

Lake Worth ISD superintendent announces retirement

JOLEE SKINNER

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LAKE WORTH — At the Jan. 21 Lake Worth ISD board meeting, Superintendent Dr. Rose Mary Neshyba announced her retirement from public education which will be effective June 30. In a press release, Lake Worth ISD recognized Dr. Neshyba's passion for education.

THURSDAY, January 30, 2025 • **\$1.00**

"Over the past seven years, Dr. Neshyba has guided Lake Worth ISD with unwavering dedication to academic excellence and student achievement," according to the press



COURTESY PHOTO

release. "Through her focus on instructional improvement, strategic planning and

Dr. Rose Mary Neshyba

advocacy, she has consistently prioritized the needs of the district's students.'

Dr. Neshyba's 40-year career in public education started off as a classroom teacher and she has since served in various roles, including principal, special education director and assistant superintendent.

"Throughout her career, she has led with vision and purpose, serving as superintendent for three school districts," the press release said. "Her dedication to creating meaningful and impactful opportunities for students,

staff, and families has left a lasting impression on every community she has served.'

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Dr. Neshyba said she is proud of the accomplishments the district has attained and was honored to have worked alongside outstanding leaders.

"I am proud of our shared accomplishments and the continual focus on student needs and growth," Dr. Neshyba said. "It has been an honor to collaborate with our district leadership, who work tirelessly to serve our stu-

PLEASE SEE NESHYBA | A6



JIM STEVENS | TRI-COUNTY REPORTER Hornet Academy graduates walk the stage and shake hands with superintendent Todd Smith while receiving their diploma.

Hornet Academy graduates 28

ZACH FREEMAN

azlereporter@tricountyreporter.com

AZLE — Since it was pioneered in 2008 by Ray Lea, former superintendent, and former director of administration Ray Ivey, Hornet Academy has graduated 840 students, including 28 this year.

Hornet Academy gives individuals without a high school diploma a second

chance at graduation. It is a self-paced online alternative to high school. Unlike a General Educational Development program, graduates from Hornet Academy get to walk the Azle High School auditorium stage after earning a bona fide high school diploma. Last Tuesday, Jan. 21, marked the 33rd biannual

SEE ACADEMY | A10

Springtown man killed in SH 199 accident

ZACH FREEMAN

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AZLE — On Saturday night, Jan. 25, a 67-year-old Springtown man was killed at the scene of a two-vehicle crash on the 300 block of State Highway 199, near North Stewart Street. Initial police scanner traffic said the incident occurred just after 10:40 p.m. A Ford F-250 occupied by four adults and a Toyota Tacoma occupied by two, collided after the driver of the F-250 lost control, crossed over the center median and struck the westbound vehicle head-on. The driver of the Tacoma was pronounced dead at the scene while the passenger sustained minor injuries and

was safely removed from the vehicle.

The Tarrant County Medical Examiner's Office identified the deceased individual as Jaime Ricardo Ruiz, who DFWScanner.net said was traveling with his wife.

The Azle Police Department's community liaison reported the driver of the Ford F-250 remained on scene and was cooperative throughout the investigation, including completing standard field sobriety tests. The accident is currently under investigation by the APD with assistance from the Tarrant County Accident Reconstruction Team.

SH 199 was shut down in both directions until after 5 a.m.

CARLA NOAH STUTSMAN | TRI-COUNTY REPORTER Semifinalists stand at the front of the Orchard Event Venue, Jan. 25 during a game of heads or tails.

MORE PHOTOS PAGE A12

AEF awards standout grads, raises money with banquet

ZACH FREEMAN

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AZLE — The Azle Education Foundation celebrated community and raised money for local schools at Saturday's 13th annual Red Solo Cup BBQ Bash fundraiser. Attendees bid on auction items, played games and enjoyed food, including desserts made by Azle High School culinary students. The AEF also presented two awards to outstanding individuals and Azle graduates.

Dr. Dan Mauldin, Azle High School Class of 1961, received the second ever distinguished alumni award at the

event. He was a member of the school's varsity football team and earned All-District honors for both offense and defense. He was senior class vice president, National Honor Society president, and a member of student council.

Mauldin went on to attend the University of Texas, where he played football as a member of the 1963 championship team. He played in the 1964 Cotton Bowl and the 1965 Orange Bowl. He was inducted into the Azle ISD Athletic Hall of Fame for his athletic achievements in 2015.

In addition to his athletic accomplishments, Mauldin

received his bachelor's, master's and doctoral degrees in mathematics where he made major strides in solving mathematical problems from the famed Scottish Book. During his career, Mauldin served as a university professor, regents professor, professor emeritus and consultant for various agencies. He has authored more than 150 research papers and books.

Azle graduate and local resident Roddy Murr was awarded the AEF's second ever 2025 Citizen of the Year Award. Murr spent his entire education in Azle schools and graduated in 1964. Speakers noted that he was a major

supporter of the district and has served on numerous committees, associations and councils, including the Azle City Council, leading community and school efforts. He was pivotal in naming Azle's newest school and each year he sponsors six scholarships for $\overline{A}HS$ seniors as well as the Jaylee Murr Williams memorial scholarship honoring his late daughter. Before retirement, he owned and operated Murr's Main Street Drug. Many in attendance could recount positive experiences and the impact that Murr had on their lives. Murr thanked attendees for the honor and for supporting the AEF.





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INSIDE

News - A1 - A5, A7 - A12 | Obituaries - A6 | Community B1 - B5 | Classifieds B6 - B8

STEM, story time enhance learning at Springtown Legends Museum

JOLEE SKINNER

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SPRINGTOWN -Springtown Legends Museum has kicked off its new activities for local children created by museum coordinator Amy Hedges. Inspired by conversations with locals and a growing interest in children's education. Hedges has created hands-on science experiments and storytelling.

"In speaking to members of the community, the mention of children's programs kept being brought up in conjunction with the museum," Hedges said. "Several of my

professional mentors have had great success with bringing a STEM program to their museums and suggested it as a part of the children's programs.

Hedges emphasized the importance of these programs because of their ability to encourage a curious mindset, critical thinking and problemsolving skills among kids. The museum's STEM curriculum focuses not just on science and technology but on history as well, helping kids to gain knowledge about the world.

"The goal is to use the STEM program to increase



An up-close view of the STEM experiment focused on the science of snow.



Springtown Legends Museum coordinator Amy Hedges explaining the experiment to the kids.

JOLEE SKINNER | TRI-COUNTY REPORTER



Hedges passes out tools needed for the experiment to the kids.

the curious nature of children those plants." and provide a safe place for them to learn and grow, while encouraging them to learn also about history," Hedges said.

Looking ahead, Hedges has plans for several exciting experiments, including one that explores kinetic energy through a wave machine, as well as activities designed to teach engineering concepts through building structures. A special series Hedges has planned will cover plant life cycles.

"We will be learning about kinetic energy and make a wave machine and several engineering experiments focused on building structures," Hedges said. "In several weeks, we will have some back-to-back experiments learning about plant life cycles like growing bean plants and environment changes for

In addition to the STEM

program, story time remains a key part of the museum's activities. Although some stories have specific topics covered during experiments, most of the time is spent reading fiction-based historial stories that introduce kids to important moments in history.

"The story time hour occasionally will have a story that is related to a particular topic but for the majority of the story time hours we will be focused on history and fiction-based historical stories so that kids can learn about history," Hedges said.

On Jan. 17, the museum conducted an experiment focused on the science of snow, explaining how snowflakes are formed and why each one is unique. The experiment highlighted the differences in snowflake patterns.

On Saturday, Jan. 18, story time featured a snow-themed book, "The Snowy Day," recommended by Andie, the Springtown librarian. Hedges highlighted the book's cuteness and the similarities to the experiment that took place the day before.

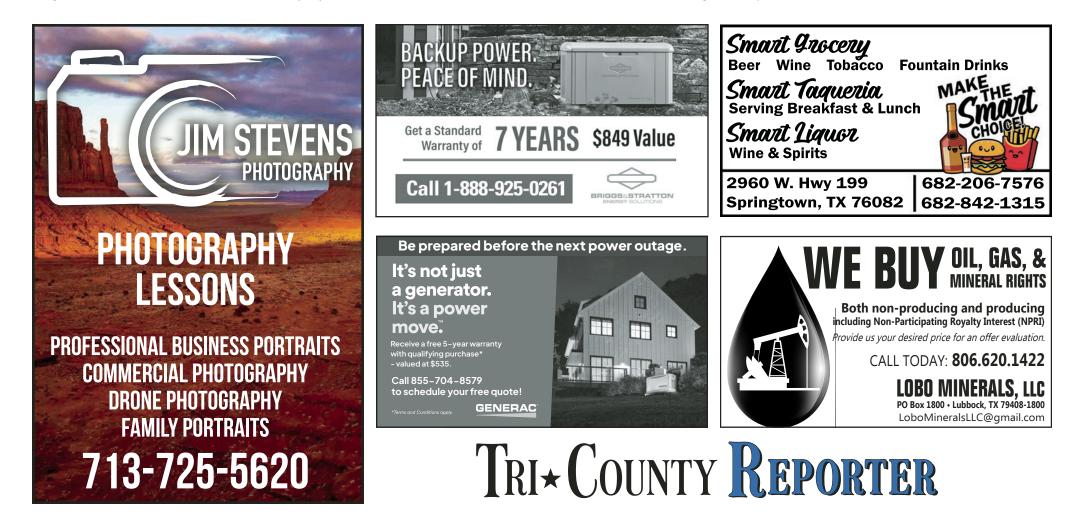
"It was a cute story that was recommended by Andie, the Springtown librarian, with snow in the book," Hedges said. "I wanted a snow-based story due to our science experiment."

With both interactive STEM programming and story time hours, the museum is creating a fun learning environment for children in the community. For more information about upcoming story time hours or STEM experiments, go to the Springtown Legends Museum Facebook page for dates and times.





The kids write down their findings of the experiment.



How would you spend your lottery winnings?

This past week I stopped at my local convenience store to purchase a lottery ticket. I am not a regular lottery game player, but every now and then the urge comes over me to invest a couple of dollars into the relatively harmless pursuit of millions of dollars of prize money. There is no real expectation of my lottery ticket defying the one in 10 million odds and actually winning the grand prize, but I do get some amusement from playing. I confess it allows me to let my mind wonder, imagining what it would be like to win \$200 or \$300 million dollars. Some interesting images come to mind concerning what I would do with the money and how it would change my life.

I would speculate that since the beginning of mankind, most all people have had a daydream about instantly becoming wealthy beyond their wildest dreams. It is an es-

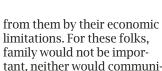


FROM MY FRONT PORCH By Sam Houston

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cape from the reality of their day-to-day life. Probably the most common thoughts are of buying assets. The usual imagined purchases would be cars, boats, jewelry, real estate, airplanes and travel experiences. Some might even think about sharing their winnings with family, friends and co-workers. There are those who would set up foundations to aid the poor, the uneducated and the less fortunate.

Sadly, I speculate there would be some winners who would drop everything and spend money as fast as they could on pleasures which have heretofore been kept



ty, or friends; only things. My fantasy about winning lies in a very deep place inside me. Pretty sure I would not buy a Rolex, a Lamborghini or a diamond stick pin. Upon winning and paying the required taxes, I would have the money to do so but my heart long ago stopped craving the ownership of things. I have found that items do not give you your health, joy or emotional wellbeing. In fact, quite the opposite is often the case. So, what would I do? Of

course, I would see that my wife, the kids and grandkids were financially secure for generations, but I would also structure their security in such a way where they still needed to work and give the world something of themselves. I would hate to deprive them of the joy of accomplishing, of working and producing something with their life, and the satisfaction of serving others.

I know life doesn't work this way, but if I could spend the money to go back in time, I would be a little kinder to those who needed kindness, and more helpful to those who needed a helping hand. I would pull old friends close that I have let slip away, and I would have recorded every moment I had with dear Grandfather and old hound, Shadow, so I could live them all again. I would change my friend Miss Jayne's age from 93 to 25 so she could sing,

play the piano, teach and do all the things she can no longer do.

I would invest in my community, and make sure that my financial excess served the place where I live long after I am dead and buried. It might be a foundation which helps the needy, a building where the arts and entertainment can thrive and flourish, or perhaps a park or two so the community can share its beauty with all of its citizens.

I must confess there are some selfish things I would do. I would take a couple of long road trips. There would be no hurry to get anywhere or to get back home to some work task or obligation. I might stop at a coffee shop in a little farm town like Lancaster, Missouri and enjoy a piece of pie while talking with some old farmers about how the corn and bean crop looks. Or I might stop at some stream in New Mexico

and fish for trout where I can see the mountains on the horizon. I might even take off to Vermont and Maine, just to see the colors change on the leaves of the trees come autumn.

I think the best thing about winning would be seeing the look on my wife's face. She plays the lottery regularly, is notoriously competitive and lucky, and while she would be happy that I won, it would really aggravate her to know that I won, and she didn't. As ornery as I am, that may be the best reward of all.

What would you do ...? Thought for the day: Don't go spending money you haven't earned on things you don't need in the first place. It is like a dog chasing a car; once you catch it, you have to justify why you ever wanted it in the first place.

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

A hat that stays put...

My aged Uncle Mort admitted the other day that he feels like it's time for him to re-enter the stock market, and this time, "brimming with confidence."

He swore off trying to outguess the market in the late 1990s.

Mort said he lumped all of his investments into "sweet chariot stocks." I'd never heard of such, but his next sentence clarified: "When I bought 'em, they swung low," he cackled ...

He feels certain that widebrimmed hats for ladies are going to make a comeback after several decades in storage, with owners hoping to live long enough to see them make a comeback.

Many after-the-fact comments about the recent presidential inauguration concern Melania Trump's hat, nearly as big as a covered wagon wheel and ample space to carve a turkey.

"Lots of women are on shopping sprees right now, trying to find hats like hers," Mort said. "And they're not finding them



of my ingenious uncle who, as a lad, was usher at the local movie house. This was in the 1920s, before "talkies." All they had were jumpy figures with captions.

He said the manager staged a contest among the ushers to see how women wearing huge hats could somehow be persuaded to remove them so folks behind them could see the screen ...

Mort was creative even then. He made a printed sign and placed it at the entrance.

It read: "Ladies over age 40 need not remove their hats. Problem solved; Mort won

the contest ... Meanwhile, President 47 took time from signing

THE IDLE AMERICAN By Dr. Don Newbury

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> ferred to it as the "Golfo de Nueva Espanol," from Greek mythology and its Sea of Atlas .

People who know far more than I about such say that it is not really a gulf, but more nearly a sea, in many cases larger than bodies of water that are called oceans and seas.

I dunno, but Mort might want to consider investing in map-making and/or T-shirt lettering.

Presses already are rolling ...

"Loyalty" was a word frequently heard during the recent inauguration, and likely in all the ones before it. It's a trait to be valued, but few have seen evidence "up close" to match Dr. Charles Wade's recollection. He was pastor of Arlington First Baptist Church for 23 years until 1999, when he became executive director of the Baptist General Convention.

I Love You More!

I love my wife, Daniele! I love her heart, her deep faith, her commitment to our family, her work ethic, her empathy for others, her appreciation of our community and her ideas.

Recently at a marriage course we were facilitating in Fort Worth, we opened the floor to a group of six couples to share, if they wanted, something they love about their spouses. Some of the couples were there to strengthen an already healthy relationship, while others were facing deep marital challenges. Surprisingly, every person in our circle shared, and it was incredibly special.

When they had all finished, I realized they were looking at us as if to say, "Hey, it's your turn." I have a lot of things I could share, but I said that I love how Daniele never took a shortcut with our two children, giving them her all. Our sons are now in their early thirties with their own families, and I see this same quality reflected in our children and their spouses and again when Daniele



French author Antoine

de Saint-Exupéry observed,

"Love does not consist in gaz-

ing at each other, but in look-

ing outward together in the

This outward focus re-

child when Daniele looked

at me and kindly said, "I

after the birth of our second

love you, David." My normal

tured and meaningful, "I love

response was the good-na-

you, too, Daniele," but this

time I answered differently.

I found my heart swell in ap-

preciation of what God had

done, and I replied, "I love

you more!" This was long

popularized.

before such a response was

I was not competing with

my wife. I simply felt so over-

minded me of a moment

same direction.'

HOPE MATTERS By David Shaffer

Dr. David Shaffer and his wife, Daniele, are Azle-area residents. David is the director of Son Shine Ministries (equipfamilies.org) and serves on the Azle Area Chamber of Commerce Board of Directors and is a Chambe Ambassador (azlechamber.com)

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from Luke 22:42, where he reaffirmed his commitment to give his life as a sacrifice for us. That is the ultimate "love without measure." I picture Jesus' prayers to his Father, repeatedly saying, "Not my will, but your will be done."

I was recently driving alone on a quiet country road in Parker County, where I live. I began thinking of God's gifts to me of a wonderful wife and sons and their families. My heart swelled with thankfulness, and I found myself quietly saying in my heart, "I love them so much!" Immediately and with clarity, I thought about what God would say in response. In my heart, I imagined the Lord saying, "I love them more." This time, however, the response, "That's impossible "would not fit

available at the Dollar Store.'

It appears to me that her hat provided a personal "border wall," allowing "cheek pecks" to reach within two inches of intended targets. I'm not sure how she'd make it flying coach on today's airliners. (Duh, she wouldn't be flying coach.) I guess she could take a middle seat, then buy seats on each side so she could leave her hat on.

The subject reminds me

executive orders to decree that the Gulf of Mexico will henceforth be named "Gulf of America.'

Such may have occurred to other folks, but I've never heard it mentioned. The decree begs numerous questions. First of all, who named it, and when? How much of the gulf is owned by the US of A? Finally, is it really a gulf?

Cursory research reveals that the gulf had no name until the 1540s, when most maps and documents re-

In Arlington, he succeeded Dr. Henard E. East, on staff there for 53 years. Someone asked him about loyalty to Dr. Wade.

"Let me put it this way," he said. "If Dr. Wade decides to paint the steeple pink, I'll climb up there with him and hold the bucket."

connects with our three granddaughters.

Years ago, I had a powerful realization while raising our two boys with my wife. God had blessed me with a partner who loved being their mother. I learned so much about parenting and more from her and continue to learn regularly. One of the best lessons we learned by trial and error was how to go in the same general direction even when we disagree. It requires respecting each other and coming to consensus.

vhelmed by emotion and joy that my normal response was too limited. My wife's reaction blessed me then and continues to today. After hearing my reply, she quickly retorted, "That's impossible!" Another Frenchman, St. Bernard of Clairvaux, wrote during the Middle Ages, "The true measure of loving ... is to love without measure.'

I cannot help but think of my faith and the hope embedded in God's love. Not long ago, I spoke about Jesus' time in the Garden of Gethsemane

for his love is boundless and perfect.

God is love. Whenever we feel down, depressed or perhaps have stepped away from God, we can remember his firm decision in a garden for us, whom he already loved, and the fact that he loves us deeper than anyone (even after knowing everything about us!).

Our response may be, "Lord, we love you!" Can you hear his response? "I love you more." Incredible and true!

CWD raises trash rates for Azle residents

ZACH FREEMAN

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AZLE — Effective in February, trash rates in the city of Azle are set to increase. Residential rates will increase by \$0.34 to \$24.09, which includes a \$.01 increase for the X-Treme Green Event. Commercial handload will increase by \$0.54 to \$34.82. All stated residential rates include billing and franchise fees and all commercial rates include only the 6% franchise fee as CWD assumed the billing of commercial accounts Feb. 15, 2024.

Trash services within Azle city limits are managed by Community Waste Disposal.

CWD general manager J.B. Sweeney answered questions about the rate increase during a Jan. 21 Azle City Council meeting. Assistant to the city manager Susie Hiles introduced the topic.

"No one has apples to apples on trash," Hiles said. "Everybody's got something different. The closest to us in

this area is Keller. They also use CWD, but they still don't have exactly the same type of services that we do, we have a very rich trash service in this community with trash, recycling, bulk items, brush, leaves. Our residents get free paint. We have the two events that occur twice a year for the city-wide cleanup events

that are always well attended. landfill that shut down many We've been having them for years, and they continue to be used by our residents. It's, in my opinion, a modest rate increase. Part of this is due to their landfills going up in cost."

Council members and Sweeney commented that Azle used to have its own

years ago. Sweeney said that today, trash from Azle is often taken to the Southeast Landfill in Fort Worth, the Arlington Landfill or the Hunter Ferrell Landfill in Irving.

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Azle Senior Center open house a success

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AZLE — The Azle Senior Center celebrated a community open house Jan. 24. The event offered gifts, goodies and a chance to see all the facility has to offer.

Jackie "JJ" Joy, the facility's director, was excited to speak about the various activities she had in store for the future. Joy said she'd recently picked up three new vendors to call bingo games, also providing the blockout prizes along with cake and ice cream for birthday parties. Joy said the center is excited to host "blingo" in February, where vendors will provide shiny, flashy, blingy prizes and music and host music bingo on the first Wednesday of the month with Joyce Spikes.

"She gives us special cards that have names of songs, and then she plays a song, and if it's on your card, you mark it off," Joy said. "I've been calling bingo a lot. I like being in there because it gives me a chance to be with my people. But it's nice when we get these vendors involved."

Joy said prospective visitors to the center should be on the lookout for its February calendar, which will be dropping on its website soon. The center will hold exercise classes with Amanda Scott Wednesday mornings. On Feb. 20, the center will be serving guests muffins and coffee and an opportunity to socialize. On Feb. 17, the center will feature a "Mindful Monday" rock painting class.

"We're going to do some rock painting, because it's random acts of kindness the week before. So we're going to do that, and then we can give our rocks to people to show that we appreciate them ... The Thursday or Friday before the Super Bowl we're going to do something special. We haven't got it all planned out yet, but we're going to be doing that and people are going to get everybody to vote for who they want to win."

Joy hopes the center can also soon start a crochet club.



ZACH FREEMAN | TRI-COUNTY REPORTER

Jackie Joy points out signatures on a quilt from the Azle Senior Center's original founders and attendees. Joy noted that she has even met the children of couples who attended in the 1980s.



Among the year's other developments are an increase, to \$2.50, in the recommended donation price for the center's daily meals. The money goes to Meals on Wheels to help offset the full cost of the food. Joy said this is the first time the center has had to increase prices in the almost nine years she has worked there.

Healthcare service providers and local business used

Jackie Joy shows off some bling that might feature in an upcoming bingo game. the event as an opportunity to meet with the public. Scott demonstrated exercises with attendees and handed out raffled prizes. Attendees also gathered for a game of bridge in one of the center's back rooms, while others demonstrated their artistry in the facility's craft rooms. One Azle Senior Center regular, Earlene Gardner, collected signatures from each person coming in for a quilt project while local artist Penny Conn worked on painting a large tablecloth banner for the center.

"I try to come up with useful things to help make life easier," Gardner said of her crafts. "Everything we use in here, we donate it and those will migrate. I bought supplementals because I needed it but we have people donate material and stuff, and we use it."





Attendees play bridge in a back room at the Azle Senior Center.

Earlene Gardner and Penny Conn at the Azle Senior Center Jan. 24 open house.

Azle School Menu

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





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

Mon Biscuit w/Gravy, Froot Loop Waffles **Tues** Pancake Sausage Breakfast Sandwich, Eggogi Waffles, Banana Muffin **Weds** Breakfast Burrito, Vanilla Yogurt w/Granola **Thurs** Pig in a Blanket, Pancake Sausage Breakfast Sandwich Top **Fri** No school

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

Mon BBQ Boneless Wings, Cheeseburger Mac Tues Chicken and Cheese Quesadilla, Popcorn Chicken Bowl w/Roll Weds Breakfast for Lunch, Yogurt Parfaits, Banana Muffin Thurs Cheese Nachos, Pepperoni Pizza Fri No School

GRADES 5TH - 8TH

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

Mon Cinnamon Toast Crunch, Biscuit w/Gravy, Froot Loop Waffles Tues Pancake Sausage Breakfast Sandwich Weds Froot Loops w/Vanilla Yogurt Cup Thurs Pig in a Blanket Fri No school

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

Mon Chicken Tenders, Spicy Chicken Sandwich, Steakfinger Bowl Tues BBQ Boneless Wings Chicken & Cheese Quesadilla Cowboy Chili Weds Mini Corn Dogs, Sloppy Joes, Soft Tacos Thurs Hamburger Pizza, Loaded Baked Potato w/Broccoli Cheese Soup, Pizza Pocket Fri No school

HIGH SCHOOL

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

Mon Biscuit w/Gravy, Cinnamon Toast Crunch Tues Pancake Sausage Breakfast Sandwich, Eggogi Waffles, Cinnamon Toast Crunch Weds Breakfast Burrito, Vanilla Yogurt w/Granola Thurs Breakfast on a Stick, Pancake Sausage Breakfast Sandwich Fri No school

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

Mon Sweet Fire Chicken w/Brown Rice, Breaded Chicken Sandwich, Chicken Alfredo w/Breadstick, Bacon Pizza, Cheese Pizza, Breaded Chicken Sandwich Tues Orange Chicken & Rice, BBQ Boneless Wings, Spaghetti, Hamburger Pizza, Mozzarella Sticks Weds Chicken and Vegetable Dumpling w/Lo Mein, Chicken Nuggets w/Breadstick, Spicy Chicken Sandwich, Pizza Pocket, Supreme Pizza Thurs Teriyaki Chicken w/Brown Rice, Chili Cheese Dog, Pizza Grilled Cheese, Meatlovers Pizza, Pepperoni Pizza Pocket Fri No school

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Springtown School Menu

BREAKFAST PRICES	
EC-12th Grade	\$ 1.75
EC-12th Reduced	
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.	



*Menus are subject to change

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 French Toast Sticks Sliced Pears **Tues** Pancake Bites Strawberry Applesauce **Weds** Sausage Biscuit Mandarin Oranges **Thurs** Cinnamon Roll Apple Slices **Fri** Manager's Choice Blueberries

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 Tangerine Chicken Grilled Cheese, Brown Rice Fresh Veggies Mandarin Oranges or Apple Slice
 Tues Spaghetti Corn Dog Green Beans Fresh Veggies Strawberry Applesauce or Orange Weds
 Cheeseburger Hamburger Emoticon Potatoes Fresh Veggies (Cucumbers, Baby Carrots, Broccoli)
 Apple or Sliced Strawberries Thurs Beef Tacos Chicken Tacos Refried Beans Corn Apple Slices or
 Blueberries Fri Pizza Mixed Vegetables Fresh Veggies, Banana or Watermelon Craisins

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 General Tso's Chicken Tangerine Chicken, Brown Rice Roll Fresh Veggies Mandarin Oranges Tues Chicken Sandwich Rib Sandwich Roasted Chickpeas Fresh Veggies Applesauce, Orange Weds Regular or Spicy Tenders Waffles Tator Tots Fresh Veggies Apple, Blueberries Thurs Beef or Chicken Tacos Beef or Chicken Nachos Refried Beans Corn Apple Slices, Sliced Peaches Fri BBQ Chicken, Pulled Pork Sandwich Steamed Broccoli, Coleslaw Roll Fresh Veggies Banana, Sliced Strawberries

This menu is sponsored by ...



817-444-1763 • SmileGreat.com

AISD addresses drop in unofficial accountability ratings

ZACH FREEMAN

azlereporter@tricountyreporter.com

AZLE — Azle Independent School District can now be counted among the many Texas school districts unhappy with its unofficial accountability ratings from the Texas Education Agency.

Texas Academic Performance Reports are an important tool for school districts to determine how their students fare academically The metric measures STAARbased student achievement, school progress from year to year and equity between different demographics enrolled at each campus. It is used by the Texas Education Agency and the federal government to help identify which schools need guided improvement and which can be trusted to self-assess.

In years past, TAPR has been used to generate an accountability rating for each district. Prior to launch, TEA unveiled a new formula for the 2023 accountability ratings that many districts worried would negatively impact their scores. Some of those districts then filed a lawsuit against TEA in protest of the new formula. While under litigation, the TEA has halted the official publication of 2023 and 2024 scores.

Azle ISD has calculated its own unofficial score based on recently released TAPRs and confirmed its accuracy with the TEA. AISD Director of Secondary Curriculum and Federal Programs Jordan Thiem presented the scores at a Jan. 21 board of trustees

meeting.

Using the accountability formula, the district would have scored a 78 or a C for its 2024 accountability ratings. The unofficial accountability rating for 2023 was projected to be 85 or a B. Azle ISD also scored an 85 in 2022. Districts were not rated in 2021 or 2020 because of the COVID-19 lockdowns and Azle ISD received an 88 for 2019.

In the categories of student achievement, school progress and closing the gap, Azle ISD scored 79, 78 and 76, while the prior year's scores were 83, 82 and 77 respectively.

Scores were also broken down to the school level. Most Azle schools scored Bs and Cs, with the outliers being Hornet Academy with a 99 and Liberty Elementary with a 66. Thiem explained that while secondary schools had a number of different factors analyzed in its scores, elementary schools were graded entirely on third and fourth grade STAAR test results.

"That entire number is really based off of two ELA tests and two math tests that all happen within two days," Thiem said. "You'll notice that Liberty there is marked as a D, as a 66. I will tell you, that's already in the process of being turned around. (Principal) Miles is doing fantastic things at Liberty, and we have seen gains there already. So, that number is changing as we speak."

In a general trend from schools across the district, Azle outperformed other dis-

tricts in the state and region in meeting and approaching STAAR performance expectations, while Azle schools often had a smaller percentage of students achieve master level scores and students who did not meet expectations.

Thiem described English language arts as a "shining star" for the district, citing above average scores in both its elementary and secondary schools. Thiem attributed the higher English scores to a successful implementation of reading and ELA initiatives in elementary, junior and high school that build off each other and reinforce critical skills and knowledge for the subject. Conversely, the district's third grade math STAAR scores tended to lag slightly behind the region and state.

"(Math) is where we need to focus on," Thiem said. "This is also the place that the rest of the state and the rest of the country need to focus on. Math scores have consistently gone down since COVID, and it's been a struggle ... One of the things I am proud of is the lack of how much we've dropped, because our drop has been significantly less than some of the districts that are around us, and it's actually been less than what the region and the state have seen all together. Though we have gone down, it has not been as significant as what we've seen across the state."

To address this problem, Thiem said the district is trying to move away from



Jordan Thiem addresses trustees at a school board meeting.

online math games and steer students to learning through group discussion, using hands-on tools and resources.

More data presented by Thiem showed that while AISD's college-level course enrollment fell behind the state and region, the district outperformed in the number of graduates ready for trades and careers. Azle ISD scored 51% and 50%, respectively, in college and career readiness compared to the state's 62% and 36%. College readiness is largely based on if students earned college credit through Advanced Placement, OnRamps, Dual Credit classes or met Texas Success

Initiative criteria for the SAT and ACT, among other academic achievements. Thiem said the district hopes to boost this number by implementing Texas College Bridge in more classes. Career readiness is based on the number of students enrolled in work programs or that have earned industry certifications. Thiem noted that some AISD programs may not be counted toward career readiness, despite preparing students for jobs in fields like crane operation or industrial refrigeration, because of TEA standards.

For a total college, career and military readiness score, AISD achieved 70%. This increase achieved a goal set by the board two years ago but still had Azle lagging behind the state's 76% CCMR score. The district, region and state all showed improvements in all three readiness categories over the last three years.

Azle ISD's graduation rate, 97.2, exceeded the state and region, 90.3% and 89.9%. Thiem noted that this number does not necessarily reflect the number of students who graduated, but instead the percentage who graduated with their grade cohort. Counting students who graduated early or late, Thiem said the district's true graduation rate is close to 99%.

APD gets approval for new radar, armor plating

ZACH FREEMAN

azlereporter@tricountyreporter.com

AZLE — During the Jan. 21 Azle City Council meeting, the Azle Police Department received approval to seek two justice assistance grants. The first grant, for \$32,000, will be used to fund the purchase of eight vehiclemounted radar units. The

Council.

The APD has used similar grants to purchase a crime scene scanner, shields, body armor, a drug burn barrel and other items in the recent past. The city will pay the initial costs for these items and receive reimbursement from the state of Texas after Oct. 1.

MacQuarrie demonstrated

ficers often carry and save officers time in active shooter situation. The armor plates, Winterrowd said, can be slipped into the pockets of a normal police vest and worn all the time instead of having officers change into bulkier armor.

"Armor technology has got-Winterrowd and Sgt. Jordan ten us to a point we can actually be a lot more comfortable



second, for \$10,000, will be used to purchase rifle-resistant body armor plates. Cpl. Mike Winterrowd pitched the two items to the Azle City

that the new armor plates will not only provide greater protection, they will also take about 10 pounds off the 60-or-so pounds of gear ofin our jobs," Winterrowd said.

The council unanimously voted to approve the purchase of both items.



ZACH FREEMAN | TRI-COUNTY REPORTER

Sgt. Jordan MacQuarrie hands a lightweight piece of armor plating to Azle City Council member Derrick Nelson.

Infant left in a vehicle at sporting event; 35-year-old man arrested

JOLEE SKINNER

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SPRINGTOWN — On the evening of Jan. 25, an infant was left inside a vehicle at a kids' sporting event at the Lions Club in Springtown. According to the Springtown PD Facebook

page, Springtown police officers responded to a call for service at a Lions Club youth sporting event after receiving reports of a baby possibly being left in an unattended vehicle. The infant was found in an unattended vehicle unharmed. Springtown officers located the parents of the

baby and arrested 35-yearold Juan Carlos Bencomo-Garcia, who was charged with abandoning/endangering a child. Officers are still investigating and additional arrests may be forthcoming.

The heavy presence of law enforcement at the event was because of the incident

and not because of any other threat to public safety or the individuals attending the event.

The Springtown Police Department is not releasing any information regarding the identity of other individuals who may be involved due to a minor being at the

center of the investigation. Springtown PD addressed the concern residents may have had and assured the public of no other incidents that evening.

"We understand that an unexpected presence of law enforcement personnel at an event involving a crowd, and

juveniles may cause significant concern and speculation and therefore we are making this post to reassure the community that there was no threat to the public or any of the other children attending or participating in this event at any time," officials said.



OBITUARIES

Ruby Lee Insell 1954 — 2025

Ruby Lee Insell, 70 years young, went to be with the Lord 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, she grew up teaching and caring for her siblings as well as numerous younger cousins. She was baptized at a young age in the Baptist church. She enjoyed spending time outdoors in East Texas as a child and never lost her love for the outdoors. Ruby loved fishing, sewing, country music and playing soccer. In her later vears 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. They 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, as a REALTOR[®] 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 was a very good soccer player herself despite taking it up for the first time as an adult. She loved the game and the spirit of competition, never asking for nor giving any quarter. Many of her closest friends were teammates and those friendships continued throughout her life.

Ruby spent her free time helping family and friends in any way she could, from fostering dogs at animal shelters, being a caretaker for loved ones, to volunteering as homeroom mom to support 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; her daughter Melissa (Lisa) Lee; grandchildren Hayley Dyer and Ashley Dyer; nieces Crystal Boyte and April Babovec; nephews Josh Hays, Billy Wayne Hays, John Hays Jr., Vincent Fagan and Joseph Fagan.

The Tri-County Reporter, Thursday January 30, 2025

BOOK REVIEW

The Word of Dog

TERRI SCHLICHENMEYER Special to the Tri-County Reporter

Your dog has it pretty good.

You feed him nutritious food tailored to his needs. and you're generous with snacks. She has her own bed. but she prefers yours and you don't mind. You open doors for him, play his favorite games, and you pick up his toys and his yard. Around your house, it's absolutely a dog's life but, philosophically speaking, asks Mark Rowlnds in "The Word of Dog," which of you really has it better?

At a certain time of day, on certain days of the week, Mark Rowlands asks his German shepherd dog, Shadow, if he wants to ride along to fetch Rowlands' son. This sends Shadow spinning happily, even though the ride is routine and always uneventful.

For years, he took Shadow on walks by the canals near their Miami home where Rowlands says Shadow took great delight in running. chasing and scattering iguanas and ducks. It was, he says, a Sisyphean task with no end but that seemed to be half the fun.

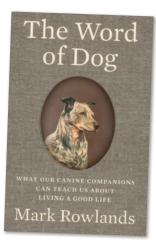
He often wonders why he can't capture that kind of joy over something so simple, and he wonders about the meaning of it. It's doubtful, Rowlands admits, that Shadow thinks similarly, but though Socrates (or maybe Plato) said that an unexamined life is not worth living, surely Shadow feels joy. Isn't that the point of a life well-lived?

Immanuel Kant weighed in on self-reflection, which Rowlands says dogs practice, though obviously not as humans do. He disagrees with Sartre's principles of freedom, vis à vis dogs, because a dog's idea of freedom likely differs from ours. Philosopher Moritz Schlick said that the "meaning of life is play," and dogs absolutely tick that box. Rowlands furthermore argues that dogs have morals, logic and a certain doggy rationality, and though Christian philosopher William Lane Craig suggested that dogs' lives lack

meaning because they don't believe in God, Rowlands disagrees. If you hope to truly understand life, he says, adopt a dog.

Once or twice at random inside this book, author Mark Rowlands says the things he presents here are "hard," and he's absolutely correct. "The Word of Dog" is the kind of book that may make your brain hurt, but in a good way.

Though dog owners may think that there's no need to question the meaning of their fur-kid's existence, Rowlands puts fun inside the difficult through stories of his own dogs, their habits, and how philosophers might consider their behavior. Even writing about Shadow's aggression, which may be controversial for some trainers. Rowlands entertains and teaches readers to think about the nature of comparison between species, and if it's possible or even valid. In this, he makes a good dog advocate, through logical arguments, theoretical hypotheses and sensical observations that will make



"The Word of Dog: What Our **Canine Companions Can Teach** Us About Living a Good Life," c.2025, Liveright, \$26.99, 256 pages

readers - especially strictly science-minded ones hard-pressed to dissent.

Just bear in mind that this isn't a book for everyone. It's a thinking person's book, and don't rush your time with it. For the right kind of left-brained reader, "The Word of Dog" is pretty good.

Golf course comeback

ZACH FREEMAN

azlereporter@tricountyreporter.com AZLE — No mulligan was needed after a rough year turned to aces for Cross Timbers Golf Course.

On Jan. 21, Cross Timbers Golf Course Manager Matt Sommerfield presented an annual report to the Azle City Council. While fewer total rounds were played in the last fiscal year, Sommerfield and Azle City Manager Tom Muir were relieved when considering the year's hurdles. Parts of the course were shut down and fees were reduced from May to September after winter weather and dry

Cross Timbers Golf Course presents annual review

conditions killed off greens in 2024. The total rounds of golf played were 40,971 which was only 8.7% away from being on par with the prior year. A total revenue of \$2,045,023 with expenses totaling \$2,094,679 meant the course only had a net loss of about \$50,000, despite the major handicap.

"That's not nearly as bad as we thought it would be," Muir said.

Sommerfield added that if

the course had made similar amounts of money during its down months. Cross Timbers would have made an additional \$300,000 last fiscal year.

"On either end of those down months, we had record months," Sommerfield said. "So, it made up for that \$300,000 loss."

Among its costs, Sommerfield said Cross Timbers re-sprigged or resodded an area of about

seven acres.

The course also received a new fairway mower, renovated nine bunkers and the clubhouse. In October, the course added 70 new gaspowered golf carts, a range picker and a beverage cart to its fleet in an agreement the city predicted would save it \$28,318 annually.

To prevent future damage caused by winter kills, the golf course has begun to close its greens and covering them with tarps during severe weather. With recent snowfall and below freezing temperatures, Cross Timbers has closed down as a precaution twice this month.



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ΙΝΕΟΠΙΟΑ **FROM PAGE A1**

dents with purpose and integrity. I am truly blessed to have worked alongside such dedicated educators, staff and families. Our students deserve the best from each and every adult and my wish is for every child to know they have the unwavering support of our school community and its leaders." Lake Worth ISD Board President Armando Velazquez praised Dr. Neshyba's dedication and

to her students and to the district.

"Dr. Neshyba's leadership has transformed our district in countless ways," Velaquez said. "Her vision, dedication, and compassion have left a profound impact on our students, staff and community. On behalf of the Board of Trustees, we extend our heartfelt gratitude for her service and wish her the best in her retirement.'

The Lake Worth ISD school board will continue its search for a new superintendent and ensure a smooth transition for the district takes place.

www.tricountyreporter.com

... ATTEND THE CHURCH OF YOUR CHOICE THIS SUNDAY

GRACEPOINTE CHURCH

THE ABBEY CHURCH Pastor: Paul Brownback 10400 Jacksboro Hwy 817-238-1404 www.TheAbbeyChurch.com Morning Worship...... 10:30 AM Community Groups Various Times **ASH CREEK BAPTIST CHURCH**

Pastor: Dr. G. Wesley Shotwell 300 South Stewart St. 817-444-3219

www.ashcreekbc.org

Sunday School	9:30 ам
Contemporary Worship-TMP	10:45 ам
Traditional Worship	10:45 ам
Evening Worship/Youth Refuge	6:00 рм
Wednesday Evening	6:15 рм

AZLE FIRST ASSEMBLY of GOD

Rev. Joshua Lowrance
1020 S.E. Parkway, Azle 817-237-4903
Sunday School9:30 AM
Morning Worship10:30 AM
Wednesday Evening7:00 PM
COMMUNITY BIBLE FELLOWSHIP CHURCH
Pastor - Alton Davis 817-521-4510
cbfazle.org
1405 Reynolds Rd., Azle
Directions: 730 N. to 1542 .5 mi. right
on Cardinal, left on Reynolds
Sunday Service11:00 AM
Wednesday Evening6:30 PM

AZLE CHRISTIAN CHURCH DISCIPLES OF CHRIST Interim Minister Rev. Russell Clark, Family Life Minister Emerson Braun 117 Church St. • 817-444-3527 Sunday School.....10:00 AM Morning Worship......11:00 AM **CORNERSTONE COMMUNITY CHURCH** 2233 Hwy 199 E., Springtown 817-221-LIFE (5433) Sunday Worship Service 10:00 AM Wednesday7:00 PM **CROSSROADS BAPTIST CHURCH** Pastor - Jon Baker Corner FM 730S & FM 1886 817-755-0279 Transportation Available Worship Service......10:30 AM Wed. Prayer Service......7:00 PM

THE EDGE CHURCH - AZLE

1313 S.E. Pkwy, Azle **817-237-4822** Missouri Synod "Love God - Serve Others - Share Jesus" Traditional Worship9:30 AM 59 Contemporary Worship......11:00 AM FIRST METHODIST CHURCH OF AZLE

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

4110 E. Hwy 199, Springtown Pastor: Timothy McKeown 817-221-5683 gracepointesbc.org 9:45 am Sunday School

HOLY TRINITY CATHOLIC CHURCH
Wednesday Bible Study6:00 PM
Sunday Service11:00 AM
ounday oonoon

	800 Highcrest Dr	Azle 817-444-3063
Λ	Saturday	5:00 рм
Λ	Sunday	9:00 ам
	Sunday	11 ам (Spanish)
	Daily Mass (M. T. Th.	F)

Wednesday Mass Religious ED 6:30 PM Confessions Sat 4 PM

HOPE LUTHERAN CHURCH ELCA

4795 E. Hwy 199 - Reno 817-221-HOPE
Follow us on Facebook for streaming services
Sunday School9:00 AM
Traditional Service10:00 AM

SOLID ROCK BIBLE CHURCH

591 S. Reno Rd, , Springtown	, Texas 76082
Pastor - Bill Gay - 817-3	04-7443
Coffee and Donuts	9:00 ам
Sunday School	9:30 ам
Morning Worship	10:30 ам
Children's Church After Mu	sic Service
Wed. Prayer Meeting	6:30 рм
Wed Bible Study	7.00 pm

LEGACY CHURCH Assembly of God Church Pastor: Gary D. Veazey Hwy. 199 & Jaybird Lane 817-221-2983 Morning Worship......9:15 & 11:00 AM Kidz Zone......9:15 & 11:00 AM Weds Evening Legacy Group Legacy Youth, Kids THE RANCH CHRISTIAN COWBOY CHURCH Pastor: Greg Slankard 7955 Reed Rd., Azle 682-327-7082

TRI+ COUNTY REPORTER 817-270-3340

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

SILVER CREEK BAPTIST CHURCH Pastor: Jay Ditty

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

Morr	ning Worship	10:50 ам	(6th-12th gra
Even	ing Worship	6:00 рм	Awana Kids a
Wed	. Prayer Service	7:00 рм	Life at the W

THE WORD@LAKESIDE CHURCH OF GOD 9396 FM 1886 Fort Worth, TX 76135 817-237-5500 thewordatlakeside.com 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 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 The WORD Students ades)..... 6:30 PM at the WORD 6:30 PM /ORD Life Groups Various Times

A church alive is worth the drive! For more information or rates on listing your church, call Toni at 817-270-3340



Where there is smoke ..

ZACH FREEMAN

azlereporter@tricountyreporter.com

FORT WORTH — Throughout Friday afternoon, frightened Azle area residents called first responders with concerns about large plumes of smoke just outside the city. While there was plenty of smoke to be seen near State Highway 199, there was no danger from the fires.

The Fort Worth Nature Center & Refuge conducted a prescribed burn Jan. 23–24. This effort was carried out by nature center staff, the Tarrant Regional Water District and the Fort Worth Fire Department Wildland Fire Team. While certain trails and sections of the center were closed off, 9601 Fossil Ridge Road remained *Fort Worth Nature Center & Refuge conducts prescribed burn*

open to the public both days. Several years ago, former FWNCR Natural Resources Manager Daniel Price applied for a United States Forest and Wildlife Service grant to start restoring the prescribed areas. Last week, nature center staff was excited to finally start blazing new trails.

"This helps with our land management," acting nature center director Jared Wood said. "It is a great way to manage habitats. It reduces fuel and the chances of wildfires, so it reduces wildfire risk and provides excellent training to firefighters from around this area. If they are called to a wildfire, like everyone has seen in California, they'll know exactly how to go about it."

Along with preventing possible wildfires, prescribed burns may help reduce invasive plant and animal species and revitalize the soil, promoting renewed growth of diverse native flora and fauna. The burns and cleanup took place over a period of about three days and covered an area of 250 acres. Wood said given the area, scope and timing of the project, its success is a testament to all involved.

To learn more about the FWNCR, its operations and resources for visitors, visit *www.fwnaturecenter.org.*



ZACH FREEMAN | TRI-COUNTY REPORTER

David Reasoner, natural resource technician, poses with Jared Hall, certified burn manager, and other volunteers at a prescribed burn Jan. 24.



Acting FWNCR Manager Jared Wood stands near a controlled burn area at the park's entrance.



A container containing flammable liquid in front of a prescribed burn at the Fort Worth Nature Center & Refuge.



Firefighters and volunteers trudge off into the woods with flammable liquid containers.



Small fires produce heavy smoke outside the FWNCR entrance on Fossil Ridge Road.

Power up!

ZACH FREEMAN

azlereporter@tricountyreporter.com

AZLE — Despite any suspicions exceptionally cheap prices may have caused, the city of Azle got an offer it could not refuse at the Jan. 21 council meeting.

In February 2021, Texas communities faced power outages, blackouts and severe freezing temperatures during Winter Storm Uri. City employees had to brave the snow and ice using its single portable generator to pump sewage after its lift stations lost electricity. In order to reduce travel in hazardous conditions, among other reasons, the city has completed a grant application to the Federal Emergency Management Administration through the Texas Department of Emergency Management to purchase four additional generators, not exceeding \$240,000 in

Azle approves purchase of surprisingly cheap generators

total costs. The reimbursable grant will fund 90% of the project. When looking at its choice of sellers, the city could find no reason to reject its lowest bid of \$152,800 from KW Power Services LLC.

"It's not wasted on staff that the bid we recommended is so much lower than expected," Muir said. "We couldn't find a reason to (disqualify) him. He's going about it a bit differently. He's having them made by a third party. They're getting component parts, and they're putting them together. We were not all that comfortable but then reviewing it he meets the specs. He's worked on our generators before from a maintenance standpoint."

Rick White, public services director, said the seller had worked with the city of Azle over 10 years ago and by all indications, accepting the bid was the right decision. City purchasing agent Jennifer

Walls reached out to another city in the area that had accepted a similar deal from the seller and did not report any issues. The Azle City Council expressed some reservations at approving the deal initially but ultimately voted to approve the purchase of the generators.

"It's got a Perkins diesel in it," Rick White said. "So, it's a really good motor. Everything in it is quality stuff, as best we can tell ... We're the second city that it's done for. I don't know how many generators he's got in service. He's cutting out the middleman."

The 85-kilowatt-hour generators will have a two-year or 500-hour warranty. They are expected to arrive before May 30. The generators will be stored at the utility maintenance and the wastewater plant.

Lake Worth Senior Center hosts Legacy Oaks of Azle



JOLEE SKINNER | TRI-COUNTY REPORTER Legacy Oaks of Azle Community Relations Director Kelly Case talks to the seniors about the importance of maintaining healthy eating habits.

JOLEE SKINNER

jolee@tricountyreporter.com

LAKE WORTH — On Friday, Jan. 24, the Lake Worth Senior Center hosted seniors from Legacy Oaks in Azle plus staff for a healthy cooking event to demonstrate how to keep eating healthy in the later years of life.

Legacy Oaks of Azle brought its own chef, Juan Estrada, to cook a simple recipe for the seniors. The meal was salmon with cooked asparagus topped with an avocado dressing. Legacy Oaks of Azle Community Relations Director Kelly Case talked to the Lake Worth seniors about Legacy Oaks and all the services it provides.

For more information about the Lake Worth Senior Center visit www.lakeworthtx.org/ senior-center. For more information about Legacy Oaks of Azle, visit www.civitasseniorliving.com/legacy-oaks-of-azle/



Seniors grab plates of the meal Chef Juan prepared for them.

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. The seller reserves the right to withdraw the property at any time before the sale. Unit items sold to the highest bidder. Property includes the contents of spaces of the following tenant and is primarily household items and furniture. JEANETTE ALVARADO KALEB BRADLEY CASPERELLA ELKINS MICHELLE HERRING KHRISTANE LOVE SUPOTE NONGNU JWHITNEY THOMAS RICK WEBB SHANNON WHITE LAUREN WINGATE

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. Unit items sold as-is to highest bidder. Property includes the contents of spaces of the following tenants: Cynthia Thompson, bed, bed frame, toys, furniture, household items; Jody Patterson, Furniture and household items; Yerielis Rojas, Dresser, head board, boxes, household items.

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.

CITY OF LAKE WORTH ORDINANCE NO. 1296 AN ORDINANCE AMENDING ORDINANCE NO. 1169, THE COMPREHENSIVE ZONING ORDINANCE OF THE CITY OF LAKE WORTH, BY CHANGING THE ZONING DESIGNATION FROM "PC"PLANNED COMMERCIAL TO "C" **COMMERCIAL FOR APPROXIMATELY 1.327-ACRES OF LAND DESCRIBED HEREIN AS** BLOCK 1, LOT 8R, RITCHIE BROTHERS ADDITION, AND COMMONLY KNOWN AS 4100 BOAT CLUB RD., LAKE WORTH, TEXAS AND BY AMENDING THE OFFICIAL ZONING MAP TO REFLECT SUCH CHANGE, PROVIDING THAT THIS ORDINANCE SHALL BE CUMULATIVE OF ALL ORDINANCES; PROVIDING A PENALTY CLAUSE; PROVIDING FOR SAVINGS PROVIDING FOR SEVERABILITY, PROVIDING FOR ENGROSSMENT AND ENROLLMENT; PROVIDING FOR PUBLICATION IN THE OFFICIAL NEWSPAPER; AND NAMING AN EFFECTIVE DATE. SECTION 6. PENALTY CLAUSE. Any person, firm or corporation who violates, disobeys, omits, neglects or refuses to comply with or who resists the enforcement of any of the provisions of this Ordinance shall be fined not more than Two Thousand Dollars (\$2,000.00) for each offense. Each day that a violation is permitted to exist shall constitute a separate offense. SECTION 10. PUBLICATION CLAUSE. The City Secretary of the City of Lake Worth is hereby directed to publish in the official newspaper of the City of Lake Worth, the caption, the penalty clause, publication clause, and effective date clause of this ordinance two (2) days as authorized by Section 52.013 of the Local Government Code. SECTION 11. EFFECTIVE DATE. This Ordinance shall be in full force and effect from and after its passage and publication as required by law, and it is so ordained. PASSED AND APPROVED on the 21st day of January 2025.



Legacy Oaks of Azle Chef Juan Estrada cooked salmon and vegetables for the seniors at the event.

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Wright Way Family Practice

Crystal Wright, MSN APRN FNP-C 1250 E. Hwy 199, Springtown TX 76082 817-409-4699 wwfp@wrightwayfamilypractice.com

CITY OF LAKE WORTH ORDINANCE NO. 1297 AN ORDINANCE AMENDING ORDINANCE NO. 1169, THE COMPREHENSIVE ZONING ORDINANCE OF THE CITY OF LAKE WORTH, GRANTING A CONDITIONAL USE PERMIT TO OPERATE A MINOR AUTO SERVICE / REPAIR SHOP IN THE "HC" HIGHWAY CORRIDOR ZONING DISTRICT ON APPROXIMATELY 0.8728-ACRES OF LAND DESCRIBED AS BLOCK 1, LOT 2, LAKE WORTH DADRE ADDITION AND MORE COMMONLY KNOWN AS 6734 LAKE WORTH BLVD., LAKE WORTH, TEXAS; BY AMENDING THE OFFICIAL ZONING MAP TO REFLECT SUCH CHANGE,; PROVIDING THAT THIS ORDINANCE SHALL BE CUMULATIVE OF ALL ORDINANCES; PROVIDING A PENALTY CLAUSE; PROVIDING FOR SAVINGS; PROVIDING FOR SEVERABILITY; PROVIDING FOR ENGROSSMENT AND ENROLLMENT; PROVIDING FOR PUBLICATION IN THE OFFICIAL NEWSPAPER; AND NAMING AN EFFECTIVE DATE. SECTION 7. PENALTY CLAUSE. Any person, firm or corporation who violates, disobeys, omits, neglects or refuses to comply with or who resists the enforcement of any of the provisions of this Ordinance shall be fined not more than Two Thousand Dollars (\$2,000.00) for each offense. Each day that a violation is permitted to exist shall constitute a separate offense. SECTION 11. PUBLICATION CLAUSE. The City Secretary of the City of Lake Worth is hereby directed to publish in the official newspaper of the City of Lake Worth, the caption, the penalty clause, publication clause, and effective date clause of this ordinance two (2) days as authorized by Section 52.013 of the Local Government Code. SECTION 12. EFFECTIVE DATE. This Ordinance shall be in full force and effect from and after its passage and publication as required by law, and it is so ordained.

PASSED AND APPROVED on the 21st day of January 2025.

NOTICE TO CREDITORS Estate of Maria Elena Gonzales, Deceased Notice is hereby given that original Letters of Administration for the Estate of Maria Elena Gonzales, Deceased, were issued on January 22, 2025, in Cause No. 24P398, pending in the County Court of Parker County, Texas, to: Ricky Gonzales, Independent Administrator. Claims may be mailed in care of the Estate as follows: Ricky Gonzales, Independent Administrator c/o Wendi E. Andino, AttorneyRuelas Andino Law, PLLC 1020 Fort Worth Hwy., Ste. 500 Weatherford, Texas 76086 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 22nd day of January 2025.

AN ORDINANCE AMENDING CHAPTER 4, "BUSINESS REGULATIONS," CITY OF SPRINGTOWN CODE OF ORDINANCES BY ADDING A NEW ARTICLE 4.14 "SPECIAL EVENTS" TO REQUIRE PERMITS FOR SPECIAL EVENTS; PROVIDING PROCEDURES OF THE ISSUANCE OF A PERMIT; PROVIDING FOR HEALTH AND SANITATION REQUIREMENTS FOR THE EVENT; PROVIDING FOR POLICE PROTECTION FOR EVENTS; REQUIRING THE ORGANIZER OF THE EVENT TO CARRY LIABILITY INSURANCE IN A STATED AMOUNT WHEN EVENT IS HELD ON OR AT PUBLIC PROPERTY; PROVIDING A PENALTY FOR VIOLATIONS OF THE ORDINANCE; PROVIDING THAT THIS ORDINANCE SHALL BE CUMULATIVE OF ALL ORDINANCES; PROVIDING A SEVERABILITY CLAUSE; PROVIDING A SAVINGS CLAUSE; PROVIDING FOR PUBLICATION; AND PROVIDING AN EFFECTIVE DATE. A person, firm or corporation who violates, disobeys, omits, neglects or refuses to comply with any of the provisions of this ordinance shall be deemed to have committed an offense. A person, firm or corporation found to have violated any provision of this ordinance shall, upon conviction, be fined in an amount not to exceed the sum of \$500.00. The imposition of a fine shall be in addition to any and all other remedies provided in this ordinance. Each day that a violation is permitted to exist shall constitute a separate offense. This Ordinance shall be in full force and effect from and after its passage and publication as required by law, and it is so ordained. PASSED AND APPROVED ON THIS 23rd DAY OF JANUARY, 2025

CITY OF LAKE WORTH NOTICE OF PUBLIC HEARING TUESDAY, FEBRUARY 18, 2025 - 6:30 P.M. LAKE WORTH CITY COUNCIL CHAMBERS 3805 ADAM GRUBB, LAKE WORTH, TX There will be a Public Hearing to receive citizen's comments regarding the 51st Year Tarrant County Community Development Block Grant (CDBG) project for reconstructing approximately 1,200 feet of 2" water line and replacing with 6" water line. The existing water line consists of cast iron piping and will be replaced with PVC pipe. Written comments are requested to be submitted by Tuesday, February 11, 2025, to be included in the packets going to the Lake Worth City Council. Written comments received after that time may be brought to the Public Hearing. For questions on the project, please contact Micheal Christenson, Director Public Works, at (817) 237-7210 or Stacey Almond, City Manager, at (817) 237-1211. Please submit written comments to: City of Lake Worth, ATTN: Holly Fimbres, City Secretary, 3805 Adam Grubb, Lake Worth, Texas 76135.

Springtown receives competitive grant for park renovations and amends business regulations

JOLEE SKINNER

jolee@tricountyreporter.com

SPRINGTOWN - On Thursday, Jan. 23, the city of Springtown received a \$300,000 nonurban outdoor grant from the Texas Parks and Wildlife Commission. Springtown City Administrator David Miller announced the award at a regular city council meeting during his report.

"I am pleased to announce tonight that the final word came in this morning, after the public hearing in Austin. The city of Springtown, with the joint efforts between staff and public management, is the recipient of a \$300,000 matching 1:1 grant," Miller said. "This is a grant that we applied for to put the allaccess playground in place. We have the matching funds already budgeted and we are going to be moving forward with that project.'

The nonurban outdoor recreation grants fund projects in municipalities with populations less than 500,000. The city of Springtown was one of 21 communities that received a nonurban outdoor grant. The grant will be used for renovations and development at Springtown Park. The new amenities will include an inclusive playground with pour-in-place surfacing and shade. It also includes a cornhole game area, tables for chess/checkers, trails, putting green, fitness equipment and interpretive signage.



The city council of Springtown meets every fourth Thursday at 7 p.m.

"It's exciting news for us," Miller said. "Kudos to the staff, kudos to public management for handling the grant application process. It's a new and exciting use for that will service every age category that will benefit our citizens."

These grants are competitive and are allocated to local government entities on a 50/50 reimbursement match basis. Springtown Park is where the old Splash Pad used to be located.

Also, during the meeting, the city council approved amending chapter 4, business regulations, in regard to needing a permit to host a special event held for a commercial purpose that is open to the public.

The city of Springtown currently only requires a special event permit for public events on city-owned properties that involve alcohol sales. The proposed and approved amendment expands this requirement to include any public event not contained on the organizer's property.

The need for this change comes from concerns over unplanned growth of events, leading to issues like lastminute requests for city ser-

vices, unauthorized street closures and disruptions to local businesses, particularly in the square. These problems arise when event organizers fail to provide adequate notice. Additionally, events held in close proximity to one another can result in resource conflicts, like overlapping vendor fairs. As of right now, the city does not anticipate the ordinance

JOLEE SKINNER | TRI-COUNTY REPORTER

will call for a permit application fee.

City staff recommends this amendment to better manage public events, while excluding private events like weddings and birthday parties that are already regulated through the reservation process. The council approved the ordinance 5-0.

Lake Worth ISD board of trustees met Jan. 21

JOHN ENGLISH

Contributing writer

The Lake Worth ISD board of trustees met Jan. 21 as scheduled.

The meeting was conducted in the Lake Worth High School auditorium for the purpose of student recognition so students could be rec School FFA students. Next was a recognition of school board members.

January is school board recognition month and each school board member was presented with a gift bag from a campus principal and photos were taken.

Student recognition fol-

next, and Miller Language Academy Principal Jenifer Smith made a presentation about the various academic initiatives that are going on at her school.

Next up was a discussion on the course catalog, and there are a few new courses being offered for the dis-

approve target improvement plans was next, which was a report to the board about state-required submissions for some of the district's campuses.

The next item was a motion to consider and approve a resolution regarding wage payments due to school

a resolution to be able to get them paid for those days that the schools were closed.'

The motion was approved unanimously at the meeting. The next item was a proposal to approve an update to the 2024-25 compensation

plan. A motion was made to table that item until the February meeting, and it passed unanimously. Next up was the superintendent's report and the district's superintendent Dr. Rose Mary Neshyba announced her retirement at the meeting effective at the end of June. The minutes of the previ-

ous meeting held Dec. 16 were approved unanimously. The meeting was then

adjourned.

Following the meeting, Dr. Neshvba, whose official retirement date is June 30, said while it was a difficult decision to retire, it is the right time.

'It's been 40 years,'

ognized for district, area and regional superlatives.

The board later went into executive session but took no action on any of the items discussed.

An invocation was followed by the Pledge of Allegiance and Texas Pledge, which were led by Lake Worth High

lowed, and students from the district's athletics department, career and technical education department and fine arts department were recognized for achievements during the first semester.

Next was an opportunity for public comments, but there were none.

The principal report was

trict's career technology program.

Next was the semi-annual school safety report, and the district is continuing to build on the safety protocols it started four years ago with additional door audits and technology to its existing platform.

An item to consider and

closings.

Following the meeting, Board President Armando Velasquez said this was due to the recent inclement weather earlier this month.

"Whenever our hourly employees are unable to go to work due to school closure, they are out their normal pay," Velasquez said. "This is

Neshyba said. "I have aging parents and grandchildren, and it's just time for me to go take care of them. It was an extremely hard decision. I love what I get to do every day, so I am sad. I've loved what I've gotten to do, and I'll miss it."



ACADEMY **FROM PAGE A1**

graduation ceremony held by the program.

Hornet Academy Principal Chris Hill introduced the ceremony, welcoming graduates and families. A wide array of students from every background, age group and circumstance were in attendance. Hill said this group faced significant challenges, including family and work obligations and mandatory tutoring. Past Hornet Academy graduates have included an accomplished police officer, multiple generations of the same family, an award-winning journalist and this year, its first married couple.

"I'm always in awe when I see this auditorium full of family and friends that are here to celebrate with our Hornet Academy graduates," Hill said. "I am certain that some of our graduates and probably their families thought this day would never come. Some of them came back to school after being away for years. Others fell behind in classes and continued to fall further back. All of them needed that nontraditional opportunity. Family and friends, I want you to know that these graduates chose to take the hard route to get here tonight, in addition to family and work obligations, they chose a path that included the additional stress of nonstop deadlines, mandatory tutoring and the tough love from their teachers"

Counselor Amanda Williams, registrar Felicia Johnson, Hornet Academy teachers Anthony Barron and Jennifer Young, Azle ISD's board of trustees and the district's superintendent attended the ceremony to share in the students' accomplishments on and off the stage. Azle ISD Board President Bill Lane shared his personal journey and praised the graduates' resilience.

"It's never said enough how proud we are to have you all graduate here tonight because you took the road less traveled," Lane said. "There's no doubt about it and you've been met with adversity, but out of that adversity and out of that different path, you sit here tonight moments away from becoming a high school graduate. If you'll think about it for just a minute, what all you've been through, knowledge is learned through adversity. With the easy road you don't learn a whole lot, I can promise you ... My hat is off to you, because not everybody can do it, but y'all took advantage of an opportunity we have here. It takes a village to get kids through school. It takes a community to get behind you all, to get you where you are tonight, and we're all so proud of you, this entire board. This is just one of the events that I never miss."



Hornet Academy graduates, Azle ISD trustees and administrators gather for a group photo.

January 2025 **Hornet Academy graduates:**

- Camila Albarran
- Ruel Don Anderson
- Lane Micheal Bridges
- Journie Ryver Curtis
- Landon Michael Darden
- Noah McDuff • Dickson
- Lorena Duenez
- Maranda Leann Legend Fendley
- Amy Lynn Griffin
- Robert Wayne Griffin
- Shane Ryan Grubbs
- Alanis Nicole Hicks
- Linda Lou Renee • Hussong
- Alan Keith Latta II
- Sergio Lino

- Samantha LeAnne McCloskey
- **Tiffany Maree** •
- McNeese
- Nichole Grace O'Barto
- Lily Grace O'Connor
- Sonia Ortega
- Rylan Drake Pack
- Daemon Michael Patrick
- Jesi Elaine Petty Heaven Melissa •
- Romero
- Brianna Levon • Simonson
- **Riley Shay Smith**
- Crystal Dawn Smryl
- Deacon Randolph Stephens



Married couple Robert and Amy Griffin graduated at Jan. 21's ceremony.





JIM STEVENS | TRI-COUNTY REPORTER

Chris Hill speaks at the podium.

Bill Lane speaks at the podium.



SEF awards SISD trustees certificates for School Board Appreciation Month

JOLEE SKINNER

jolee@tricountyreporter.com

SPRINGTOWN — On Jan. 21, during the Springtown ISD board meeting, Springtown ISD's Director of Communications and Marketing Kendra Hutchison recognized the board of trustees on behalf of the Springtown Education Foundation for its service to the district in honor of School Board Appreciation Month.

"We want to take a moment to thank our amazing Springtown ISD school board," Hutchison said. "We really do appreciate your dedication to our staff and students. It does not go unnoticed. We are so grateful for the time and energy you've given to make our schools the best they can be."

Springtown ISD Superintendent Shane Strickland presented each board member with a certificate naming a scholarship for each one that will be given to a high school student graduating this May.

"This is a small way to say thank you for your leadership and the impact you have made on shaping tomorrow's Texas, which is the theme of School Board Appreciation Month," Hutchison said.

Strickland thanked the board of trustees for its support as he steps into his third year as superintendent.

"I want to thank you guys, publicly, for the support and the things that you allow me



JOLEE SKINNER | TRI-COIMTY REPORTER

All Springtown ISD board of trustees received certificates of appreciation from the Springtown Education Foundation for School Board Appreciation Month. Pictured are (L-R): Cody Bryant, Mark Bryant, Jay Grubis, Rick Beall, Damon Liles, Chris Gilley and Shane Strickland. Not pictured is Gary Veazey.

to do every day and that you have the oversight of seeing my day-to-day operations," Strickland said. "This is year two of my superintendency. I've learned a lot and there's some great things happening in the district and I hope everyone can attest to that."

Strickland handed the trustees their certificates and announced how many total years each recipient has served.

Board of trustees President Rick Beall has served nine years on the board and is a member of the Springtown Education Foundation. Place 2 Trustee Damon Liles has served nine years as well and two of his children are Springtown High School alumni. Secretary and Place 3 Trustee Jay Grubis has served on the board for 12 years. Board Vice President and Place 4 Trustee Chris Gilley has served five years on the board, is a Springtown High School alumnus himself and his wife, Ashley Gilley, is the Springtown High School librarian. Place 5 Trustee Gary Veazey has served five years on the board and is the pastor of Legacy Church in Springtown. Place 6 Trustee Mark Bryant has served four years on the board and is also a Springtown High School alumnus. Place 7 Trustee Cody Bryant is in his first year of service.

Safe Harbor Counseling Center awarded \$300,000 grant aimed at mental health

JOLEE SKINNER

jolee@tricountyreporter.com

SPRINGTOWN — Safe Harbor Counseling Center, a Christian nonprofit organization dedicated to providing faith-based mental health receive the grant and stated the reasoning behind this organization.

"We are deeply honored to receive this grant and to partner with Texas Health Resources and our dedicated collaborators to meet the pressing mental health needs of our community," Simpson said. "At Safe Harbor, we believe that everyone deserves compassionate, accessible care and this (program) will allow us to bring healing, hope and transformation to so many individuals and families in the 76082 ZIP code area.

ship between Safe Harbor Counseling Center, Joyful Ranch Counseling and First United Methodist Church of Springtown that have combined resources to address the mental health challenges residents face in the Center has formed relationships within the city to expand services and projects.

"Safe Harbor is also working with the City of Springtown to explore the coordination of a community garden, along with the efforts from other citywide organizations," the press release says. "We are hopeful this project will begin soon. The goal of these grants is to foster collaborations and implement initiatives that address significant health concerns in com-

Health's Community Health Needs assessment that is conducted every three years. Chief Community and Public Policy Officer for Texas Health Resources David Tesmer said the impact of their work is evident and creneeds but creating ripples of change for generations to come."

The board of directors at Safe Harbor Counseling Center expressed its gratitude for the opportunity to work alongside Texas Health

services, was awarded a \$300,000 Community Impact grant from Texas Health Resources and selected as the lead grantee for the Hands Up for Mental Health Initiative.

The initiative focuses on reducing mental health issues and associated health risks for residents living in the Springtown area by expanding access to counseling services. Safe Harbor Counseling Center Program Manager Fran Simpson said Safe Harbor was honored to

The grant will cover trauma training for Safe Harbor staff and for support groups that meet.

This initiative is a partner-

Springtown area.

Allowing for a different option to counseling, Joyful Ranch Counseling offers pet assisted therapy.

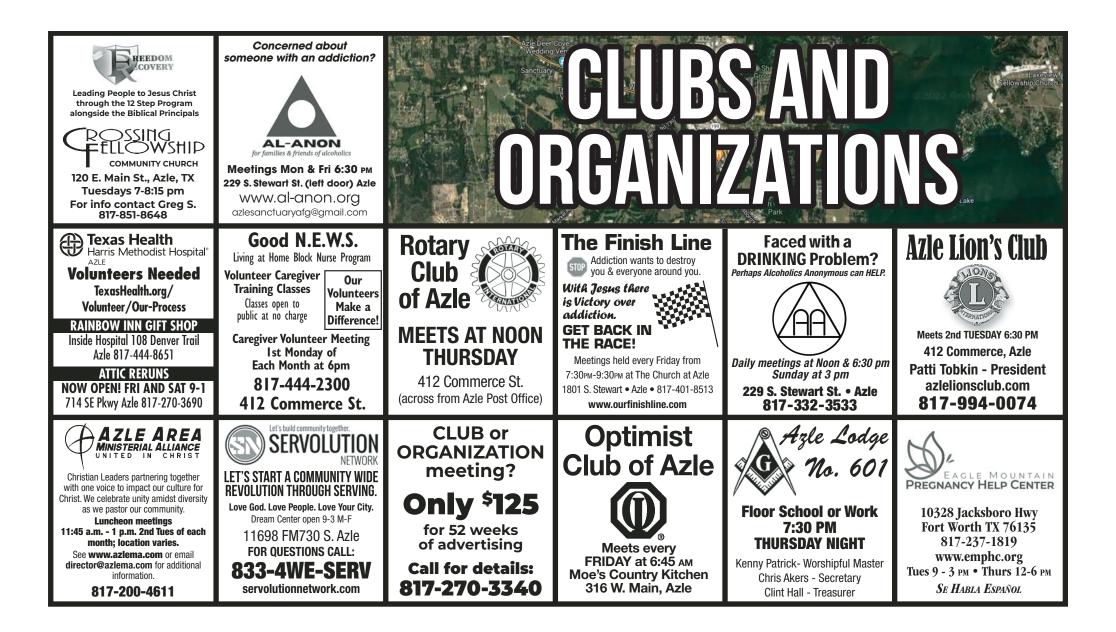
First United Methodist Church of Springtown gives food backpacks to students at Springtown Elementary and Goshen Elementary Schools. Currently, Safe Harbor is using a space at First United Methodist Church to serve its clients. According to a press release, Safe Harbor Counseling

munities across Texas." Targeting the unique needs of residents, the Texas Health Community Impact grants will help across 32 ZIP codes that are disproportionately experiencing health challenges. This is based on Texas

ates generational change.

"We have witnessed the tremendous impact that can be achieved when we work with community organizations to tackle the unique challenges that residents in underserved communities face," Tesmer said. "From providing families free access to nutritious food and transportation to connecting residents to vital resources and support for their mental and physical health, these investments are not only meeting immediate Resources and community partners to serve residents and the mental health needs in Springtown.

For more information about the Hands Up for Mental Health Initiative, contact Safe Harbor Counseling Center via email at *info@safeharborcounseling.org* or visit the website at safeharborcounseling.org.





The room was packed, as over 200 attendees filled the Orchard Event Venue Jan. 25.

13th Annual RED **50LO** CUP **BBQ Bash**





Dan Mauldin stands to receive his awards.





Semifinalists stand at the front of the Orchard Event Venue, Jan. 25 during a game of heads or tails.









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AHS math teacher and coach Sam Carter will be this year's homecoming parade grand marshal for the second year in a row, after his wife bid for the title at the fundraiser.

Renee Ball and AEF 2025 Distinguished Citizen Roddy Murr.

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- Annuities

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tricountryreporter.com or upload it to our website using the QR code, and your photo may appear in the Eagle Mountain Lake special section appearing in the Feb. 13 issue of the Tri County Reporter.



link to our photo submission portal



TRI*COUNTY **Reporter** COMMUNITY THURSDAY, January 30, 2025 E

Azle swimming qualifies eight for regionals

RICK MAUCH

Special to the Tri-County Reporter

The Azle Lady Hornets swim team will be well-represented at the upcoming Class 5A Region II Swim Meet in Mansfield Feb. 7-8 after qualifying eight swimmers from this past weekend's District 5-5A Meet at the Northwest ISD Natatorium.

Karla Rodriguez led the way, qualifying in three events, while Kayley Brekel qualified in two events. Rodriguez will compete in the 100-yard (1:02.83, fifth place) and 200 freestyle (2:17.99, fifth), along with being a member of the 200 (2:00.65, third) and 400 (4:31.11, third) free relays. Brekel qualified individually in the 50 free (28.38, fifth) and is part of the 200 free relay.

Also qualifying were the 200 medley relay of Ava Dash, Nekoda Averitte, Sophia Roark and Mavis Caldentey (2:42.44, fourth), along with Kaylee Daniels and Haven Brown on the 200 and 400 free relays.

From regionals, the top two in each event qualify for state, along with eight wild cards from across the state's eight regions.

"It was a great meet, everyone PRd (personal record)," Azle coach Amy Estes said in

praise of her team. **AZLE GIRLS SOCCER**

The Lady Hornets (6-3, 1-1 in District 5-5A) fell 1-0 at Saginaw Chisholm Trail in their district opener Jan. 21. On Jan. 24 they hosted Keller Fossil Ridge and won 1-0 as McKenzie Roberts scored on a penalty kick and goalkeeper Emma Nelson posted the fifth shutout in six games for Azle. It was their first home

game of the season. Azle goes back on the road to Granbury Jan. 31 at 7:30

p.m. Then, the Lady Hornets host Brewer Feb. 7 at 7:30 p.m.

LAKE WORTH GIRLS SOCCER

The Lady Frogs (6-1-1) saw their five-game shutout streak come to an end with a 1-1 tie at Graham Jan. 22. They then returned home to host Burkburnett Jan. 24 and won 2-1.

Lake Worth entered both games ranked No. 13 in the state in Class 4A by the Texas Girls Coaches Association. Vs. Graham: Reanna

Arellano goal, Jacksiry Perez assist

Vs. Burkburnett: Goals from Perez and Yaretzi Salas, assist from Jasmin Martinez

The Lady Frogs start District 8-4A at home against Lake Dallas Jan. 31 at 7:15

p.m. and visit Castleberry at points, Cason Cook 8 points **AZLE BOYS BASKETBALL**

14 points, Cook 9 points, Robinson 8 points Azle visits Brewer Jan. 31

and hosts district-leading a 57-56 heartbreaker at home to Granbury Jan. 24 despite Aledo Feb. 4, both games at staging a 21-9 fourth-quarter 7:30 p.m. **AZLE GIRLS BASKETBALL**

Vs. Saginaw: Britt Haas 14 The Lady Hornets (6-23, 1-9 points, Bryce Robinson 10

5:30 p.m. Feb. 4.

run.

The Hornets (9-21, 0-8 in

Saginaw Jan. 21 and dropped

District 5-5A) fell 70-44 at

in District 5-5A) dropped a Vs. Granbury: Jaydenn Taylor 15 points, Haas 21, followed by a 50-38 loss

at home against Granbury Jan. 24. Vs. Saginaw: Abbey

Natusch 13 points, Angel Sifuentes 12 points, Keagan Stuart 7 points

Vs. Granbury: Natusch 22 points, Bella Tipton 7 points The next action is Jan. 31

at Brewer, followed by the 50-43 contest at Saginaw Jan. season-ending home game against Aledo on Feb. 4, both at 6:15 p.m.

SPRINGTOWN BOYS BASKETBALL

The Porcupines (8-15, 5-4 in District 7-4A) kept their postseason hopes alive with

PLEASE SEE ROUNDUP | B3

Springtown faces off against Lake Worth

LAYTH TAYLOR | TRI-COUNTY REPORTER

The Springtown Porcupines boys basketball team hosted the Lake Worth Bullfrogs Tuesday Jan. 21. In a close contest, the Porcupines escaped with a 64-60 victory, ending a four-game losing streak and bringing their record to 7-18. Springtown was led by Braylen Fridia who went 12 of 23 from the field and dropped 30 points on the Bullfrogs. Ayden Brooks nearly completed a double-double by scoring 16 points and

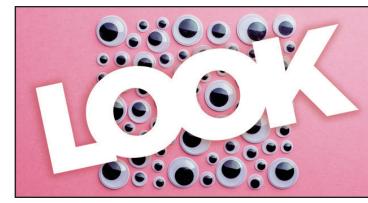
PHOTOS BY CHAPA PHOTOGRAPHY On Friday, Jan. 17, in a one-day State Dual Championship at Kay Yeager Coliseum in Wichita Falls, the Azle Hornet boys wrestling team came out champs. The Hornets beat teams from Dallas Lovejoy, Dallas Wilson, Lubbock High School and Frisco Centennial. Texas Wrestling ranks both Azle boys and girls third among 5A schools in the state. Hornet wrestlers who went 4-0 include Tyler Yancey, Chase Yancey, Wyatt Hicks,

Landin Evans, Roman Fraser and Devin Wingfield. Lady Hornet wrestlers who went 5-0 include Noah Kovach, Mariah Dillard and Ellie Yelle.



grabbing nine rebounds. Lake Worth has lost 12 of its last 13 and falls to 10-14 on the season. On the girls' side of the ledger, the Springtown Lady Porcupines were also matched against Lake Worth. The Lady Porcupines demolished the Lady Bullfrogs by a score of 73-16, ending a Springtown 3 game losing streak and improved their record to 7-15 for the season. Lake Worth has now lost nine of its last 11 games and has a season record that stands at 16-13.





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Lake Worth vs Springtown girls

The Lake Worth girls basketball team took on the Springtown Porcupines Tuesday Jan.21. After a close game, the Bullfrogs came up short, losing 73-16 to the Porcupines.



Kalise Ivory works her way past the Springtown defenders.

LAYTH TAYLOR | TRI-COUNTY REPORTER

Lake Worth vs Springtown boys

The Lake Worth Basketball team took on the Springtown Porcupines Tuesday Jan.21. After a close game, the Bullfrogs came up short, losing 64-60 to the Porcupines.



Braylen Fridia with a big layup.

LAYTH TAYLOR | TRI-COUNTY REPORTER

Favian Lopez shoots a layup.

LAYTH TAYLOR | TRI-COUNTY REPORTER

ROUNDUP FROM PAGE B1

a 64-60 home win over Lake Worth Jan. 21, followed by a 51-43 victory at Bridgeport Jan. 24. Springtown rallied against Lake Worth in the fourth quarter, 18-11.

Entering this week the Porcupines were in a battle for third or fourth in the league with five games remaining.

Vs. Lake Worth: Dylan Crutchfield 19 points, 10 rebounds, four blocks; Ethan Graham 13 points, six assists, two steals; Grayson Brooks 13 points, seven rebounds; Ayden Lugo 11 points, four rebounds.

Vs. Bridgeport: Graham 15 points, eight assists, eight steals; Lugo 12 points, three assists; Brooks 11 points, three blocks.

Springtown visits Decatur Jan. 31 and hosts Eagle Mountain Feb. 4, all at 7:30 p.m.

SPRINGTOWN GIRLS BASKETBALL

The Lady Pines (10-16, 4-7 in District 7-4A) defeated

visiting Lake Worth 73-16 Jan. 21 before falling 80-30 at Bridgeport Jan. 24, leaving them in a battle with Krum and Eagle Mountain for the fourth playoff berth from the league.

Vs. Lake Worth: Esther Balado 17 points, Kaylee Falcon 13 points, Kylie Russell 10 points, Addy Burtnett 9 points, Brylynn Bazzell 9 points Vs. Bridgeport: Balado 10

points, Burtnett 9 points The Lady Pines visit leagueleading Decatur Jan. 31 and

end the regular season at home against Eagle Mountain Feb. 4. All games tip off at 6:15 p.m.

LAKE WORTH BOYS BASKETBALL

The Bullfrogs (10-15, 0-9 in District 7-4A) saw their hard luck continue in district as Springtown rallied to win despite a hot night from freshman Braylen Fridia. They then lost 92-60 against Burkburnett at home Jan. 24. Vs. Springtown: Fridia 30 points; Ayden Brooks 16 points, nine rebounds, four assists, four steals. Vs. Burkburnett: De'Jay Black 15 points, five rebounds; Anthony Green 13 points, six rebounds; Eddie Paige 11 points, seven rebounds, three steals.

The Bullfrogs are at Bridgeport Jan. 31 and host Castleberry Feb. 4, all at 7:30 p.m.

LAKE WORTH GIRLS BASKETBALL

Following the loss at Springtown, the Lady Frogs (16-12-, 2-9 in District 7-4A) lost 65-30 at home to Burkburnett Jan. 24. Vs. Springtown: Jackie Cleveland 7 points, Kylah Nabors 6 points

Vs. Burkburnett: Cleveland 15 points, three steals; Bailey Jones six rebounds Lake Worth goes to Bridgeport Jan. 31. They wrap up the season at home against Castleberry Feb. 4. All games tip off at 6:15 p.m.

AZLE CHRISTIAN SCHOOL BOYS BASKETBALL

The Fightin' Crusaders (20-6, 1-1 in TAPPS 2-1A) secured their second straight 20win season with a 48-36 win at home over Weatherford Express Jan. 21. They followed with a 49-48 loss at Granbury Cornerstone Jan. 24 on a free throw with two seconds to play.

The defense limited Weatherford Express to just 12 points in the second half. Vs. Weatherford Express: Brody Fairman 26 points, Kanon Wyatt 7 points, Nathan Tuggle 7 points

Vs. Cornerstone: Fairman 21 points, Corban Potter 12

points The Crusaders visit Wichita Falls Christ Academy Jan. 31 at 7 p.m.

AZLE CHRISTIAN SCHOOL GIRLS BASKETBALL

The Lady Crusaders (11-7, 1-0 in TAPPS 2-1A) lost 34-27 at home to Irving Faustina Academy Jan. 21. They then won 52-40 at home over Cedar Hill Newman International Jan. 23 and fell 45-30 at home against Stephenville Faith Jan. 24. Vs. Faustina: Ski Holts 12

points, Dari Skartvedt 18 rebounds Vs. Newman: Holts 22

points, Daisy Ramos 12 points, Vanessa Malewiski 9 points Vs. Stephenville Faith:

Laura Goodrich 9 points, Ramos 7 points, Holts 7 points

ACS travels to Wichita Falls Christ Academy Jan. 31, wrapping up the regular season at home against Parker-Tarrant Homeschool Feb. 4, all at 5:30 p.m.

AZLE BOYS SOCCER

The Hornets (1-6-1, 0-2 in District 5-5A) began district play with a 6-0 home loss to Saginaw Chisholm Trail Jan. 21. They then went on the road and lost 7-0 at Keller Fossil Ridge Jan. 24.

Azle hosts Granbury at 7:45 p.m. Jan. 31. Then, the Hornets have a match at Brewer Feb. 7 at 7:45 p.m.

SPRINGTOWN BOYS SOCCER

The Porcupines (2-3-1) played to a 1-1 tie against visiting Mineral Wells Jan. 22 as Bryce Smith scored the lone Springtown goal. On Jan. 24 they were at home to host Young Men's Leadership Academy and won with Brayden Lavario scoring off a rebound in his first varsity game after being called up from the JV.

The District 8-4A opener is at Eagle Mountain Jan. 31 at 5:30 p.m., then a contest at Lake Dallas Feb. 4 at 7:15 p.m.

SPRINGTOWN GIRLS SOCCER

The Lady Pines (4-3-2) and Mineral Wells battled to a scoreless tie in Springtown Jan. 22. Then came a 2-1 loss at Fort Worth South Hills as Emma Hauprich scored off an assist from Kylie Wiens.

Springtown begins District 8-4A action at Eagle Mountain at 7:15 p.m. Jan. 31 before traveling to Lake Dallas Feb. 4 at 5:30 p.m.

LAKE WORTH BOYS SOCCER

The Bullfrogs (3-5-1) fell 3-1 at Graham Jan. 22 and won 3-1 against visiting Burkburnett Jan. 24.

Vs. Graham: Kevin Soriano goal, Elie Mushieni assist. Vs. Burkburnett: Goals from Antonio Martinez (pen-

alty kick), Joel Osornia and Stones Landa, assists from Alex Salas and Mushieni. The Bullfrogs open District

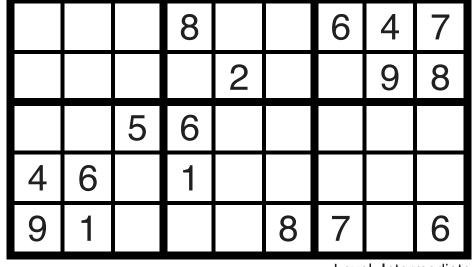
8-4A at home against Lake Dallas at 5:30 p.m. Jan. 31 and visit Castleberry Feb. 4 at 7:15 p.m.



Sudoku JANUARY 30, 2025

5			4			
8			1			3
		2			7	
	4					





Level: Intermediate

Solution to last week's puzzle

JANUARY 23, 2025

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

COURTESY SYDNEY JORDAN, USA WRESTLING

Zaylyn Woods holds her award at the USA Wrestling Kids Folkstyle Nationals.

Azle eighth grader wins wrestling nationals

ZACH FREEMAN

azlereporter@tricountyreporter.com

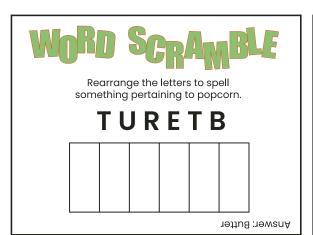
Azle Junior High eighth grader Zaylyn Woods was named Outstanding Wrestler in the 14 and under division for girls at the recent USA Wrestling Kids Folkstyle Nationals. Kids and teens from across the nation came to test themselves in Fort Wayne, Indiana, Jan. 24 – 26 for the competition which garners contestants from around the country. At 120 pounds and 13-years-old, Woods won the Folkstyle Nationals for the second straight year.

According to usawrestlingevents.com, Woods pinned her first two opponents, then defeated Kara-Lynn Dover of the Roundtree Wrestling Academy in a 17-0 technical fall in the finals. Dover had earned technical falls in her first two matches.

"She has been wrestling since he was four and puts in a lot of work practicing on her own," grandfather Scott Stewart said in an interview with the Tri-County Reporter. "She pretty much practices year-round. I'm just super proud of her and for her to get there and do that at that point. It takes a lot of coaches and a lot of parents and grandparents to make it all possible."

Woods is the daughter of Ultimate Fighting Championship mixed martial artist, and owner of De La Rosa MMA, Montana De La Rosa of Azle.

Woods is a member of Sisters on the Mat, a wrestling mentorship program that encourages girls to stay in the sport and connects them with older role models. It was started in Azle by Mónica Allen in 2012 and has spread throughout the country.



	$\begin{array}{c} \bullet & \bullet $
А.	13 24 14 2 24 4 Clue: Small center 21 9 5 14 17 20 1 16 24 Clue: Kitchen appliance 10 17 4 7 24 2 Clue: Yellow in color 3 25 5 13 24 23 Clue: Container 24 23 24 23
В.	21 9 5 14 17 20 1 16 24 Clue: Kitchen appliance
C.	10 17 4 7 24 2 Clue: Yellow in color
D.	3 25 5 13 24 23 Clue: Container



Congrats Azle Wrestling!

PHOTOS BY CHAPA PHOTOGRAPHY

On Friday, Jan. 17, in a one-day State Dual Championship at Kay Yeager Coliseum in Wichita Falls, the Azle Hornet boys wrestling team came out champs. The Hornets beat teams from Dallas Lovejoy, Dallas Wilson, Lubbock High School and Frisco Centennial. Texas Wrestling ranks both Azle boys and girls third among 5A schools in the state. Hornet wrestlers who went 4-0 include Tyler Yancey, Chase Yancey, Wyatt Hicks, Landin Evans, Roman Fraser and Devin Wingfield. Lady Hornet wrestlers who went 5-0 include Noah Kovach, Mariah Dillard and Ellie Yelle.











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THURSDAY, January 30, 2025

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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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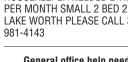
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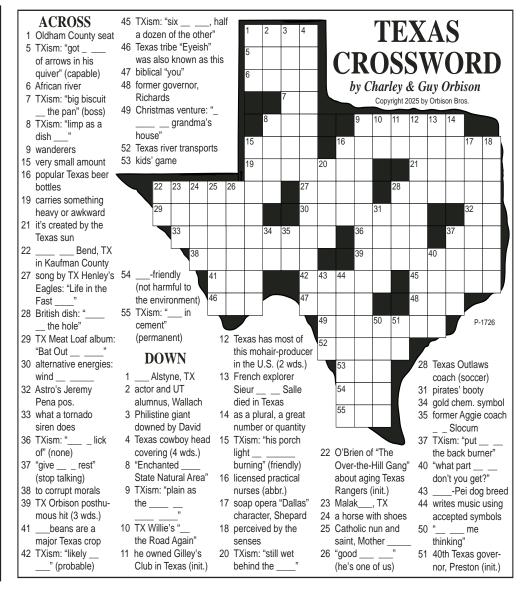
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Springtown Park Rehabilitation and Care Center

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-ofthe-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.

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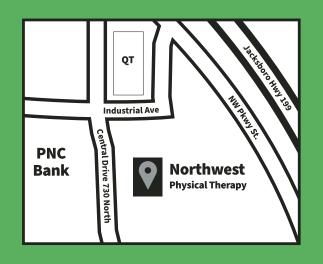
Springtown Park Rehabilitation and Care Center is located at 201 Williams-Ward Road, Springtown, TX 76082 next to Tractor Supply Co. off State Highway 199. To schedule a visit, contact 817-755-5116. Pictured are (front row, L-R): Amber Burkhead, LVN, medical records; Christina Herron, director of rehab; 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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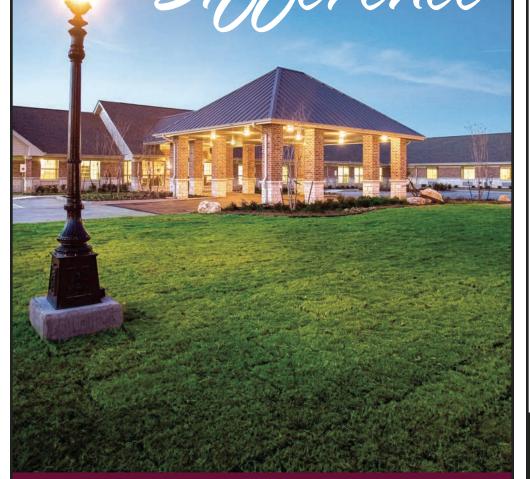
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Tips to get children excited about exercise

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.

 \cdot 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 savs 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.

MCC

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 fallrelated 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.

МСС

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 using 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.

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.

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

five years of age overweight if the youngster is weight-forheight 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

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

WHO considers a child under 19 are considered overweight 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 heating 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



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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TRI* COUNTY **Reporter**

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.

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 nonathletes, 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.

 \cdot 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 weightbearing 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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