

Gladewater Mirror



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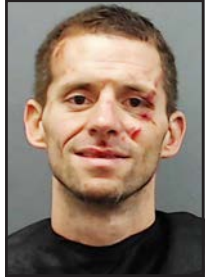
Vol. 92, No. 2

1 Section, 10 pages

50¢

Gregg County escapee Laws pleads guilty

On Thursday, Jan. 2, Gregg County inmate Jace Martin Laws entered a guilty plea to the offenses of Escape while Arrested or Confined and Evading Arrest or Detention with a Motor Vehicle.



LAWS

On October 23, 2019, Laws was convicted

on two counts of Assault on a Peace Officer. Laws was subsequently sentenced to 40 years on count one and 30 years on count two. Additionally, Laws was under indictment for the separate offense of Evading Arrest or Detention with a Motor Vehicle, a third degree felony.

Laws was being housed in the South Jail Facility at the Gregg County Sheriff's Office awaiting trial for the Evading Arrest charge. The trial was scheduled to be conducted on January 21, 2020; however, on December 23, 2019, Laws escaped from the Gregg County Jail by carving out portions of the brick in the Gregg County South Jail, gaining access to the building infrastructure, and making his way to the exterior of the Gregg County Courthouse.

On December 27, 2019, due to the hard work of our Sheriff's Office, local Police Agencies, the Texas Department of Public Safety, Texas Rangers, and the U.S. Marshall's Service Tyler Task Force, inmate Jace Laws was recaptured without incident.

Last Tuesday in the 188th Judicial District Court of Gregg County, Texas, the Honorable Scott Novy presiding, inmate Jace Laws entered a plea of guilty to Escape and Evading Arrest. Laws was sentenced to 8 years for Escape and 8 years for Evading Arrest. These sentences will be stacked on top of his prior sentences of 40 years and 30 years. In other words, Laws will have to serve his prison sentences for both counts of Assault on a Peace Officer before the new sentences for Escape and Evading Arrest ever begins.



Upshur County Precinct 1 and 3 Commissioner candidates wait their turn to answer a questions during Monday's Upshur County GOP candidate forum held at the Open Range in Gilmer. Photo by Suzanne Bardwell

Upshur County candidates forum held Monday

By Phillip Williams

Such topics as maintenance of county roads and property taxes were among the topics which candidates in the March 3 Upshur County Republican primary discussed Monday night at a forum at the Open Range restaurant.

Although candidates for offices ranging from constable to sheriff spoke, the majority of written questions from the audience--read

to the candidates by moderator Phillip Williams--were posed to the five running for retiring Precinct 3 County Commissioner Frank Berka's seat, and the three candidates for retiring Precinct 1 Commissioner Paula Gentry's office.

James Noble, candidate in precinct one who spoke more briefly than the other candidates in either commissioner race, said "I just don't want to raise taxes"

and that he would "watch over the taxpayers' money" while working with the county road administrator.

Noble said he had been in business more than 30 years, 15 of them in the oil field. He said he would probably approve raising the county's match on employees' retirement.

One of his opponents, Gene Dolle, cited his record as precinct one constable, a post he has held

for the past seven years, and said road maintenance is the main thing he hears about from county residents. He said he would look into why "our citizens have so many complaints. . .I've heard time and time again that nobody gets with you" about roads.

Dolle also said he wanted to lower property taxes, but that he could not "guarantee" he would not vote to raise them since the county might suffer some type of

"disaster" and because the state will force unfunded mandates on the county.

The other candidate in precinct one, Gladewater Mirror publisher Jim Bardwell, said he had been "a watchdog for the people" during his 40 years in the newspaper business. Bardwell, who also owns newspapers in White Oak and Lindale, said he had covered politics those 40 years and that

Continued on Page 3

Economic Development needed in Upshur County

By Phillip Williams

Upshur County Commissioners Court last week heard former Gilmer City Councilman Steve Dean propose that the court provide "leadership" in establishing an economic development partnership to benefit the county.

Addressing the court on his 77th birthday Dec. 31, Dean proposed that County Judge Todd Tefsteller and the four commissioners appoint one member each to an economic development board since court members are insufficiently paid "to go out and solicit and invite" prospective businesses except on occasion.

After the court members each name a board member, the board could possibly include others from the community, he added.

Dean also said the county cannot try to "make do with what we have," and proposed the court employ him at a \$25,000 annual salary to run the economic development program without receiving a vehicle, retirement

benefits, or office space. Dean said he would like to attend conferences and recruit prospective business, and requested he be paid mileage.

In addition, "I could recruit members to be on our board" and solicit membership fees from businesses for the program, said Dean. The budget for economic development would be only 96 cents per county resident per year, he noted.

He said the county could, with voter approval, raise \$30,000 monthly by adding a 1.5 percent county sales tax in incorporated cities, and that voters must understand that this would eventually raise enough to pave three miles of county road.

The ex-councilman said the Gilmer Industrial Foundation, which is still active, once had a board similar to what he proposes. He said people are looking for places to build a plant, and to move.

"We have one of the highest (county) tax rates" in Texas,

and "we need to lower that" by broadening the tax base, said Dean, pointing out that population growth in the county raises county expenses for services. "We have to have capital investment."

Dean further asserted that "we have great opportunities for tourism here" and "the best water in the state" with Lake Gilmer as a backup, and that those involved in economic development efforts can pursue facilities for health care and education.

He proposed a "partnership with the county and the towns (in it) and so forth," saying that economic development is a "process" which involves talking to managers of existing businesses on how officials can help them. "We don't have anybody that has time to do that," although "80 percent of the growth that we have are people that are already here," the former councilman asserted.

"Our mission, you know, would be to get everybody

Continued on Page 10

GISD: A glimpse of what's on the horizon

Happy New Year to all members of Bear Nation!



CLARK

GISD experienced much success during the fall semester of the 2019-2020 school year in the classroom, on the playing field and in other areas of student competition. This success came as a result of our students, faculty/staff, parents and community working together to achieve at high levels. It's a great time to be a Bear!



As we begin the new year and this spring semester, it is crucial that this collaboration continues. Though we have accomplished much, there is much more to accomplish.

Our mission is to empower every student with the character, skills, and knowledge to be

whoever he/she wants to be. We will accomplish this by

*Continuing to keep student and employee safety at the forefront

*Continuing to make student growth our top priority

*Continuing to utilize Professional Learning

Communities' model for teacher and student growth

*Continue to utilize Parent-Student-Teacher Conference days to strengthen the school-home connection

*Continue to create more avenues for parental and community involvement

*Utilize the GISD Vision 2025 Strategic Plan for guidance and accountability

As we continue to focus on growing the whole child, we will help make better students and better citizens. With the help of all stakeholders, we will finish the 2019-2020 school year strong - Bear Strong!



Wanted: Lake store operator

Have you ever wanted to own and operate a lake bait shop? Well, the City of Gladewater is soliciting sealed proposals from qualified individuals or businesses to operate a Lake Store/Bait Shop at Lake Gladewater. The contract period begins March 1, 2020 and ends February 28, 2023.

Those wishing to submit a business plan may do so by dropping off the proposal to Judy Van Houten, City Clerk for the City of Gladewater, at 519 E. Broadway in Gladewater. Or proposals may be mailed to Van Houten at P.O. Box 1725, Gladewater, TX 75647.

The city asks all proposals to be designated on the front of a sealed response envelope with the following: Subject: Lake Store/Bait Shop RFP.

The submission deadline is noon on Friday, Jan. 31. Proposals received after this deadline will not be considered. For more information call (903) 845-2196.

School board, city council filings begin

Filing for 2020 city and school elections begins soon. So if you think you can do better than the incumbents, now is your chance.

Gladewater City Council candidates may file for elected office anytime between Jan. 15 and February 14 for the May 2 municipal election. Filing may be done in person at City Hall, 519 E. Broadway, Gladewater (US 80) or by mail at P.O. Box 1725, Gladewater, Tx, 75647.

Three seats are up on the Gladewater City Council - Mayor John "J.D." Shipp, Place 2 - Farrell Alexander and Place 3 - Brandy Flanagan.

And three seats are available on the Gladewater ISD School

Board - Place 4 - Jon Keller, Place 5 - David Floyd and Place 6 - Jamie Robertson. Anyone wishing to file may do so at the GISD administration office, 200 E. Broadway, or by mail at the same address.

Three trustee seats are also up in White Oak ISD - Larry Frazier, Lance Noll and David Trest. Anyone wishing to file may do so at the WOISD administration office, 200 S. White Oak Road, or by mail at the same address.

The City of White Oak has three council seats expiring - Mayor Kyle Kutch, Place 4's Greg Hulett and Place 5's Kevin Hood.

Anyone wishing to file for city council may do so at City Hall, 906 S. White Oak Road, or by mail at the same address.

OPINION/EDITORIAL

Small moments...

The "It's a Wonderful Life" Christmas village is boxed up. Santa Mickey is back in the closet. Forgotten gifts for family members that were tucked away have been belatedly discovered only to be packed away... again, for next year.

It is time for a new year and a new attitude.

I must admit that this year I have been celebrating a "Blue Christmas". Ghosts of Christmases past have filled my thoughts. The loss of Jack the Wonder Sheltie has also been weighing heavily on me. We adopted him on Christmas Eve a few years ago. If only I knew then what I know now.

In our search for a new pet we have discovered that many Collies and Shelties have a problem with the heart worm preventative/treatment Heartguard. The use of that drug may well have shortened our much loved Jack's life. And that has led to my very bruised heart since I was the one taking care of his vet visits.

My dog loving hubby and I think we may be ready to bring a new wet-nosed, 4-legged family member home. We are in line to get a rescue Collie named King in a few weeks. King's owner is dying and King has the blues too... bad.

I think this may be a situation where we can rescue each other and love each other out of those blues. We have worked on the fence, cleared the adoption process, paid our adoption fee and have bought the treats and stuffed animal that will hopefully help to begin winning the heart of this beautiful boy and healing all our hearts in the process.

Suzanne Bardwell



A radio preacher I was recently scanning past reminded listeners to enjoy life, just as it is, and to remember the joys of the past with gratitude. And I always have... been grateful.

It is nearly always the small moments that our lives are built from that often go unrecognized that deserve more of our gratitude.

Small moments like those that include the soulful eyes of a rescue dog. Or the first bloom of paper whites and daffodils. Daily laughter over the inconsequential. Holding my sweetheart's hand at night. Good music, good food and good friends. Small moments.

Today I give thanks for the small moments that are like the tiny pieces in the puzzle box. Sometimes those small moments are hard to recognize until you connect the pieces. And when they are connected a beautiful life emerges. It is after all, perspective.

Small moments create 'big' memories, loves and lives that deserve our gratitude.

May our small moments in this new year not go unrecognized or unremarked. May our small moments be full of meaningful moments that matter.

Ed Sterling
Capital Highlights



Abbott, Patrick react to shooting

AUSTIN — Gov. Greg Abbott and Lt. Gov. Dan Patrick released statements following a deadly shooting on Dec. 29 at West Freeway Church of Christ in White Settlement, a city of 16,000 people on the west side of Fort Worth.

Two church members were killed in the shooting, which occurred during Sunday services. A possible motive for the shooting is under investigation. The shooter was shot and killed at the scene by a member of the congregation who is a member of the church's volunteer security detail and is a firearms instructor.

"Places of worship are meant to be sacred and I am grateful for the church members who acted quickly to take down the shooter and help prevent further loss of life," Abbott said.

Patrick said the Texas Department of Public Safety is leading the investigation in cooperation with the White Settlement Police Department, the Federal Bureau of Investigation and the Tarrant County Sheriff's Office.

Revenue total is higher

Texas Comptroller Glenn Hegar on Jan. 3 reported that state sales tax revenue totaled \$3.01 billion in the month of December, 4.8% more than the amount reported for December 2018.

"Growth in state sales tax revenue was led by receipts from the construction, information services and restaurant sectors," Hegar said in a news release. "While revenue growth was slightly buoyed by collections from remote sellers and online marketplace providers, collections from retail trade were depressed due to significantly fewer Christmas shopping days in November this year compared to the previous year."

The majority of December sales tax revenue is based on sales made in November and remitted to the agency in December. Total sales tax revenue for the three months ending in December 2019 was up 6.0% compared to the same period a year ago.

Sales tax is the largest source of state funding for the state budget, accounting for 57% of all tax collections, according to the comptroller's office.

In December 2019, Texas collected the following revenue from other major taxes:

- Motor vehicle sales and rentals, \$427.3 million, up 7.9% from December 2018;
- Motor fuel, \$310.7 million, down 1.1% from December 2018;
- Natural gas production, \$114.0 million, down 33.8% from December 2018; and
- Oil production, \$362.5 million, up 18.3% from December 2018.

Toll hike takes effect

The Texas Department of Transportation's annual toll rate increase took effect Jan. 1.

According to TxDOT, the biggest increase will be felt by drivers who still pay by mail, as the surcharge for those transactions will increase to 50% of the base rate paid by all toll users. Motorists with a TxTag account will experience an even larger comparative discount on tolls — a discount of 33% compared to Pay By Mail rates, the agency said in a late-December news release.

The 50 percent surcharge for Pay By Mail transactions helps defray the rising administrative costs associated with these mailed payments, such as viewing license plate images, generating and mailing invoices and processing payments. Raising the surcharge to 50% also brings TxDOT Pay By Mail rates in line with other toll authorities in Austin and Dallas and across the country, and further incentivizes having a TxTag account.

Flu season hits hard

In its weekly update on Jan. 2, the Texas Department of State Health Services encouraged "everyone to get vaccinated now."

The most recent flu surveillance report shows widespread flu activity in Texas and high levels of influenza-like illness. There have been eight pediatric flu-related deaths reported in the 2019-2020 flu season.

Influenza is a contagious respiratory illness caused by one of a number of related viruses. The flu vaccine is made up of strains similar to ones likely to be circulating in North America, and vaccination is especially important for people with chronic health conditions and weaker immune systems and their caregivers, the DSHS said.

Additional information about influenza and ways to stop the spread of the flu virus can be found online at texasflu.org.

Ag chief hosts show

Texas Agriculture Commissioner Sid Miller in mid-December announced he would host a new weekly television show to premiere on the RFD-TV network. The first show is set to air on Jan. 21.

The show, Texas Agriculture Matters, will spotlight Texas agriculture for 52 million viewers nationwide, according to Miller's office. The show is produced by RFD-TV in agreement with the Texas Department of Agriculture and recorded at the RFD-TV/The Cowboy Channel studio in the Fort Worth Stockyards, with Miller hosting.

Q: What is the most effective way to prevent a mass shooting?

A: Good Guy with a Gun



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THE ECONOMIST

By Dr. M. Ray Perryman

A Look Back

From an economic perspective, 2019 was a solid year, with continued expansion, job and wage gains, and progress on many (but not all) fronts. Let's take a brief look back at 2019 and the past decade.

Through the year, the national economy added jobs at notable pace, frequently exceeding expectations. Job gains averaged about 180,000 per month through November, with particularly strong growth in healthcare (up 414,000 jobs), professional and technical services (+278,000), and leisure and hospitality. This pace lags that of the past decade (around 220,000 per month) but

is impressive for a mature recovery period.

Twenty-five states had over-the-year increases in employment as of November, with the largest job gains occurring in Texas (+336,700), California (+321,800), and Florida (+217,400). For Texas to add more jobs than California is noteworthy given that the California economy is notably larger. In fact, Texas was among states with the largest percentage gains (which is difficult for a large economy), tying for second with Idaho (at 2.7% growth) and behind only Utah (up 3.2%).

National unemployment rates remained below 4% throughout the year, which is lower than what is viewed as optimal to allow sufficient slack for the economy to function efficiently. The strong job market pushed wages

up by 3.1%, well above inflation.

Part of the slowing in job growth was due to a lack of available workers. Job openings remained well over seven million, with needs for particularly large numbers of workers in health care, professional and business services, and retail. However, the total number of unemployed persons is trending significantly lower (below six million). Given the inevitable mismatch of skill-sets and locations, many of these openings will be difficult to fill.

For the decade as a whole, the short-term topic of greatest conversation will no doubt be the fact that, for the first time, we experienced an entire calendar decade without a recession. Despite fluctuations in key sectors, inconsistencies in policy, international events and disruptions of major proportions, and cataclysmic nat-

ural disasters, the US economy managed to forge ahead.

The more profound topic that will occupy historians in the future, however, will be the fundamental shift in the global energy markets that emerged. The US rose to the forefront of production, new technologies were implemented, major investments in infrastructure were undertaken, and supply and demand patterns throughout the world were completely reoriented. Fortunately, Texas and, in particular, the Permian Basin lie at the epicenter of this phenomenon, which will have positive implications for centuries to come.

We enter a new decade with plenty of daunting challenges (topics for another day), but also with a solid foundation on which to build a better economic future. Happy New Year!!



The Gladewater Mirror

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THE REAL PURPOSE OF THE GOSPEL

Bruce Barton in *The Man and the Book Nobody Knows*, said this about Jesus: "He did not overthrow the oppressive government of Rome. He did not lower the tax rate. He did not improve sanitary conditions in Jerusalem, nor did He erect a public library in Nazareth. He did not increase the wages of Christians over those of infidels. He taught no sure cure for disease. The economic status of His followers was exactly as it had been; He found them fishermen, He left them fishermen... But His fishermen were different men, transformed..."

If you are familiar with the New Testament you'll realize how accurate that description of Jesus is. Because our society makes immediate, temporal happiness most important, we are sometimes tempted to forget that Jesus' gospel was not about political reform of our system, fair housing, or better health care, such as "Medicare for all," higher taxes for the rich, or equality in economic status for all.

Jesus came to save men's souls, as Luke 19: 10 says, "The Son of Man has come to seek and to save that which was lost." Of course, social reform and improvements are not bad, and often they are badly needed. However, if every social reform could be enacted and finally accomplished, it wouldn't save one single person's soul!

Yes, it is true, that Jesus's teaching makes anyone who follows it a better citizen and neighbor. But, He did not come merely to make people better citizens and neighbors. He came so they could be saved. In fact, even Jesus' miracles were not primarily intended to make life more convenient, but to confirm Jesus was the Savior. John 20: 30-31 says, "Jesus did many other signs in the presence of His disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name."

Dear reader, don't forget: Jesus' gospel was not a "social gospel," designed for mere social reform, but it is "the power of God to salvation for everyone who believes" (Rom. 1: 16). Think on these things.

Dennis Abernathy-White Oak Church of Christ

P. O. Box 454-White Oak, Texas 75693-903-845-613—preachab@suddenlink.net

Kilgore College dean's president's lists released

Kilgore College has named 639 students to its fall 2019 president's and dean's lists. Students earning a perfect 4.0 grade point average enrolled in at least 12 credit hours, excluding developmental classes, have been named to the President's List.

Dean's List honorees achieved at least a 3.5 GPA and were enrolled in at least 12 credit hours, excluding developmental classes.

Local students include:

KC Glade Dean's List

Gladewater students named to Kilgore College's Fall Semester Dean's List include: Raymundo Alvarez-Coronado, Henrietta Anthony, Robbie Belk, Dora Castaneda, Cathryn Challis, Canon Chamberlain, Connie Fairchild, Ana Garcia, Ashley

Garcia, Mathew Griffin, Jacie Gunter, Madison Hefner, Jacob Mitchell, Connor Myers, Brittan Price, Jennifer Robinson, Zayin Sparks, Glenn Travis, Kenneth Turner, John Vance, Toni Walker, Derek Wallace, Cheyenne Webber, Dustin Williamson, Samantha Wise and Earnest Crownover III.

KC Glade President's Lists

Kilgore College's Fall Semester President's List includes Gladewater honorees Alexis Beall, Taylor Case, Brianda Coronado, Erick Faulkner, Taylor Fielden, Genifer Gomez, Kaitlyn Green, Sin Liv, Davenity Pogue, Karen Rivera, Joshua Shaffer, Braeden Simmons, Rebecca Sims, James Valentine and Christopher Ward.

Texas State Rifle Association director to speak Monday in Gilmer

By Phillip Williams

Mike Cox, legislative director of the Texas State Rifle Association, will be guest speaker for the monthly meeting of East Texans for Liberty outside Gilmer Monday night.

The 7 p.m. meeting and preceding free dinner at 6:30 p.m. are open to the public at Lantana Activity Center, 80 Lantana Road.

According to a news release from ET4L Executive Director Stacy McMahan, Cox was among 50 experts on the Texas Safety Commission which met with Gov. Greg Abbott and state leaders to explore ways to prevent mass shootings.

Cox will discuss topics ranging from "the ever increasing threat to all Texas gun owners" to the 2020 election and Texas state gun laws related to churches, McMahan said.

Cox is a former board member of the Texas School Safety Center and a certified firearms instructor.

In other ET4L news, McMahan will address the Senior Citizens Organization of Upshur County at its weekly luncheon at 1 p.m. Friday in Gilmer. She will speak on her conservative group's activities and goals.



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Lieutenant Governor Dan Patrick	
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Attorney General Ken Paxton	
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Commissioner Sid Miller, Texas Department of Agriculture	
1700 N. Congress, 11th Floor, Austin, TX 78701	(512) 463-7476
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Pct. 1 Commissioner Ronnie L. McKinney	(903) 663-0400
Pct. 2 Commissioner Darryl Primo	(903) 759-3611
Pct. 3 Commissioner Gary Boyd	(903) 759-8962
Pct. 4 Commissioner John Mathis	(903) 981-1117
Gregg County Sheriff's Office	(903) 236-8400

Upshur County Pct. 3 JP/Constable Report

Upshur County Precinct 3 Justice of the Peace Judge Rhonda Welch and Constable Ryan Ludvigson Report for the month of December 2019:

New Cases Filed:
Criminal Cases- 56
Civil Cases- 20
Civil Hearings-6
New Warrants Issued-3

Collections for the month- \$11,572

Constable Ludvigson had 2 evictions, 1 civil, 1 writ of possession, for a total of 4 papers served, with 8 attempts made. He served 1 warrant with 1 attempt made.

He had 2 agency assists and 2 motorists' assists. He dedicated

8 hours to business after hour security checks and extra patrol/crime suppression.

He had 19.5 office/courtroom hours, 6.5 community service/contact hours, and 8 patrol/paper service hours.

Injustice anywhere is a threat to justice everywhere. ~Martin Luther King



Jim Bardwell, Upshur County Precinct 1 Commissioner candidate, answers a question during Monday's GOP candidate forum.

Upshur County candidates forum held Monday

Continued from Page 1

"this county needs economic development" since "bringing in more business will help keep our taxes down."

As for roads, he said "everybody complains about" them and that he wanted to ask Road and Bridge Administrator Andy Jordan what he could do to help.

One of the candidates in precinct three, Daphne Grimes, cited her background as a certified public accountant and pledged to "be financially responsible to you."

She said the county might want to look at returning control of roads and bridges to commissioners (a move which would require voter approval).

One of her opponents, private investor Robert Green, cited his past as a builder and supervisor of \$1 million projects and said he believed there was a "consensus" that roads were the county's number one problem.

"We lack funding" for them, so the county must build on its tax base by bringing in new companies as "money cures all ills," Green said. "I'm not for raising taxes," he added.

Another candidate in that race, Richard Smith, said his background is in sales and management in the heavy equipment business and that he has managed staffs.

He said the county must "try to maintain the roads that we have" and that he wanted to establish a maintenance plan for them, if

one does not already exist. As for taxes, he said he did not want to raise them and that he would "use every available resource" to at least retain the current tax rate without increasing it.

Yet another candidate in precinct three, Kent Abernathy, noted he had left the auto business in 2014 and pledged to "give you 100 percent of my time" as commissioner.

He said he favored the commissioners court holding a workshop with Jordan and determining "Are we fixing the roads that need to be fixed first?" Abernathy also praised the 2-cent tax increase the current court approved last year, but said "I'm not for raising taxes unless it is absolutely necessary."

The other candidate in precinct one, Michael Ashley, said he had spent 40 years working for TXU and pledged to be "diligent" with taxpayers' money.

Ashley said the problem with county roads is that overloaded log and dump trucks are damaging them. He suggested trying to get those who own such vehicles to pay for some of the repairs. He also said he had never voted for a tax increase, but that he might support one.

Welcome to the World

MacKenzie Anne Knox

Darrell McKnight of Gladewater announces the birth of his fourth great-granddaughter and seventh great-grandchild, MacKenzie Anne Knox.

MacKenzie was born Jan. 2, 2020 at 7:45 a.m. in Houston, Texas to Kristin and Will Knox. She weighed in at six pounds, four ounces and 18 inches.

Her maternal grandparents are Teresa and Steve Ludovice of Houston. Paternal grandparents are Deena and W. E. Knox of Galveston.

MacKenzie was welcomed by



her big brother Owen to their home in Houston, Texas.

OBITUARY

PATRICK LLOYD WELTON

Patrick Lloyd Welton of White Oak, passed from this life to be with his Lord the evening of December 24th, 2019. Funeral services for Mr. Welton were held Monday, December 30, 2019 at the Croley Funeral Home in Gladewater with Mr. Dennis Abernathy officiating. Interment will follow at the Old White Oak Cemetery.

Patrick was born April 2, 1943 in Longview. He grew up at Sun Pipeline Camp, and attended Gladewater school systems, graduating in 1961. He married Janice Ann Penick on November 26, 1965, and they were married for 54 years. Patrick studied history at North Texas State University, earning a degree in education. He always enjoyed reading about American, Texas, and military history.

Patrick proudly served his country in the 3rd Special Forces, U.S. Army from April 11, 1967 to April 10, 1969. He worked at Sun Pipeline, Continental Can Company plant 472 in Longview. Walmart, and O & D Manufacturing, Inc. in White Oak.

He served his community in many ways, working with the White Oak Volunteer Fire Department, and serving as Cubmaster for Cub Scout Pack 207 for a number of years. Although a man of few words, Patrick cared deeply for the people around him, always treating those he met with dignity and respect. He was a member of the Church of Christ and worshiped with the White Oak congregation.

He is survived by his wife Janice Welton; sons Patrick Kent Welton of Johnson City, TX, and wife Amy Jeanne Welton, Thomas Donovan Welton of The Woodlands, TX, and wife Amy Coffman-Welton, grandchildren Caroline, Seamus, Zachary, and Jacob; brother Lon Welton and wife Sha of Gladewater.

He was preceded in death by his mother, Mary Jane Donovan Welton, father Lloyd Edmund Welton, and two infant sisters.

Memorials can be made to: American Business Clubs, at P. O. Box 3092, Longview TX 75606 in honor of Patrick Welton, or a charity of your choice.

Online tributes and condolences can be made at www.croleyfh.net



Night at the Museum planned for Jan. 18

You cordially invited to visit with local historians at Gladewater's annual Night at the Museum event to be held on Saturday, Jan. 18 from 6-8 p.m. at 116 W. Pacific Ave. Local personalities will share Gladewater's rich oil history and other interesting facts in various areas of the Gladewater Museum. Veterans will have an opportunity to register for a patriotic quilt to be given away at 8 p.m.

In addition, the grand opening of the Rodeo Annex will be celebrated. The Gladewater Round Up Rodeo's historical memorabilia will have a permanent location. The rodeo has been a part of Gladewater culture and history since 1937.

LONGVIEW TRADES DAYS

Jan. 11-12

FREE Parking!
FREE Admission
Longview Fairgrounds
1123 Jaycee Drive
Longview

Saturday 9 a.m. - 5 p.m.
Sunday 10 a.m. - 4 p.m.

For Booth Rental Call
903-753-4478

ONE CALL
ONE LOW
PRICE

Advertise Your
Business or Event
STATEWIDE
Regional ads available

Contact this newspaper
for more information

903-845-2235

Need Cash?
Sell it in
the Mirror!
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BUY LOCAL

WHEN MONEY STAYS IN
YOUR COMMUNITY
YOUR LOCAL TAX DOLLARS SUPPORT:

SCHOOLS & NEIGHBORHOODS
ROADS & INFRASTRUCTURE
POLICE & FIRE DEPARTMENTS
AND KEEPS US ALL
WORKING

Support Local Businesses And
Let's Keep Our Economy Growing!

GLADEWATER MIRROR
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Cornyn Op-Ed:

A Banner Year for Texas in Washington

WASHINGTON — U.S. Senator John Cornyn (R-TX) authored the following op-ed highlighting his legislative accomplishments for Texans in 2019:

"I'm proud of the work I've done in Washington this year on behalf of Texans, and as soon as the Senate has concluded its role in the impeachment process, I'm eager to keep our list of accomplishments growing."

With the first partisan impeachment vote since the Civil War complete, the spotlight will now shift to the U.S. Senate. Taking part in an impeachment trial is a solemn responsibility, and one I take extraordinarily seriously. But beneath the never-ending stream of headlines about impeachment, it's been easy to miss the stories about everything else happening in Washington. This was a busy year, and together, we've notched a lot of wins for Texas.

Last week, Congress passed two major pieces of legislation to strengthen America's military. The defense funding bill will provide a nearly \$20 billion increase over last year's funding levels, 98 new F-35 aircraft, which will be built by Texans in Fort Worth, and the largest pay raise in a decade for our troops.

This bill complements the National Defense Authorization Act, which invests in military modernization, and fully funds the B-21 bomber program for future deployment out of Dyess Air Force Base in Abilene. It also approved funds for military construction projects at Corpus Christi Army Depot, Fort Hood, Camp Swift, and Joint Base San Antonio, totaling \$400 million.

Beyond the investment in our troops, this legislation also includes a number of bills I introduced to improve the quality of life for our servicemembers and veterans.

I've heard from active duty soldiers who thought the absentee voting process was too complicated, so they weren't able to vote. This



defense spending bill included a provision I introduced to simplify the process so we can remove the barriers preventing men and women in uniform from casting a ballot.

I've also talked with Texas veterans who have fallen on hard times, and had to fight for their VA and Department of Defense disability benefits in bankruptcy proceedings, because unlike Social Security disability benefits, they aren't exempted. This legislation righted that wrong too. No veteran should be penalized for receiving the disability compensation they are rightly due.

On top of the gains for our military, I've been proud to help corral a long list of wins for Texas.

It's been more than two years since Hurricane Harvey, and folks continue to rebuild and prepare for future disasters. Sadly, some of the federal funding has gotten tangled in the Washington bureaucracy. In February 2018, Congress approved more than \$4 billion for disaster mitigation in Texas, but after more than a year, folks at home still hadn't seen a dime. This summer, Congress passed a provision I introduced requiring the Office of Management and Budget to send those, and any future funds approved by Congress, within 90 days. Earlier this year, we also approved \$4.6 billion to support communities nationwide recovering from natural disasters, including those in Texas.

Another challenge we've faced over this past year is the humanitarian crisis at the border, which hit its peak in May. Communities throughout the state were quick to lend a hand, and help do a job that should be the responsibility of the federal government. I helped secure \$30 million for local governments, states and charitable organizations to receive reimbursements for their work in response to this crisis, and nearly 40 percent of the initial funding went to Texas.

Last week the House also passed the U.S.-Mexico-Canada Agreement, or USMCA, which replaces NAFTA and modernizes trade with Mexico and Canada. Once the Senate completes the impeachment process, this will be the first item on our to-do list. I've been working with the Trump Administration to ensure this agreement benefits Texas, and I secured funding for the North American Development Bank, which will provide \$215 million to improve infrastructure in our border communities.

On top of all this, we've grown the number of well-qualified federal judges confirmed under President Donald Trump to 185, including 20 outstanding Texans. We've taken steps to secure American's voting systems ahead of the 2020 election. We strengthened our fight to end the rape kit backlog, passed a landmark bill to fund autism research, and made the most significant reforms to the IRS in two decades.

I'm proud of the work I've done in Washington this year on behalf of Texans, and as soon as the Senate has concluded its role in the impeachment process, I'm eager to keep our list of accomplishments growing.

Texas HHS receives grant to improve nutrition for older Texans

AUSTIN – Texas Health and Human Services will use a three-year, \$750,000 grant to increase participation in the congregate meal program, which provides nutritious meals in a community setting to people age 60 and older.

"Having a place to go to share a meal and good company reduces hunger and food insecurity, and is important to maintaining good health," said Wayne Salter, deputy executive commissioner for HHS Access and Eligibility Services. "Serving meals in a group setting is more than just nourishment for the body, it nourishes the soul for those who participate."

While Texas' aging population continues to grow, participation in the congregate meal program is declining. Established through the Older Americans Act of 1965, the program provides a wholesome meal in a community setting where people can socialize and participate in activities offered at the site, such as board games. The program includes nutrition education classes, chronic disease prevention classes, and other activities.

The grant will fund modernization of Texas' congregate meal program through the creation of the Texas Congregate Meal Initiative. As part of the initiative, HHS will partner with Texas A&M University to conduct research to identify causes for the decline in program participation.

The Texas Congregate Meal Initiative will also provide training and project development practices, inspire innovation, increase participation in local congregate meal programs, and improve satisfaction, health, and well-being among the senior population in Texas.

"This is great news for our senior citizens," said Rep. James White. "We stand on the broad shoulders of these great Texans and I am elated that HHSC will provide our local communities with more resources to serve our seniors."

According to the US Census Bureau, between 2005 and 2017 the population of individuals age 60 and older has increased by 65 percent in Texas while the number of meals served through this program has decreased by nearly 25 percent. Participation in congregate meal programs has declined nationwide as well.

"We are especially pleased to be partnering with the Mays Business School, Texas Health and Human Services, and the Area Agencies on Aging on a project with the potential for improving the quality of life for aging populations throughout Texas," said Nandita Chaudhuri, research scientist at the Public Policy Research Institute at Texas A&M University. "This type of project fits perfectly within the mission of the Public Policy Research Institute. The results have the potential to reduce social isolation among aging populations by connecting seniors to other members of their community through congregate meals."

As a part of this initiative, HHS will utilize Texas' 28 Area Agencies on Aging and their congregate meal providers to gather comprehensive statewide data. Area Agencies on Aging provide supportive services to people age 60 and older, their family members, and caregivers across the state's 254 counties. These services give individuals the resources to maintain healthy and independent lives in their communities.

Seniors interested in participating in the congregate meal program can call 2-1-1 for the nearest location.

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Morning Service 11 a.m.		
Evening Service 6:30 p.m.		

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 Pastor Jim Withers

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MENTORING WORD SEARCH

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

- ADVISE
- ATTITUDE
- CREATIVITY
- EDUCATOR
- EXPERIENCE
- EXPERT
- FEEDBACK
- GUIDANCE
- INTERN
- LEARNING
- LESSONS
- LISTENER
- MENTORING
- NOVICE
- PEER
- PERFORMANCE
- PROBLEMS
- PROTEGE
- RELATIONSHIP
- RESEARCH
- SOLUTIONS
- SPECIALIST
- TEACHER
- TRAINS

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

ANSWER:

Word search grid with words circled. Circled words include: EXPERT, MENTORING, SOLUTIONS, SPECIALIST, TEACHER, TRAINS, ADVISE, ATTITUDE, CREATIVITY, EDUCATOR, EXPERIENCE, EXPERT, FEEDBACK, GUIDANCE, INTERN, LEARNING, LESSONS, LISTENER, MENTORING, NOVICE, PEER, PERFORMANCE, PROBLEMS, PROTEGE, RELATIONSHIP, RESEARCH, SOLUTIONS, SPECIALIST, TEACHER, TRAINS.

ABCDEFGHIJKLMNOPQRSTUVWXYZ

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to mentoring. Each number corresponds to a letter. (Hint: 23 = e)

- A. 8 23 26 18 14 15
Clue: Adviser
- B. 20 11 24 19 23
Clue: Shows the way
- C. 12 23 7 7 14 26 7
Clue: Teachings
- D. 26 23 18 17 14 15 5
Clue: Group of associates

Answers: A. mentor B. guide C. lessons D. network

CLUES ACROSS

- 1. Recurring TV show
- 7. Throws out
- 13. Iberian Peninsula microstate
- 14. Gossip
- 16. Atomic #20
- 17. Ivy League institution
- 19. Of I
- 20. "He Is ___!": Scripture excerpt
- 22. Musical genre
- 23. Heavy cavalry sword
- 25. Ancient Olympic Site
- 26. Satisfies
- 28. Popular flower
- 29. Shared services center
- 30. Drain
- 31. A way to attack
- 33. Urban Transit Authority
- 34. Spiritual leader
- 36. Postponed
- 38. N. American plant with edible purple-black berries
- 40. Gazes unpleasantly
- 41. Gets up
- 43. Capital of Ukraine
- 44. Returned material authorization (abbr.)
- 45. Golf score
- 47. Superhigh frequency
- 48. Swiss river
- 51. Felons
- 53. Succulent plants
- 55. Soluble ribonucleic acid
- 56. Deliberately setting fire to
- 58. Infamous singer Zadora
- 59. Anwar __, Egyptian statesman
- 60. Influential sports mag
- 61. Aromatic Mediterranean plant
- 64. Sixth note of a major scale
- 65. Unit of explosive power
- 67. Large watertight chamber
- 69. Popular street
- 70. A way of watering

CLUES DOWN

- 1. Mollusks
- 2. - __, denotes past
- 3. Anchor ropes
- 4. Large Middle Eastern country
- 5. To make a mistake
- 6. Ancient governor
- 7. Extents
- 8. Chinese surname
- 9. NYC subway "residents"
- 10. Essential oil used as perfume
- 11. A way to treat injuries (abbr.)
- 12. Session
- 13. Units of land areas
- 15. Goes over once more
- 18. Where wrestlers work
- 21. Italian islanders
- 24. Avenue
- 26. __ Adams, U.S. President
- 27. Rest with legs bent
- 30. Type of flour
- 32. The Golden State (abbr.)
- 35. More (Spanish)
- 37. Stinging, winged insect
- 38. The use of irony to mock
- 39. Arsenals
- 42. Pouch
- 43. 22nd letter of the Greek alphabet
- 46. Violent seizure of property
- 47. Restrict
- 49. Something comparable to another
- 50. Punishment device made from stems
- 52. Soul and calypso songs
- 54. Formerly OSS
- 55. Athabaskan language
- 57. __ bene: observe carefully
- 59. Six (Spanish)
- 62. Read-only memory
- 63. Chinese philosophical principle
- 66. American conglomerate
- 68. Tin

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to mentoring.

P X S R E T E

ANSWER: Experts

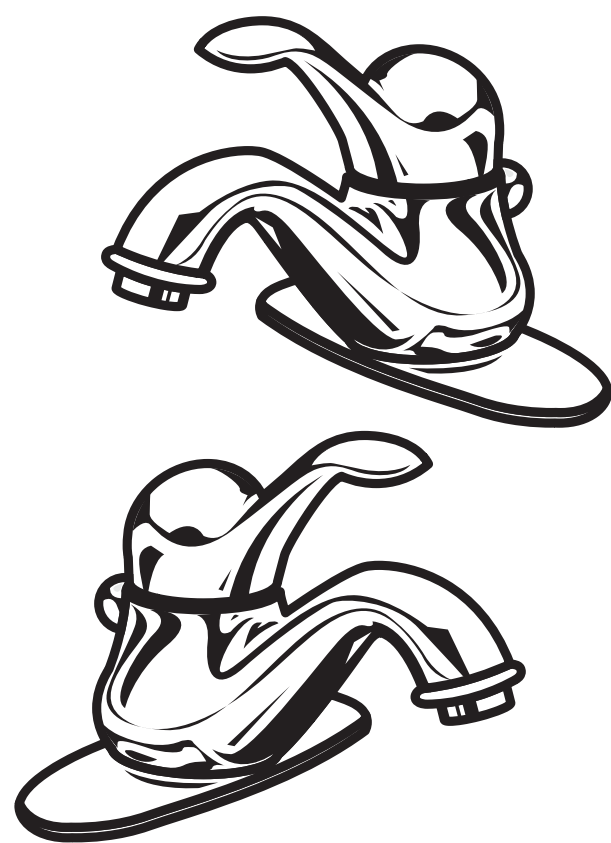


THIS ROOM IN THE HOUSE CAN BE ONE OF THE MOST DANGEROUS DUE TO AN ELEVATED RISK OF SLIPPING AND FALLING.

ANSWER: BATHROOM

Creative Coloring

Celebrate bathroom safety. Color in this picture to create your own masterpiece.



THIS DAY IN...



HISTORY

- 1935: AMELIA EARHART BECOMES THE FIRST PERSON TO FLY SOLO FROM HAWAII TO CALIFORNIA.
- 1964: THE SURGEON GENERAL WARNS THAT CIGARETTE SMOKING IS DANGEROUS.
- 1973: THE AMERICAN LEAGUE ADOPTS THE DESIGNATED HITTER RULE.

New word

BATHTUB

a container in which to bathe

PUZZLE SOLUTION

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

How they SAY that in...

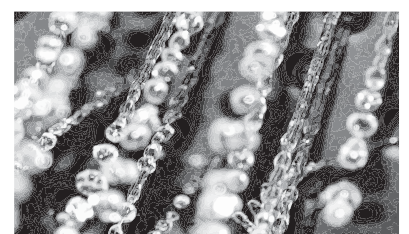
- ENGLISH:** Bathtub
- SPANISH:** Bañera
- ITALIAN:** Vasca da bagno
- FRENCH:** Baignoire
- GERMAN:** Badewanne

Did you know?

ADJUSTING THE THERMOSTAT ON A HOT WATER HEATER CAN HELP PREVENT SCALDING IN THE BATH OR SHOWER.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: SHOWER HEAD

KEEP YOUR GERMS TO YOURSELF



WASH YOUR HANDS
Wash your hands often. Scrub for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.



COVER YOUR COUGH
Use a tissue to cover your mouth and nose when you cough or sneeze. No tissue around? Your sleeve will do.



STAY HOME
If you get sick, stay home until you're well so you don't spread your germs. Steer clear of others who are sick.



GET YOUR SHOT
Protect yourself and others by getting vaccinated.

Flu season began in October and is expected to continue as late as May, making right now a great time to get a flu shot.

DSHS recommends that everyone 6 months or older get vaccinated. It's especially important for those who are caregivers, older adults, pregnant or have chronic health conditions.

Visit your primary care provider, attend a flu shot clinic at your worksite (if available) or use the DSHS Flu Vaccine Finder to find out where to get a flu shot.

Symptoms can last one week or longer and can include fever, body aches, chills, a dry cough, sore throat, runny nose, headaches and extreme fatigue. Getting a flu shot reduces the chance of getting the flu and could lessen the symptoms if you do become ill.

It takes about two weeks after receiving the flu shot for immunity to build up. It's important to get your shot as soon as possible, and remember to take these preventative actions to stop the spread of germs:

Avoid close contact with those who are sick.

Don't touch your face without washing your hands.

Cover your mouth when you cough. Wash your hands with soap and water frequently.

Keep surfaces disinfected.

Stay home from work and social activities if you're sick.

Take flu antiviral drugs if your doctor prescribes them. These drugs are different from antibiotics and can only be received by prescription. They are known to lessen the severity of the sickness.

STOP THE FLU

TEXASFLU.ORG



STAY HOME
If you get sick, stay home until you're well so you don't spread your germs. Steer clear of others who are sick.



PLAN
Even if you're not sick, plan ahead. Stock food and medicine to last several days for family and pets. Also check into alternate work options and child care, in case your family gets the flu.



STAY INFORMED
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DIAL 2-1-1
Dial 2-1-1 for flu vaccination locations in your area.

Stopping the **FLU** is up to you.



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GALA to meet Jan. 21

GALA will host a noon meeting Tuesday, Jan. 21 in the Chamber of Commerce meeting room. All ladies from the greater Gladewater area are warmly invited to attend. In addition to the luncheon meeting door prizes and more are on tap.

Gladewater Garden Club to meet Jan. 27

The Gladewater Garden Club will meet Monday, Jan. 27 at 1 p.m. with Gregg County Master Gardener of Longview Janel Garnett on English Country Gardens. Hostesses for the meeting to be held at the Gardens of Gladewater Clubhouse are Lorraine Clark, Nancy Holly and Jamie Ballard.

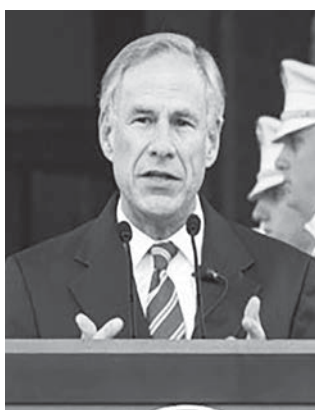
Glade GED/ESL classes

Kilgore College offers free GED and English as a Second Language classes at the Adult Education and Literacy Center in Gladewater. For information call 903-236-2004.

Weldon Alum Scholarship program

The Lendell Hawley Scholarship Program benefitting the airfield and Eulalia Hill-Allen Scholarship Fund of the Weldon Alumni Association will be Jan. 25 at 7 p.m. at St. James Baptist Church at 2800 Commerce Street in Gladewater.

Gov. Abbott to speak at Lincoln Day Dinner



GILMER--Texas Gov. Greg Abbott is scheduled to be featured speaker at the Republican Party of Upshur County's fund-raising Lincoln Day Dinner here Feb. 28.

The event is scheduled for 6:30 p.m. at the Gilmer Civic Center and some 400 are expected to attend, said DeBorah Bankston, coordinator of the dinner.

Information on ticket sales will be announced once a caterer for the gathering is determined, she said.

Rosedale Cemetery Association to meet

The Rosedale Cemetery Association of Gladewater will be having their annual business meeting on Sunday, January 12 at 2 p.m. The meetign will be held at the Rosedale Cemetery Cottage and all members are welcome to attend.

Manna House food, cash donations needed

Manna House provided 90 family holiday Christmas boxes that served 169 adults and 119 children. There were also 42 guardians who were able to provide Christmas toys for 92 children ages 12 and under because of the Manna House Santa Toy Shop.

Manna House food donations may be dropped off 9 a.m. until 11 a.m. Mondays, Wednesdays and Fridays in the southwest corner of City Hall or at the Gladewater Mirror at 211 N. Main Street during business hours. Financial donations may be mailed to: Manna House, P.O. Box 808, Gladewater, 75647.

SCHOOL CALENDARS

GISD Calendar

- 1/8, Wednesday
 - 2nd Semester begins
 - 3rd Nine Weeks begins
- 1/10, Friday
 - 5 p.m. B/G BB@Sabine
 - 5:30 p.m. B Soccer@Atlanta
- 1/11, Saturday
 - Choir Area Auditions
- 1/13, Monday
 - College Shirt Day
- 9 a.m. All school assembly on bullying
- 4:30 GISD Board Meeting
- 1/14, Tuesday
 - Athletic Letter Jackets measured during lunches
- 9 a.m.-3 p.m. Mammogram Bus-GHS
- 5 p.m. B/G BB vs. WO-H
- 1/15, Wednesday
 - 9 a.m.-3 p.m. Mammogram Bus-GHS

- 1/16, Thursday
 - Medieval Feast-GHS Library
 - G Soccer Tourney@Marshall
- 1/17, Friday
 - CNA Clinical DAY@TWS
 - G Soccer Tourney@Marshall
 - 5 p.m. B/G BB@Harmony
- 1/18, Saturday
 - G Soccer Tourney@Marshall

UGISD Calendar

- 1/7, Wednesday
 - First Class Day Spring Semester
- 1/9, Thursday
 - 7:30 a.m. JH BB Pictures
 - 2:45 p.m. HS BB Pictures
- 1/10, Friday
 - 5 p.m. JV/V G BB vs. Tyler Heat
 - HS UIL Debate Team@Pine Tree
- 1/11, Saturday
 - JH G BB@SH Tourney
 - HS Band@Chapel Hill for Area Auditions
 - HS Accounting Team@PT Tourney

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PUBLIC NOTICE INVITATION TO SUBMIT BIDS

The City of Gladewater is seeking and accepting SEALED BIDS for the abatement of nuisance at the following locations:

- LTS 2 & 3 BLK 3 PARKVIEW (W 37' LT 3); more commonly known as 221 Hull Street
- LTS 3A, 3B, 4A & 4B BLK 3 PARKVIEW (N/2 OF E 83' LT 3 & N/2 OF W/2 LT 4); more commonly known as 302 Hull Street
- LT 4 BLK 3 PARKVIEW (E 1/2 LT 4); more commonly known as 211 Hull Street
- LTS 9 & 10 BLK 1 STOKES; more commonly known as 420 West Gay Avenue
- LT 1 BLK 2 PARKVIEW & PT ALLEY; more commonly known as 221 West Gay Avenue

Submit SEALED BIDS to Judy Van Houten, City Clerk, Gladewater City Hall, 519 E. Broadway, Gladewater, Texas 75647 by 10:00 a.m. on January 22, 2020, when they will be publically opened and read. Insurance or bond required.

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Thurs. January 16, 2020 • STARTS @ 9:36 AM
Green Country Cinema – 1100 N. Heritage Ln • Tahlequah, OK 74464

Directions: From the Eastside of Tahlequah, at the Jct of Hwy 82 (Bertha Parker Bypass) & E Allen Rd, go East on E Allen Rd for approx 100 ft and turn immediately right onto N Heritage Lane. Go South 2/10 mi and the auction is on the left. Watch for signs. Plenty of parking available. Owner: Paul Bizzle

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Pampa Truck Center Public Auction, Sat., Jan 18, 9:33 a.m., 8465 Western St., Pampa, Tx. Commercial real estate: 6,000 SF shop & office building w/overhead doors & cranes on 5+/- acres. Huge selection of tools & equipment: pneumatic, impact, electrical, cabinets/tables/tool chests, welding & cutting, etc. 1994 Dodge pickup. www.loydsauction.com, 806-662-5796, 806-334-0407.

42nd Annual Cattleman Bull & Female Sale, noon, Jan. 18, El Campo Livestock Auction, El Campo, TX. Expecting 100 bulls, group of select females. www.cattlemansale.com, 903-452-7591 or 903-850-3449.

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Weight loss resolutions can be hazardous to you health

This time for the year many people are thinking about their New Year's resolution. One of the most common New Year's resolutions is to lose weight, exercise more and be healthier.

For individuals with a strong desire to lose or maintain their weight, some diet supplements may seem like the magical solution. Some manufacturers of these types of products make extravagant promises about the properties of their drugs, but most of these claims are not backed up by clinical research.

In fact, the drugs that promise to help you shed pounds or burn fat may hold hidden dangers to your health. In spite of the risks of using diet supplements, the demand for these products continues to rise, especially among individuals with eating disorders. If you are

Oil Patch TRTA to meet Jan. 23

The Oil Patch Texas Retired Teachers Association & School Employees will meet Thursday, Jan. 23 at 1:30 p.m. for a program about Restored 180 a nine month women's restoration and rehabilitation center which helps women turn their lives around. The residential center located in Gladewater helps women out of abusive situations as well as providing drug and alcohol intervention all fro a faith-based approach to living. Oil Patch TRTA will meet at Gladewater's First United Methodist Church's Jeter Hall.

thinking about weight loss, follow these simple tips to start your year off right and on your way to a healthier lifestyle.

- Will they work?
- There are plenty of dietary supplements that will promise to help you lose weight, but are they safe?
- Some companies claim that the ingredients in their supplements can help you achieve results like these, but will they?
- Curb your cravings for food
- Make you feel full before you've had too much to eat
- Speed up your metabolism
- Slow down your body's fat production
- Keep your body from absorbing the fat in the foods you eat
- What are the ingredients in weight-loss dietary supplements?

There are usually many ingredients in these products. Substances like herbs, fiber, and minerals-in different amounts just to name a few. It is important to note that since these products are not well regulated, these lists are sometimes incomplete or inaccurate. These products can usually be found in various forms such as capsules, tablets, liquids, and powders.

Why are weight loss pills dangerous?
There are many dietary supplements that are can be considered safe when used correctly. There are also others that contain ingredients that have been banned by the FDA because of their harmful side effects including:

- Increased heart rate
- High blood pressure
- Agitation
- Diarrhea
- Sleeplessness
- Kidney damage
- Liver damage
- Rectal bleeding

Many weight-loss supplements have ingredients that haven't been tested in combination with other ingredients they contain, and their combined effects are unknown.



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Include your pet in your New Year's resolutions

COLLEGE STATION – The new year is an exciting milestone during which we often check in on our wellbeing and set goals for self-improvement. This year, consider using the holiday as an opportunity to evaluate and improve the health of your furry friend by including them in your New Year's resolutions.

Dr. Christine Rutter, a clinical assistant professor at the Texas A&M College of Veterinary Medicine & Biomedical Sciences, offers some resolutions owners can set to improve their pet's wellness in 2020.

Just as owners may reflect on their physical health every January, the start of the new year is a wonderful time to take stock of your pet's health. For example, how are their activity levels and weight? If you are unsure, Rutter advises that owners ask their veterinarian those questions.

"I think a resolution to spend more time with your pet is a great one. If your dog can tolerate walking, this is a great way to improve your own mental and physical health, as well as strengthen the bond between pet and owner," Rutter said. "For cats, enrichment such as a laser pointer, feather wands and crinkle toys can really get them moving — and they are delightful to watch."

On a similar note, Rutter recommends that pet owners establish a dental care routine for their pet in the new year. A great way to begin this is to bring your pet in for an evaluation and cleaning. Because February is Pet Dental Health Month, Rutter advises that pet owners schedule an appointment early to take advantage of discounts that many veterinarians may offer on their dentistry services.

This can also be a time to check up on your pet's check-ups.

Make sure your pet has an annual wellness visit scheduled for routine vaccinations. Knowing which immunizations will be expiring allows owners time to schedule appointments for them to be renewed. Owners should also consider updating their pet's heartworm testing and medication, as well as parasite prevention plans with their veterinarian.

"There are a lot of new parasite and heartworm prevention products out there, and it's a great time to check and see what is right for your pet," Rutter said.

Owners may also want to take

a second look at the snacks they feed their pets. Many dog treats and rawhides are high in calories, sodium and fat. Dogs, especially smaller breeds, require far fewer calories than humans do and are easy to overfeed.

Because the little snacks owners feed their pets really add up, Rutter suggests owners consider healthier options.

"Dogs typically love baby carrots, apples, green beans, cauliflower and melon. Just stay away from onions, peppers, grapes, raisins and garlic," Rutter said. "Each dog is different, and if you've been giving them delicious stinky dog treats (or even worse, table food), they may turn their nose at these offerings initially. They will come around once the table food and tasty treats decrease in frequency."

The new year marks the beginning of many commitments to health and personal improvement. In 2020, why not extend your goals to improve the lives of the furry friends who love you the most?



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The Gladewater Beautification Advisory Board awarded its first Business of the Quarter award for projecting a welcoming image and lovely landscaping to Texas Bank and Trust. Accepting the award was branch president Marsha Byrd. Presenting the award were Beautification Board members Todd Clifton, Tracy Blankenship, litter abatement officer Blane Palmer, code enforcement officer Al Harrison, city manager Ricky Tow, Beautification Board member Wanda Allard and Beautification Board Chairman Jon Keller.

"The Beautification Board is hoping to promote investment into the physical appearance of our business community through the "Business of the Quarter" recognition," Keller said. "We want to publicly recognize those businesses that have invested resources in making our community more attractive by making an effort to improve and maintain their properties. The folks in our community see that effort and folks visiting or driving through our community will see that effort as well." Courtesy Photo

Economic Development needed in Upshur County

Continued from Page 1

here on the same page," Dean added. "We have to have a vision for the future" and "long-range strategic plan." Texas A&M University helps formulate such plans, he observed.

He further said that while "everybody wants a hospital" in Gilmer (which has been without one for several years), everyone must "agree on what we need" as far as medical facilities are concerned. The possibilities, he

said, would include a "doc in the box" (emergency center), a three-story hospital or a level four trauma center.

In other action Dec. 31, the court voted 4-0 with Tefeller abstaining to re-appoint David Tackett, and named Ricky Evans Jr. as a new member, to the board of the Upshur County Emergency Services District. Evans will succeed Jared Maddox, who resigned.

The two-year appointments

were effective Jan. 1. Tefeller said he abstained on the vote because "I don't know enough" about the appointees.

In other business, the court heard Gwen Jewett of the Upshur County Historical Commission report on its activities. She also asked the court to address the issue of abandoned cemeteries, and expressed hope that school districts in the county will provide more opportunities for students to visit the Historic Upshur Museum



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