with stress and adversity.

life's challenges. SETTING REALISTIC **EXPECTATIONS**

Setting unrealistic expectations can lead to disappoint-

New \$2 credit card fee in Reno to start Feb. 1

MADELYN EDWARDS

springtownreporter@tricountyreporter.com

RENO — Starting Feb. 1, city of Reno customers paying bills with a credit card will be charged a \$2 fee.

Mayor Hector Bas Jr. announced this change at the Jan. 17 city council meeting, noting the fee will apply to

people paying their water bills or purchasing a permit with a credit card.

"Any person who chooses to pay their bill with a credit card, regardless if it is for water, trash and/or a permit, will be subject to a credit card fee of \$2," Bas said to The Tri-County Reporter. Reno City Council previ-

ously discussed adding a credit card fee last year, and in October, the council approved authorizing Interim City Secretary Rebekka Roberts to set the fee. At that time, Roberts confirmed the city is charged a percentage when customers use credit cards to pay bills.

"The purpose of this item,

guys, is not to make money," Bas said at the Oct. 23 council meeting. "It's to cover the expense that we're eating for those that are using credit cards."

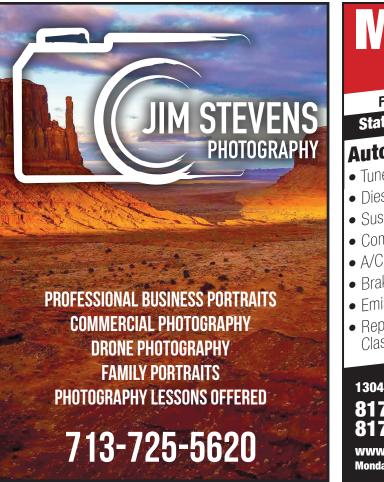
The mayor reiterated after the Jan. 17 meeting that the city of Reno will no longer be absorbing the fees associated with credit card payments.

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Who's on the ballot?

STAFF REPORTS

Major elections are coming in 2024, starting in Texas with the primary in March.

This year's Primary Election Day is Tuesday, March 5, and early voting will take place from Tuesday, Feb. 20 to Friday, March 1. The deadline to register to vote in the primaries is Monday, Feb. 5. If needed, the primary runoff election will take place May 28.

Primary elections allow voters in the two dominant political parties, Republican and Democrat, to choose the candidates from each party that will go head-to-head in November's general elections. However, the primary

Multiple candidates vie to represent Parker, Tarrant County residents in March primary election

election is decisive in races where the winning candidate does not have a challenger from the other party. This is the case in multiple Parker County elections where the Republican candidate who triumphs in March has no Democrat opponent and therefore, will win by default in November.

Voters in Parker and Tarrant counties are likely aware this is the year they get to select the next U.S. president and their national repre-

sentatives, but they will also be able to pick the people who will represent them at the state and county level. Here are the candidates on the ballot in contested Parker and Tarrant counties primary races:

· Parker County Precinct 1 constable: Incumbent Ray Wright will face challenger Jason Ingram in the Republican primary election. There is no Democrat candidate running in this race. State representative for

District 60 (includes Parker, Palo Pinto and Stephens counties): Mike Olcott is running against the incumbent Rep. Glenn Rogers in the Republican primary. There is no Democrat candidate running in this race. • State senator for District 30 (includes north and east portions of Parker County

along with multiple other North Texas counties): In the Republican primary, there are four candidates vying for this position that was left open by retiring incumbent Sen. Drew Springer – Cody Clark, Carrie De Moor, Brent Hagenbuch and Jace Yarbrough. Meanwhile, the Democrat candidates are

Michael Braxton, Dale Frey and Matthew McGhee. State Board of Education member for District 11 (includes all of Parker, Hood and Somervell counties as well as parts of Tarrant, Johnson and Dallas counties): In the Republican primary, incumbent Patricia "Pat" Hardy will face off against challenger Brandon Hall. There is only one Democrat candidate -Rayna Glasser. • State representative for

District 99 (Tarrant County): Incumbent Charlie Geren will face challenger Jack Reynolds in this race for the Republican primary election. According to the Texas

Secretary of State's website, Mimi Coffey is running for this seat in the Democratic primary.

· Tarrant County Tax Assessor-Collector: Incumbent Wendy Burgess will face challenger Rick Barnes in Republican primary. According to the Secretary of State's website, KC Chowdhury is the only Democrat candidate running for this position. · Tarrant County Sherriff: Incumbent Bill Waybourn is the only candidate in the Republican primary. According to the Secretary of State's website, Patrick Moses and Indya Murray will be on the ballot in the Democratic primary.



Texas Workforce Commission launches new app

STAFF REPORTS

The Texas Workforce Commission (TWC) has launched a new mobile app to help Texans explore potential career pathways and discover step-by-step resources to achieve their goals. With the launch of MyTXCareer app, job seekers can now find personalized occupation matches and recommended career paths based on their skills, interests and experience. "The continued growth of Texas' record-breaking economy creates opportunities for Texans to advance their careers," said TWC Chairman Bryan Daniel in a press release. "The MyTXCareer app will be an important tool for Texans to discover potential career paths and match to a job opportunity with a Texas employer." MyTXCareer app is a free resource designed to guide users to potential careers

through three easy steps: browse occupations, explore pathways, and get support. While browsing occupations, users can view the average salary for the position, job demand, and position descriptions.

"The MyTXCareer app will

ing. Users can request more information, which will connect them with their local Workforce Solutions office and TWC's TX Credential Connect team.

"The launch of MyTXCareer app is great news for Texas employers because it helps

Cook, Walker on Angelo State University fall 2023 Dean's List

STAFF REPORTS

SAN ANGELO — Two area students are among those on Angelo State University's Dean's List for the 2023 fall semester.

To be eligible for the ASU Dean's List, full-time undergraduate students must maintain a 3.25 or better grade point average on a 4.0 scale.

Parker Cook of Paradise, majoring in finance, and Katelyn Walker of Poolville, an English major, each earned a spot on the list.

Hayes of Azle named to Dean's List at Mississippi College

STAFF REPORTS

CLINTON, MISSISSIPPI -Azle resident Brelyn Hayes has earned a spot on the Fall 2023 Dean's List at Mississippi College. The Mississippi College

Office of Academic Affairs releases the dean's list after the close of fall and spring semesters each academic year. To be eligible for the Dean's List, a student must maintain a 3.5 grade point

average, based on a 4.0 system. The student must take a full course load of at least 12 semester hours of undergraduate credit with all academic courses impacting their grade point average.

Padigimus recognized on Utah Tech University Dean's List

STAFF REPORTS

ST. GEORGE, UTAH --Kenton Padigimus of Azle, was among the 1,489 stu-List for the Fall 2023 semes ter at Utah Tech University. Students at Utah Tech

markable academic performance during the Fall 2023 semester, with nearly 12 dents honored on the Dean's percent earning Dean's List recognition. A total of 1.489

University demonstrated re- their strong commitment to academics. To qualify, students had to achieve a semester GPA of 3.5 to 3.89 as well as complete at least 15 credits

help Texans unlock potential opportunities and discover career pathways in high-demand industries," said TWC **Commissioner Representing** Labor Alberto Treviño III in a press release. "I encourage job seekers and people wanting a career change to download the app and begin to build the skills needed for a new career in the Lone Star State."

Users can take a career personality quiz and add their career goals, education, work experience and skills. The app provides several possible career paths and information about resources and trainthem hire people who are passionate about what they do in the best state in the nation," said TWC **Commissioner Representing** Employers Joe Esparza in a press release. "This is one of the many innovative services TWC provides to make sure skilled workers are available for Texas employers who need them."

MyTXCareer is available for download in the App Store and on Google Play for iOS and Android mobile phones. The application is provided free to users and does not include advertising or in-app purchases.

students were included on the Dean's List, reflecting

Menchaca named to Fall 2023 University of Dallas Dean's List

STAFF REPORTS

IRVING - Ariana Menchaca of Springtown was named to the fall 2023 dean's list at the University of Dallas for earning a semester GPA of 3.5 or higher. Menchaca is a sophomore politics major.

Undergraduate students at the University of Dallas must complete two years of fundamental coursework in the humanities, sciences,

politics, mathematics and fine arts. Students must also complete coursework in Ancient Greek, French, German, Italian, Latin or Spanish.

Now Hiring Part-time Photographer

The Tri-County Reporter is seeking a part-time photographer to shoot sports and other schoolbased events. Applicant must have their own equipment and a working knowledge of photography. Salary is negotiable. Assignments will be three or four events per week. To apply email publisher@tricountyreporter. com. No phone calls please.

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LEGAL PUBLIC NOTICES

NOTICE OF PUBLIC SALE

To satisfy a landlord's lien. Sale to be held at Valley Rose RV Park and Storage, 1515 E. Highway 199 Springtown, TX 76082 at 10:30 AM on 2/09/24. Property to be sold to the highest bidder for CASH. Property includes contents of the following tenants, Tracy Shills household items, Scott Lewis household items, Mark Parker household items.

Notice of Public Sale

Public boat sale to satisfy storage lien. Up for bids LEGALLY BELONGING TO: Kathy M. Springfield, 1995 Glastron , TX # 7733HM, VIN#GLAM9498K495 The Sale Will Be Held on February 3rd. 12:00 PM, Lakeview Marina, 6600 Peden Rd Fort Worth, Texas 76179 Call Rodney for details 817-528-3471. Terms are cash/cashier's check at time of sale.

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Owner: Walnut Creek Special Utility District Separate sealed bids for Water System Improvements, 500,000 Gallon Welded Steel Ground Storage Tank and an Alternate Bid for a 300,000 Gallon Welded Steel Ground Storage Tank located at the F.M. 51 Booster Pump Station Site will be received by the Walnut Creek Special Utility District at the District Office, 1155 Highway 199 West, P.O. Box 657, Springtown, Texas 76082, until 11:00 o'clock A.M. Local Time, Friday, February 9, 2024, and then publicly opened and read aloud at 1:00 o'clock P.M. on Friday, February 9, 2024. The Information for Bidders, Form of Bid, Form of Contract, Plans, Specifications and Form of Bid Bond, Performance and Payment Bonds and other contract documents may be examined at the following: E.S. & C.M., Inc. 8241 Mid-Cities Blvd., Ste. 100 North Richland Hills, Texas 76182 Office Telephone (817) 268-0408 Copies may be obtained at the office of E.S. & C.M., Inc., 8241 Mid-Cities Blvd., Suite 100, North Richland Hills, Texas 76182 upon payment of \$150.00 for each set. This payment is nonrefundable. The Owner reserves the right to waive any informality or to reject any or all bids. Each bidder must deposit with his bid, security in the amount, form and subject to the conditions provided in the Information for Bidders. No bidder may withdraw his bid within 60 (sixty) days after the actual date of opening thereof.

TRI*COUNTY REPORTE 321 W/ Main Street, Azle · 817-27/0-53/0

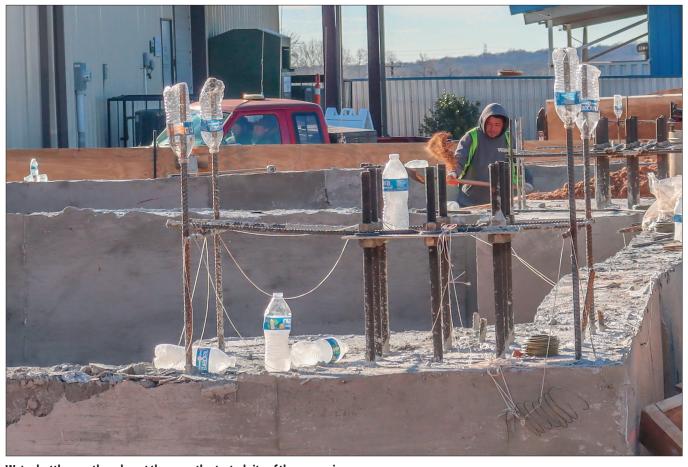
CCC FROM PAGE A1

for the project in November and began laying the foundation in January.

"The new addition will not only replace our worn existing equipment but expand our capacity to store fresh and frozen foods," Cooper said in an email to the Tri-County Reporter. "Our staff and volunteers currently unload all perishable pallets by hand into our coolers and freezers. The new addition will have pallet-width doors enabling us to roll entire pallets inside. The ability to roll a pallet of refrigerated or frozen items directly into the new cooler versus hand unloading them will be a tremendous blessing to our staff and volunteers. The \$1 million campaign will allow CCC to better utilize the space created in our warehouse by phases one and two, as well as add some exterior items, including a covered awning and widened drive-through lane. The Azle community came together over 20 years ago to fund the building of the existing food pantry. As we plan for CCC's next 20 years, we hope this incredible community will once again support our mission and see us through this exciting expansion."



ZACH FREEMAN | TRI-COUNTY REPORTER





ZACH FREEMAN | TRI-COUNTY REPORTER Milo Bazan working hard with a smile in one of the CCC's current freezers.

The planned 3,800 squarefoot cooler and freezer space is the second part of a three-phase expansion which began with the addition of the Porch Resale Shoppe in 2021. The projects have been funded by local donors and revenue from the resale store. The freezer and cooler expansion is expected to be completed by June or July 2024, and the organization hopes to raise funds for the next phase by the end of the year. The in-kind gift of The Porch was valued at approximately \$1 million. The new cooler and freezer is approximately \$1.5 million, and the final phase of the expansion will be about \$1 million.

"I think it will definitely help us," Milo Bazan, a CCC board member and volunteer said. "Once expansion hits, there's no reason why we shouldn't have probably 2,000 families come by here. If you average it out to four people per family that tells you how many people are really hurting for food."

center's donors, none of this could have been possible. The support and togetherness of the Azle community reminds Bazan of his 27 years in the military and was part of what inspired him to move here in 2006. Raising his four kids in Azle schools, he said he always saw the community push them to want to do better, which contributed to them now working in respected industries and pursuing master's degrees.

Bazan said there were initially some concerns about the cost of the project, but a local anonymous donor stepped up to the plate and made a big contribution.

"Y'all don't have anything to worry about," Bazan recalls the donor saying. "That really takes a big burden off of everybody's shoulders. You see the age of the building. We need to utilize it better and it's only going to be through remodeling and expanding it."

The CCC expects to see a

Bazan, who has been a volunteer for nearly four years, said without the efforts of Cooper, Assistant Director Bonnie Monninger, and the continuing source of support as The Porch opens back up this week. The Porch will now operate from Monday to Friday under new hours.

Water bottles cap the rebar at the recently started site of the expansion.

The construction site from the back of the property.

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LIBRARY FROM PAGE A1

email to the Tri-County Reporter. "The books and other items we sell come from donations that community members make, which are considered a tax-deductible donation. Our donors are very generous, and we could not have these sales without them."

McLane described how donated books that don't make it onto the library's shelves are saved up until they have amassed a few thousand. The library charged \$1 for hard cover books and 50 cents for paperbacks in order to keep them affordable.

"Books are meant to be read, so we are happy they can be enjoyed by someone new," McLane said.

All the proceeds from the sale go to the Azle Library Trust, the 501(c)(3) nonprofit organization that supports the library. The Azle Library Trust provides AML with funding to buy new books, digital resources, programing supplies and more.

McLane said sales in the past have brought in anywhere from \$1,200 to \$2,500. Within the latest sale's first 10 minutes, 90 people had already crammed into the tiny community room.

"When we tell book sale customers the sale benefits the library, many of them are generous enough to let us keep the change from their purchase," McLane said.

Over the course of the twoday sale, the library may see visitors in the high hundreds at least. Packed ear-to-elbow, library guests had traveled from as far as Crowley to visit the sale and stock up on reading material.

"I woke up and scrolled Facebook and saw the book sale and decided to get in my car and drive because there aren't many book sales like this concentrated in one place," said Grace, an avid reader who drove 45 minutes to the sale. "I think it might motivate people to read more and I see everyone taking their kids here, too. Maybe it's exposing new generations to reading actual books, not just Kindle and digital books and such. Kids' books are outrageously expensive at Target and any retail location, but I imagine for people who have children it's nice having brand name, nice stories to take home for their kids." With her 30-odd books, Grace joined the long, snaky line that circled the room's perimeter. Others, like Azle resident Marie Gallardo, confirmed Grace's theory. "It's a good selection," Gallardo said. "The prices are good even if it's a little hard to get around. I always look forward to library book sales and I come out every time there is one. Mainly I come out for my daughter. She has like a huge library. We get books for her, and I get some for me. But it's nice to know that I'll be able to find something I'll probably want to read and it's a great price, especially now a days."



Library volunteers helped patrons check out baskets and baskets of books often for less than the price of a meal at Whataburger.

ZACH FREEMAN | TRI-COUNTY REPORTER



"The library is great," Ginger Brandon said after collecting her fill of historical fiction, WWII dramas and mystery. "There are so many books to choose from. The library is a good place to stay most of the time."



Dozens of patrons at a time bustled through the community room's cramped quarters looking for books of all kinds.



With everyone coming out for the good deals, conditions at the book sale became so crowded and cramped that one elderly patron even fainted, prompting a visit from paramedics with the Azle Fire Department. After a brief checkup, the patron recovered and required no further assistance.

Several days earlier, on Jan. 9, the library catered to a strictly younger crowd with its second-ever Teen Gaming Night. Young people from around the Azle area flocked to the library in droves to compete head-to-head in Mario Kart and Super Smash Brothers.

On Jan 19, AML treated teens and adults to a chance to make their own felt cat crafts. With a \$500 yearly budget, Adult Activities Director Rebecca Buchanan said she has to be creative and resourceful with projects she offers; last Thursday that included letting patrons sew their own simple, yet adorable feline felt creations.

"(The library is) fun; there's always something to do," sisters Mackenzie and Laura Greenwood said. "It helps us learn things. I want to make it exactly like (the design in the instructions). (My favorite thing about the cat design) is that it kind of looks anime-ish."

UPCOMING LIBRARY ACTIVITIES

• Let's Talk Azle communication class for adults, Jan. 25 at 6 p.m.

• Jigsaw Puzzle Exchange for adults, Jan. 27, 10:30 a.m. to 12:30 p.m.

First Adult Gaming Night for ages 18 to 30, Jan. 30, 6:30-7:30 p.m.
AARP Tax-Aide certified volunteers return to the library Feb. 1







More cute felt cats.

ZACH FREEMAN | TRI-COUNTY REPORTER

The victor celebrates his win in an all-Pikachu round of Super Smash Bros.



Members of the Mosier and Squires families pose with their felt cat creations.



ZACH FREEMAN | TRI-COUNTY REPORTER

The Greenwood family making their felt cat creations on Thursday evening.

TRI+COUNTY REPORTER DIVERSIONS

Popcorn Players to debut "Til Beth Do Us Part" Jan. 26

Directors and cast speak about excitement for upcoming performance

ZACH FREEMAN

azlereporter@tricountyreporter.com

AZLE — The cast of "'Til Beth Do Us Part" hopes its Azle audience has as much fun watching the show as they do performing it.

Described as a side-splitting comic romp about marriage, career-driven Suzannah Hayden needs a lot more help at home than what she's getting from her husband. Though with the hiring of a maid, Beth Bailey, her problems only seem to grow.

Popcorn Players regular Cynthia Hall is excited to play the titular character of Beth for all the character's faults and flaws.

"I'm not really the antagonist but I kind of am and that's really a fun thing to be able to do," Hall said. "I haven't really had that opportunity very often, trying to cause a rift, to wreak havoc in the family unit. That's kind of fun. I like Beth. Beth is ambitious but hasn't had a lot of breaks and she's had to make their own way. So, she is a little bit of a social climber and a little bit of a back-stabber. She's a fun character."

Hall said she is most excited to deliver the outrageous kind of humor and performance the Popcorn Players Theater has become known for.

"Here's what I tell people: 'We do white trash Southern comedy and we do it well,;" Hall said with a smile. "I think it's going to be a really funny show. There's a lot of stuff happening all the time. I'm looking forward to (the cast) really meshing and getting it right, you know, providing a really good show for the audience. It's sad to say, but opening night is sometimes one of our roughest shows but as it goes on it takes on more of a life of its own."

Hall praised the co-directors and cast for all the hard work they've put in to make the show possible. Co-director Rozanne Gann, 70, is a founding member of the theater and estimates she's been involved in 75% of Popcorn Players productions in some form or fashion. "This is an awesome cast,

PLEASE SEE **BETH** | B4



ZACH FREEMAN | TRI-COUNTY REPORTER

"'Til Beth Do Us Part" plays on big emotions and big physical performances demonstrated here by Jerry
 Hall and Lauren Schillings.



PHOTOS COURTESY OF AZLE ISD Michael Sain has been named the new athletic director in Azle. He

Sain named new athletic director in Azle

STAFF REPORTS

Michael Sain was named the new athletic director for the Azle Independent School District during a meeting of the district's board of trustees Monday, Jan. 22.

Sain will replace Becky Spurlock, who plans to retire in June. Spurlock has been with the AISD for eight years and in education for 41.

Sain comes to Azle after having been the assistant athletic director in Prosper since March 2020. He is a thirdgeneration educator and has worked in education for 18 years.

His experience ranges

programs in a multitude of sports. He has served in an administrative capacity at both the campus and district levels.

"It is hard for me to contain my excitement as I think about the wonderful opportunity that has been awarded to me to serve Azle ISD and the Azle community," said Sain in a press release.

"I am thrilled that my family will get the chance to be a part of such an excellent school district that always puts students first in all that they do. The community can rest assured that the athletic department will continue to our student-athletes are always getting the first-class experience they deserve."

During his time in Prosper, a 6A school district (Azle is 5A), Sain helped oversee a sports program that enjoyed much success. The volleyball team reached the state semifinals this past season and won 76 matches in the past two years combined; the football team was 11-2 in 2023 and had 33 wins in his three seasons. Other sports, such as boys and girls soccer, base ball, boys and girls basketball and softball have enjoyed much success.

"I am proud to welcome coach Michael Sain and his family to Azle ISD," Azle ISD Superintendent Todd Smith said.

"Coach Sain comes to us with a strong background of various athletic roles and duties in fast-growth school districts. I look forward to his passion and enthusiasm, along with the vision and plans he has for our Azle athletic program."

Sain's hiring was met with positive reactions on social media. Also, several folks expressed their gratitude for the outgoing Spurlock.

"Welcome to Azle, Coach Sain! Becky, we are going to miss you. Thank you for everything you have done for

will replace Becky Spurlock, who will retire in June after eight years with the district and 41 overall in education.

from middle school to high school in both boys and girls

do the same as we continue to search for ways to ensure

PLEASE SEE **SAIN** | B4

sports Roundup

Azle wrestlers have great success, Hornets third at state duals, Lady Hornets win elite tourney

RICK MAUCH

Special to the Tri-County Reporter

The Azle Hornets won three of four matches to take third in the Texas High School Wrestling Coaches Association State Dual Championships in Wichita Falls this past weekend. The tournament featured the top 16 teams in the state. Azle came in as the No. 6 seed.

After defeating Amarillo 37-30, the Hornets downed No. 3 Comal Peiper 54-18. They fell 57-12 in the semifinals to No. 1 Melissa and edged Midlothian 35-34 for third place.

In the final match the Hornets were behind 34-32. In the last match heavyweight (285 pounds) Devin Wingfield defeated his opponent to secure the win for the Hornets.

Other notable performances included Landin Evans (138 pounds) winning for the 100th time in his career. Also, Wyatt Hicks (126) and Chase Yancey (132) each went 4-0 in the tournament.

Prior to State Duals, the



LAYTH TAYLOR | TRI-COUNTY REPORTER The Lady Hornets dropped a non-league game at home to Dallas Madison, 51-32, Jan. 17 before falling at home to Granbury 47-31 two days later. #25 Cheryl Grubbs led the scoring in both games with 14 and 10 points respectively.



LAYTH TAYLOR | TRI-COUNTY REPORTER

The Porcupines (14-9, 2-1 in District 8-4A) picked up a pair of league victories last week, winning 61-40 at Bridgeport and 69-36 at home against Castleberry. Senior Dayne Thompson goes for the basket while junior Dylan Crutchfield positions himself for a possible rebound.

PLEASE SEE ROUNDUP | B2 14 and 10 points, respectively.

sports Roundup

ROUNDUP FROM PAGE B1

Hornets (14-2 in dual matches) defeated Eaton 39-27 and Grapevine 49-18. Also, several wrestlers had strong performances in the Highway 5 Invitational.

Hicks took first place in the 126 category, while Kolby Moreland was second in the 106 division. Third-place finishers were Camron Latham and Elijah Bryan at 120 and 175, respectively. Allen Harris was fourth at 150 and Roman Fraser at 190. Taking sixth were Josh White at 144 and Preston Deas at 138.

The Hornets are competing at Burleson Centennial Jan. 26.

AZLE GIRLS WRESTLING

With four wrestlers winning their respective weight classes, the Azle Lady Hornets took the team title in the prestigious Highway 5 Invitational in Anna Jan. 13. Azle scored 182.5 team points to top runner-up Argyle with 152.

In the 120-pound division, Mariah Dillard remained undefeated, improving to 27-0 this season by winning gold. She is ranked No. 2 in the state in Class 5A.

Her sister, Alicen Dillard, improved to 25-2 by winning the 138 class. She is ranked third in the state in 5A. In the 165 weight class, Elly Yelle, No. 8 in the state in 5A, won gold to run her record to 28-4. Also, at 235, Suvanna Crafton (23-14) placed first.

Kinzlynn Camarillo (17-6) was the runner-up in the 185 division. Keira Buggar (11-7) finished third at 114, Kamryn Hance (5-2) was fifth at 107, Alex Schlotzhauer (2-2) took fifth at 165 and Mollie Morris (16-16) finished sixth at 152. Also ranked, but not par-

ticipating in this tournament, are defending Class 5A 145-pound division state champion Annabelle Davis (15-2), who is No. 3 in 5A; and Noah Kovach (34-2), who is No. 3 in the 100 weight class. Hayli Ross (15-14) and Brooklyn Debbs (24-15) round out the squad at 107 and 126, respectively.

In 2022, the Dillard sisters each finished as state runners-up.

The Lady Hornets were competing in the 5A State Dual Championship at press time. They are at Burleson Centennial Friday, Jan. 26.

AZLE GIRLS SOCCER

The Lady Hornets (6-2-1) won the championship of the Chisholm Trail Tournament, outscoring their three opponents 12-0. They defeated Trimble Tech 6-0, South Hills 1-0 and Amarillo Caprock 1-0. Emma Nelson was the goalkeeper in all three shutouts. Scoring leaders for Azle were:

Vs. Trimble Tech: Sarae Perez two goals, Yasmeen Tejeda one goal, Rebecca Marx one goal, Lily Hudman one goal, Audrina Martinez one goal, Sophie McIntyre four assists, Audrina Montoya two assists. Vs. South Hills: Hudman one goal, McIntyre one assist.

Vs. Caprock: Hudman three goals, Marx goal, Montoya one goal, McIntyre three assists, Melanie Harder one assist, Anahi Colmenaro one assist.

The Lady Hornets will travel to Granbury to start District 5-5A play Jan. 30 at 5:30 p.m.

AZLE BOYS SOCCER

The Hornets (4-4) took two of three in the Springtown Invitational.

They defeated Venus 1-0 as freshman Franklin Moreno scored the first goal of his high school career with an assist from Braden Forsythe. Goalkeepers Evan Calvert and Dylan Dorris combined with the backline to post the shutout.

"Very evenly matched game versus a competitive side," Hornets coach Diego Oliveros said.

That was followed with a 2-0 win over Collegiate



Senior Kelby Castro scores against Castleberry.

LAYTH TAYLOR | TRI-COUNTY REPORTER

Academy, which Oliveros called "Our best game of the tournament. We came out and found two goals in the first half and kept their offense at bay for the remainder of the game."

Forsythe had a goal and assist, with Stephen Sim scoring a goal and Yair Macias an assist. Calvert was in goal.

The Hornets dropped a 2-0 contest to Wichita Falls Hirschi on a cold and windy final day. "(The) tournament was a great team experience and despite falling short of our team goal of repeating as champions, we proved to ourselves that we can play disciplined and work hard to find results in difficult environments," Oliveros said. "Proud of our team efforts, and I think a lot of players found their confidence in this tournament, which we hope will translate to a productive district play." Following the tournament, the Hornets lost 4-0 at Coppell Jan. 19 in their coldest game of the season. "We were definitely punching above our weight class against one of the best historically – soccer schools in DFW. We matched up against a very skilled and well coached team," Oliveros said. "Goalkeepers Dylan Dorris, Adan Sandoval and Diego Beltran made several key interventions and kept the game close, down 0-1 at half. "We were tested every which way and our defense proved we can match up against top caliber teams. In the end, Coppell proved to be the stronger side. But overall good sensations from this match. The game served as a valuable experience for our boys as we gear up to begin district. Proud of our efforts."

points in the first game and 27 in the second. Also, Kelby Castro scored

14 against Bridgeport, Braylon Easter had 15 against Castleberry and Dylan Crutchfield scored a dozen in the second win.

Next up for the Porcupines are trips to Decatur and Krum Jan. 26 and 30, both tipping off at 7:30 p.m.

AZLE CHRISTIAN SCHOOL

bounds; Ford five rebounds, five assists; Liva Zarina two blocks.

The Lady Pines have a trip to district-leading Decatur Jan. 26 and host second-place Krum Jan. 30. Both games tip off at 6:15 p.m.

AZLE BOYS BASKETBALL

The Hornets couldn't overcome a 20-7 first-quarter deficit as they fell 67-54 at home to Granbury Jan. 19. Gunner





LAYTH TAYLOR | TRI-COUNTY REPORTER

The Hornets couldn't overcome a 20-7 first-quarter deficit as they fell 67-54 at home to Granbury Jan. 19. Gunner Crow led Azle (4-20, 0-6 in District 5-5A) with 18 points, with Cason Cook scoring 17 and Britt Haas nine.



PHOTO COURTESY OF TYLER HARRISON

The Azle Hornets wrestling team placed third in the Texas High School Wrestling Coaches Association State Dual Championships this past weekend in Wichita Falls.



PHOTO COURTESY OF HANNAH SMITH

The Azle Lady Hornets soccer team won the championship of the Chisholm Trail Tournament this past weekend, posting three shutouts.

Azle will open District 5-5A at Granbury Jan. 30 at 7:30 p.m.

SPRINGTOWN BOYS BASKETBALL

The Porcupines (14-9, 2-1 in District 8-4A) picked up a pair of league victories last week, winning 61-40 at Bridgeport and 69-36 at home against Castleberry. Dayne Thompson scored 30

BOYS BASKETBALL

The Fighting Crusaders (17-9, 2-0 in TAPPS 2-1A) had little trouble disposing of White Settlement High Point Academy Thursday, Jan. 18.

"We came out on fire and never really slowed down," said ACS coach Ryan Rollins. "We played great team basketball and great team defense."

Andy Wisniewski scored 23 to lead the Crusaders, with AJ Rollins scoring 12 and Brody Fairman 10.

The next night they hit the road and won 62-46, coming back from a 25-21 halftime deficit.

"We made some adjustments at halftime and came out strong," coach Rollins said. We got the lead in the third quarter and never looked back. Our two senior guards carried us."

Wisniewski (25) and AJ Rollins (18) combined for 43 and Jake Skartvedt scored 15.

ACS plays at Granbury Cornerstone Jan. 26 at 6 p.m. and hosts Eagle Christian Academy Feb. 1 at 7:15 p.m.

SPRINGTOWN GIRLS BASKETBALL

The Lady Porcupines (17-14, 2-3 in District 8-4A) fell 80-36 at Bridgeport Jan. 17. Then they won 52-17 at home against Castleberry Jan. 19. Leaders for Springtown were:

Vs. Bridgeport: Esther Ballado 12 points, 11 rebounds; Allison Ford 10 points, three assists; Brylynn Bazzell six rebounds; Chloe Kirk five rebounds.

Vs. Castleberry: Winstead 18 points, five assists, six steals; Balado 11 points, five rebounds, six steals, two blocks; Kylie Russell six points; Bazzell nine reCrow led Azle (4-20, 0-6 in District 5-5A) with 18 points, with Cason Cook scoring 17 and Britt Haas nine.

The Hornets host Northwest for Senior Night Jan. 26 and travel to Saginaw Jan. 30, both games starting at 7:30 p.m.

AZLE GIRLS BASKETBALL

The Lady Hornets (11-16, 1-6 in District 5-5A) dropped a non-league game at home to Dallas Madison, 51-32, Jan. 17 before falling at home to Granbury 47-31 two days later.

Cheryl Grubbs led the scoring in both games with 14 and 10 points, respectively. Landri Seward scored 12 against Madison, while Brooklyn Young scored nine and Abbey Natusch and Emi Anderson each added seven. Natusch also scored nine against Granbury.

The Lady Hornets will face Northwest on Senior Night Jan. 26 at 6:15 p.m. before going to Northwest Jan. 30 at the same time.

SPRINGTOWN BOYS SOCCER

The Porcupines (1-5) fell 8-2 at Aledo Jan. 17. The game at Fort Worth Poly Jan. 19 was canceled because of cold weather.

Against Aledo, Josue Anaya and Caden White scored goals and Brody Phifer had an assist.

Springtown travels to Wichita Falls Hirschi for a 5:30 p.m. match Jan. 26.

SPRINGTOWN GIRLS SOCCER

The Lady Pines (6-3) dropped a 9-1 contest at Aledo Jan. 17. They travel to Mineral Wells Jan. 30 at 5:30 p.m.

New year, new games

THE ENJENIR

The Enjenir, from developer PeatyTurf, was released Dec. 18, 2023. It's a physics-based sandbox-building game with 'ragdoll' third-person controls.

The character movement is very similar to Human Fall Flat, another physics game.

The developers behind The Enjenir are actually civil engineers, both still working full-time 9-5 jobs while creating this game. It's currently offered as an Early Access game to help with playtesting, so they can spend their time adding features and mechanics.

Building in this game is called 'gridless,' meaning there is no 'snap' when you place a building element. You have the freedom to place it as accurately (or inaccurately) as you like. You'll build intricate structures and vehicles, and then have to operate them with your clumsy ragdoll character.

I've played the demo, and the building part is fun. You're putting down vari-

The Enjenir, Touch Your Eyes and Chants of Sennaar

GAME ON By Jennifer Harrison

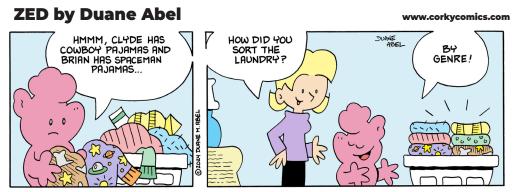
My opinions on computer gaming and some of my favorite games. I've been playing games on the home computer since the days of the Trash 80. I love indie, open-world, unique, puzzle, and resource games. The cake is a lie.

ous construction elements to complete the tasks, like building a fence, a water tower and a cart.

There're also tasks you need to perform by manipulating your Enjenir character. The game mechanics for moving the Enjenir around are really strange, but once you get the hang of the keyboard shortcuts, they give you quite a bit of flexibility. You can make him climb a tree, for example, which is something I could never do in Human Fall Flat. But so far it's not a simple system to learn.

The really interesting part of the game is the actual building of the structures. You're placing beams together and nailing them to each other, and making sure there's lots of bracing. You're graded by your efficient building skills, your speed, and how strong the structure is. You're free to create whatever you like (including a roller coaster), limited only by your own incompetence.

The game is in Early Access for at least 12 months while development continues to add a bit of narrative and





<image>

The Enjenir: cross-eyed and clumsy, but determined to help.

story to the game. To be honest, I don't care about the story, I just want a fun game. Let's hope they spend more time on the gameplay, not the story.

For a free playable demo, check out the Steam page. https://store.steampow-

ered.com/app/1800940/

The_Enjenir/ TOUCH YOUR EYES

It's hard to come up with new puzzle ideas, but Touch Your Eyes from WoW_Studio manages to find something nobody else has tried.

Touch Your Eyes is a simple 2-D puzzle made of circles. The goal is to cover the gray dots with the white circles and one black circle. Each circle can be made to be inside or outside the other circles, and they can be rotated along the inside or outside of the circle.

From the Steam page for the game: "Touch Your Eyes is a game born in the 2023 CiGA Game Jam. It is primarily a puzzle game with a gameplay style similar to pushing boxes, featuring multiple levels with special mechanics." CIGA Game Jam is an annual development convention in China. Every year people get together and brainstorm new game ideas, and then develop them in three days.

The game is not yet available for purchase. Download the free demo on SteamOS and try it out for yourself at *https://store.steampowered.com/app/2681740/ Touch_Your_Eyes/.*

CHANTS OF SENNAAR

From the Steam page: "Legend says that one day, a traveler will reunite the Peoples of the Tower who are unable to communicate with each other. Observe, listen and decipher ancient languages in a fascinating universe inspired by the myth of

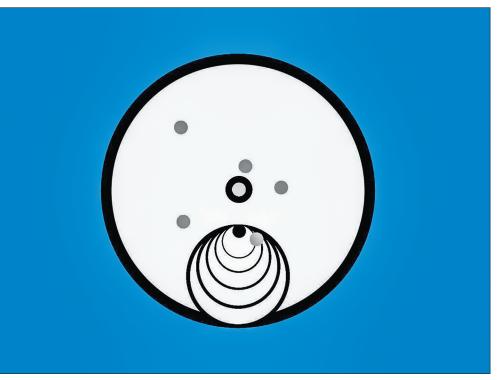
Babel."

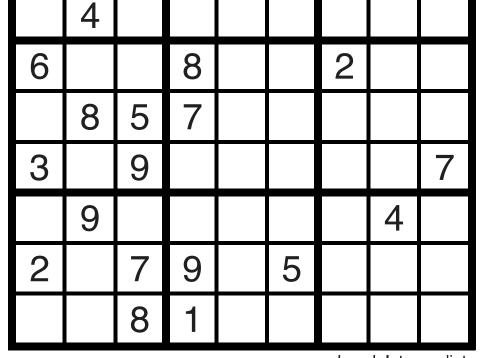
You're a mysterious traveler who has arrived in a city full of enormous buildings with a minimalist color palette. During your exploration, you encounter carvings, inscriptions and writings that you won't understand. But as you continue to explore and get more information, you'll eventually be able to interpret what the beings are saying to you, and what the inscriptions say.

SCREENSHOT COURTESY PEATYTURE

I really like the graphics in this game. The buildings and simple line art remind me of illustrations by Moebius (Jean Giraud), a French illustrator and cartoonist.

Chants of Sennaar is the latest from Rundisc. It's available on SteamOS for \$15.99, but you can check it out for free with their demo at https://store.steampowered.com/app/1931770/ Chants_of_Sennaar/.





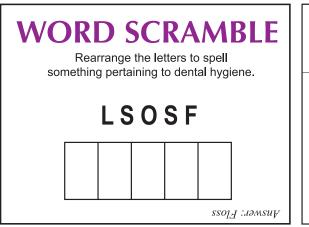
Level: Intermediate

6

Solution to last week's puzzle

JANUARY 11, 2024

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





17 9 9 17 7 23 8 11 10 7 Clue: Cleaning device SCREENSHOT COURTESY WOW STUDIO

Move the circles around until all the gray dots are covered.





SCREENSHOT COURTESY RUNDISC

Chants of Sennaar is a game of interpretation through extrapolation — you're gaining context for each word, and continuing to learn the language as you interact with a different world.

BETH FROM PAGE B1

very fun to work with and the script is very funny," Gann said. "Rehearsals have been great — like I said, this is a great cast. (I hope the audience walks away feeling) that they were entertained, had some laughs, and left their problems elsewhere!"

In the other director's chair is 22-year-old Emily Ball. Ball has performed with the Azle Arts Association since she was 13 and sits on its board of directors today. Her directorial debut was "Males Order Brides" in 2022 and this is her first time co-directing a production.

"I think the first time I directed was a lot of people around my age," Ball said. "This time I'm directing people that are older than me, so it's interesting to see the difference in how they see criticism and the things you need to direct them on. Getting to know the people that founded this place makes me really feel like I want to be able to carry it on to show people eventually and tell them all the stories of what happened at Popcorn Players. It's an honor because there are so many people that have been through here and I think theater is such an important thing that I think it needs to carry on for generations."

Having been with the theater for much of her life, Ball has built great rapport with much of the cast and is quick to offer suggestions and clarification to help bring out the humor in any situation. Ball is excited to debut this production for its balance of exceptional quick wit and over-thetop slapstick.

"There's so much physicality to it which is the biggest thing I look for in shows," Ball said. "I think you can be funny saying something but you're even funnier if you can add a movement to it."

Popcorn Players Theater is located at 1012 Southeast Parkway in Azle, and tickets are available in-person, online at www.azlearts.org, or by phone at 817-238-PLAY. Tickets are \$15 for adults, \$12 for seniors and students and \$10 for the Sunday matinee. The show will run on Fridays and Saturdays at 7:30 p.m. and Sundays at 2:30 p.m. for two weeks starting Jan. 26.

CAST

- · Suzannah Hayden played by Amy Worthy
- · Gibby Hayden played by
- Jerry Hall • Margo James played by
- Lauren Schillings
- \cdot Beth Bailey played by Cynthia Hall
- · Hank Russell played by
- Chris Pidgeon
- Celia Carmichael played by Carol Braden



"I'm looking forward to the audience reacting to the jokes because I think they're hilarious and I think each rehearsal something gets added that makes it funnier and funnier," Ball said.



Co-directors of "Til Beth Do Us Part" Emily Ball, Rozanne Gann and the cast enjoy rehearsals because of the upbeat atmosphere and camaraderie they've built together.

Jan 29-Feb 02, 2024

ZACH FREEMAN | TRI-COUNTY REPORTER

Azle School Menu

PreK-4th Grade, 7-12th Grade \$1.55 5-6th Grade FREE 2nd Meal \$2.00 Visitors/Employees \$2.75

ZL

CARE

DENTAL



BREAKFAST: Everyday - Assorted Fruits and Cereal, Juice, White or Chocolate Milk, Graham Crackers, Toast

Mon Dutch Waffle, Pears Diced Tues Pancake Sausage Breakfast Sandwich, Orange Juice Pineapples Weds Pancakes, Orange Juice,

Oranges Thurs Biscuit with Peppered Gravy, Apple Sauce, Orange Juice Fri Breakfast Pizza, Apple, Orange Juice

LUNCH: Everyday - Variety of milk. Your choice of 1 entree & 1 fruit or juice

Mon Chicken Nuggets w/ Roll, Sunbutter & Jelly Sandwich w/ String Oranges, Pears Diced, Green beans, Mashed Potatoes, Peppered Gravy Tues Hamburger, Mini Corn Dogs, Apple, Peaches, Mixed Veggies Weds Italian Sub, Spaghetti w/ Meatsauce, Breadstick, Oranges, Pineapples, Steamed Broccoli Thurs Meatball Sub, Popcorn Chicken Bowl Roll, Apple Sauce, Bananas, Steamed Carrots Peppered Gravy Fri Cheese Pizza Fish Sticks w/ Roll, Pepperoni Pizza, Apple, Mixed Fruit, Crinkle Fries, Pinto beans

SAID FROM PAGE B1

> Azle. I will miss you so much. Go Hornets," posted Crystal Renee Knight on Facebook. "We knew Spurlock from

Keller ISD and she will be greatly missed, but congrats on retirement! Welcome the new AD in June!" wrote April Freeman.

"He is fantastic! He will be amazing for Azle," posted Prosper resident Stephanie Russell Stephens. Sain graduated from Arkansas Tech University with a Bachelor of Arts in History Education in 2006 and earned his Master of Education Administration from Lamar University.

He and his wife, Brandi, have four children.

GRADES 5TH - 8TH BREAKFAST: Everyday - Assorted Fruits and Cereal, Juice, White or Chocolate Milk, Yogurt w/Granola

Mon Dutch Waffle, Pears Diced, Salsa, Mild Tues Pancake Sausage Breakfast Sandwich, Weds Pancakes, Oranges Thurs Biscuit with Peppered Gravy, Apple Juice, Orange Juice Fri Breakfast Pizza, Apple, Apple Juice, Orange Juice

LUNCH: Everyday: Variety of milk. Your choice of 1 entree & 1 fruit or juice, rolls, crackers • Salad bar offered daily

Mon Breaded Chicken Sandwich, Chicken Nuggets w/ Roll Spicy Chicken Sandwich, Sunbutter & Jelly Sandwich w/ String Cheese Oranges, Pears Diced, Peppered Gravy Tues Cheeseburger, Hamburger, Mini Corn Dogs, Weds Corn dog, Italian Sub, Spaghetti w/ Meatsauce Breadstick, Thurs Cheeseburger, Hamburger, Meatball Sub, Popcorn Chicken Bowl w/ Roll, Apple Sauce Fri Breaded Chicken Sandwich, Cheese Pizza, Fish Sticks w/ Roll, Pepperoni Pizza, Spicy Chicken Sandwich Apple, Pinto beans

HIGH SCHOOL

BREAKFAST: Everyday - Assorted Fruits and Cereal, Juice, White or Chocolate Milk, Yogurt w/Granola

Mon Breakfast on a stick, Apple Juice, Orange Juice, Pears Diced Tues Egg and Cheese on a Bun, Apple Juice, Orange Juice, Pineapples Weds Glazed Donut, Apple Juice, Orange Juice, Oranges Thurs Breakfast Pizza, Apple, Apple Juice, Orange Juice Fri Egg and Cheese Taco, Bananas, Apple Juice, Orange Juice, FRESH SALSA

LUNCH: • Everyday: 1% unflavored or non fat chocolate milk & juice • Salad Bar

Mon Breaded Chicken Sandwich, Cheeseburger, Chicken Nuggets w/ Roll, Oranges, Pears Diced, Tues Hamburger, Mini Corn Dogs, Spicy Chicken Sandwich, Apple, Peaches, Weds Breaded Chicken Sandwich, Cheeseburger, Spaghetti w/ Meatsauce, Breadstick, Oranges, Pineapples, Thurs Hamburger, Popcorn Chicken Bowl w/ Roll, Spicy Chicken Sandwich, Apple Sauce, Bananas, Refried Beans, Tater Tots Fri Breaded Chicken Sandwich, Cheeseburger, Steak Fingers w/Roll, Mashed Potatoes Peppered Gravy SPONSORED BY

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BREAKFAST PRICES EC-12th Grade. ^{\$}1.75 EC-12th Reduced. \$N 3N Adult \$2 25 LUNCH PRICES PK-4th Grade. \$3.00 5th-8th Grade. \$3.25 Jan 29 - Feb 2, 2024 High School \$3.00 Reduced \$0.40 PK through 12th Grade Adult. \$4.25 *Menus are subject to change. Students may prepay for their meals.

PK - 12th Breakfast BREAKFAST: Everyday - Various Juices & Cereals, Toast, Milk Variety, Fruit, Jelly Assortment, Buttermilk Biscuit, Variety of milk is offered every day for breakfast and lunch.

Mon Mini Pancakes, Applesauce Cup, Tues Chicken Biscuit, Sliced Peaches, Weds Eggstravaganza, Blueberries Thurs Breakfast Pizza, Apple Slices Fri Strawberry- Banana or Vanilla Yogurt, Banana

K - 4th Lunch

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

Mon Popcorn Chicken or Steakfingers, Roll, Mashed Potatoes, Fresh Veggies, Blueberries or Orange Tues Bosco Sticks or Chicken Fried Steak Sandwich, Steamed Broccoli, Fresh Veggies, Apple Slices or Watermelon Craisins Weds Chicken & Waffles, Tator Tots, Fresh Veggies, Apple or Sliced Pears Thurs Beef Enchilada Bake or Corn Dog, Roll, Ranchero Beans. Fresh Veggies Fri Pepperoni Pizza, Chicken Fried Steak Sandwich or Baked Potato Basket, French Fries, Fresh Veggies

5th - 12th Lunch

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

Mon Breakfast for Lunch Eggstravaganza, Chicken or Sausage Biscuit, Hash Browns, Fresh Veggies Tues Mac & Cheese or Salisbury Steak, Roll, Mashed Potatoes Fresh Veggies, Apple, Sliced Pears Weds Cheeseburger or Hamburger, Tator Tots, Fresh Veggies, Apple Slices, Pineapples Thurs Beef Enchilada Bake or Corn Dog Sweet & Sour Pork Rice Bowl, Roll, Ranchero Beans, Fresh Veggies Fri Pepperoni Pizza or Baked Potato Basket, Roasted Broccoli, Fresh Veggies, Strawberries or Sliced Peaches

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The Tri-County Reporter Thursday, January 25, 2024

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Opportunity	35 Garden/Mowing Svc	59Pool Service	Commercial Property			
		60Professional				
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health mind and body



THURSDAY, January 25, 2024

How seniors can get their balance back



METRO CREATIVE CONNECTION

Balance issues can pose a serious threat to individual health. When a person experiences issues with their balance, they may experience dizziness, lightheadedness and feel as if a room is spinning. Each of those factors can increase the risk for potentially harmful falls.

Seniors may not have the market cornered on balance issues, but the National Institute on Aging notes that many older adults experience such problems. The NIA also notes that people are more likely to have balance problems as they grow older. A number of variables can contribute to balance problems, including medications, health conditions like heart disease and vision problems, and alcohol consumption. The NIA notes that the remedy to balance issues may depend on what's causing them, though some exercises that require individuals to move their heads and bodies in a certain

way can help treat some balance disorders. A physical therapist or another professional with an understanding of the relationship between balance and various systems in the body also may be able to help.

When a specific cause, such as hypertension or low blood pressure, is identified, health care teams may be able to recommend various approaches to help seniors get their balance back.

HYPERTENSION

A 2015 study published in The Journal of Physical Therapy Science found that hypertension, also known as high blood pressure, can negatively affect balance. The study found that this occurs because hypertension damages the large arteries and decreases microcirculation in specific functional areas, ultimately resulting in impairment that reduces a person's ability to maintain a stable

PLEASE SEE BALANCE | C2

How to get kids more engaged in their dental health

METRO CREATIVE CONNECTION

Dental health should be a priority at any age, and is especially important for children. The Centers for Disease Control and Prevention says more than half of children between the ages of six and eight have had a cavity in at least one of their primary teeth. Also, more than half of adolescents aged 12 to 19 have had a cavity in at least one permanent tooth. Cavities and other oral health conditions, such as periodontal diseases, are largely preventable with proper oral hygiene.

Parents know that getting children – especially young ones – to care for their teeth in the correct manner may require some help and then reinforcement throughout the developmental years. However, there are ways to make dental care a more engaging activity for youngsters.

USE PLAQUE-DISCLOSING TABLETS

Show children just where they may need to direct more brushing effort with plaquedisclosing tablets. These tablets use food-grade coloring in them, which sticks to areas with plaque accumulation. After chewing the tablets and the child smiles, he or she will see the spots where efforts need to be ramped up.

PLEASE SEE **DENTAL** | C2



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Did you know?

The hormone cortisol can affect individuals' vulnerability to heart disease. According to the University of Rochester Medical Center, cortisol is released as part of the human body's natural response to stress. Though cortisol is not inherently harmful, the URMC reports that studies have suggested high levels of cortisol resulting from long-term stress can increase blood cholesterol, triglycerides, blood sugar, and blood pressure. Such increases elevate individuals' risk for heart disease. Various studies have found that acute stress can have a positive impact, providing motivation to accomplish goals and overcome daily challenges.

s' e is e e s e d or e n

However, individuals with chronic stress are urged to speak with their physicians so they can avoid the adverse outcomes, including heart disease, that can develop when individuals have high levels of cortisol related to long-term stress.

DENTAL FROM PAGE C1

This can be a fun lesson as children will likely enjoy seeing their teeth covered in the tablet color.

FLAVORED TOOTHPASTES AND MOUTHWASHES

Mint reigns supreme in oral health products as the dominant flavor, but not all children are enamored with that flavor. Most oral care products geared toward the younger set come in different flavors like bubble gum and berry. Kids can take active roles in their oral health by choosing the flavored products they prefer to use.

ELECTRONIC TOOTHBRUSHES

Children may enjoy using electronic toothbrushes because they are easy to maneuver and can even seem like a toy. According to the Cleveland Clinic, electric toothbrushes generally are considered more effective at removing plaque and keeping teeth clean. That benefits kids and adults because it potentially means fewer painful visits with the dentist.

MAKE IT A COMPETITION

Children love games and healthy competition between peers and siblings. Offer a prize (non-sugary, of course) to children who brush and floss daily for the required times. Extra points can be awarded for every dental wellness check that comes back with a glowing report.

MAKE SMART FOOD CHOICES

Engage children in lessons and choices about which

which is also referred to as

nafoods are good for oral health and which may be poor. e Sticky foods or those with a lot of sugary content should only be occasional treats. The e at entire family can work topgether to plan meals around foods that are good for the t poteeth and gums, such as nful crunchy veggies, leafy greens, high-calcium dairy products, and fatty fish.

PRACTICE ON PETS

Pets need clean teeth, too. Children may enjoy not only brushing their own teeth, but learning how to keep their companion animals' mouths healthy with brushing and care.

Various strategies can increase the chances that kids engage with oral hygiene practices early on.

BALANCE FROM PAGE C1

posture. Taking steps to address hypertension, such as

dress hypertension, such as eating less sodium, maintaining a healthy weight and exercising regularly, may also lead to a reduction in balance problems related to the condition.

LOW BLOOD PRESSURE

Low blood pressure also can contribute to balance problems. According to the American Geriatrics Society, sudden low blood pressure,

orthostatic hypotension, can manifest when sitting up and standing up. When it does, a person may experience dizziness or lightheadedness, which may last just a few seconds or several minutes. The AGS notes that dizziness related to low blood pressure also may appear within one to three minutes of sitting up or standing up, which means individuals may be vulnerable to falls even when they initially feel fine after sitting up or standing up. The NIA reports that individuals with low blood pressure can

manage the issue by drinking plenty of fluids, including water, and avoiding alcohol. In addition, pay careful attention to posture and movements and make a concerted effort to stand up slowly.

Balance issues are often linked to aging, but that does not mean seniors are helpless against symptoms like dizziness and lightheadedness that are linked to problems with balance. Working with a health care team and identifying potential causes of balance issues can help seniors improve their health outcomes.

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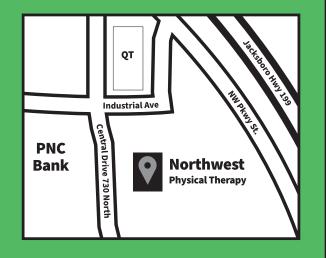
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Moderate-intensity activities that can improve overall health

METRO CREATIVE CONNECTION

Exercise is an important component of a healthy lifestyle. The current Physical Activity Guidelines for Americans from the U.S. Department of Health and Human Services indicates adults need 150 minutes of moderate-intensity physical activity each week. But what constitutes moderate-intensity physical activity?

Moderate-intensity physical activity gets the heart pumping, but only around one in five adults and teens get enough exercise to maintain good health, says the American Heart Association. It may be because people are having difficulty figuring out what constitutes moderateintensity activity. Here is a more detailed explanation of the types of activities considered moderate-intensity.

• Walking very briskly

(roughly four miles per hour) \cdot Heavy cleaning, like washing windows, vacuuming and mopping

• Mowing the lawn with a power mower

• Bicycling with light effort (10 to 12 miles per hour)

Playing recreational

badminton

- Playing doubles tennisSlow dancing
- Shooting a basketball
- Water aerobics
- · Playing volleyball
- Heavy gardening

• Painting and decorating Anything that doesn't in-

crease heart rate and breathing speed will not count as moderate-intensity activity towards the recommended amount of activity. However, any exercise is better than no exercise at all. As long as an activity breaks up long periods of sitting still, doctors says it is still beneficial.



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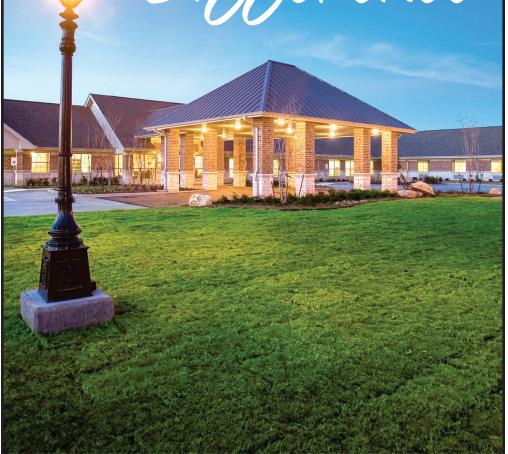


Did you know?

Exercise is just as beneficial for older adults as it is for children and young adults. According to the Centers for Disease Control and Prevention, engaging in regular physical activity is among the most important steps older adults can take as they seek to safeguard their overall health. Such activity can prevent or delay many age-related health problems and strengthen muscles while improving balance, which can reduce risk for falls and injuries such as broken bones. The CDC notes that certain physical activities can be characterized as multicomponent activities, which means they combine aerobic activity, muscle strengthening and balance training. Examples of such activities include dancing, yoga, tai chi, gardening, and even sports participation.

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Notable senior health concerns

METRO CREATIVE CONNECTION OSTEOARTHRITIS

The human body changes as it ages. While certain conditions are commonly associated with aging, some individuals may be surprised to learn of the more common health conditions that can affect seniors. The World Health Organization says one in six people will be 60 or older by 2030. With such a large portion of the population on the cusp of turning 60, it makes sense for individuals to familiarize themselves with the more notable issues affecting seniors.

COGNITIVE DECLINE

A certain degree of memory loss is a natural component of aging. Forgetting where you left your keys or experiencing difficulty putting a name to a face can be a random and frustrating occurrence. However, dementias, like Alzheimer's disease, are not a side effect of aging. As many as one in five seniors experiences mental health issues that are not associated with aging, and it helps to learn the early warning signs of dementia. Such recognition may compel individuals to seek treatment that can slow the progression of the disease.

Aches and pains may come with aging, and often can be attributed to osteoarthritis, which is the most common form of arthritis, according to the Mayo Clinic. Osteoarthritis occurs when the protective cartilage that cushions the ends of bones wears away over time. It is progressive and cannot be reversed, but maintaining a healthy weight and staving active can help alleviate pain and improve joint function. **CATARACTS AND REFRACTIVE** ERRORS

It should come as no surprise to most that the eyes change as the body ages. Refractive errors like nearsightedness, farsightedness, astigmatism, and presbyopia can make objects look blurry when viewed, says the National Eye Institute. Cataracts, which are a clouding of the eye's natural lenses, affect about 20 percent of people age 65 and older, according to the American Geriatrics Society, while the National Eye Institute says half of all people over age 80 will get them. Cataract removal surgery and prescription eyeglasses can help.

TYPE 2 DIABETES

American Senior Communities estimates 25 percent of adults age 65 and older have type 2 diabetes. Unchecked diabetes can lead to a host of ailments, including vision problems, mobility issues, kidney damage, and increased risk for heart disease or stroke. Many people can manage type 2 diabetes with diet and exercise.

HEART DISEASE

The National Institute on Aging says adults age 65 and older are more likely than younger people to suffer from cardiovascular disease that affects the heart, blood vessels or both. Conditions like high blood pressure and high cholesterol need to be properly managed, and diet and exercise is important throughout life.

BALANCE ISSUES

Balance issues that can lead to falls are a major concern for seniors. According to HealthinAging.org, many things can adversely affect balance. These include nerve and brain problems, vision troubles, diabetes, arthritis, inner ear problems, and even dehydration. Dizziness or balance problems should be addressed.



Did you know?

Falls pose a significant threat to the senior population. The Centers for Disease Control and Prevention says someone age 65 or older suffers a fall every second of every day in the United States. This makes falls the leading cause of injury and injury death among this demographic. The National Council on Aging says one in four Americans fall each year. In fact, the NCOA notes that falls result in more than three million injuries treated in hospital emergency rooms each year, including more than 800,000 that lead to hospitalization. The financial toll of falls among older adults also is significant, and estimates suggest falls will cost \$101 billion annually by 2030. That cost is only expected to increase as the population ages.







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What seniors should know about prediabetes

METRO CREATIVE CONNECTION

Most seniors recognize that routine visits to their physicians are an important component of preventive health care. Annual physicals are important for everyone, but they're especially important for individuals 65 and older who may be more vulnerable to disease and various other health conditions than younger adults.

The National Institute on Aging reports that millions of individuals 65 and older have visited their physicians and learned they have a condition known as prediabetes. For some, the day they receive a prediabetes diagnosis also marks the first time they've heard of the condition. Since so many seniors are affected by prediabetes, it can behoove anyone to learn more about it.

WHAT IS PREDIABETES?

The Centers for Disease Control and Prevention notes a person has prediabetes, that prediabetes is a serious the cells in his or her body health condition character- do not respond normally to ized by higher than normal insulin, which is a hormone blood sugar levels. When a person has prediabetes, his or her blood sugar levels enter cells, which then use are not yet high enough to it for energy. The pancreas indicate type 2 diabetes, but that could change if prediabetes patients do not make eventually the pancreas canchanges to prevent such a not keep up, resulting in a progression.

HOW COMMON IS PREDIABETES?

A 2023 study published in the journal Diabetes Care betes for years and do not indicates that 464 million know it. In fact, the CDC individuals across the globe had impaired glucose toler- percent of the 98 million ance (IGT) and 298 million American adults who have had impaired fasting glucose prediabetes are unaware that (IFG) in 2021. Each of those conditions are hallmarks of prediabetes, cases of which the study indicates are expected to rise significantly by 2045.

WHAT CAUSES PREDIABETES?

The CDC notes that when produced by the pancreas that enables blood sugar to then makes more insulin to get cells to respond, but rise in blood sugar.

DOES PREDIABETES PRODUCE SYMPTOMS?

Many people have prediareports that more than 80 they do.

HOW CAN I DETERMINE IF I HAVE PREDIABETES?

The sheer volume of people who have prediabetes but are

unaware that they do begs the question of what individuals can do to learn if they have the condition before they develop type 2 diabetes. Recognition of the risk factors for prediabetes is a good start. The CDC urges anyone who has any of the following risk factors to speak with their doctor about having their blood sugar tested:

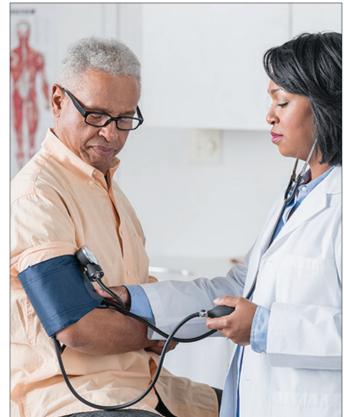
 Being overweight • Being 45 or older

• Having a parent, brother or sister with type 2 diabetes • Being physically active less

than three times per week · A history of diabetes during pregnancy (gestational diabetes) or giving birth to a baby who weighed more than nine pounds

Having polycystic ovary syndrome

Being African American, Hispanic/Latino American, American Indian, or Pacific Islander. Some Asian Americans also are at greater risk for prediabetes.





Did you know?

There's no one-sizefits-all strategy when it comes to calorie and consumption, that can contribute to some confusion as adults try to achieve and maintain a healthy weight. Dietary guidelines established by the United States Department of Health and Human Services promote nutrient-dense foods



and beverages, but many people prefer to know how many calories they should consume each day. Though that's understandable, the guality of the calories consumed goes a long way toward determining how nutritious a diet is. The Cleveland Clinic notes that the DHHS guidelines have historically recommended adults 21 and over consume between 1,600 and 3,000 calories per day. However, staying within those parameters does not necessarily mean a person's diet is healthy. Though individuals should keep total calorie consumption in mind when planning their diets, it's equally important to recognize what else the DHHS has to say about diet, particularly foods to avoid. The DHHS recommends limiting consumption of foods and beverages that are high in added sugars, saturated fat and sodium. Limiting consumption of alcoholic beverages is another way to ensure your diet is working for you and not against you.





The long-term effects of proper childhood dental care

METRO CREATIVE CONNECTION

Parents of young children are undoubtedly familiar with the morning and nighttime ritual of getting kids to brush their teeth. Kids may or may not embrace that routine no matter how hard parents try to relate the benefits of proper oral hygiene, but moms and dads can take solace in the knowledge that childhood dental care can have a positive and lasting effect on kids' overall health.

DENTAL CARE AND HEART DISEASE

Harvard Health Publishing notes that numerous studies have now shown that people with poor oral health exhibit higher rates of cardiovascular issues, including heart attack and stroke. The reason behind that remains something of a medical mystery, but some theorize that bacteria that infects gums and causes conditions such as gingivitis and periodontitis trigger an immune response, inflammation, that then contributes to vascular damage.

DENTAL CARE AND ALZHEIMER'S DISEASE

The National Institute on Aging reports that a recent analysis published in the Journal of Alzheimer's Disease noted the bacteria that cause gum disease are also linked with the development of Alzheimer's disease. That analysis found that older adults with signs of periodontitis, a condition marked by inflammation of tissue around the teeth that can cause loosening of the teeth, were more likely to develop Alzheimer's disease. Additional research is necessary before more concrete conclusions about the link between dental care and Alzheimer's disease can be made, but dental care that protects the gums could very well reduce individuals' risk for dementia.

DENTAL CARE AND CANCER RISK

Cancer is among the leading causes of death across the globe, affecting people from all walks of life. Researchers at Harvard's T.H. Chan School of Public Health discovered a link between dental care and cancer risk. In a letter published in the journal Gut in 2020, researchers reported that they found that people with a history of gum disease have a higher risk of stomach and esophageal cancers than people with no such history. And that risk was not exactly minimal, as researchers reported a 43 percent higher risk for esophageal cancer and a 52 percent higher risk for stomach cancer.

An emphasis on lifelong oral hygiene in childhood could pay lasting dividends, potentially reducing kids' risk for various diseases when they reach adulthood.



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3 questions to ask before beginning a new fitness regimen

METRO CREATIVE CONNECTION

Exercise is widely recognized as a vital component of a healthy lifestyle. Despite that, a recent analysis of data from the 2020 National Health Interview Survey found that more than twothirds of individuals are not getting enough exercise. Though the survey was conducted amid the onset of the COVID-19 pandemic, which suggests the overall figures might be somewhat lower than they might have been had the data been collected in a more typical year, just 28 percent of respondents were meeting the physical activity guidelines established by the

Springtown

Centers for Disease Control and Prevention.

Routine exercise is beneficial for people of all ages, and seniors are no exception. Aging adults who want to be more physically active but think they are among the 72 percent of individuals who aren't meeting CDC exercise guidelines can speak with their physicians and ask these three questions to ensure the transition to a less sedentary lifestyle goes smoothly.

1. SHOULD I GET A HEART CHECKUP?

Doctors may already be monitoring aging individuals' hearts even if they have not exhibited symptoms of heart problems in the past. However, it's best to discuss heart health in greater detail prior to beginning a new fitness regimen. In an interview with Penn Medicine, Neel Chokshi, MD, MBA, medical director of Penn Sports Cardiology and Fitness Program, noted the risk of heart attack or cardiac complications slightly increases when individuals begin to participate in a moderate or intense activity. So a physician might want to conduct a heart checkup in order to determine if a patient has an underlying heart condition.

2. WHICH TYPES OF **ACTIVITIES SHOULD** I LOOK TO?

A physician also can recommend certain activities depending on a person's age and medical background. Though exercise is beneficial for everyone, certain activities may not be. For example, AdventHealth notes that high-impact activities like jogging and jump rope may not be suited for individuals with arthritis. In addition, aging individuals with physical limitations that require them to use a wheelchair should not write off their ability to exercise, as physicians can recommend exercises for

patients with mobility issues as well.

3. SHOULD I TAKE EXTRA CAUTION WHILE ON MEDICATION?

Prescription medication use is another variable that must be taken into consideration before beginning a new exercise regimen. The CDC notes that roughly 84 percent of adults between the ages of 60 and 79 use one or more prescription medications. Each medication produces different effects, and a 2016 study published in the Methodist DeBakey Cardiovascular Journal noted that certain medications evoke an acute drop in blood

pressure, which can disturb balance and increase fall risk, while others actually facilitate greater improvements in health outcomes. That means the dynamic between medications and exercise is unique to each medication, which underscores the importance of speaking with a physician whenever a fitness regimen is started or tweaked and/or a new medication is prescribed.

These are just three of the questions seniors can ask when discussing exercise with their physicians. Seniors are urged to ask any additional questions they might have during such discussions.

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