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SPRINGTOWN, LAKE WORTH AND SURROUNDING AREAS

THURSDAY, January 23, 2025 • \$1.00



Local business Wines again

ZACH FREEMAN | TRI-COUNTY REPORTER
Eloy Rodriguez shows off large containers of different types of wine further along the fermentation process.

ZACH FREEMAN

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AZLE — The first of its kind, Azle's very first Main Street winery promises "we will make you wine."

Though it was originally

located in Lakeside, its product is no stranger to Azle consumers, having twice won the title of Azle's best winery in a public contest held by the Tri-County Reporter.

"One of the decisions is based on simply, if we got

'Best Winery in Azle,' why don't we go park our butts right in the center of it? They have a wine crawl with no winery," co-owner Eloy Rodriguez said. "So the opportunity just presented itself with an open door."

Married couple Eloy and Becky Rodriguez moved to 147 West Main St. from their original location at 8601 Jacksboro Highway, Lakeside. The business, named 199 Winery, had its soft opening at the new location last

Thursday, Jan. 16.

While getting a haircut next door, Rodriguez inquired about the empty space that used to house the Glow Bar. The owner of the building was excited about the couple's interest, telling them it

might have ended up becoming a smoke shop instead.

While the space is smaller than its previous location, the couple is excited to be in a more visible and manageable

PLEASE SEE **WINERY** | A6

Tri-County Electric Co-op considers sale of HQ

ZACH FREEMAN

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Under new leadership, one of the Azle area's largest energy cooperatives might be looking to old solutions.

One proposed solution in scaling down Tri-County Electric Cooperative's "mountain of debt" could have them

out of their Aledo headquarters. Recently, TCEC's board of directors approved exploring the sale of its 200 Bailey Ranch Road office and in a January "Current Conversations" newsletter, Scott Spence, president and chief executive, broached the idea of selling off the building in order to reduce costs

and help pay off outstanding debt.

"As it remains early in the process, several options are being evaluated related to the potential sale and planning for where Aledo-based employees may work from if the building is sold," Spence said in an email to the Tri-County Reporter. "As mentioned in

'Current Conversations,' the sale of TCEC's headquarters is just one of the actions that the cooperative's new leadership team is evaluating as it works to address the financial challenges facing the cooperative. The TCEC leadership team and its employees are committed to fulfilling the cooperative's mission

by reducing operational expenses without compromising the quality of service by transitioning to less costly facilities."

According to the newsletter, the sale of other properties could also be underway including Haslet land, Weatherford land, two transmission substations and

several other small tracts of land.

TCEC got its start in Azle, where it was headquartered for most of its history. According to the company, a community meeting at Liberty School on Halloween night in 1938 led to the co-

PLEASE SEE **TCEC** | A5

Man, 28, killed by FWPD during domestic incident

JOLEE SKINNER

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FORT WORTH — A 28-year-old Fort Worth man died of multiple gunshot wounds after he charged, armed with knives, at Fort Worth police officers who responded to a domestic violence call Wednesday, Jan. 15.

On Wednesday, at approximately 4:22 a.m., police officers were called to a domestic disturbance in the 5800 block of Westgate Drive in Fort Worth, which is across the street from Greenfield Elementary school.

The department said the caller opened the front door of the house but was having difficulty opening a second metal screen door. During this time, officers observed an armed adult male inside the house with a knife in his hand who was acting aggressively toward other occupants. The officers decided to seek an alternative point of entry into the house.

Officials said the officers made their way to the back of the house and officers attempted to force their way in due to others potentially being harmed in the household.

Then, the male charged at the officers with knives in his hand and the officers opened fire and shot the man.

The department said the man was pronounced deceased at the scene and no officers or other civilians were injured as well. The man was identified as 28-year-old Zachary Adame by the medical examiner's office.

Officials said the Major Case Unit, in conjunction with Internal Affairs, is investigating, per standard protocol. The Tarrant County District Attorney's Office also responded to the scene.

Repairs on Stewart Street bridge



CARLA NOAH STUTSMAN | TRI-COUNTY REPORTER

Motorists expecting to cross State Highway 199 via the Stewart Street bridge were reminded to follow detours Saturday, Jan. 18. TxDOT crews made necessary repairs to the bridge, resurfacing the roadway and replacing guard rails along each side.

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VOLUME 2, NUMBER 34

Local, zone(s) 2 sections, 16 pages

INSIDE

News A1 - A8 | Obituaries - A6 | Community B1 - B4 | Devotional B5 | Classifieds B6 - B8



ZACH FREEMAN | TRI-COUNTY REPORTER

Amanda Scott leads a group in stretches and low impact exercise accompanied by music.

Azle Senior Center: new tricks with new staff

ZACH FREEMAN

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AZLE — After several years of low participation, the Azle Senior Center, also known as the Azle Adult Activity Center, is adding new blood to its management team.

City special events coordinator Amanda Scott has recently taken on a role assisting longtime director Jackie Joy in activities and operations at the Azle Senior Center.

“People forget, COVID really killed this program, we’re trying to get it back going,” parks superintendent Kyle Culwell said.

Scott was hired last spring to manage aspects of the FeedLot food truck park for the city of Azle. Now, in her off season, she’s excited to

assist older city efforts in new ways. Scott, who has experience leading programs for seniors, hopes to help bring up attendance and breathe new life into the activities offered at the facility.

“I hope we can really grow it,” Scott said. “We’re going to try to get some arts and crafts going.”

With a recently revitalized Facebook page, “Senior Center Azle,” Scott hopes to spread awareness about the increasing number of events and resources the center provides. She hopes to possibly even improve the physical space of the center itself with a paint job and potentially cozy new additions like a breakfast nook.

Each Wednesday at 10:30 a.m., Scott hopes to lead exercise classes. Her Jan. 15 debut

of this class was accompanied by country and western music hits and a “Texas Two-Step” theme. Every weekday at 11:30 a.m., the center offers local seniors a free hot meal, though donations are encouraged.

Scott said the socialization and physical activity that are a part of these program are critical to Azle’s elders for staying healthy, active and mentally sharp.

Friday, Jan. 24, the Azle Senior Center will host an open house, allowing the community to see all it can offer. Starting weekly Monday, Jan. 27 the center will host musical performances at 9:30 and 10 a.m. On Jan. 30 at 9:30 a.m. the center will host a veteran’s pancake breakfast and the next day at 6 p.m. it will hold a senior dance party.



Azle seniors move, stretch and have fun at a Jan. 15 exercise class.

Springtown charity hosts community pantry at headquarters in February

JOLEE SKINNER

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SPRINGTOWN — The new nonprofit charity Hope from

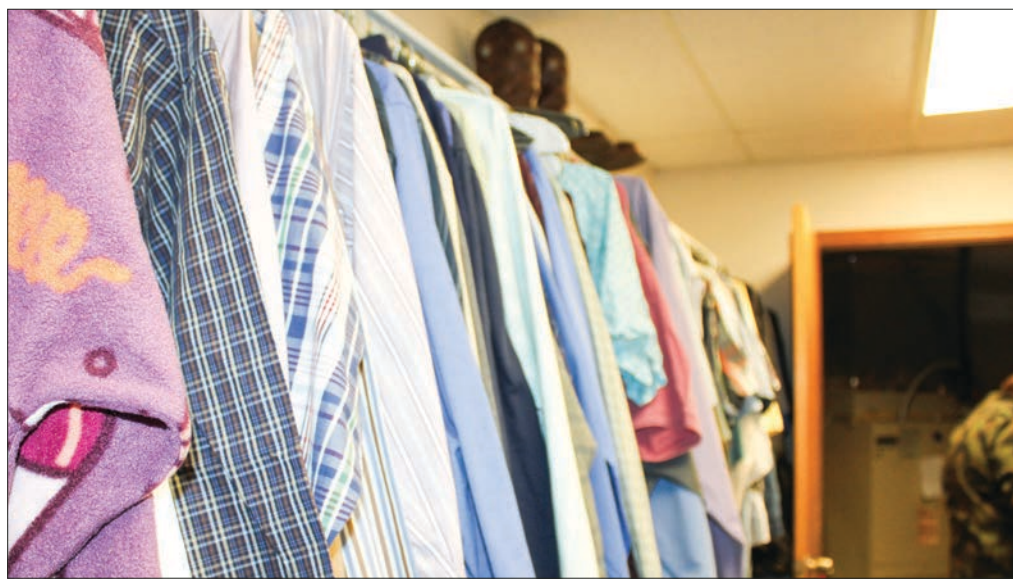
Heaven will host a donation giveaway next month for anyone in need at its new headquarters located on State Highway 199.

In a big cleanout over the weekend, Hope from Heaven decided to host a donation giveaway in February. The founder of Hope from



JOLEE SKINNER | TRI-COUNTY REPORTER

Items for donation are on display at the Hope from Heaven headquarters in Springtown.



Men’s and women’s clothes are being organized for donation.

Heaven, Jack Martin, said the nonprofit is already looking to the future in terms of events and partnering with other charities.

“We’ve got big plans,” Martin said. “I grew up in Springtown, I graduated (high school) from there in 1976. We’ve been doing this for four years. There’s been something pulling me back to this direction the whole time.”

Martin feels there is a need in the tri-county area to help

struggling families that often get overlooked.

“We started out in Lake Worth and the Fort Worth area,” Martin said. “The way I see it is really from I-820, Lake Worth, all the way out to the other side of Springtown, over to Weatherford. That’s kind of our area. There’s a lot of people that have problems and need help.”

Martin reflects on what got him to think about starting a nonprofit organization in the Azle/Springtown area.

“There’s a pretty good focus by groups and different people in Fort Worth, Tarrant County, Dallas County,” Martin said. “There are people everywhere that need help. That got me thinking about coming out here and helping this area.”

For more information about upcoming events, visit the Hope from Heaven Facebook page. www.facebook.com/share/1BEDfSLGH3/?mibextid=wwXlfr or visit www.hopefromheaventx.org.

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Is this a game show?

Like most folks, I am occupied with work throughout the day. I do not have the opportunity to stop what I am doing to watch the U.S. Senate confirmation hearings for U.S. Cabinet nominees. Instead, I see snippets on the national news and read in print or online what transpired. It is my earnest belief that many of you may be like me, shaking your head observing what should be a serious and respectful question and answer period turn into a three-ring circus. To be clear, I am not advocating for either party nor for any potential appointee, just simply commenting on the process from both sides of the aisle.



FROM MY FRONT PORCH

By Sam Houston

Sam Houston is the publisher of the Hood County News. He is also an actor, author, playwright, performer and entertainment producer/promoter. sam@hcnews.com | 817-573-7066, ext. 260

“Advice and consent” is a critical phrase in the United States Constitution that outlines a key aspect of the checks and balances among the three branches of government. The term is used to define the roles and responsibilities of the Senate in the appointment of officials

by the president. Article 2, Section 2, Clause 2 of the U.S. Constitution stipulates the president “shall nominate and by and with the advice and consent of the Senate, shall appoint ambassadors, other public ministers and consuls, judges of the Supreme Court, and all other officers of the United States.”

This means that while the president has the power to nominate individuals for these positions, the Senate must approve these nominations before they can officially take office. The purpose of the clause is to ensure a balance of power between the executive and legislative branches, and to prevent the potential for the misuse of

power by the president. Thus, the Senate is entitled to question potential cabinet members as to their fitness and qualifications. Years ago, this meant the Senate would respectfully question a candidate and attempt to get a feeling for how that person’s personal philosophy might affect how they would carry out the responsibilities of the office. Unfortunately, “respectful” and “purposeful” seems to have little to do with the status of our current Senate hearings.

I remember the 1960s TV game show “The Dating Game.” I would fondly watch the show where a young woman or man would be on one side of a wall, and three

potential suitors would be on the other side of the wall, out of the sight of the contestant. The contestant would ask questions to the three people, and they would each give a response. When the short period of questioning was over, the contestant would choose one of the three and they would go out on a date together. It was superficial, silly, sometimes suggestive, and created for the sole purpose of entertaining a television audience. No one thought it would really lead to the best possible date for the candidate. It was all done in fun!

Our current Senate hearings remind me of “The Dating Game.” One side praises the nominee as being an extraordinarily qualified, once-in-a-lifetime candidate who will surely reform our government and lead it to heights which we have never before achieved. The other side of the political coin may not even ask questions, they simply produce oratory

which is not intended to solicit answers but is political diatribe, spit out in the form of oratory designed to make the candidate look lower than whale droppings on the bottom of the ocean. The potential candidates do not answer truthfully, they answer “politically,” giving the response which will move the polls in a positive way. The people asking the questions are simply looking for a “gotcha moment” that can be used as social media “clickbait.”

Must the Senate accept any candidate who is nominated, or were the authors of the Constitution correct in creating a system of checks and balances? In exercising the right to give its “advice and consent,” does the Senate have an obligation to rise above the level of asking for a candidate’s favorite color and whether they prefer ham or turkey for their Thanksgiving meal? This is a serious time in American history. I cannot help but feel like what we do

over the next few years will determine whether we exist as a nation in 40 years. Don’t our politicians have a higher responsibility to fulfill the obligations of their office than they do to fulfill their obligations to their party or their donors? Shouldn’t it be about getting the best person in office, with the understanding it is the president’s cabinet, and it should be people he believes are best to work with, unless there is some glaring reason to rule a candidate out. Where are the statesmen?

Enough is enough. Thought for the day: “*The term ‘Congressional hearing’ is an oxymoron. No Congressional hearing is ever called to gather information. Rather, it is an exercise designed strictly for posturing, by people who have already made up their minds, looking for ammunition to support their positions.*” — Jack McDevitt

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

Another New Year ...

Relax. This is NOT going to be another one of those “promise pieces” about helpful resolutions that might elevate life for me in 2025. I leave that to others.



THE IDLE AMERICAN

By Dr. Don Newbury

Dr. Don Newbury is a longtime public speaker and former university president who is Texas’ longest-running syndicated columnist, writing weekly since 2003. newbury@speakerdoc.com | 817-447-3872

In fact, were I to make a New Year’s resolution, it would be the determination to avoid making annual resolutions in the future.

My aged Uncle Mort also sneers at the many absurdities committed by millions of people each year. Most resolutions are broken quickly, the majority before the arrival of January 31 ...

“I’ll follow my usual protocol, committing to maintain an exercise regimen for yet another year,” he claimed.

Regrettably, I failed to change the subject, so he rambled on about muscle development in his fingers, wrist and arm. Unthinkingly, I

then asked him why he’s limiting attention to a small part of his body.

“Glad you asked, Nephew,” he chortled. “Merely lifting my cup of coffee every morning requires 14 muscles in these appendages. So, if I want to double my exercise, I have a second cup of coffee. Then, if there’s a cup left in the pot for the afternoon, I may even have three exercise sessions.” ...

Good measure, pressed down, Mort and I are blessed by our occasional phone con-

versations, and we do have much in common.

For example, we both hope for the best in conversations with others but often grow weary of hearing about what most folks are falsely promising. At this time of year, we yawn at boasts made by a few folks who reach the top of their resolution ladder and the wails of others stumbling in efforts to reach the second rung.

Ending his comments, Mort said he doesn’t want others to think that his exercise is

limited to lifting coffee cups. “I never jog, but get full-body exercise serving as a pallbearer for my friends who jog.” ...

A segue is welcome, so let’s change the subject. How about considering the ups and downs of the coaching carousel?

The most prominent these days is the search owner Jerry Jones has mounted to find the Cowboys’ 10th coach during his almost 40 years of ownership.

He’s likely to milk the media cow dry, and speculation is wild, ranging from the sublime to the ridiculous. My only observation is that fans who are most vocal about his insistence to remain general manager could just as well spend their time whistling toward the fiercest wind ever blown in from the north ...

Metroplex observations

of fans from Ohio State University for the NCAA semi-final game against the University of Texas at AT&T Stadium included high marks for their friendly comportment.

Cynics, however, say that their friendliness came easy for them, since they seemed certain that they were going to take the measure of UT. (Though the Longhorns had a chance to tie or go ahead toward game’s end, even UT fans generally agree that the Buckeyes deserved to win.)

Laughing among themselves that schools, government offices and several other entities shut down during what they considered mild winter weather, the Ohioans even offered to drive UT fans to and from the game. (I don’t know the stats about how many such offers were actu-

ally made, or how many accepted.) ...

I do wish to make one observation to begin the new year, and that’s my appreciation for Texas Monthly, a magazine like none other. Featuring great writing, it artfully combines current news topics with you’re-not-going-to-believe-stories of both the unusual and unknown.

At this writing, I’ll deal with the latter, admitting that had I learned in time, I would have been sure to glance skyward at least once during the two recent weeks to see a new comet discovered in April of 2024. Called Comet ATLAS (C/2024 G3), it’ll surely miss my gaze when it next appears.

Texas Monthly claims that it is visible to the naked eye every 80,000 years ...

BOOK REVIEW

“Witchcraft for Wayward Girls”

TERRI SCHLICHENMEYER
Special to the Tri-County Reporter

So when are you due? Do you want to know now, long before then, or will you wait to see if your baby’s a boy or a girl? Another question: will you buy pink clothes, blue ones or, as in the new book “Witchcraft for Wayward Girls” by Grady Hendrix, will you wait to know witch?

She tried to keep her pregnancy under wraps, literally.

It was the spring of 1970 and Neva had been wearing elastic girdles around her belly for weeks but hiding her bulge was now impossible; soon, everybody’d know she was a “loose girl” who destroyed her virtue by sleeping with a boy out of wedlock. That wouldn’t do for her parents, who didn’t want everyone to see the family’s shame,

so Neva’s father took her to a Home for Unwed Mothers in Florida and he left without saying goodbye.

Then Miss Wellwood, owner of the Home, stripped Neva of her identity.

On that day, Neva became “Fern.”

Though she was devastated — she just wanted everything normal again — Fern adjusted and even made friends. There was beautiful Rose, who planned on keeping her baby despite her parents’ wishes and Miss Wellwood’s demands; Zinnia, the only “colored” girl at the home, who was Fern’s voice of reason; and little Holly, barely 14 years old, who refused to talk.

But one day, Holly did talk, and she told her roommates that she was molested by her preacher since she was 8 years old. The preacher

would adopt her baby, Holly would be sent home and probably abused again.

Outraged, Fern, Zinnia and Rose began to conjure a plan. The home’s bookmobile librarian had just given Fern a book of witchcraft, and Fern devoured everything she read. There was help for Holly there, and revenge for Rose, Fern was sure.

And so, on a summer evening, the girls sneaked away to the woods, to a clearing by the trees. It was warm and moonlit, a fine night for casting a curse ...

Scary?

Eh, not terribly so, but “Witchcraft for Wayward Girls” is definitely edgy, in a V. C. Andrews sort of way, like those kinds of adolescent-girl, witchy-occult paperback books from the ‘70s. Indeed, author Grady Hendrix sets this story directly in that

timeframe, which gives it just the right vibe. It has its moments of hair-raising and it can lag a little here and there, but like its forebears from 50 years ago, it’s mostly tame and mostly safe.

It’s also quite readable, with a cast of young women on the cusp of adulthood, paying for something that, historically, wouldn’t be shameful soon because feminism and new attitudes were on their way. Readers old enough to remember this time and this enduringly popular novel genre will be flush with nostalgia in this book.

Readers too young to remember: welcome to the fold.

Be aware of the content, and “Witchcraft for Wayward Girls” can be enjoyed by any horror-occult fan ages 16 and up. If you’ve been waiting for a book like this, you’re overdue.



“Witchcraft for Wayward Girls” by Grady Hendrix, c.2025, Berkley, \$30, 496 pages

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Optimists name January Young Texan and Texanne

ZACH FREEMAN

azlereporter@tricountyreporter.com

AZLE — The Azle Optimist Club named Azle High School seniors Ethan Alcalá and Chloe Jones as its Young Texan and Young Texanne for the month at a Jan. 17 meeting.

Ethan Alcalá is the son of Mark Alcalá. He is ranked 36th in the senior class with a grade point average of 100.67. Alcalá is interested in pursuing a career in accounting and finance. He attends Castle Hills Baptist Church, enjoys fishing and is varsity captain of the Azle High School football team, which he said is his biggest accomplishment.

“This goal looked nearly impossible for me after I suffered a knee injury my sophomore year that required surgery and getting seven screws to hold my knee and growth plate in place,” Alcalá said in a recommendation form. “The recovery time for this surgery was approximately six months and took away my sophomore season putting me at a disadvantage compared to all of the other players. However, instead of letting the injury dash my hopes; I let it fuel my hard work and discipline eventually leading me to success on and off the football field.”

Academically, Alcalá is most proud of earning eight college credits by the time he

graduates high school. He describes himself as respectful, hardworking and passionate. Among his strengths, Alcalá said he is a good hands-on learner, a numbers person and attentive to details. He described his impulsiveness as one possible weakness.

Chloe Jones is the daughter of Rhonda Jones. She is ranked 32nd in her class with a GPA of 100.9. After high school, Jones hopes to pursue bachelor’s and master’s degrees in athletic science. Jones is proud of being able to succeed in OnRamps college level courses and remaining a dependable player for her coaches and teammates.

“My greatest personal qual-



COURTESY PHOTO

Principal Nate Driver, Chloe Stevens, Ethan Alcalá and Azle Optimist President Chance Kidd at a Jan. 17 meeting.

ity could be that I’m dependable and always there ready to do what I’m asked,” Jones. “A weakness I have is getting too involved in something and expecting others to put in that same amount of ef-

fort. I look to overcome this by stepping back and by seeing how they do it.”

She describes herself as amicable, diligent and energetic. Jones has been secretary, vice president and

president of the AHS chapter of HOSA-Future Health Professionals. She also placed seventh at state last year as part of the school’s criminal justice team.

Azle man arrested for public flashing at school bus drop-off

ZACH FREEMAN

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AZLE — Last Thursday, the evening of Jan. 16, witnesses near the intersection of Lochridge Court and Timberoaks Drive reported a man exposing himself in view

of children at a school bus drop-off.

Officers with the Azle Police Department identified and located the alleged perpetrator after matching his car with a description provided by a caller. Christopher Hair, also known

as Christopher Haire, of Azle was apprehended by officers and charged with indecent exposure and indecency with a child with exposure. According to a press release and communications from Lt. Dora Grissom, the case remains an open investiga-

tion. Hair, age 36, was transported from the Azle Police Department to the Tarrant County Jail. A Tarrant County Criminal Justice Report shows Hair’s bond was set at \$5,000 for the first indecent exposure charge and \$25,000 for the second. The Tarrant County

District Clerk website currently lists Hair as not in jail.

Texas Penal Code Section 21.08 says indecent exposure has occurred if a person exposes himself with intent to arouse or gratify the sexual desire of any person and he is reckless about whether

another is present who will be offended or alarmed by his act. It is a class B misdemeanor. Section 21.11 notes indecency with a child with exposure is a third-degree felony and can be punishable by up to 10 years in prison or a \$10,000 fine, if convicted.

Legacy Oaks, LW Senior Center to host healthy cooking event for seniors

JOLEE SKINNER

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LAKE WORTH — Legacy Oaks of Azle is teaming up with the Lake Worth Senior Center this Friday, Jan. 24 to host a hands-on healthy cooking event that is aimed at promoting wellness and good nutrition for seniors in the Azle and Lake Worth area. The event will be about combining culinary education with fun plus offering an interactive way for seniors to

learn new cooking skills and making healthier choices.

Legacy Oaks of Azle Community Relations Director Kelly Case said the idea for the event came about from a shared desire to support the senior population by encouraging healthier eating habits.

“The idea stemmed from a desire to promote wellness among seniors by combining education with hands-on cooking fun,” Case said. “We wanted to encourage

healthy eating habits while creating a fun, social experience for seniors in our local communities.”

The collaboration with the Lake Worth Senior Center has been a natural progression, as both organizations share a commitment to supporting seniors.

“We’ve built a great relationship over time through shared goals in supporting seniors, so teaming up for this event felt natural,” Case said. “Working together helps

us better serve seniors by offering meaningful activities and events.”

Participants in the event will have the opportunity to learn practical cooking tips and explore new recipe ideas that can be easily replicated at home. In addition, the event encourages social interaction among seniors, fostering a sense of community.

“We hope they gain confidence in the kitchen, new recipe ideas and a greater sense of community,” Case said.

“Good nutrition is essential for maintaining health and independence and this event empowers seniors to make better food choices.”

Legacy Oaks has hosted similar wellness events in the past and the response has been overwhelmingly positive. Seniors have appreciated the opportunity to connect with others, learn new things and have fun in a supportive environment.

“We’ve hosted similar wellness events and the response

was overwhelmingly positive,” Case said. “Seniors have appreciated the opportunity to learn, connect and have fun.”

The cooking event starts at 1 p.m. and attendees must RSVP in advance. All tools and ingredients will be at the Lake Worth Senior Center. Both centers are excited about the positive impact it will have on seniors in the community. For more information, contact Legacy Oaks of Azle or the Lake Worth Senior Center.



People's Choice AWARDS BALLOT

The Azle Area Chamber of Commerce would like your vote for the following Nominees... ONLY CHECK **ONE** IN EACH CATEGORY

Favorite Coffee Spot

- Texas Drip Cafe
- Dutch Bros
- The Working Cup
- The Coffee Stop
- Rise Coffee & Tea
- Starbucks - Albertsons
- Starbucks - Wal-Mart

Favorite Azle ISD Employee

- Keri Dorris- Silver Creek Elementary
- Aubri Deheck Silver Creek Elementary
- Lacy Iglesias-Hoover Elementary
- Amy Yelle- Walnut Creek Elementary

Favorite Fitness Center/ Place to Get Fit

- Anytime Fitness
- Champion Fitness
- Redemption Barbell
- Annunzato Jiu Jitsu
- Genesis Jiu Jitsu
- De La Rosa MMA
- Longhorn Strength and Fitness
- Camp Gladiator

Favorite City of Azle Employee

- Leslie Dvorak - Police
- Brad Geary - Utility Maintenance

- Josh Leyerle - Fire
- Kristen Pegues - Planning & Development

Favorite Non-Profit Organization

- Academy 4
- Alliance for Children
- Heathers Old Skool Village
- Son Shine Ministries

Favorite Pest Control

- Longhorn Termite & Pest Control
- Classic Pest Control
- Pied Piper Pest, Termite & Lawn Service
- Westbrook Pest Control
- Texas Bug Slayers, LLC

Entries must be on original newspaper ballots, no machine copies will be counted.

Return ballot to the Azle Area Chamber by February 3, 2025

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Winners will be announced at the 63rd Annual Awards Banquet on February 20, 2025

OBITUARIES

Ruby Lee Insell 1954 — 2025

Ruby Lee Insell, 70 years young, passed away Tuesday, Jan. 14, 2025, after a long hard fight with COPD. She lived in Azle on Eagle Mountain Lake with her husband Frank (aka Huey) and their four foster dogs.

Ruby was born July 16, 1954 in Corsicana. As the oldest of four children, she grew up teaching and caring for her siblings as well as numerous cousins. Ruby enjoyed spending time outdoors in East Texas as a child. She never lost her love for the outdoors. Ruby loved being out by the lake, fishing, sewing and playing soccer. In her later years she loved to relax on the back porch, enjoy the lake and view the wildlife. Ruby was a loving wife, caring mother, selfless grandmother and a loyal and supportive friend to countless others. Her younger brother Billy was a disabled vet who she moved in and cared for the last year of his life.

In October 1971, she gave birth to a daughter Melissa (Lisa). She fell in love with her husband Frank (aka Huey) while they were working together at a factory that manufactured phonograph records. The couple married May 10, 1974. Ruby and Huey lived together in Arlington for most of their marriage where they raised their daughter Lisa. Many of those first years she was a stay-at-home mom to care for Lisa.

Later Ruby worked at a printing center at Vought Aircraft, worked as a real estate agent and became an LVN in 1994 working at John Peter Smith hospital caring for AIDS patients. At a time when many patients were shunned by family and friends, more than once Ruby was the only person to



comfort them and hear their stories at their passing. She left as a nurse when she was promoted to stay-at-home grandmother to Hayley in 1996. She received an additional promotion in 1998 with the arrival of Ashley. She never missed a soccer game, basketball game or softball game if Lisa, Hayley or Ashley were involved.

Ruby spent her free time helping family and friends any way she could. From fostering dogs at animal shelters, to volunteering as home-room mom to supporting her grandchildren in school. She was a loyal and supportive friend to all. Ruby was known as a selfless caregiver and teacher by everyone around her.

Preceding her in death were brothers Billy Hays, John Wayne Hays, sister Elizabeth Fagan and her mother Haneva Robinson Simmons. Ruby is survived by her beloved husband Frank "Huey" Insell; daughter Melissa (Lisa) Lee; grandchildren Hayley Dyer and Ashley Dyer; nieces, April Babovec and Crystal Boite; and nephews Josh Hays, Billy Wayne Hays, John Hays Jr., Vincent Fagan and Joseph Fagan.

The Tri-County Reporter, Thursday January 23, 2025

Tim Oaks 1961 — 2025

Tim Oaks, age 63, went to be with our Lord and Savior Jan. 9, 2025. Tim was born Oct. 30, 1961, in Fort Worth to Tommy and Charlotte Oaks. He resided in Azle until his passing. He was a devoted husband and a loving father, the proud owner and operator of TNT Tow, and loved to help others.

A celebration of life will be held at a future date.

He was preceded in his death by his father Tommy; mother Charlotte; brother Danny; and grandson Wyatt Oaks.

He is survived by his wife of 43 years Theresa Oaks; brother Terry and Teresa Oaks; sons Shane and wife Catherine Oaks, Daniel



and Andrew Oaks; daughter Samantha and husband Justin Ballard; grandchildren Hagen, Summer and Jaxson Ballard; and nephew Denver and wife Lisa Oaks.

The Tri-County Reporter, Thursday January 23, 2025

Donald 'Don' Prater 1935 — 2025

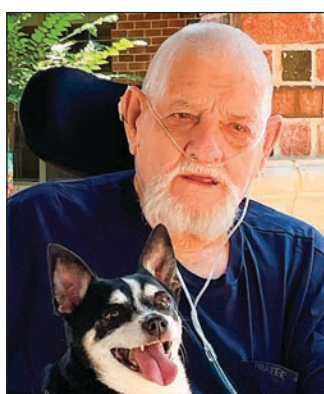
Donald "Don" Prater, born Aug. 22, 1935, went to be with our Lord Friday, Jan. 3, 2025. He was loved and known by many as a proud veteran who served our country.

A memorial service will take place at 10:15 a.m. Jan. 28 at the Dallas-Fort Worth National Cemetery, 2000 Mountain Creek Parkway, Dallas, Texas 75211.

Don was a mechanic by trade and worked for Texaco and Goodyear for 32 years. He moved to Eagle Mountain Lake in the mid 1970s, fulfilling a lifelong dream. Don was also an avid bass fisherman, served as fire chief in Pelican Bay, and worked for the Pelican Bay water department for 20 years.

Don left this world with peace, knowing he wanted to reunite with his wife in heaven. He was surrounded by his children and will be deeply missed.

Don was preceded in



death by his beloved wife of 67 years, Maxine; his parents; two children, Donnie and Doris; a granddaughter, Jessica; and a great-granddaughter, Ellie.

He is survived by his children: Robert and wife, Terrie, Viola, Jackie, Kay and husband Richard; eight grandchildren; 19 great-grandchildren; and two great-great-grandchildren.

The Tri-County Reporter, Thursday January 23, 2025

TCEC

FROM PAGE A1

op being chartered through the Rural Electrification Administration. The business is a not-for-profit electricity provider owned by its customers who may be reimbursed after each fiscal year. At its start, it had 375 members and a rented office in the building that now houses the Azle Historical Museum. In 1945, the co-op had a new office on Main Street and was supplying power to around 1,300 members. The co-op moved again making 600 Northwest Parkway its head office in 1964. While holding on to Azle as a satellite location, the company moved its headquarters to Aledo in 2020, citing space constraints. TCEC is now the fourth largest electric cooperative in Texas with over 100,000 member owners in 16 counties.

Though a decision has not been reached, if the company does sell its Aledo location, Azle could conceivably stand to once again become the company's base of operations. Yet, it may face competition with TCEC's other offices in Keller, Granbury and Seymour.

Spence was appointed by the group's board of directors in March after the dismissal of former CEO Darryl Schriver for alleged financial

misconduct. Throughout the fall and winter of 2024, Spence has addressed TCEC's longstanding debts, and possible solutions, at length in public meetings and newsletters.

A major source of money woes, February 2021's Winter Storm Uri wreaked havoc on Texas' energy industry. As a result, TCEC's wholesale electricity provider, Brazos Electric Power Cooperative, filed for bankruptcy leaving TCEC on the hook for \$485 million. For the foreseeable future, TCEC customers pay additional fees, via a "Brazos Rider," on top of their bill as collateral for its loans.

Spence has attributed additional debts to the company's subsidization of new customers. Over the last six years, Spence said that TCEC has accrued an additional \$240 million in debt by offering complimentary connection services and construction.

Among the many efforts that TCEC is taking to tighten its belt include the cessation of these subsidization efforts, a freeze on the company's employee headcount, more closely tracking budgets at a department level and selling off nonessential assets.

In financial audits made available to the public on the TCEC website, the co-op lists its total debt as more than \$904 million.

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TRI-COUNTY REPORTER

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TRI-COUNTY REPORTER

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<p>THE ABBEY CHURCH Pastor: Paul Brownback 10400 Jacksboro Hwy 817-238-1404 www.TheAbbeyChurch.com</p> <p>Morning Worship..... 10:30 AM Community Groups..... Various Times</p> <p>ASH CREEK BAPTIST CHURCH Pastor: Dr. G. Wesley Shotwell 300 South Stewart St. 817-444-3219 www.ashcreekbc.org</p> <p>Sunday School..... 9:30 AM Contemporary Worship-TMP 10:45 AM Traditional Worship..... 10:45 AM Evening Worship/Youth Refuge..... 6:00 PM Wednesday Evening..... 6:15 PM</p> <p>AZLE FIRST ASSEMBLY of GOD Rev. Joshua Lowrance 1020 S.E. Parkway, Azle 817-237-4903</p> <p>Sunday School..... 9:30 AM Morning Worship..... 10:30 AM Wednesday Evening..... 7:00 PM</p> <p>COMMUNITY BIBLE FELLOWSHIP CHURCH Pastor - Alton Davis 817-521-4510 cbfazele.org</p> <p>1405 Reynolds Rd., Azle Directions: 730 N. to 1542 .5 mi. right on Cardinal, left on Reynolds</p> <p>Sunday Service..... 11:00 AM Wednesday Evening..... 6:30 PM</p>	<p>AZLE CHRISTIAN CHURCH DISCIPLES OF CHRIST Interim Minister Rev. Russell Clark, Family Life Minister Emerson Braun 117 Church St. • 817-444-3527</p> <p>Sunday School..... 10:00 AM Morning Worship..... 11:00 AM</p> <p>CORNERSTONE COMMUNITY CHURCH 2233 Hwy 199 E., Springtown 817-221-LIFE (5433)</p> <p>Sunday Worship Service 10:00 AM Wednesday 7:00 PM</p> <p>CROSSROADS BAPTIST CHURCH Pastor - Jon Baker Corner FM 730S & FM 1886 817-755-0279 Transportation Available</p> <p>Worship Service..... 10:30 AM Wed. Prayer Service..... 7:00 PM</p> <p>THE EDGE CHURCH - AZLE 1313 S.E. Pkwy, Azle 817-237-4822 Missouri Synod</p> <p>"Love God - Serve Others - Share Jesus" Traditional Worship..... 9:30 AM Contemporary Worship..... 11:00 AM</p> <p>FIRST METHODIST CHURCH OF AZLE Pastor: Rev. Raymond Gilman 200 Church St., Azle 817-444-3323</p> <p>Morn. Worship 8:30 & 10:45 AM Sunday School..... 9:45 AM Youth 5:00 PM Sun & 6:30 PM Wed</p>	<p>GRACEPOINTE CHURCH 4110 E. Hwy 199, Springtown Pastor: Timothy McKeown 817-221-5683 gracepointesc.org</p> <p>Sunday School..... 9:45 AM Sunday Service..... 11:00 AM Wednesday Bible Study 6:00 PM</p> <p>HOLY TRINITY CATHOLIC CHURCH 800 Highcrest Dr. - Azle 817-444-3063</p> <p>Saturday 5:00 PM Sunday 9:00 AM Sunday 11 AM (Spanish) Daily Mass (M, T, Th, F) 8:00 AM Wednesday Mass Religious ED 6:30 PM Confessions..... Sat 4 PM</p> <p>HOPE LUTHERAN CHURCH ELCA 4795 E. Hwy 199 - Reno 817-221-HOPE Follow us on Facebook for streaming services</p> <p>Sunday School..... 9:00 AM Traditional Service..... 10:00 AM</p> <p>SOLID ROCK BIBLE CHURCH 591 S. Reno Rd., Springtown, Texas 76082 Pastor - Bill Gay - 817-304-7443</p> <p>Coffee and Donuts..... 9:00 AM Sunday School..... 9:30 AM Morning Worship..... 10:30 AM Children's Church After Music Service Wed. Prayer Meeting..... 6:30 PM Wed. Bible Study..... 7:00 PM</p>	<p>LEGACY CHURCH Assembly of God Church Pastor: Gary D. Veazey Hwy. 199 & Jaybird Lane 817-221-2983</p> <p>Morning Worship..... 9:15 & 11:00 AM Kidz Zone..... 9:15 & 11:00 AM Weds Evening Legacy Group Legacy Youth, Kids All Services..... 7:00 PM</p> <p>THE RANCH CHRISTIAN COWBOY CHURCH Pastor: Greg Slankard 7955 Reed Rd., Azle 682-327-7082 www.TheRanchCCC.org</p> <p>Sunday School 9:30 AM • Worship 10:00 AM Weds 7:00 pm • Thurs Potluck 6:30 pm</p> <p>SILVER CREEK METHODIST CHURCH Pastor: Bill Killough 2200 Church Rd., Azle 817-444-1382 www.silvercreekmcc.org</p> <p>Sunday School 9:30 AM • Worship 10:30 AM</p> <p>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</p> <p>Sunday School..... 9:45 AM Morning Worship..... 10:50 AM Evening Worship..... 7:00 PM Wed. Service..... 6:00 PM</p>	<p>THE WORD@LAKESIDE CHURCH OF GOD 9396 FM 1886 Fort Worth, TX 76135 817-237-5500 thewordatlakeside.com</p> <p>Pastors: Brandon and Kelly Bohannon Worship Pastor: Christen Moody Family Life and Young Adult Pastors: Jodie and Mark James, Kids Pastor: Katie Pearson, Student Pastors: Taylor and Sheridan Tomlin, Creative Directors: Logan and Carrie Edwards, Connections Coordinators: Preston and Ashley Larrew</p> <p>Equip Sunday School at the WORD 9:30 AM Empower Worship at the WORD 10:45 AM Kids at the WORD..... 10:45 AM PreK at the WORD 10:45 AM Emanate at the WORD (Special Needs Ministry) 10:45 AM Nursery at the WORD 10:45 AM Young Adults at the WORD 6:00 PM Wednesdays Adult Bible Class 7:00 PM The WORD Students (6th-12th grades)..... 6:30 PM Awana Kids at the WORD 6:30 PM Life at the WORD Life Groups Various Times</p>
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WINE FROM PAGE A1

space. Rodriguez said his previous wine making room alone was the size of the entire current building.

"We looked lonely up on that hill," Rodriguez said of the former location. "We looked abandoned. No matter what we did, it was more word of mouth that we couldn't stay afloat that way ... There was a lot of hurdles. We had a lot of resistance in Lakeside. It's been an interesting journey, and we're very fortunate that we have landed here in Azle. They expedited the processes for us. We never thought that would happen. We didn't get any resistance."

Until this fall, wineries hadn't been addressed by city ordinances at all. Upon hearing the Rodriguezes were interested in moving their business to Azle, the Azle City Council and Planning and Zoning Commission pursued a code amendment adding wineries to the permitted use schedule and zoning ordinances. This effort passed unanimously in the P&Z and then later in a November council meeting.

While the business itself has condensed, its goals and ambitions have not. The handcraft winery still carries each step of the wine making process, from robust fermentation to bottling and labeling. It purchases its pre-mashed grapes from suppliers around the world in order to create a wide variety of authentic wines. Its license allows it to manufacture wines, meads and ciders, and head winemaker Brandon Melton hopes to possibly introduce handcrafted beers to the menu as well.

"We're excited that Azle gets to be a part of our manufacturing process," Rodriguez said.

While 199 Winery is still working out the details for this new location, it hopes to expand its patio area and create an inviting outdoor hang-out. If it can succeed in such a small space, Eloy Rodriguez said that may open the door to introducing small handcraft wineries to other locations and downtowns.

"We hope that this is a good thing for Azle," Becky Rodriguez said. "We want people to have places to go. We just hope that the small businesses are able to make it down here in downtown Azle because there's so many small businesses shut down, bigger small businesses even, so we're just hoping it brings a bright light."

The Rodriguezes were originally high school sweethearts in Haltom City. In their 20s, they split up but eventually found each other about a decade later and have been married for the last 20 years. Eloy Rodriguez said his wife first introduced him to wines and she has been the main advocate for the project.

"She always wanted to work for herself and I can't be mad at that," Rodriguez said. "We're very motivated people. She does her thing, I do mine, but we always do it together."

At the soft opening, Rodriguez saw many regulars who had previously frequented their Lakeside location. He said the business had gained a loyal following as a place to have parties, bridal showers or just a place for people to sit down, sip wine and relax.

"It's just kind of giving the community something that they really don't get in other places and just give them a cool experience on what an introductory wine would be to people that really don't drink," Rodriguez said. "It's a new opportunity and a

change of scenery. We want to give them a good experience when they're tasting, when they're having wine, when they're having cheese trays. It's just a place where they can come to let their hair down and be themselves and not have to dress up to go to a winery. We want to maximize your experience when you come in and taste wine. We don't want you to lift your pinky. We want you to enjoy the flavors and enjoy the aromas."

Eloy Rodriguez hopes to decorate the walls with historic Azle photos to give people something to talk about and to show their appreciation for the community that has given so much support to their business. In its Lakeside location, 199 Winery offered more than 20 different varieties and styles of wine, most named after popular songs. While they're still working out their process in a smaller location, the Rodriguezes hope to expand their selection based on Azle's palate and preferences.

While still finding out what works for its potential new consumers, this week 199 Winery will be open from 3 to 9 p.m. on weekdays while opening earlier on the weekends. The Azle Area Chamber of Commerce plans to introduce the business with a ribbon cutting Jan. 28. Eloy Rodriguez hopes to soon bring back the winery's popular "Wine-O" bingo nights on Thursdays.



ZACH FREEMAN | TRI-COUNTY REPORTER Eloy and Becky Rodriguez stand outside Main Street's only winery.

Pat Deen to run again

ZACH FREEMAN

azlereporter@tricountyreporter.com

PARKER COUNTY — Parker County Judge Pat Deen has already announced his intention to run for a third term in 2026.

In a Jan. 2 press release, Deen spoke about his accomplishments over the past seven years and stated his intention to continue serving as Parker County Judge for a third consecutive term.

"With the strong support of my family, friends, local business leaders, community advocates, and elected officials, I am honored to announce that I am seeking a third term as your county judge," Deen said. "Serving the people of Parker County has been one of the greatest privileges of my life, and I am eager to continue the work we've started to ensure the County remains a wonderful place to live and work."

Parker County is one of the fastest growing regions in the United States and with this comes unique considerations to its ongoing development and local resources. In 2015, Parker County reported the greatest number of water wells at any county in the state at 559. This trend is only expected to continue as the county sees a major boom in population growth and residential development. According to the United States Census Bureau, Parker County's population grew 41.3%, or about 50,000 people, between 2010 and 2022. For comparison, the population in the US grew 7.7% and the population in Texas grew 19% during that period.

Deen emphasized his stance on maintaining fiscally responsible policies while being adaptive to the county's



Parker County Judge Pat Deen.

COURTESY PHOTO

changing needs.

Deen noted that in his prior two terms he oversaw the hiring of a full-time county fire marshal and emergency operations manager, the creation of a local mayors' council in order to facilitate communication between cities, the allocation of over \$9 million in American Rescue Plan Act funds to address water infrastructure needs and other measures intended to address rapid population growth.

As a member of the Regional Transportation Council, Deen has played a crucial role in addressing transportation challenges in the region. This includes the passage of a \$130 million transportation bond, which will leverage more than \$800 million in federal matching funds to complete 32 transportation projects. These projects are intended to enhance road safety and increase capacity on criti-

cal routes like I-20, reducing congestion and improving overall transportation infrastructure.

"There is still much work to be done, and I remain committed to managing Parker County with a focus on fiscal conservatism and sustainable growth," Deen said. "I will continue to prioritize public safety, water resources, lower taxes, transportation, and economic development to ensure Parker County remains a great place to raise families and build a future."

Deen was first appointed to fill the unexpired term of Parker County Judge Mark Riley in September 2018 after defeating him in a March Republican Primary. Deen won his March 2022 primary and ran unopposed in the general election. The Parker County Judge's bench won't be up for election again until November 2026 when Deen hopes to secure a third term starting January 2027.

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LEGAL PUBLIC NOTICES

Notice of Public Sale pursuant to Chapter 59 of Texas property code to satisfy a landlord's lien. Sale to be held at Springtown Self Storage at 1050 W Hwy 199; Springtown, TX 76082 on storageauctions.com starting on, January 24, 2025 at 9:00am CST and ending on February 4, 2025 at 9:00am CST. Cleanup deposit is required.

NOTICE TO CREDITORS Estate of David Allen Kelly, Deceased Notice is hereby given that original Letters Testamentary for the Estate of David Allen Kelly, Deceased, were issued on January 8, 2025, in Cause No. 24P442, pending in the County Court of Parker County, Texas, to: Amber Luana Kelly, Independent Executor.

All persons having claims against said Estate, which is currently being administered, are required to present them to the undersigned within the time and in the manner prescribed by law. Dated this 8th day of January 2025.

NOTICE TO CREDITORS Notice is hereby given that on December 10, 2024, CARLA ANNE MEINERTS aka CARLA ANNE ALLRED qualified as Independent Executor without bond and Letters Testamentary were issued to CARLA ANN MEINERTS aka CARLA ANNE ALLRED for the Estate of CARLOS DEAN MEINERTS aka CARL MEINERTS, Deceased, in Cause No. 24P215, pending in County Court, Parker County, Texas.

All persons having claims against this Estate, which is currently being administered, are required to present them within the time and in the manner prescribed by law to the representative's attorney as follows: c/o Tyler A. Harden, Attorney, P.C. 415 W. Main Street Azle, TX 76020 DATED: January 16, 2025

Notice Of Public Sale of property to satisfy a landlord's lien. Sale to be held online at storageauctions.com. Facility is located at 9355 Jacksboro Hwy Ft Worth TX 76135. Bidding will open 9:00am February 7,2025 and conclude 9:00am February 12,2025. \$100 clean up deposit is required. Seller reserves the right to withdraw the property any time before the sale.

CITY OF LAKE WORTH NOTICE OF PUBLIC HEARING PLANNING AND ZONING COMMISSION AND CITY COUNCIL FINAL PLAT REQUEST PLANNING & ZONING CASE #PZ-2025-01 The Planning and Zoning Commission of the City of Lake Worth, Texas, will conduct the first of two public hearings at 5:30 p.m. on Tuesday, February 11, 2025, at Lake Worth City Council Chambers, 3805 Adam Grubb, Lake Worth, Texas 76135 to hear public comment and consider recommendations to the City Council regarding a proposed final plat being all of approximately 6.257-acres of land described as Block 34, Part of Lot 9, Lots 10-A, 10-C, and 10-D, Indian Oaks Addition and more commonly described as 7000, 7004 and 7008 Apache Trl, Lake Worth and Fort Worth, Texas.

CITY OF LAKE WORTH NOTICE OF PUBLIC HEARING PLANNING AND ZONING COMMISSION AND CITY COUNCIL SITE PLAN APPROVAL REQUEST PLANNING & ZONING CASE #PZ-2025-03 The Planning and Zoning Commission of the City of Lake Worth, Texas, will conduct the first of two public hearings at 5:30 p.m. on Tuesday, February 11, 2025, at the Lake Worth City Council Chambers, 3805 Adam Grubb, Lake Worth, Texas 76135 to hear public comment and consider recommendations to the City Council regarding a site plan for approximately 0.5040-acres of land described as Block 7, Lot 11 and the South 5' of Lot 10, Boat Club Estates and more commonly known as 4201 Boat Club Rd, Lake Worth, Texas.

CITY OF LAKE WORTH NOTICE OF PUBLIC HEARING PLANNING AND ZONING COMMISSION AND CITY COUNCIL ZONING DISTRICT CLASSIFICATION CHANGE REQUEST PLANNING & ZONING CASE #PZ-2025-04 The Planning and Zoning Commission of the City of Lake Worth, Texas, will conduct the first of two public hearings at 5:30 p.m. on Tuesday, February 11, 2025, at the Lake Worth City Council Chambers, 3805 Adam Grubb, Lake Worth, Texas 76135 to hear public comment and consider recommendations to the City Council regarding an ordinance amending Ordinance No. 1169, the Comprehensive Zoning Ordinance of the City of Lake Worth by changing the zoning district classification from "SF 7.5" Single Family 7.5 to "LI" Light Industrial for approximately 0.411-acres of land described as Block 35, Lot 12, Indian Oaks and more commonly known as 3333 Dakota Trl, Lake Worth, Texas and by amending the official Zoning Map to reflect such change.

CITY OF LAKE WORTH NOTICE OF PUBLIC HEARING PLANNING AND ZONING COMMISSION AND CITY COUNCIL ZONING DISTRICT CLASSIFICATION CHANGE REQUEST PLANNING & ZONING CASE #PZ-2025-02 The Planning and Zoning Commission of the City of Lake Worth, Texas, will conduct the first of two public hearings at 5:30 p.m. on Tuesday, February 11, 2025, at the Lake Worth City Council Chambers, 3805 Adam Grubb, Lake Worth, Texas 76135 to hear public comment and consider recommendations to the City Council regarding an ordinance amending Ordinance No. 1169, the Comprehensive Zoning Ordinance of the City of Lake Worth by changing the zoning district classification from "SF 7.5" Single Family 7.5 to "C" Commercial for approximately 0.5040-acres of land described as Block 7, Lot 11 and the South 5' of Lot 10, Boat Club Estates and more commonly known as 4201 Boat Club Rd, Lake Worth, Texas and by amending the official Zoning Map to reflect such change.

NOTICE OF PUBLIC HEARING. The Parker County Commissioner's Court will hold a public hearing to receive comments from interested members of the public on the proposed creation of Parker County Emergency Services District #10, a taxing entity, to provide emergency services to certain residents of Parker County in the area that includes all of the city limits of the City of Reno within Parker County and that is currently served by the Briar-Reno Fire Department, the boundaries of which are described in the Petition as follows: The boundaries of the proposed Parker County Emergency Services District No. 10 are coterminous with the city limits of the City of Reno, Texas, in Parker County. Parker County Emergency Services District #10 is to be created and is to operate under Article III, Section 48-e, of the Texas Constitution, as proposed by S.J.R. No. 27, Acts of the 70th Legislature, Regular Session, 1987, and adopted by the voters at an election held November 3, 1987. The public hearing will take place during the Commissioner Court's special meeting on Thursday, February 13th, 2025 at 9:00 A.M. at the Parker County Courthouse, One Courthouse Square, Weatherford, Texas 76086. Each person who has an interest in the creation of the district may attend the hearing and present grounds for or against creation of the district.

AISD trustees profiled

ZACH FREEMAN

azlereporter@tricityreporter.com

AZLE — January is School Board Recognition Month in Azle Independent School District and across the nation. The Tri-County Reporter has reached out to area school trustees and asked them to share their experiences, motivations and feelings about serving their community and students in their district.

SARAH BENNETT

Sarah Bennett, secretary for the Azle ISD board of trustees, became active in Walnut Creek Elementary's parent teacher organization in 2007 when her twins were in first grade. After a few years, she became PTO treasurer, a position she held through each of her daughters' schools until 2015. Bennett's first term on the board began in 2018 and she's won each subsequent re-election bid.

"I enjoyed interacting with the teachers and staff and observed their hard work and dedication to each student and Azle ISD," Bennett said. "I was approached about a board position, discussed it with family, prayed about it, and decided to run. I wanted Azle ISD to better communicate with the public and parents, specifically those new to the district. I could see the great things happening in the schools, but there was a disconnect in communicating that to the community. Although we can always improve, I think we are doing a much better job now."

Bennett said she feels very honored and humbled to serve. Though her own children graduated in 2019, she enjoys being able to highlight the accomplishments of others in the district in all they do. Getting an up-close look into the lives of graduating students is one of the most rewarding aspects of serving in her position.

"The awards and recognitions at the beginning of each board meeting are so meaningful to me," Bennett said. "It's rewarding to see, for example, high school kids excel in a CTE program that interests them: welding, nursing, cyber security or culinary arts for a few ex-

amples, or the kids of all ages that have won the science fair for their age group. Another rewarding aspect is graduation. Traditional Azle ISD graduation is so full of hope for the future. The graduates are ready to get out there and DO something and their enthusiasm and joy permeate the room. All graduates work hard to complete their coursework, but the Hornet Academy graduation is special. All of these graduates have had a bump in the road to graduation — from ages 18-70. The accomplishment on the faces of those who have had to put extra effort into their studies or those who come back later in life because a high school degree is important to them is heartwarming."

TIM BROWN

Vice President Tim Brown is an Azle graduate himself. He joined the board in 2012 while his children were attending Azle schools.

"I felt like it would be a way for me to give back to the district for taking care of my kids over the years," Brown said. "I've enjoyed my time on the board, and it is an honor to be able to do so."

Brown said handing his kids, and others, their high school diploma at their graduation has been the most rewarding aspect of the position.

"It is great to see the sense of accomplishment on their face as you hand them their diploma," Brown said. "I didn't realize I would get to do (that) until I got on the board. Some of the other rewarding things are being able to watch the awards given out to the students, teachers and staff every month at the school board meetings. The students work so hard, and it is great to watch them be recognized. Likewise, for the teachers and staff who work so diligently to make the schools a great place to be for the students, it's nice to see them recognized as well for their hard work."

Brown said he has learned much on the school board and that there is a lot of work done behind-the-scenes to ensure the district keeps running in top shape. He is grateful for Azle ISD

Superintendent Todd Smith and district staff who put in long hours and the utmost effort for sometimes thankless work.

"They do it though for the love of the kids in our district," Brown said.

BRANDON GEARY

The newest addition to Azle ISD's board of trustees is Brandon Geary in Place 4. Geary joined the board in May after the retirement of longtime trustee and former superintendent Ray Lea. Geary grew up in Azle. After marrying his wife, Misty, they lived in Lake Worth and Benbrook before building a house and coming home to the city about nine years ago. At the time, he had a fifth grader attending Azle Elementary School.

"We loved the quality and care the school was providing him," Geary said. "As we volunteered at the school dances, we grew deeply connected to the students and the supportive school community."

Not long after moving back to Azle, Geary joined the district's long range planning committee where he saw the direct benefits that improved facilities could have on local students. After Merge Church, where he is pastor, moved to Azle from Lake Worth in 2018, he was offered a chance to serve on a district leadership team.

"I loved working alongside various Azle leaders as we discussed the essential needs of our district," Geary said. "My motivation comes from a desire to have a short-term and long-term focus on service. Here in Azle, we wish to serve the needs of every child, at every opportunity, every day. I want to play a role in continual improvement. Regarding a long-range focus, I desire to add to the voice of our district at the state level. Public education in Texas is in an interesting season, which will have long-term effects on our student's opportunities. I wish to serve in a way that ensures our students are represented, and their needs are heard."

Geary said since joining the board, he has gained a more profound respect its members and the service they provide for families. He feels

a newfound sense of pride when seeing students around town, at sporting events and fine arts performances. He is also thankful for administrators and "difference-makers" that keep the district going day-to-day.

"They are a part of the many reasons Azle is an excellent place for kids to grow and be ready to make a lasting difference," Geary said. "Seeing the respect they carry from other district leaders gives me a sense of pride and confidence that we have some of the most outstanding leaders. Their culture of growing as leaders and willingness to prioritize open communication with everyone in our community is rare but greatly appreciated. The best days of our district are ahead of us, and that is saying something because where we have been is something worth being proud of."

Geary said he believes Azle ISD is special in regard to the extent that it cares for the community's students.

"Serving our students well can be challenging because there is not always a simple solution to difficult situations," Geary said. "That being said, we are blessed to live in such an incredible community. The support our city provides our students, whether in sports or the fine arts, various UIL competitions, or local service groups, is rare compared to districts across the state. This is one reason we were so excited to come home and be part of the Hornet life! If you have the privilege of spending time with Azle kids and teens, you quickly realize there is great potential in every single one of them. I am proud to recognize their successes and know I played a small role in making a difference ... Spending time with our elementary school students excites me about the future of our Hornets. I have also enjoyed meeting and speaking with many passionate people in our community and championing the great things happening in Azle ISD! It is a rewarding adventure to know I have the privilege of serving with so many toward such an important goal as shaping future generations."



COURTESY PHOTO

Sarah Bennett



COURTESY PHOTO

Tim Brown



COURTESY PHOTO

Brandon Geary

TEA to host bilingual seminar for families

STAFF REPORT

For the last 10 years the population of English language learners in the Azle Independent School District has grown exponentially. Right now, the district serves the families of 800 English learners every day.

Utilizing the Texas

Education Agency's T3 series, Azle ISD's bilingual coordinator, Shelly Stringer, has invited parents of English learners in the Azle and Springtown areas to attend a webinar, held over Zoom, offering advice, opportunities for networking, and resources. TEA holds three webinars each

year specifically designed to increase parent, family and community engagement. The webinar will take place Jan. 30 from 12:30-2 p.m. CST. To register visit www.txel.org/t3series.

EN ESPAÑOL

Durante los últimos 10 años, la población de estudi-

antes de inglés como segunda lengua en el Distrito Escolar Independiente de Azle ha crecido exponencialmente. En este momento, el distrito atiende a las familias de 800 estudiantes de inglés todos los días.

Utilizando la serie T3 de la Agencia de Educación

de Texas, la coordinadora bilingüe de Azle ISD, Shelly Stringer, ha invitado a los padres de estudiantes de inglés como segunda lengua en las áreas de Azle y Springtown a asistir a un seminario web, realizado a través de Zoom, que ofrece consejos, oportunidades de establecer contac-

tos y recursos. TEA realiza tres seminarios web cada año diseñados específicamente para aumentar la participación de los padres, la familia y la comunidad. El seminario web se llevará a cabo el 30 de enero de 12:30 - 2 p.m., hora central. Para registrarse, visite www.txel.org/t3series.

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Retiring LW detective reflects on 35 years of service

JOLEE SKINNER
jolee@tricountyreporter.com

LAKE WORTH — From Springtown to Lake Worth, Don Price led a 35-year career in law enforcement filled with bravery and intensity — a career some might be in awe of. Born in Albany, Georgia, Price moved to Texas with his family when he was in the second grade but feels he has lived in Texas long enough to consider himself a true Texan. But he hung up his badge Jan. 6, retiring from the Lake Worth PD after serving in that community for 19 years.

Price's father, a member of the U.S. Air Force, had a career that took the family from place to place, including stops at Carswell Air Force Base. After graduating from high school in 1982, Price attended Tarrant County Junior College — now Tarrant County College — for two years. He accumulated enough credits in law enforcement and security studies to begin his career out in the field.

His first job was working as security at Ridgmar Mall, where he met his wife. Eventually, he went into law enforcement and worked as a regional investigator for Payless Cashways, overseeing 23 stores across Texas and Oklahoma. In 1989, he joined the Pelican Bay Police Department before moving to the Springtown Police Department in 1993, where he spent the majority of his career.

Reflecting on his early years as a police officer, Price recalled how challenging the transition was.

"I went into full-time law

enforcement and just learned and was scared to death, you know, just learning how it goes," Price said.

But over time, Price gained confidence while transitioning from a rookie to a more experienced officer. Price's time at Springtown Police Department was notable for the varied experiences he had.

"I loved that little town," Price said. "I went to Springtown in 1993, I really loved it out there."

Though small, the department found itself assisting neighboring counties with incidents, ranging from drug busts to plane crashes.

He recalled, laughingly, the challenges of working with limited resources.

"We didn't have body cams back then, we didn't have dash cams," Price said. "We barely had radios that worked."

Despite these challenges, Price found his time in Springtown fulfilling, especially enjoying the close-knit community. Price went from being an officer, to training officer, to sergeant and then to lieutenant.

"I worked my way up through the ranks," Price said. "Patrol, narcotics, ran the K-9 unit for a little bit, CID (Criminal Investigation Department). CID, we did a lot of internet predator stuff. We started that program and then Parker County took it over."

Eventually, Price was recruited by the Lake Worth Police Department because of the highly successful cybercrime program. Price spoke to the profiles of the

individuals who committed these heinous crimes on the internet.

"It's all kinds of people, I mean, military and religious people," Price said. "I think they get in their mind that they're just in another world or something and they don't think. We had some that would go out, after they got arrested and killed themselves. But the internet was scary back then and it's still scary now."

Price reflected on a case that still affects him to this day.

"There was a guy named Crance that got hit by a truck on 199 and River Oaks Boulevard," Price said. "And they left him. That one bothers me. We could never find out who killed him. The family was destroyed."

Price did admit that the cybercrimes also still bother him to this day.

"The (thing about the) predator stuff that still bothers me is the fact there's still more out there that got away," Price said. "In Parker County, you go to prison for that kind of thing. Tarrant County is a little more lenient. It just makes you want to work harder."

Price became the lead detective at Lake Worth PD and greatly enjoyed his time there.

Looking back over his career, Price said there needs to be more extended amounts of training in the academy.

"I think there needs to be more training, because we're cutting some of these kids loose," Price said. "Because of the shortfall and manpower, you tend to push them out too fast. Then they learn in

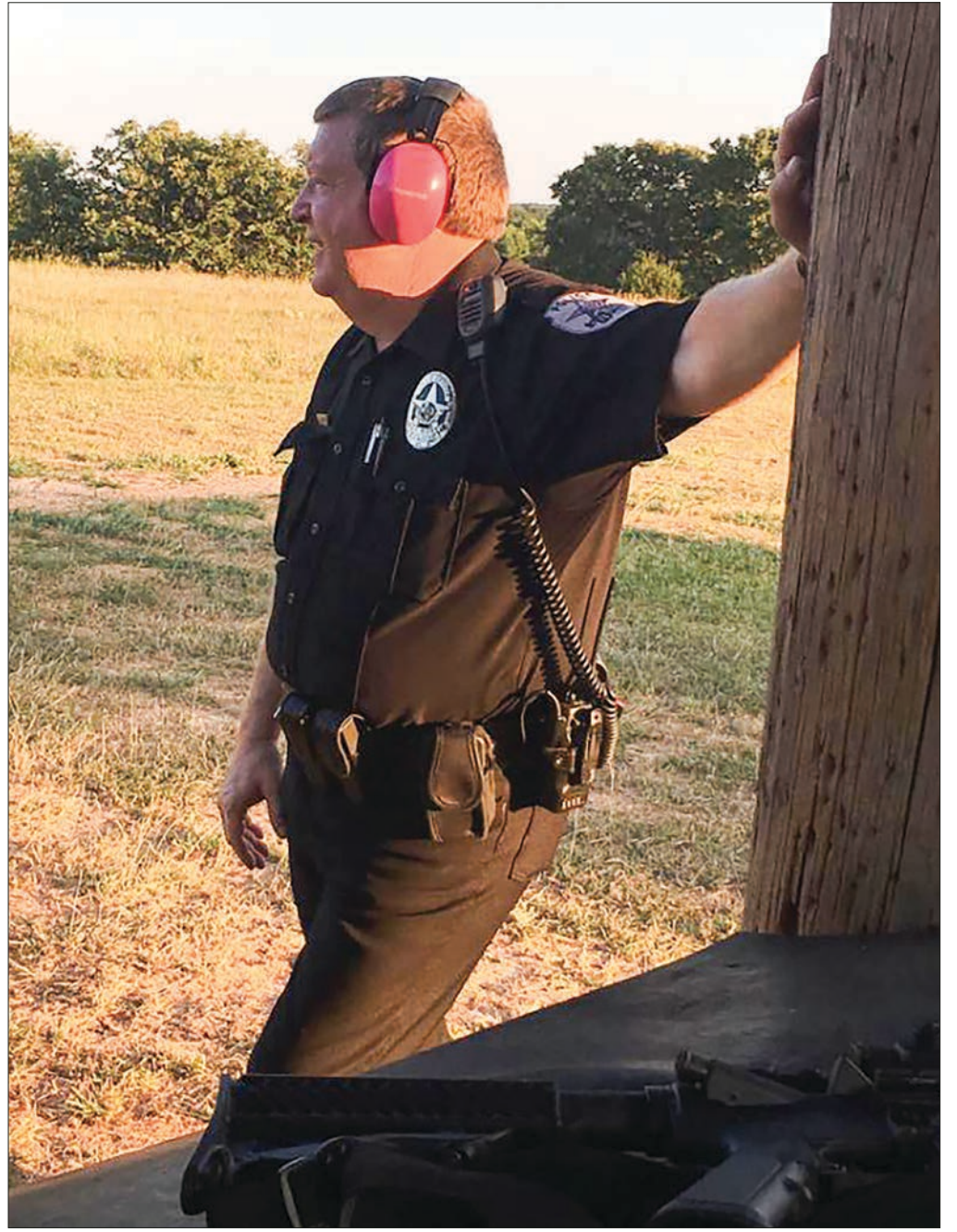


PHOTO COURTESY DON PRICE

Price watches officers practice with their firearms.

the field that they don't really want to do this."

The advice Price gives to new recruits? Be careful.

"People are not like how they used to be," Price said. "You're seeing all these chases, all these gunshots. You didn't hear about that in the '80s."

Throughout his career, one theme in his life remained constant — his desire to serve the community.

Lake Worth Chief of Police J.T. Manoushagian thanked

Price for his commitment to ensuring public safety and expressed deep gratitude for preparing the next generation of police officers.

"I've had the pleasure of working with Don for many years and I can confidently say that he is a part of one of the greatest generations of law enforcement our country has ever known," Manoushagian said. "He made it his life's work to leave the community better than he found it and he did

just that. The void he leaves behind will take a long time to fill, but thankfully he has prepared the next generation of police officers to pick up where he left off. For that and for his 35 years of service, we offer our most heartfelt thanks and appreciation. On behalf of everyone in Lake Worth, we congratulate Don on his retirement and wish him and his family the very best in their next chapter of life."



Former Det. Don Price holds a sign with his name on it that the city of Lake Worth dedicated in his name.



Price as a young police officer on the back of a horse.

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SPORTS
Roundup

Azle wrestlers win state duals

RICK MAUCH
Special to the Tri-County Reporter

The Azle Hornets are once again the Class 5A state dual champions following their showing at the Texas High School Wrestling Coaches Association State Dual Championships in Wichita Falls this past weekend.

It's the second state duals title in program history and the first since 2017.

The Hornets went 4-0 in the tournament, defeating Lucas Lovejoy 57-17, Dallas Wilson 50-30, Lubbock 42-31 and Frisco Centennial 42-32.

"Exciting weekend of wrestling for sure!" exclaimed Azle Hornets coach Tyler Harrison.

Chase Yancey, wrestling in the 138-pound division, went 4-0 and was named the tournament's Most Outstanding Wrestler. He also upset the state's No. 1 ranked Enrique Uribe from Centennial 8-1 in the championship dual.

Also going undefeated were Tyler Yancey (4-0), 132; Wyatt Hicks (4-0), 144; Landin Evans (4-0), 150; Tye O'Neal (2-0), 165; Roman Fraser (4-0), 215; and Devin Wingfield (4-0), 285.

AZLE GIRLS SOCCER

The Lady Hornets (5-2) were back in tournament

action this past weekend at the Saginaw Chisholm Trail Tournament, running their shutout streak to four games. They defeated Mineral Wells 1-0, Fort Worth Wyatt 8-0 behind a hat trick (three goals) from Sophie McIntyre, and Boswell 1-0.

Vs. Mineral Wells: Arely Licerio goal, McIntyre assist, goalkeeper Emma Nelson

Vs. Wyatt: McIntyre three goals, McKenzie Roberts goal and assist, Audrina Montoya goal and assist, Braylee McKown goal, Natalia Garcia goal, Toni Moore goal, Yasmeen Tejada assist, Kendyl Bush assist, goalkeeper Nelson

Vs. Boswell: Valeria Macias goal, McIntyre assist, goalkeeper Cailyn Halyard

The tournament was preceded by a 5-0 victory at Fort Worth North Side Jan. 14: Lily Hudman two goals, Tejada goal; Roberts goal and assist, McIntyre goal and assist, Natalie Garcia assist, Macias assist, goalkeeper Nelson.

For the first time this season, the Lady Hornets get to play at home when they host Keller Fossil Ridge Jan. 24 at 7:30 p.m., followed by another home match against Saginaw Jan. 28 at the same

The Azle Hornets are once again the Class 5A state dual champions following their showing at the Texas High School Wrestling Coaches Association State Dual Championships in Wichita Falls this past weekend.

PHOTO COURTESY CHAPA PHOTOGRAPHY

PLEASE SEE **ROUNDUP** | B2

LAKE WORTH Lady Frogs basketball



LAYTH TAYLOR | TRI-COUNTY REPORTER

The Lady Bullfrogs basketball team won 45-41 in a home game home against the Eagle Mountain Lady Knights Jan.17.



ZACH FREEMAN | TRI-COUNTY REPORTER

Azle firefighters pried open the vehicle's hood, blasting water in order to put out the billowing smoke and small fire near the truck's engine compartment.

Car fire on Commerce

ZACH FREEMAN
azlereporter@tricityreporter.com

AZLE — The right lane of Commerce Street, near the intersection of Boyd Road, was closed off Tuesday, Jan. 21 just after 10 a.m., when

an older model Ford Ranger pickup caught fire. The Azle Police Department and firefighters used their vehicles to block the streets, and officers directed traffic on Boyd while the flames were subdued.

The truck's owner said the vehicle was so old he was unable to get insurance on it. He suspects the fire started as a result of his jury-rigged battery charging system which he used after his alternator broke.

Human trafficking forum

Local church to host human trafficking forum to educate residents on growing issue

JOLEE SKINNER
jolee@tricityreporter.com

FORT WORTH — On Feb. 1 from 10 a.m. to 1 p.m., Lighthouse Fellowship will host an event called the "Freedom Forum" to educate residents in the Fort Worth,

Lake Worth and Azle areas about the dangers of human trafficking, especially in the DFW area. Pastor of Caring Ministries Carol Roberts said this event is an educational event for everyone to bring awareness to an ever-growing issue.

"We are hosting a free awareness and educational event designed to equip educators, parents, grandparents, guardians and other caring adults to recognize the signs that a child or teen

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ROUNDUP

FROM PAGE B1

time.

LAKE WORTH GIRLS SOCCER

The Lady Frogs (5-1) have five straight shutouts. They defeated visiting Fort Worth Western Hills, 2-0 Jan. 14 and followed with a 7-0 win at Fort Worth Dunbar Jan. 17.

Vs. Western Hills: Yihana Sandoval and Yaretzi Salas goals, Reanna Arellano and Jasmin Martinez assists, goalkeeper Ale Andrade

Vs. Dunbar: Arellano two goals, Miley Perez goal and assist, Gen Christina goal, Liz Ferguson goal, Sandoval goal, Jacksiri Perez goal, Juanita Cruz-Valdez assist, Miyelli Parra assist

Lake Worth hosts Burkburnett Jan. 24 at 5 p.m. and visit Abilene Cooper Jan. 28 at 7 p.m. in their final match before district.

AZLE GIRLS POWERLIFTING

The Lady Hornets won the Brock Meet Jan. 14.

Emma Sustala was named the Best Individual Lifter for Large Weight Classes after taking the top spot in the 181-pound division. Other gold medal winners and their weight classes were Ryan Hance, 97; Paizlee Gray, 105; Ella Swaim, 114; Cooper Yates, 132; Haley Carlson,

148; Jessie Johnson, 242; and Giselle Redding, 242-plus.

Capturing silver medals were Ryleigh Myers, 105; Ryleigh Cire, 148; Lilliana Rodriguez, 165; and Emma Booten, 181.

Bronze medals went to Michelle Lechuga, 105; Dakota Donaldson, 132; and Kenzie Arellano, 148.

AZLE BOYS POWERLIFTING

The Hornets won over Brock and Glen Rose.

Gold medal winners were Korbin Pantoja, 114; Cayden Lawson, 148; Cash Moore, 181; Christian DeHoyas, 198; Case Moore, 220; D'Lathian Young, 275; Michael Gault, first, 308.

Silver medals were earned by Corbin Myers, 123; Colten Fox, 132; Diesel Fields, 181; Leavy Owens, 198; Dylan Maines, 220.

Taking third were Carsen Gande, 220 and Kasen Thomas, 275.

SPRINGTOWN GIRLS SOCCER

The Lady Pines (4-2-1) played to a 1-1 tie at home against Graham Jan. 13 as Sam Orozco scored off an assist from Kylie Wiens. On Jan. 17 they hosted Fort Worth North Side and lost 1-0.

Springtown hosts Bowie Jan. 28 at 5:30 p.m. for the Lady Pines' final pre-district contest.



PHOTO COURTESY CHAPA PHOTOGRAPHY

The Hornets went 4-0 in the tournament, defeating Lucas Lovejoy 57-17, Dallas Wilson 50-30, Lubbock 42-31 and Frisco Centennial 42-32.

SPRINGTOWN BOYS BASKETBALL

The Porcupines (6-15, 3-4 in District 7-4A) were toppled 78-47 at home against Krum Jan. 14. They then fell 105-59 at Burkburnett Jan. 17.

Vs. Krum: Dylan Crutchfield 15 points, 11 rebounds; Ayden Lugo 13 points, eight rebounds; Grayson Brooks 12 points; Vs. Burkburnett: Grayson Brooks 20 points; Ayden

Lugo 12 points, four assists; Kane Grubbs 10 points

The Porcupines, tied for fifth in district, have a pair of 7:30 p.m. tipoffs at Bridgeport Jan. 24 and at home against Castleberry, with whom they are tied, Jan. 28.

SPRINGTOWN GIRLS BASKETBALL

The Lady Pines (9-15, 3-6 in District 7-4A) came up short at home against Krum, 48-41, Jan. 14. On Jan. 17 they traveled to Burkburnett and lost 76-49.

Vs. Krum: Olivia Williams and Brylynn Bazzell 10 points each

Vs. Burkburnett: Esther Balado 13 points, Bazzell 10 points, Kylie Russell 8 points

The Lady Pines have key contests at Bridgeport Jan. 24 and at home against Castleberry Jan. 28, both at 6:15 p.m.

LAKE WORTH BOYS BASKETBALL

Decatur bested the Bullfrogs (10-13, 0-7 in District 7-4A), 87-54, in Lake Worth Jan. 14. The Bullfrogs then dropped a 69-49 game against Eagle Mountain Jan. 17.

Vs. Decatur: De'Jay Black 16 points, seven rebounds; Ivan Sanchez 13 points; Braylen Fridia 10 points; Ayden Brooks 8 points, five rebounds

Vs. Eagle Mountain: Fridia 25 points, eight rebounds, three steals; Brooks 6 points, nine rebounds.

Lake Worth returns home to face Burkburnett Jan. 24 at 7:30 p.m. Then it's back on the road again to Krum Jan. 28 at 7:30 p.m.

LAKE WORTH GIRLS BASKETBALL

The Lady Frogs (16-12, 2-7 in District 7-4A) fell 96-14 at home to Decatur Jan. 14 and won 45-41 at home against Eagle Mountain Jan. 17.

Vs. Decatur: Jackie Cleveland 9 points

Vs. Eagle Mountain: Cleveland 18 points, Kylah Nabors 11 points, Aliyah Salas 9 points

Lake Worth hosts

Burkburnett Jan. 24 and visits Krum Jan. 28, both at 6:15 p.m.

AZLE BOYS BASKETBALL

The Hornets (9-19, 0-6 in District 5-5A) dropped a 73-28 contest at home to Saginaw Chisholm Trail Jan. 14, followed by a 53-42 loss at Keller Fossil Ridge Jan. 17.

Vs. Chisholm Trail: Britt Haas, Cason Cook and Jayden Taylor 8 points each

Vs. Fossil Ridge: Cook 17 points, Taylor 12 points, Haas 8 points

The Hornets host Granbury Jan. 24, have an open date and visit Brewer Jan. 31, both games at 7:30 p.m.

AZLE GIRLS BASKETBALL

The Lady Hornets (6-21, 1-7 in District 5-5A) fell 51-39 to visiting Saginaw Chisholm Trail Jan. 14 and lost 75-37 at Keller Fossil Ridge Jan. 14.

Vs. Chisholm Trail: Abbey Natusch 12 points, Angel Sifuentes 10 points, Emersyn Anderson 7 points

Vs. Fossil Ridge: Natusch 13 points, Sifuentes 9 points Azle hosts Granbury Jan. 24, has an open date and travels to Brewer Jan. 31, all at 6:15 p.m.

AZLE CHRISTIAN SCHOOL BOYS BASKETBALL

The Fightin' Crusaders (19-5, 1-0 in TAPPS 2-1A) won at home against Mineral Wells Community Christian 55-23 Jan. 13, Granbury Classical 57-38 Jan. 14 and Wichita Falls Christ Academy 58-40 Jan. 17 in their district opener as Brody Fairman blistered the nets for 37 points.

Vs. Mineral Wells CC: Gavin Montez 14 points, Kanon Wyatt 9 points

Vs. Granbury Classical: Brody Fairman 19 points, Wyatt 11 points, Jaxson Durham 9 points

Azle Christian was hosting Weatherford Express Home School at press time.

AZLE CHRISTIAN SCHOOL GIRLS BASKETBALL

The Lady Crusaders (10-5 overall) began play in TAPPS 2-1A with a 43-27 win against visiting Wichita Falls Christ Academy Jan. 17. Daisy Ramos and Lauren Goodrich

each scored 9 points.

Next up for ACS is a visit to Stephenville Faith Jan. 24, time TBA.

AZLE BOYS SOCCER

The Hornets (1-4-1) garnered their first win Jan. 14, defeating Burleson at home 1-0. On Jan. 17 they were again at home for matches against Denison and Graham, falling 1-0 and 4-2.

Vs. Burleson: Miguel Maldonado goal, Evan Calvert goalkeeper. Defense Joaquin Solorzano, Jacob Carlson, Stephen Sims, Ethan Mello, Yair Macias-Osorino and Kooper Daniels

Vs. Graham: Jake Ishak and Stephen Sims goal each

The Hornets visit Keller Fossil Ridge Jan. 24 and travel to Saginaw Jan. 28, both matches starting at 7:45 p.m.

SPRINGTOWN BOYS SOCCER

The Porcupines (1-3) fell 3-0 at home to Graham Jan. 13 and defeated Bowie 7-0 at home Jan. 17 as Rylen Passmore had a hat trick (three goals), Brody Phifer scored two goals and Braden Arnold and Jeffrey Alvarado each had a goal.

Springtown hosts Fort Worth Young Men's Leadership Academy Jan. 24 at 7 p.m. and wraps up pre-district play Jan. 28 against Bowie at 7:15 p.m.

LAKE WORTH BOYS SOCCER

The Bullfrogs (2-4-1) tied 1-1 at Fort Worth Western Hills Jan. 14 as Elie Mushieni scored off an assist from Joel Osornia. They played in the Burkburnett Tournament over the past weekend, opening with a 2-1 loss to Borger and followed by a 1-0 loss to West Plains and a 4-1 win over Perryton.

Vs. Borger: Mushieni goal.

Vs. Perryton: Mushieni two unassisted goals, Roman Mitabala unassisted goal, Antonio Martinez penalty kick goal.

Burkburnett visits Lake Worth Jan. 24 at 7 p.m. and pre-district play wraps up Jan. 27 at home against Ferris at 6:45 p.m.



LAYTH TAYLOR | TRI-COUNTY REPORTER

Lake Worth Bullfrogs basketball took on the Eagle Mountain Knights Friday Jan. 17 at home. The Bullfrogs lost 49-69 against the Knights.

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Moe's Country Kitchen
316 W. Main, Azle

Azle Lodge No. 601

Floor School or Work
7:30 PM
THURSDAY NIGHT
Kenny Patrick - Worshipful Master
Chris Akers - Secretary
Clint Hall - Treasurer

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10328 Jacksboro Hwy
Fort Worth TX 76135
817-237-1819
www.emphc.org
Tues 9 - 3 PM • Thurs 12-6 PM
SE HABLA ESPAÑOL

Car crash on SH 199



On Jan. 15, 2025, at 10:22 a.m., a crash involving a white Kia Soul occurred near 2697 W. State Highway 199.



JOLEE SKINNER | TRI-COUNTY REPORTER

Here, state troopers, police and sheriff's deputies gather to handle the car crash and traffic.

Folks around town

Laura Temple

LUKE PETERSEN

Luke Petersen is a journalism student at Azle High School who participates in a practicum program hosted by the Tri-County Reporter.



LUKE PETERSEN | TRI-COUNTY REPORTER
Laura behind the counter at her pharmacy.

Right off Main Street, in the heart of Azle, Laura's Pharmacy has been providing prescription medications for the people in the community. The pharmacy is owned and operated by its namesake Laura Temple.

Laura herself grew up in Azle: graduating from AHS in 1990, working at Albertsons in Lake Worth, and now serving the community around her with her own pharmacy practice.

"I have people who I've serviced five generations of their family," Laura said. "I get a little gushy sometimes when a kid comes in and I've known them since they were babies."

Laura is happily married to Bobby Temple and has two grown children, Logan and Dylan; Logan is studying in pharmacy school and Dylan works as a solar electrician in Pittsburgh.

Whether you see her at the pharmacy or just around town, give our neighbor Laura Temple a wave!

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Fri 11-10 • Sat 11-9:30
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TRI★COUNTY REPORTER

Azle School Menu Jan 27-31, 2025

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

LUNCH: PreK-4th Grade \$2.55 5-6th Grade \$2.75
7-12th Grade \$2.55 2nd Meal \$3.20
Visitors & Employees \$3.75

PreK - 4th

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

Mon Blueberry Muffin, Danimals Vanilla Yogurt **Tues** FUNetti Mini Pancakes, Fruit Cup **Weds** Trix, Cereal, Apple
Thurs Trix Strawberry Banana Bash Yogurt, Muffin Top **Fri** Eggo Cinnamon Mini Waffles, Fruit Cup

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

Mon Cheeseburger, Frito Chili Pie, Green Beans, Apple **Tues** Orange Chicken & Rice, SteakFinger Bowl w/ Roll, Steamed Broccoli, Peaches **Weds** Spaghetti w/ Meatsauce, Walkin' Taco, Garlic Bread Stick, Corn **Thurs** Cowboy Chili, Mozzarella Sticks, Cornbread Poppers, Marinara, Bananas **Fri** Bean and Cheese Burrito, Breaded Chicken Sandwich, Corn, Green Peas

GRADES 5TH - 8TH

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

Mon Pig in a Blanket, Strawberry Yogurt, Honey 'n Oats Granola, Bananas **Tues** Breakfast Bites (mini pancake with sausage), French Toast Sticks **Weds** Cinnamon Roll, Sausage Breakfast Pizza **Thurs** Cocoa Puffs, Reduced Sugar, 2 Oz, Egg and Cheese on a Bun, Apple, Bacon **Fri** Pancakes, Yogurt Parfaits, Pears Diced, Bacon

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

Mon Cheese Enchiladas, Mini Corn Dogs, Orange Chicken & Rice **Tues** Cheeseburger, Tater Tot Casserole, Walkin' Taco **Weds** Hamburger, Sloppy Joe, Soft Chicken Tacos **Thurs** Breaded Chicken Sandwich, Cheeseburger, Meatloaf, Garlic Bread Stick, Buttery Mashed Potatoes **Fri** Grilled Cheese Sandwich, Tomato Soup, Hot Dog, Pepperoni Pizza, Whole Wheat Roll, Tater Tots,

HIGH SCHOOL

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

Mon Pig in a Blanket, Strawberry Yogurt, Honey 'n Oats Granola, Blueberries **Tues** Breakfast Bites (mini pancake with sausage), French Toast Sticks **Weds** Cinnamon Roll, Sausage Breakfast Pizza **Thurs** Cocoa Puffs, Reduced Sugar, 2 Oz, Egg and Cheese on a Bun, Green Apple Slices, Bacon **Fri** All-Star Breakfast Combo, Yogurt Parfaits, Blueberry Muffin, Blueberries

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

Mon Cheeseburger, Tater Tot Casserole, Bacon Pizza, Cheese Pizza, Walkin' Taco, Spicy Sichuan BBQ Chicken **Tues** Frito Chili Pie, Grilled Cheese Sandwich, Mozzarella Sticks, Pepperoni Pizza, Taco Salad w/ Chips, Orange Chicken & Rice **Weds** BBQ Boneless Wings, Cheeseburger Mac, Pizza Pocket (calzone), Supreme Pizza, Bean and Cheese Burrito, Chicken Ramen **Thurs** Hamburger, Popcorn Chicken Bowl, Buffalo Chicken Pizza, Pepperoni Pizza Pocket, Picadillo, TSO Chicken w/ Noodles **Fri** Cheeseburger, Meatloaf, Cheese Pizza, Hamburger Pizza, Soft Chicken Tacos, Chicken Fried Rice w/ Chicken Egg Roll

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Springtown School Menu

BREAKFAST PRICES

EC-12th Grade	\$1.75
EC-12th Reduced	\$0.30
Adult	\$2.25

LUNCH PRICES

PK-4th Grade	\$3.00
5th-8th Grade	\$3.25
High School	\$3.00
Reduced	\$0.40
Adult	\$4.25

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 Eggo Froot Loops Waffles, Peach **Tues** Sausage & Egg Slider, Pineapple **Weds** Eggstravaganza, Sliced Pear **Thurs** Breakfast Pizza, Fresh Apple Slices **Fri** Parfait w/Yogurt, Strawberries

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, Steakfingers, Fiesta Sticks, Mashed Potatoes, Side Salad **Tues** Chicken Fried Steak Sandwich, Chicken Nuggets, Roll, Fiesta Sticks, Side Salad, **Weds** Waffles, Chicken Tenders, Hot & Spicy Chicken Tenders, Fiesta Sticks, Fresh Baby Carrots, Side Salad, Tator Tots **Thurs** Bosco Sticks, Chicken Sandwich, Chili Beans, Fiesta Sticks, Fresh Baby Carrots, Side Salad **Fri** Baked Potato Basket, Cheese Pizza, Pepperoni Pizza, Roll, Fiesta Sticks, Mixed Vegetables, Side Salad

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 Chicken Biscuit, Eggstravaganza, Sausage Biscuit, Fiesta Sticks, Hash Brown Rounds, Side Salad **Tues** Chicken Fried Steak Sandwich, Three Cheese Macaroni, Fiesta Sticks, Side Salad, Steamed broccoli **Weds** Cheeseburger, Hamburger, Fiesta Sticks, French Fries, Side Salad **Thurs** Beef Enchilada Bake, Corn Dog, Roll, Chili Beans, Fiesta Sticks, Side Salad **Fri** Baked Potato Basket, Meatball Sub, Roll, Fiesta Sticks, Fresh Baby Carrots, Roasted Cauliflower, Side Salad

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Texas Master Tune



Texas Master Tune, a new mechanic shop located at 1200 Northwest Parkway in Azle, opened in December 2024, and celebrated with a ribbon cutting ceremony Jan. 16 hosted by the Azle Area Chamber of Commerce. Texas Master Tune works on wheels, tires, lifts, brakes and oil changes, alignments, suspension and general automotive repair at fair prices. Follow them on Facebook to keep up with monthly specials. This family-owned business offers discounts for first responders, military and teachers. For more information, call 817-406-4092.



First responders parked outside the property.

ZACH FREEMAN | TRI-COUNTY REPORTER

Fire on Portwood

ZACH FREEMAN

azlereporter@tricountyreporter.com

AZLE — A small structure fire near the back of a property on Portwood Road was quickly doused by area fire departments the evening of

Monday, Jan. 20. Police scanner chatter said multiple callers reported thick black smoke and flames visible from the street. On the scene, a neighbor did not feel the situation was cause for alarm, saying he believed it was just

an old unoccupied trailer that had caught flame. The Briar-Reno Fire Department, Tarrant County Sheriff's officers and other agencies responded to the scene.



Smoke and flames were visible from Portwood Road Jan. 20 when a structure caught fire.

ZACH FREEMAN | TRI-COUNTY REPORTER

ZED by Duane Abel



www.corkycomics.com

Sudoku

JANUARY 23, 2025

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

Level: Intermediate

TRAFFIC

FROM PAGE B1

is at risk of being exploited or trafficked," Roberts said "You and all your friends and neighbors, teenagers with their parents' support, are invited to this free event Feb. 1 at 10 a.m. at Lighthouse Fellowship."

Keynote speakers include Founder and Executive Director of Rescue Hill Rev. Amanda Pettit, Tarrant County Sheriff's Office Commander Kevin Turner, Tarrant County District Attorney Investigator Rob Pawley, Associate Director of The Net Fort Worth Ty Bowden, Director of Community and Donor Relations of Rescue Her Elle Lees and Director of Youth Prevention Education of Unbound Now Sonya Brooks.

"The panel of experts you'll hear from comes from law

enforcement and professionals who walk alongside survivors of various ages including an organization that specializes in helping minors," Roberts said.

Roberts said this is a pressing issue in the DFW area and in Tarrant County.

"This is a local problem," Roberts said. "The Tarrant County area is a major hub for human trafficking and many children are living through this terrible situation in silence."

This forum will explore the vulnerabilities that lead to the exploitation of individuals in DFW. Some of the law enforcement speakers will talk about personal experiences and how to equip people with knowledge and training on this issue.

Roberts declares that the more you know, the more power you have.

"Education is power," Roberts said. "We would love

to help empower our community to understand the signs and become equipped to report, while also equipping teens and children to grow into resilient people who will not be coerced into dangerous situations or believe the lies fed to them by groomers."

Since the forum will be held at a church, discussions of how local churches can help with this issue will be at the forefront of the meeting.

Roberts believes people can bring hope to those in captivity and educate individuals to prevent the worst.

"Together, we can bring hope to those held captive in modern day slavery and prevent the youth of the tri-county area from falling prey to those who seek to use them for profit," Roberts said.

For more information, visit the Lighthouse Fellowship website.

Solution to last week's puzzle

JANUARY 16, 2025

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

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to business.

X E A S T

--	--	--	--	--

Answer: Taxes

CRYPTO FUN

Solve the code to discover words related to business. Each number corresponds to a letter. (Hint: 15 = G)

- A. 14 8 8 15 1
Clue: Valuable thing
- B. 6 9 2 15 8 1
Clue: Provide money
- C. 24 2 15 16 12 15 14 18
Clue: Costs or expenses
- D. 21 17 18 23 15 1
Clue: Estimate expenses

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CLASSIFIEDS

THURSDAY, January 23, 2025

AD CLASSIFICATIONS

- 001 Asphalt & Cement
- 002 Auctions
- 003 Business/Commercial
- 004 Business Opportunity
- 005 Cleaning Services
- 006 Construction/Contractors
- 007 Demolition
- 008 Electrician
- 009 Excavating
- 010 Fencing
- 011 Firewood
- 012 For Sale
- 013 Garage & Estate Sale
- 014 Help Wanted
- 015 Home Improvement
- 016 Landscape & Mowing Services

- 017 Livestock & Pets
- 018 Lost & Found
- 019 Masonry & Stonework
- 020 Moving & Hauling
- 021 Painting
- 022 Plumbing
- 023 Pressure Washing
- 024 Real Estate for Rent
- 025 Real Estate for Sale
- 026 Repair Services
- 027 Roofing
- 028 Sand, Gravel & Soil
- 029 Small Business
- 030 Storage
- 031 Welding
- 032 Miscellaneous

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002

Auctions

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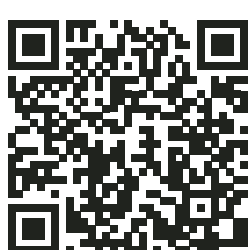
Partial listing due to still pulling items from barns & sheds: 2019 Chev. Silverado Pickup Approx. 7845 miles, 2013 Chev. 3500 Pickup w/flatbed, JD 2955 Tractor w/ JD 148 Loader, JD 2520 Tractor w/148 Loader, JD 4030 Tractor, JD 4440 Tractor, JD 6430 Tractor w/ JD 673 loader MFWD, Cat. 262-B Skid Steer Wheel Type, Bush Hog 3815 15' Batwing Mower, B/P 12' Dump Trailer, G/N 24' + 5' Dove Tail Tandem Dual Trailer, G/N 24' WW Stock Trailer, 3pt Hyd. Post Driver, P/T 8' Aerator, P/T 12' JD Tandem Disk, 14' Miller 3 Bar Offset Plow, Maintainer Road Grader, 8 Wheel Sitrix Hay Rake, JD 936 MoCo Disc Cutter, JD 467 Mega Wide Round Baler Net Wrap, JD 8300 Grain Drill, Galvanized Box Grain Drill, JD-40 Dozer 2 Cylinder, Craftsman Upright Tool Box, Steel Glide Tool Box, Husky Ball Bearing Tool Box, & Lots More, Still Pulling from Shop and Sheds. For Pictures Go to www.heugatterauctions.com.

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ACROSS

- San Marcos is seat of this county
- Confederate general Robert _____
- TXism: "flat as _____ handle prairie"
- TXism: "old as _____"
- TX Perot's starting naval rank (abbr.)
- TXism: "have to stand up twice to cast _____" (skinny)
- Dallas arts area: "_____ Ellum"
- firmness
- "Dallas _____ Medical Center" for veterans
- TXism: "frisky _____ unsaddled horse"
- foot digit
- TXism: "plain as _____ line on an eye chart"
- left the coast due to coming hurricane
- elected Texas county prosecutor (abbr.)
- where TX Bonnie Parker was born
- _____ while (former)
- this Doug played for the Astros and managed the Rangers
- HEB, ExxonMobil, or TI, e.g. (2 wds.)
- Shaquille _____ went to high school in Texas
- cracker
- first state forest: "_____ Siecke"
- Archer _____, TX
- hanging a rustler?

DOWN

- garbage
- Texas-born "Star Trek" creator, Gene (init.)
- this Tom wrote "Harper Valley PTA" sung by TX Jeannie C. Riley (init.)
- Murchison Jr. who founded the Cowboys
- "what _____ on?"
- you can rent _____ site at a Texas state park
- "Honest _____" Lincoln
- Astro or Ranger lumber (2 wds.)
- "money" in Mexico
- "good _____ boy"
- TXism: "have to study up to be a half _____"
- TXism: "hot enough to buckle _____"
- Texas capital murder defendant can be sentenced _____ annually
- noted Texas historian _____ Fehrenbach
- a Texas summer
- female sheep
- 2023 comedy-drama "Accidental _____"
- Texas pastor who compiled Scofield Ref. Bible (init.)
- TXism: "chew _____ awhile" (ponder)
- TXism: "don't cross the river til _____ it"
- former Volkswagen: Karmann _____
- flashing light on a radar screen
- trash receptacle
- head skin
- Eva of "It Started with a Kiss" with TX Debbie Reynolds
- _____ just sat there like a bump _____
- a minister in charge of a church in SE Smith County on highway 135
- the south in the Civil War (abbr.)
- boot scootin'
- a believer in God

P-1725

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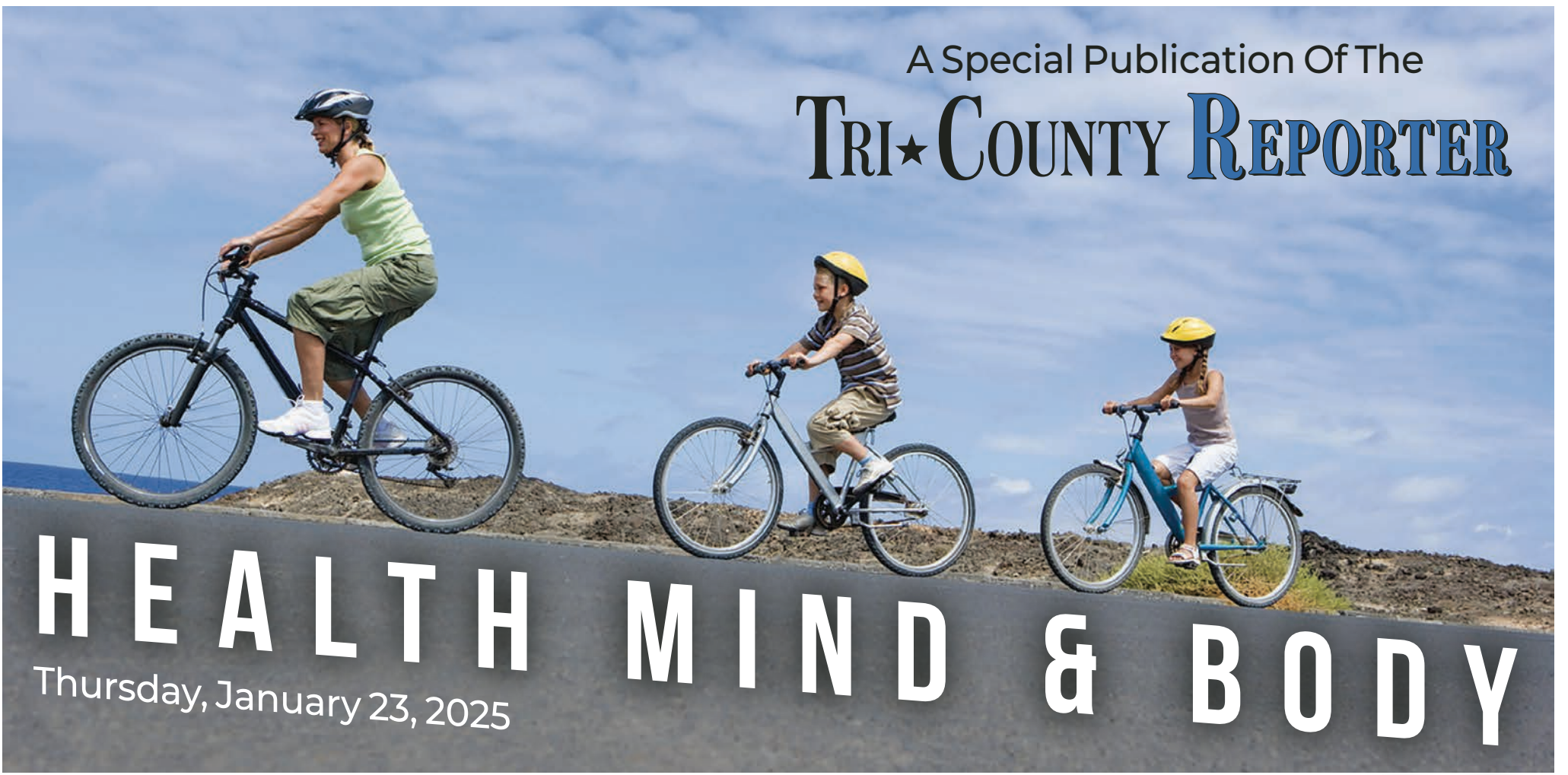
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HEALTH MIND & BODY

Thursday, January 23, 2025

Springtown Park Rehabilitation and Care Center

STAFF REPORT

Everyone would rather recuperate at home. But if that's not possible, Springtown Park Rehabilitation and Care Center in Springtown is an excellent option.

This February marks Springtown Park Rehabilitation and Care Center's fourth year in business. The facility focuses on recovery and comfort with individualized short-term care or long-term care. The residential facility offers round-the-clock nursing care in a home-like environment. Springtown Park sets the highest standards in nursing and health care excellence.

The brand-new, state-of-the-art rehabilitation center allows staff to do all they can to return patients home as soon as possible. The nursing home and the care provided are guided by a commitment to exceptional quality, care and comfort demonstrated

by providing social, emotional and cultural needs for its residents and their families. Springtown Park even has activities and entertainment to keep its residents' and guests' spirits up.

Residents and guests receive a monthly calendar full of activities such as movies, performances, outings and birthday celebrations.

Private pay rates are \$185 for semiprivate rooms (two beds in each room) and \$300 for a private room per day. Springtown Park believes a charitable residential atmosphere creates a positive outlook — making recovery easier and shorter. Until you are back home, they want you to feel right at home.

For the patients who enter the doors of Springtown Park, an interdisciplinary rehabilitation plan is created by a team of health care professionals from different fields who work together to achieve an objective care plan.

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Springtown Park Rehabilitation and Care Center is located at 201 Williams-Ward Road, Springtown, TX 76082 next to Tractor Supply Co. off State Highway 199. To schedule a visit, contact 817-755-5116. Pictured are (front row, L-R): Amber Burkhead, LVN, medical records; Christina Herron, director of rehab; Cherie Sutton, dietary manager; Judy Knighten, LVN, assistant director of nurses; Patti Goodger admissions director; Jackie Johnson, activity director; Melissa Freeman, human resources; and Jim McDonald, administrator. (Back row: L-R): Sarah Moore, social services, Lauren Stoff, marketing director; Chrissy Whilmouth, LVN, wound care nurse; Malinda Perkins, LVN, MDS nurse; Kim Self, RN, director of nurses; Brooke Nash, LVN, assistant director of nurses; and Segal Bunn, LVN, MDS nurse.



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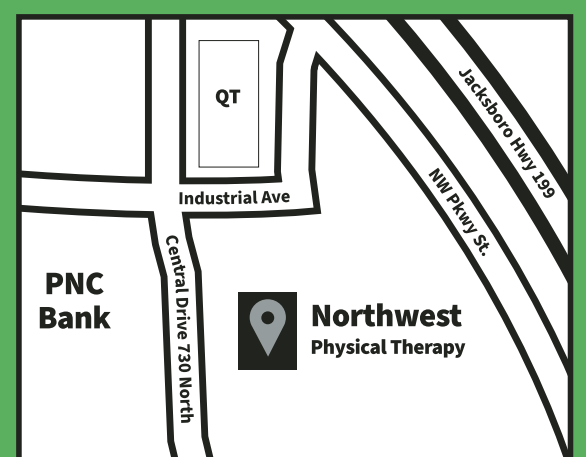
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Did you know?

Children need physical activity as part of their overall health regimen. How much physical activity a child needs varies with age. The Centers for Disease Control and Prevention says children between the ages of three and five should be active throughout the day to ensure proper growth and development. This can be achieved by be-

Encouraging physical activity

ing physically active during play. Children and adolescents between the ages of six and 17 need to be active for at least 60 minutes each day, with that activity being

moderate-to-vigorous in nature. The activities enjoyed should include a variety of aerobic, muscle-strengthening and bone-strengthening exercises.

MCC

Children and adolescents between the ages of six and 17 need to be active for at least 60 minutes each day, with that activity being moderate-to-vigorous in nature.

Northwest Physical Therapy



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Tips to get children excited about exercise

Human beings need to engage in physical activity to stay healthy. But too many children are not getting the exercise they need. Only 50 percent of boys and less than 34 percent of girls between the ages of 12 and 15 are adequately fit, according to the Centers for Disease Control and Prevention. Children who are not physically fit are at greater risk for chronic diseases. In addition, children who are overweight or obese are at a higher risk of retaining that extra weight into adulthood.

Getting children to exercise regularly can be an uphill battle with so many distractions, such as electronic devices, vying for their attention. But parents can explore the following ways to get children more excited about physical activity.

- Choose interactive toys. Select toys for kids that require movement. These can include sporting activities, scooters, bicycles, and even

- video games that involve physical activity. Kids will be moving while they play, which is a first step.
- Set an example. Children may be more likely to embrace physical activity if they see their parents exercising regularly. Adults can share their passions for activities that encourage movement, whether it is hiking, heading to the gym, swimming, or rock scrambling.
- Make it a contest. People can be very competitive, especially young children. If kids know there is a prize or reward attached to doing something, they may have more motivation to engage with it. Offer a prize to the person who can log the most minutes of physical activity each week.
- Make things social. The more people involved in an activity, the greater the chance kids will want to be involved. Therefore, invite their friends, cousins, classmates, and other relatives to

- participate.
- Look for new ways to exercise. Plan vacations and day trips around an activity. Perhaps the family can learn how to surf or snorkel on a trip; otherwise, a trip to the zoo or a museum can involve a lot of walking.
- Find reasons to walk. Kids and parents can walk to or from school each day to get exercise. Parking further away from stores ensures some extra steps as well. Take the stairs in malls instead of elevators or escalators.
- Encourage participation in team sports. Afterschool athletics often involve multiple days of practices and games or meets, which can be all the exercise a kid needs to be healthy. Athletics also present a fun way to exercise with friends.

Kids need physical activity to stay healthy, and there are various ways to make them more inclined to be active.



Many young children love riding their bikes, and it's worth noting that an afternoon of cycling provides an incredible full-body workout. Cycling also has been linked to improved mental health, as riding a bike releases feel-good endorphins that can reduce stress.

How to help kids lose weight safely

Many people struggle with weight over the course of their lifetime. A study noted in a report in the Wall Street Journal indicates the obesity epidemic is global. Around 2.1 billion people across the globe, or roughly one-quarter of the global population, is obese. Although overweight and obesity are issues for adults, they also affect children.

Children gain weight as they develop and grow, so it can be challenging to tell if weight gain is problematic or simply something that will resolve on its own as a child grows. Parents and other caregivers want to ensure their children are fully

healthy, and maintaining a healthy weight is vital to such efforts. However, WebMD says there is no single number on the scale that indicates if a child is healthy. What constitutes a healthy weight varies depending on age, gender, height, and other factors.

It is important for parents to speak with a health care provider first to determine if a child needs to slim down or simply maintain the current weight as he or she grows taller. If it is recommended that the child lose some weight, there are various safe and healthy ways to go about it.

MAKE SMALL CHANGES

Small changes can add up to big results. For example, if a child is consuming a lot of fruit juice, start slowly by diluting the juice with water and eventually switch over completely to water. Change white bread in lunches to a whole-wheat alternative that has more nutrients and fiber.

ENCOURAGE SLEEP

A child's weight can be affected by the amount of sleep he or she is getting each night. Insufficient sleep can contribute to weight gain, indicates the National Institute of Diabetes and Digestive and Kidney Diseases. The Canadian Paediatric Society

says children need 12 to 16 hours of sleep a night as infants, and that need gradually decreases until adolescence, when youngsters need between eight and 10 hours a night.

ENCOURAGE PHYSICAL ACTIVITY

Children need physical activity to maintain a healthy weight. There is no magic formula to weight loss; the amount of calories burned should exceed the calories consumed. That can be achieved by helping children get the recommended 60 minutes of moderate to vigorous physical activity each day, according to the

American Heart Association.

REVISE FAMILY RECIPES

If everyone in the family is a bit overweight, chances are the menu needs changing. It's not hard to revamp recipes to be more nutritious. Taking the skin off of poultry; eating more lean protein sources like seafood and beans; using low- or no-fat dairy sources instead of whole milk versions; and swapping whole grains for refined grains is a good start.

LIMIT CONSUMPTION OF FAST AND PROCESSED FOODS

Families are busy and it can be easy to go through a drive-through or pick up convenience meals at the su-

permarket. But many of these foods are high in calories, saturated fat and sodium. Families should limit these types of foods and seek healthier alternatives.

DON'T SNACK AND WATCH (OR SURF)

It's easy to overeat when eating while watching television or scrolling through social media. Limit screen time and enjoy meals uninterrupted by digital distractions.

Kids may need a little help finding the tools to lose weight and some encouragement and cooperation as they seek to develop healthy eating habits.



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Fitness classes for the over-50 crowd

Exercise is a pillar of a healthy lifestyle. When individuals exercise regularly and pair physical activity with a healthy diet and smart lifestyle choices, they can extend their life expectancies and sleep well knowing they're doing everything they can to increase their chances of enjoying a limitless retirement.

Adults over 50 know it's not always so easy to exercise. Hectic schedules can make it seem like there's little time for exercise. And even when adults make time to break a sweat, they might find that traditional workouts combining strength training with cardiovascular exercise are too time-consuming and possibly even a little dull. In such instances, fitness classes can take the place of more traditional exercise regimens. Various classes provide a challenging workout, and many can do so in an hour or less.

• **Pilates:** Improving balance, core strength and flexibility are three goals of Pilates. Pilates has an interesting history, as it was created by Joseph Pilates, a German prisoner of war who was imprisoned off the coast of England during World War I. Pilates and the exercising phenomenon he created ultimately made their way to the

United States, where the routine was embraced by dancers looking for a way to aid their injury recovery. Pilates is now part of millions of individuals' exercise regimens. This low-impact exercise is designed to strengthen muscles and improve alignment and flexibility. Achieving greater balance after 50 pays untold dividends for older adults, who can decrease their risk for falls and fall-related injuries by increasing their steadiness.

• **Spin:** Spin classes are a wildly popular exercise program that utilizes cycling to help people break a sweat. Cardiovascular exercise is beneficial for a number of reasons, including its connection to heart health and even cognitive health. But many people lament daily sessions on a treadmill or elliptical that they find boring. Spin classes involve the use of stationary bikes, but instructors typically guide class members through conditions that mimic outdoor cycling sessions. Resistance and pedaling speed changes throughout a spin class, which serves to keep individuals engaged and burn lots of calories.

• **Kickboxing:** Sometimes referred to as Krav Maga, kickboxing is another unique and challenging class offered



When individuals exercise regularly and pair physical activity with a healthy diet and smart lifestyle choices, they can extend their life expectancies and sleep well knowing they're doing everything they can to increase their chances of enjoying a limitless retirement.

at many fitness facilities. Martial arts like kickboxing assist with weight loss and can help people improve their muscle tone, flexibility and stamina. Adults over 50 who are not accustomed to physical activity may find their energy levels are low, but a few kickboxing sessions

may produce noticeable differences in stamina. The balance benefits of kickboxing are similar to those provided by Pilates, so this activity may be particularly beneficial for adults over 50 looking to reduce their vulnerability to falls as they grow older.

• **Dance:** Dancing is widely

seen as a fun activity, and rightfully so, as few things can be as enjoyable as cutting a rug. But dancing also provides a great cardiovascular workout. Local community centers and even some fitness facilities offer age-specific dancing classes, which the AARP notes are great

for individuals who want to build core strength, improve bone health and protect their heart.

Adults over 50 who want to be more physically active can look to any number of fitness classes to break a sweat, build strength and have fun all at once.

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How to help children safely navigate social media

Social media has its fair share of proponents and detractors. For proof of the former, one need look no further than numbers, as the advisory firm Kepios reported there were 5.22 billion social media users around the world at the start of October 2024. That translates to roughly 64 percent of the global population, a percentage that might upset detractors who see social media as a largely divisive entity that research has found can have an adverse effect on the physical and mental health of its users.

Social media certainly has its ups and downs, which is perhaps why so many parents feel like governing children's usage of platforms like Snapchat and Instagram is akin to walking a tightrope every day. Helping children safely navigate social media is no small task, but finding a way to do so can have a profound impact on youngsters' health. The American Psychological Association offers the following recommendations to parents and caregivers concerned about the safety of youngsters us-

ing social media.

- Recognize social media features that can be especially harmful. The APA notes that children can learn new social skills and communication strategies on social media. That's a notable benefit of social media usage, but there are some harmful components that can be particularly detrimental to children's still-developing brains. The APA highlights like buttons and the use of artificial intelligence as particularly harmful features because they promote excessive scrolling. Adolescents may be especially vulnerable in this regard, as the APA notes that the brain undergoes dramatic developmental changes during adolescence, when areas of the brain associated with a desire for attention from peers become more and more sensitive. Social media can exploit that need, which is even more dangerous because the parts of the brain that govern self-control do not fully develop until early adulthood. Parents can limit usage of platforms that tally likes and set screen limits to

minimize excessive scrolling.

- Monitor usage and maintain a dialogue about it. The APA urges parents to monitor their children's social media usage, particularly during early adolescence. But it's equally important to maintain a dialogue with children about their social media usage. The APA notes studies have found that engaging in ongoing discussions with adolescents about safe social media usage can help them navigate its dangers more effectively. Engaging youngsters each week also can make them feel more safe and not as though they're being judged about their usage. Discuss what they see and their understanding of what they see. Parents also can present hypothetical situations that may unfold on social media and ask them how they would respond.
- Lead by example. Children learn many of their behaviors from their parents, so if Mom and Dad exhibit poor social media habits, then youngsters are more likely to follow suit. The APA urges parents to avoid



Periodic breaks from social media usage also can show children how it's alright to take a holiday from the platforms every once in a while. MCC

scanning social media during meals and family time. Parents also can self-govern their own usage, setting the same limits on time as they set for children. Periodic

breaks from social media usage also can show children how it's alright to take a holiday from the platforms every once in a while. Parents have a tall task

ahead of them in regard to helping kids safely navigate social media. But various strategies can increase the chances kids have a positive social media experience.



The World Health Organization reports that hundreds of millions of children across the globe qualified as overweight or obese in 2022. MCC

Did you know?

The World Health Organization reports that hundreds of millions of children across the globe qualified as overweight or obese in 2022.

The World Health Organization reports that hundreds of millions of children across the globe qualified as overweight or obese in 2022. According to the WHO, in 2022 37 million children under the age of five were overweight, while 390 million children and adolescents between the ages of five and 19 met the criteria for being overweight or obese. The

WHO considers a child under five years of age overweight if the youngster is weight-for-height greater than two standard deviations above the organization's Child Growth Standards median. The WHO criteria for being characterized as obese is met when a child is three standard deviations above the median. Children and adolescents between the ages of five and

19 are considered overweight if they are one standard deviation above the median and obese if they are two standard deviations above the median. The threats posed by overweight and obesity in childhood are significant. The WHO notes that being overweight as a child and adolescent is associated with earlier onset of various noncommunicable diseases, including

type 2 diabetes and cardiovascular disease. In addition, the WHO notes the adverse psychological consequences of being overweight or obese in childhood and adolescence, which include a lower quality of life that is compounded by stigma, discrimination and bullying.

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Kids and healthy eating

Gobble up these body-friendly food practices

Despite being pint-sized people, children can have some very big personalities and opinions. Parents know that kids have strong feelings on everything from the clothes they wear to the foods they eat.

Although not all children are inherently picky eaters, most go through phases of picky eating during their childhood development, particularly when they are toddlers. The UCSF Benioff Children's Hospitals also says some children naturally are more sensitive to certain tastes, smells and textures, which could make certain foods less desirable to youngsters. Others may mimic their parents' picky food tendencies. A child who has strong aversions to trying new foods can make it hard to plan meals, especially ones that include nutritious fare.

Getting kids to eat more healthy foods and be excited

about them could take some time and effort. Parents can try some of these strategies to change kids' perceptions about healthy eating.

TAKE THE LEAD

Parents can model healthy eating behavior every time they sit down to a meal. Research suggests parents' eating behaviors significantly influence their children's food preferences and dietary habits. Given their influence, adults should choose healthy foods often enough so that the process becomes habit for the entire household.

MAKE IT A TEAM EFFORT

Children may refuse foods because it gives them a modicum of control in a world where adults seem to be making all the decisions. When children are included in meal planning and shopping, they are more likely to eat foods that are healthy. While the bulk of foods should be

healthy ones, a few treats or special ingredients can be thrown in every so often.

CREATE FAMILY MEAL EXPECTATIONS

Routines are essential to children's well-being. By eating together as a family and serving meals and snacks around the same time each day, kids will thrive knowing what is coming next. Mealtime is a good time to talk about healthy eating habits and table manners as well, says the Cleveland Clinic. Parents can model how half of the plate should be made up of vegetables and some fruit.

RESPECT EATING QUIRKS

One child may only eat broccoli if it is dunked in ketchup. Another might only embrace a turkey sandwich if it is cut into triangles. Parents should pick their battles regarding food. Parents should go with the flow if kids are eating right, even if their choices are



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Parents know that kids have strong feelings on everything from the clothes they wear to the foods they eat.

a little unorthodox.

MAKE IT A GAME

Incorporate some fun into meals by encouraging children to come up with funny names for their foods, however ridiculous they may be.

Make competitions of healthy eating by seeing who can eat the most vegetables during the week and earn a prize. Kids likely will respond better to these positive choices rather than ultimatums about foods they 'have' to eat.

Healthy eating may not come easily to all children, especially if they are picky eaters. Some patience and flexibility on the part of parents can help kids become more excited about healthy food choices.



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When winning isn't important

Some physical activities for kids who are not into competitive sports



Children and adolescents who are not into competitive sports can choose from an array of physical activities that provide a host of health benefits.

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Competitive sports provide a wonderful opportunity for children to be physically active. That's a notable benefit and one that could help to confront a growing problem of overweight and obesity among modern youths. Data from the World Health Organization indicates 37 million children under the age of five were overweight in 2022, while more than 390 million youngsters between the ages of five and 19 were overweight or obese in that same year. In addition, the percentage of children and adolescents across the globe who qualified as obese in 2022 had grown considerably

since 1990, increasing from 2 to 5 percent during that span. Sports can definitely help to remedy the overweight and obesity epidemic among youths across the globe, but what about children who are not into competitive athletics? The Centers for Disease Control and Prevention recommends all children and adolescents, including non-athletes, get at least 60 minutes of moderate-to-vigorous physical activity each day. That might sound difficult for parents of non-athletes, but there are a number of physical activities beyond organized athletics that can ensure kids get all the exercise they need.

- **Dancing:** The National Institutes of Health notes that dancing is both an exciting and effective workout that benefits the body in myriad ways. Dancing is a versatile form of exercise that encompasses everything from ballroom dancing to salsa. The NIH notes that dancing is a great cardiovascular exercise that also helps to build strong bones and muscles and improve balance. Dancing also is a social activity, which means it can provide many of the same benefits related to social interactions that are often attributed to team sports.
- **Hiking:** Hiking is another

physical activity that can provide great exercise for youngsters who are not into competitive sports. According to Piedmont Health, hiking is a whole-body exercise that gets the heart pumping, making it a wonderful cardiovascular activity. Cardiovascular exercise has been linked to a number of benefits, including a lower risk for conditions such as heart disease, stroke and high cholesterol. Hiking also is considered a weight-bearing exercise that helps to build muscle mass.

- **Skateboarding:** Skateboarding has come a long way since modern parents were children. Though

skateboarding might once have been frowned upon due to skateboarders' penchant for practicing in places that were off limits, the perception of skateboarding has now changed dramatically and the activity is touted as great exercise. A 2018 study published in the journal *Gait & Posture* found that skateboarding helps participants develop a strong sense of balance. The motions required to ride a skateboard also help to increase heart rate, which can provide a boost to cardiovascular health.

- **Cycling:** Many young children love riding their bikes, and it's worth noting that an

afternoon of cycling provides an incredible full-body workout. The Harvard T.H. Chan School of Public Health notes that the health benefits associated with cycling include improved cardiovascular fitness, stronger muscles, greater coordination and general mobility, and reduced body fat. Cycling also has been linked to improved mental health, as riding a bike releases feel-good endorphins that can reduce stress. Children and adolescents who are not into competitive sports can choose from an array of physical activities that provide a host of health benefits.

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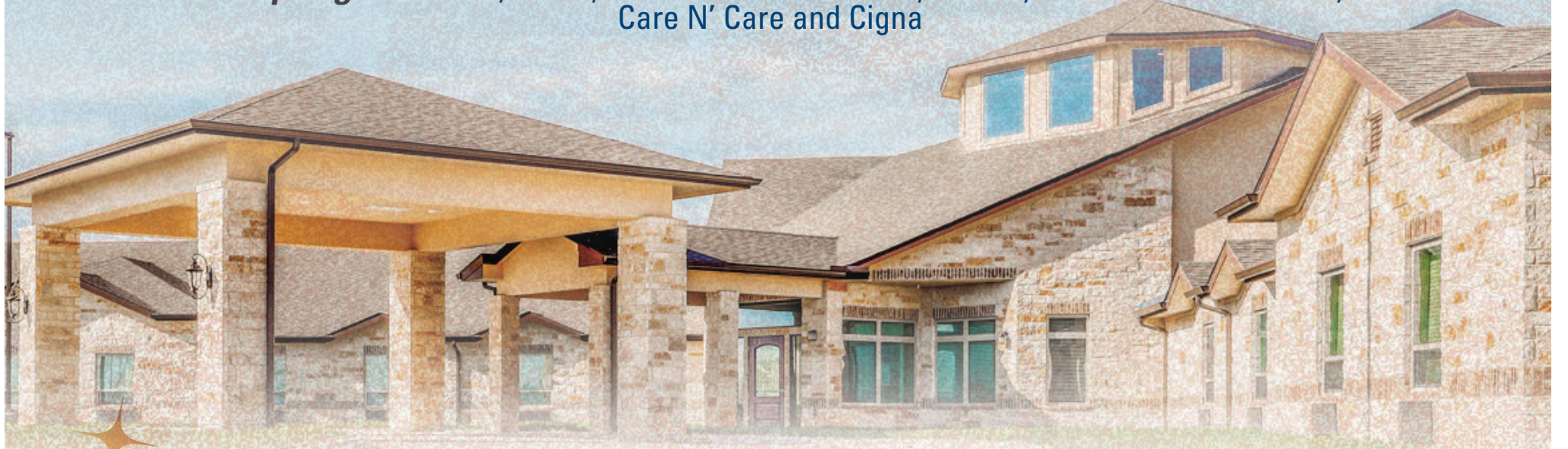
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