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October is Breast Cancer Awareness Month — a time when the disease affecting hundreds of thousands of American women each year gets renewed attention.

American women have a one in eight chance (12.9%) of developing breast cancer during their lifetimes, while American men have a one in 800 chance (0.13%), according to the National Institutes of Health's National Cancer Institute.

Each year about 264,000 women are diagnosed with breast cancer, and approximately 42,000 women die of the disease, the Centers for Disease Control and Prevention (CDC) reports. (About 2,400 men are diagnosed with breast cancer each year and some 500 men die from it annually, CDC data shows.)

Since breast cancer is more commonly found in women aged 40 and up, medical professionals and organizations recommend routine breast cancer screenings for middle-aged and senior women. This includes mammograms — a breast cancer screening method that's led to age-based debate among experts.

There are also important breast cancer risk factors to note, say experts.

"Having one first-degree relative with breast cancer doubles a woman's risk," Dr. Kathleen Kiernan Harnden, director of breast oncology at the Inova Schar Cancer Institute in Annandale, Virginia, told Fox News Digital.

Other high-risk factors include a family history of breast cancer, a known genetic mutation or a previous breast biopsy, according to Harnden.

Given this, Harnden said there are key questions all women should ask themselves before they request a mammogram consultation or appointment:

1. Do I have an increased risk of breast cancer and how can I reduce my risk for breast cancer?

3. Will my mammogram be three-dimensional (3D) or two-dimensional (2D)?

Harnden recommends 3D mammography over 2D because multiple images are taken from different angles, which may make breast tissue analysis clearer.

Here's a deeper dive into these topics.

What is breast cancer?

Breast cancer is a disease that occurs in breast tissue when cells in the breast "change and grow out of control," according to MedlinePlus, an online health information service produced by the U.S. National Library of Medicine.

The cells that cause breast cancer usually form a tumor — an abnormal mass of tissue.

Cancer cells and cancerous tumors (malignant) are dangerous because they can disrupt organ functions and kill healthy cells if left to spread, which can cause serious harm or death if left untreated, according to a report from MedicalNewsToday, a medical news

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Lindale High School quarterback Clint Thurman picks up some of his 140 yards on the ground last Friday against Chapel Hill. The Eagles take on Palestine this Friday at Eagle Stadium in another District 9-4A contest. Photo by Terry Cannon

Eagles host Palestine Friday after Chapel Hill loss

By Terry Cannon
Editor

With two District 9-4A games left on the schedule for Lindale High School, the Eagles are hoping to maintain their grip on the No. 3 seed when the playoffs begin in three weeks.

After last Friday's stunning, 79-45, setback to Chapel Hill, Head Coach Chris Cochran and his staff are prepping their squad for the final two league games of the year: Friday at home against Palestine and Oct. 28 in Jacksonville. Lindale's bye week arrives Nov. 4.

The Wildcats currently hold the No. 4 spot in the playoff rankings and would take on the No. 1 seed in District 10-4A, which currently is Lumberton.

Meanwhile, Lindale would keep its No. 3 spot and take on Vidor, which is in second place in 10-4A.

After last week's performance, Cochran said he had no doubt as to where the blame for such a defeat rested: squarely with him.

"I told the kids after the game that I was embarrassed and ashamed, but not with them, but with Chris Cochran," he said. "I didn't do a good enough job of pre-

paring (the team) to play better. It was 100 percent on the head coach."

For observers of Lindale football, especially during the Cochran-led years, this lopsided loss stood out for other reasons than just the excessive number of points allowed.

"(The game) was an aberration," he said. "We know we can — and have to — tackle better and we as coaches have to come up with ways for our guys to be more successful. And make no mistake, we will tackle better this week."

Palestine might be wondering if it is wandering into a hornet's nest Friday night in Lindale. The Wildcats defeated Jacksonville, 55-52, last Friday in Palestine.

"They've played Kilgore close and were leading Chapel Hill at the half, so they have gotten our attention," the coach said about the Wildcats.

On Sept. 30 in Chapel Hill, Palestine owned a 21-14 lead going into the third period. But with time running out in the third, the Bulldogs struck

Continued on Page 2

Smith County Job Fair set this Thursday

More than a dozen Smith County Departments are hiring and will be on hand at a Job Fair on Thursday, Oct. 20, said Public Information Officer Casey Murphy.

Representatives from the 14 departments will be onsite at the Smith County Job Fair to meet applicants and provide more information.

The event will be held from 1-3 p.m. at The Hub, located at 304 E. Ferguson in downtown Tyler.

The departments hiring and the positions available include:

- Auditor's Office: Accountant
- Facility Services: Custodian and Skill Trade Specialist (HVAC)
- Tax Office: Deputy Clerk
- Precinct 5 Justice of the Peace (in Lindale): Deputy Clerk
- Precinct 1 Constable: Deputy Constable
- Fire Marshal's Office: Fire Marshal, Deputy Fire Marshal, Part-Time Inspector
- Jail (Sheriff's Office): Detention Officer
- Information Technology: GIS Analyst
- Human Resources: HR Specialist (Recruiting)
- Law Library: Law Librarian
- Road and Bridge: Maintenance Mechanic, Mechanic Operator I and Operator III
- Animal Control: Part-Time Kennel Tech
- County Court: Roving Court Reporter
- Dispatch (Sheriff's Office): Telecommunicator

For more information on any of the jobs available, or to apply, visit: www.governmentjobs.com/careers/smithcountytexas

Garden Valley Baptist Church celebrates 150th birthday

A 150th birthday celebration took place this past weekend at Garden Valley Baptist Church featuring free food, live music, kids games and face painting for those taking part in the festivities.

GVBC has a small, traditional congregation and is located at 17816 County Road in Lindale. Services are 11 a.m. Sundays and 6 p.m. for Bible study on Wednesdays.

In 1872, the doors opened for GVBC with church officials welcoming Pentecostal and Baptist congregations. One congregation would use the facility on Sunday mornings, the other Sunday nights.

In the mid-1900s, the sanctuary building was rebuilt by the men and boys of the church, according to longtime church historian and member Leanne Cobb.

During this rebuilding phase, many Native American arrowheads were found in the old base boards of the church as well as in the ground.

A water well was dug by hand as the young boys were lowered into the well and scooped dirt to be removed from the well site, she added. In the beginning, the church had a single room and Sunday school classes were held in separate corners of that room to accommodate the different age groups.

The church's baptistry is a Jordan scene painted by artist Mary Cree Crosby in the last years of her life.

Next to the church is the Garden Valley Cemetery, with headstones and grave makers dating from the 1850s. It is also the burial place of Keith Green and Leonard Ravenhill and many other local families and GVBC pioneers and founders.

For more information contact Emily Williamson, GVBC treasurer, at (903)707-0649 or check out our website at gardenvallybaptistchurch.doodlekit.com



Miranda Lambert's Red 55 Winery was one of the many East Texas wineries featured at this past weekend's Piney Woods Wine Festival at Picker's Pavilion in downtown Lindale. The Piney Woods Wine Festival, one of the most anticipated events of the fall season in East Texas, was held this past weekend at Picker's Pavilion in downtown Lindale. This was the first time for the festival to be held in the fall. Many wineries from around East Texas were featured, with visitors enjoying a wide variety of wines as well as food vendors, food trucks and artisan gift vendors. Live music was featured on the main stage during the event as well. The grounds opened on Friday and the festival continued through Saturday night.

Photo by Terry Cannon

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OPINION/COMMENTARY

THE ECONOMIST

Crisis Management ...

For the second consecutive year, the Nobel Memorial Prize in Economics has been awarded to three Americans. For 2022, the recipients are Ben S. Bernanke (former Federal Reserve Chairman now with The Brookings Institution), Douglas W. Diamond (University of Chicago), and Philip H. Dybvig (Washington University in St. Louis) “for research on banks and financial crises.”



Each year, the Royal Swedish Academy of Sciences awards the Prize (formally the Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel) in recognition of ideas and research that increase our understanding of important issues in economics and related areas. Although most people are not interested in the pure economics of such research, the discoveries often shape public policy or even the way we think about the world which, in turn, affects the daily lives of virtually everyone.

This year’s winners focused on monetary economics and, in particular, how it applies to banks during financial crises. Each of these researchers looked at information asymmetries in banking, which involves the fact that potential borrowers know more about their creditworthiness than lenders, and how banks address the problem. They also looked at what happens during a financial crisis. This work provides important theoretical understanding, as well as practical application.

An important concept in Mr. Bernanke’s work was that banks can serve as an accelerator in business cycles. The traditional approach dating back to the 1800s is for banks to continue to lend during crisis situations, but only against very strong assets.

However, when things start going downhill, banks typically stop lending due to declining asset values, worsening the situation. Similarly, when the economy improves, asset values rise, and lending increases. Diamond and Dybvig developed a model showing how runs on banks can occur as a crisis begins and how policies such as deposit insurance can lessen the associated risk.

As Fed Chair during the financial crisis of 2007-08, Bernanke sought to reduce the accelerator role of banks as the economy struggled by implementing “quantitative easing” (QE). Essentially, QE floods the system with liquidity, encouraging banks to lend. The policy was controversial, but kept the situation from becoming much worse. Without that massive infusion, there was a genuine threat of global financial collapse. Some indicators (such as the “spread,” – the difference between the risk-free rate and what banks charge when lending to each other) were at alarming proportions (55 times the normal gap at one point) and could not have been sustained.

The work of these Nobel Memorial Prize winners helped us better understand how central banks should react during an economic crisis. While all policies can involve negative consequences, the Great Recession could have been far worse without their seminal contributions.

Stay safe!

This day ...

Cancer, in any of its forms is a frightening diagnosis. Every single reader has dealt with this disease in some form. Some families get an unfair helping of the dreaded disease. Some are shocked to find that exposure to carcinogens in ways they couldn’t have imagined have brought the disease to their lives.

I have watched some face the fight with a smile and determination. I have seen some let the disease take them without raising a fist to fight because it came at a time that it was just too much to bear. We have all seen the fight and the surrender too many times to count.

So here comes October with all of its reminders about breast cancer awareness in cheery pink. And certainly the focus has led to saved lives and earlier treatment and that is definitely something to celebrate. And we do. We have come a long way. So, I too, will be breaking out my pink shirts.

My grandmother was diagnosed in the days of brutalizing surgery and chemo. She surrendered when the disease metastasized. She had lived a loving and relatively long life. Yet as she waited to leave this earth one of her heartbreaking cries to me was “why can’t I just die?” I didn’t know the answer to her question but I encouraged her to be at peace and be with us until she wasn’t.

My joyful aunt raised her fist and fought the disease with energy and fierce dedication and she lived to be 85. She died of our family’s most feared ailment...stroke. One of my best

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The Best of Suzanne Bardwell



friends fought cancer in her early 40s just as fiercely only to embrace the inevitable and say goodbye to her 11-year old son. My husband’s beloved Granny fought it with the help of her family as long as she could and had seven years more of life, but died far too soon and far too young.

Medicine has come a long way. Treatments for cancer are better than ever. But that doesn’t change the fear of the unknown that comes with the diagnosis. So we keep fighting as long as we can. And we keep supporting those we love as long as we can.

Until there is no more time.

Today is all we have. Today, this moment, is our life. Let’s try to live it as fully, as joyfully, as courageously, and as kindly as we can.

Because we can.

That is the gift we have before us...this day. I pray that your gift of life, today, is filled with much laughter and love. And memories. Sweet and precious memories.

Early voting begins Oct. 24

Early voting in the Nov. 8 general election begins Oct. 24 and runs through Nov. 4. Applications for voting by mail must be received by Oct. 28, according to the secretary of state’s office.

Texans are eligible to vote by mail if they are 65 or older; sick or disabled; are expected to give birth within three weeks of Election Day; will be absent from the county where they vote during early voting and on Election Day; or are in jail but otherwise eligible.

If voting by mail, Texans are urged to carefully read the instructions before putting their ballot in the mail. More than 12% of mail-in ballots were rejected in the March primary for not complying with tighter voting regulations enacted in the last legislative session, according to kut.org.

Meanwhile, the latest poll shows the race between Gov. Greg Abbott and Beto O’Rourke has tightened since the Sept. 30 debate between the two, the Corpus Christi Caller Times reported. The latest poll by Marist College shows Abbott’s lead has dropped to 4 percentage points.

As the race hits the homestretch, O’Rourke reports having slightly more cash on hand in the latest three-month reporting period, which ended Sept. 29. He also out-raised Abbott by a slight margin during the same period.

EPA sued over pollution from coal plants

The U.S. Environmental Protection Agency has been sued by two national environmental advocacy groups for allegedly failing to ensure eight Texas coal-fired power plants are meeting approved emission standards.

The Austin American-Statesman reported the suit was filed last week after the EPA missed a deadline to stop the Texas Commission on Environmental Quality from exempting the coal plants from regulations limiting particulate matter emissions. An attorney with one of the groups, the Environmental Integrity Project, said the groups have been challenging the TCEQ exemptions since 2010.

“Essentially, Texas has these emission limits for particulate matter,” Clark-Leach told the American-Statesman. “Particulate matter is soot, it’s the black stuff you see coming out of smokestacks. It’s a bad idea if you’ve got people living nearby to emit in excess of those limits.”

The EPA’s website says that exposure to particulate matter can be harmful and is linked to lung and heart issues. Since being exempted by TCEQ in 2010, the plants have increased emissions as much as 33-fold. However, four of the plants have in recent years either switched to natural gas or shut down completely.

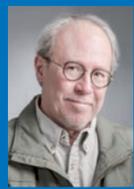
Drought conditions expected to return

A warmer and drier September and the continued presence of La Nina conditions mean drought conditions are likely to return to the parts of Texas that got some relief in August, according to Dr. Mark Wentzel, a hydrologist with the Texas Water Development Board.

At the end of September, drought conditions covered 61% of the state, Wentzel wrote, which was down 15 percentage points from the end of August.

However, the National Weather Service expects a third

Gary Borders Capital Highlights



straight fall and winter of La Niña conditions, meaning below-average rain and above-average temperatures across Texas during the fall and early winter. Those conditions are expected to dissipate early next year, hopefully bringing drought relief and possibly complete recovery by the end of next spring.

Avian flu shows up in backyard poultry flock

The highly contagious avian influenza was recently detected in a backyard poultry flock in Dallas County, prompting health experts to recommend owners of domestic birds to limit all unnecessary contact with wild birds. The virus is easily transmitted not just by actual contact but through contaminated equipment, clothing and even shoes of caretakers.

Symptoms include diarrhea, incoordination, lethargy, coughing, sneezing and sudden death, according to the Texas Parks and Wildlife Department.

Game bird hunters are urged to wear gloves when disposing of carcasses, and disinfecting tools with a bleach solution. Those who find birds who have signs consistent with avian influenza should contact their local TPWD biologist, whose contact information can be found on the agency’s website.

New ERCOT chief vows grid stability

The new CEO of the Electric Reliability Council of Texas said at a press conference last week that one of his main duties is convincing Texans they can stop worrying about the electric grid.

“The key is going to be continued reliable execution,” Pablo Vegas said. “Achieving reliable operations over extreme weather conditions, that’s how you continue to build trust.”

He made the comments at a press conference held jointly with Peter Lake, chair of the Public Utility Commission. Both Lake and Vegas said improvements and operational changes made since the February 2021 freeze have made the grid much more reliable.

They pointed out there were no systemic outages during one of the hottest summers on record, which spurred a record demand for power, the Austin American-Statesman reported.

“We continue to be tested, (and) we continue to pass those tests,” Vegas said.

COVID-19 cases drop slightly

The number of COVID-19 cases reported in the past week in Texas by the Coronavirus Resource Center at Johns Hopkins University decreased slightly to 13,442, with 92 deaths reported. Texas Department of State Health Services reported 1,147 lab-confirmed COVID-19 hospitalizations across the state, also a slight drop from the previous week.

Eagles host Palestine Friday

Continued from Page 1

twice in rapid succession to put the game away.

“We certainly don’t want last week’s game to turn into a third-straight loss,” said Cochran. “We want to make sure we are resilient and that we have a resilient program.”

CHAPEL HILL GAME

Things certainly didn’t start off the way the Eagles and their fans envisioned as the usually reliable Lindale defense had a difficult time stopping the offensive onslaught of the Bulldogs.

Chapel Hill took the opening kickoff and within five plays had a 7-0 lead on a 15 yard scoring run from sophomore quarterback Demetrius Brisbon. He turned the trick again after a Lindale punt, dashing to a



The Lindale defense closes in on a Chapel Hill running back this past Friday in the Bulldogs’ 79-45 win over the Eagles.

62-yard score with 7:42 left in the opening quarter.

Lindale got back in the game on its second try as quarterback Clint Thurman found wide receiver Marcus

Thurman trimmed the lead to 21-14 on a 60-yard scoring run, Bulldogs’ defensive end Daniel Waddleton stripped sacked Thurman and Kevyan Huddleston returned it 52 yards for the Bulldogs’ fourth touchdown.

Things went from bad to worse for the Eagles from that point on, as Chapel Hill pulled away to lead 44-21 at the half.

Thurman gamely went about his business despite relentless pressure from the Chapel Hill defense. The junior quarterback completed 17 of 33 passes for 224 yards and four touchdowns.

He also rushed for 140 yards on 25 carries and scored two touchdowns.

Running back Devin Daniels had 88 yards on 13 carries and Patrick Daniels totaled 74 yards on 15 carries.

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Other Bardwellink publications include: The Gladewater Mirror and White Oak Independent

This little place holds big memories

Straddling Red River and Lamar Counties, Deport is a tiny burg about two hours from here.

It's similar to the thousands of small towns sprinkled over the Texas map but just because it is really small, don't think for one second Deport is insignificant.

For the "refined, citified" crowd Deport may represent one of those places that seem stuck in time, something not worthy of a glance as you drive through.

Yet for those of us fortunate to have spent a good deal of time enjoying the place, we know it's an oasis for the soul.

My mother grew up in Deport along with her mother (Mammaw), father (Granddad), sisters and brother. Mom met my dad while working at Paris Junior College and after the war they picked up stakes and moved to Dallas.

Soon thereafter we would pile into the family Ford and head northeast for monthly visits.

We traded our concrete streets for dirt roads, congested environs for breathing space and sunup to sundown mayhem only pre-

teens could conjure.

We walked everywhere because, well, everything was nearby. "Downtown" consisted of one street, with my Mammaw's Café, my uncle's barbershop, a bank, grocery store, real estate office and a dime store on one side. Across the street was a movie theater (which burned down when I was about 8), a cleaners and a couple of more businesses.

Mammaw's Café was usually our first stop when we pulled into town and as I live and breathe, there's never been a better hamburger than the one she flipped at that place. And don't get me started on her fried chicken. Heaven on a bone.

Two of my cousins lived in town with my aunt and uncle while the other two lived outside the city limits in a fantastic old house with a screened in front porch. There was a stock pond, an old barn and garden spot where my uncle grew the best vegetables I've ever tasted.

There I learned how to smoke grapevine (note: it's not all that), wander the woods and hatch nefarious plots inside the barn.

Terry Cannon Editor



Our "in town" cousins lived down the street from Mammaw, about a five-minute walk. When we headed out of her house down the street, trouble wasn't far behind.

Country life sat well with our family of urban dwellers and we looked forward to "going to Deport" each month.

Down through the years, after we became adults with families of our own we returned for family reunions. Initially these get togethers were crowded affairs, with second and third generations of Cannons, Normans, Bells and Webbs.

But the inevitable passage of time has thinned the herd. Our recent reunion was attended by those in the photo accompanying today's essay.

(As you can tell, we are a bunch of old coots, except for our pretty niece in

the front row on the left. She definitely looks out of place.)

Anyway, the gathering – while smaller than in years past – was nonetheless as enjoyable as ever. When my sister informed me recently we were getting together she said, "Think there will be a little laughing?"

Oh yeah. There was a lot of that.

Many decades of stories were told and retold. The hijinks referred to earlier were, for the most part, harmless. But some, well, I just don't know how we didn't return to the city with blistered backsides.

For example, there was a time when my cousins Dana, Tom and I set fire to a field behind Tom's house. At the reunion, I regaled the others with that particular episode, which occurred when Tom and I thought it would be fun to light kitchen matches and toss them into a dry field. (What could possibly

go wrong?)

Of course, the field went up like, well, a dry field. Stunned, we managed to put it out after a few minutes but heard Dana yelling at us over by the barn. Seems as though "somebody" left the gate open and the cows had escaped.

"I believe the statute of limitations has run out on that one," said Tom.

Hopefully.

Our reunions, while not as frequent as they ought to be, are nonetheless treasured and are built on the bedrock of family.

Which is just as it should be.



Another family reunion photo of the Cannon, Norman and Webb families.

Rusty Mitchum Life & Times



Sometimes it doesn't pay to be a librarian

After readin' all this junk I write, you wouldn't think, as a kid, I would have been a book reader, but you'd be wrong.

I loved books, well some books. My mom and sister taught me to read back when I was four years old, and I've been readin' ever since. I know what you are thinkin'. You're thinkin' that if I've read so much, why do I have such bad grammar, right?

Well, I couldn't answer that. You 'd have to talk to my many English teachers, many of which spin in their graves every time one of my stories comes out. I write like I talk. Deal with it.

Anywho, back to books.

Durin' the summer months, I spent most of my days outside playin'; somethin' kids today don't know anything about. We fished, swam, threw dirt clods and sticker burrs, climbed trees, rode horses, shot BB guns, and generally had a wonderful time, but once every couple of weeks, my momma would drive my sister Teri and me to the public library.

She'd drop us off and come back in a couple of hours to pick us up. I loved the library. It was dark, cool, and it smelled of books; thousands of books; thousands of adventures. I always looked forward to seein' the librarian, too, although, I do not think the feeling was mutual. I remember one time in particular.

Teri and I were haulin' in the books that we had checked out on the previous visit.

"Well, hello Teri," the librarian said. "Did you enjoy your books?"

"Yes ma'am," Teri replied.

"That's good. Are you by yourself today?"

"No ma'am. Rusty is with me. He's outside stomping worms on the sidewalk." About that time, I walked in.

"Howdy!" I said and slapped my books on the counter. "Man, y'all've got a serious worm problem out there."

"Hello Rusty," she said coolly. "Am I going to have to warn you to be quiet this week?"

"I don't know," I said. "Hey, if I bring a can up here, would you collect those worms for me. I just got to thinkin' that I could use them for bait."

She smiled. "I really do not have time to collect worms for you," she said. "Now, let me have a look at your books."

"You don't have to," I said. "I didn't put any butterflies or leaves in them. I remembered what you told me last time."

"Good for you," she said, "but let me check them just in case."

"OK," I replied. "Hey, did you get any more books about Davy Crockett?"

"No Rusty, we only have the one book. This one, the one you brought back."

"Well, can I check it out again, or you gonna make me wait until next time again?"

"You know the rules. You have to turn it in to give someone else a chance to read it."

"OK," I said. "You got any new ghost

story books?"

"No," she replied.

"You got anything that you think I might like?"

"Well, we have several books on Daniel Boone."

"No thank you," I said. "He's just a Davy Crockett wanna be."

She looked up at me.

"Daniel Boone came before Davy Crockett, you know," she said.

"Did he fight in the Alamo?"

"No," she replied.

"Well, then I don't want to read about him."

"OK," she said as she checked my books.

"You got any new Tarzan books?" I asked.

"No," she replied and then looked up at me. "You know, I think you'd like the Hardy Boys."

"Are they in here?"

"No, I mean the series."

"Who do they play for?"

"I beg your pardon?"

"What'd you do?"

"I don't follow you."

"You said I beg your pardon, and usually when somebody says that, then they musta done somethin'."

She sighed heavily. "You asked who the Hardy Boys played for and I did not understand why you asked that," she explained.

"Oh! Well, you said they were in the series, and I figured you meant the World Series, so I was askin' who they played for."

"No," she sighed. "I meant it was a series of books about a couple of brothers that solve mysteries."

"What kind of mysteries?"

"You'll have to read the books to find that out," she smiled.

"Do they shoot bad guys?"

"No."

"Do they swing on grapevines?"

"No."

"Did they fight at the Alamo?"

"No."

"Do they dress up like ghosts and scare people?"

"Look," she said. "Forget I said anything. Why don't you go look around and see if anything interests you?"

"Yes ma'am, but if any good books come in while I'm lookin' around, and you think I might like them, let me know."

"I'll be sure to do that," she smiled.

As I walked away, something fell out of one of my books and the librarian screamed.

"What is that?" she asked pointing at the object.

I walked back and looked. There on the counter was a road flattened dried toad frog. I picked it up.

"There you are," I said to the toad frog.

"Thanks," I said to the library lady.

"That's my book mark."

You know, librarians sure are squeamish bunch.

Times of Lindale



EDITOR'S NOTE: This column comes from the archives of the Lindale News and Times, which is available online for \$2.99 per month. Call 903-882-8880 to set up your online subscription.

ONE YEAR AGO, Oct. 21, 2021

Senior Brylee Bergbower was chosen Homecoming Queen for 2021 at Lindale High School prior to Lindale's 64-29 District 9-4A win over the Athens Hornets at Eagle Stadium.

Bergbower is in the National Honor Society, is a member of the LHS soccer team, is a captain for the LHS cheerleaders, participates on the LHS track team and is on the Texas Bank and Trust Student Board.

Voting for this year's Homecoming Queen concluded on Thursday, Oct. 14.

Other Queen nominees included: Senior Preslie Walters, voted by the senior class; Senior Maggie Spearman, voted by the junior class and Senior Emma Elliott, voted by the sophomore class and Senior Brylee Bergbower, voted by the freshman class.

Duchess nominees, who represented their class during the Homecoming festivities, include Freshman Holli Dunn, Sophomore Dru Lewis, Junior Madeline Morton and Senior Chloe Nations.

FIVE YEARS AGO, Oct. 19, 2017

The Lindale High School Lady Eagles improved their District 17-5A volleyball record to 6-1 with a straight-set victory over the Nacogdoches Lady Dragons in Nacogdoches.

Scores were 25-4, 25-8 and 25-8.

Lorin Reue had six kills for the Lady Eagles, while Shelbi Steen had five kills, two blocks and six service aces. London Reue came through with five kills and one block and Brina Kuslak contributed four kills and one block. Harleigh Thurman registered 18 assists for the Lady Eagles and three aces while Libero Alisha Kiser had 13 digs.

10 YEARS AGO, Oct. 20, 2012

The Lindale Junior High School Lady Eagles volleyball team traveled to Rains on and took three of four wins against the Lady Wildcats.

Securing victories were the 7th grade B team and the 8th grade A and B squads.

For the 7th grade B team, Bree Marsh and Albany Smith were top servers, while Albany Smith was the top passer.

The 7th grade A team fell short to Rains with Bailey Thurman as leading server while Britany Birdsong was lead-

ing passer and hitter and Haley Holland was leading setter.

For the 8th grade B team, Hunter Smith was leading server, leading passer was Caroline Kelm and leading setter was Yemille Flores. Heather McGlaughin and Avery Bridges were top hitters.

The 8th grade A team was also victorious with Katie Rodriguez taking top serving honors, Karmryn Pilkinton was leading passer and leading setter was Ryan Rand.

Ryan Rand and Bailey Dudley were top hitters while Ryan Rand was also the leading blocker.

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New church opens in Lindale

The Church of Garden Valley – Lindale campus, was dedicated recently at its new location on Eagle Spirit Drive near E.J. Moss Intermediate School, officials announced.

On Sunday, Sept. 11, a grand opening was held after the Lindale Area Chamber of Commerce held a ribbon cutting ceremony the previous Thursday. Pastors Jacob and Megan Chaffin will minister to the congregation.

In late 2020, the church changed its name from the Lindale Assembly of God to the Church of Garden Valley – Lindale campus.

Sunday services begin at 10:30 a.m. and Wednesday prayer and worship services are 7 p.m. Life and Bible study activities are held several times per month.

Upcoming activities include a Halloween candy giveaway for youngsters on Oct. 29, baptisms on Sunday, Nov. 6 and Men's SPAR meetings at 7 p.m. Tuesdays.

Left, Jacob and Megan Chaffin are the pastors at the Church of Garden Valley – Lindale campus. (Courtesy photo)



Blood drive set at Mercy Ships

Carter BloodCare officials have announced a blood drive is scheduled for 9 a.m.-2 p.m. Tuesday, Nov. 11 at the Mercy Ships Campus, 15862 State Highway 110 north.

The Carter BloodCare bus will be there to take donations.

The sign up link is: https://ww3.greatpartners.org/donor/schedules/drive_schedule/135453

For more information, call Lou Clendenin at 903-939-7084.

Benefit car wash set for East Texas Aces

Precision Car Wash in Lindale is holding a fund raiser for the East Texas Aces Boys 12U baseball team from 8 p.m.-11 p.m. Friday and Saturday, Oct. 21-22 and Oct. 28-29 at the facility, located at 2106 S. Main St. in Lindale, officials said.

There will be costumes and candy in addition to the car wash for a \$25 donation.

The coaches for the Aces are David Dudley and Rick Parker. For more information call 903-316-9607.

Social Security benefits to rise in January

Approximately 70 million Americans receiving Social Security and Supplemental Security Income will realize an 8.7 percent increase in benefits beginning in January, 2023, officials announced.

On average, Social Security benefits will increase by more than \$140 per month starting in January.

The 8.7 percent cost-of-living adjustment will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023.

Increased payments to more than 7 million SSI beneficiaries will begin on Dec. 30, 2022.

The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room," said SSA Acting

Commissioner Kilo Kijakazi. "This year's substantial Social Security cost-of-living adjustment is the first time in over a decade."

To view a COLA message from Acting Commissioner Kijakazi, visit www.youtube.com/watch?v=Vgm5q4YTIAM.

Some other adjustments that take effect in January of each year are based on the increase in average wages.

Based on that increase, the maximum amount of earnings subject to

the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount.

The fastest way to find out their new benefit amount is to access their personal "my Social Security" account to view the COLA notice online.

People can also opt to receive a text or email alert when there is a new

message from Social Security--such as their COLA notice--waiting for them, rather than receiving a letter in the mail.

People may create or access their "my Social Security" account online at www.ssa.gov/myaccount.

Information about Medicare changes for 2023 is available at www.medicare.gov.

The Social Security Act provides for how the COLA is calculated. To read more, visit www.ssa.gov/cola.

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793 CR 313W Tyler TX 75706
903-597-6131
Pastor Stephen Nipp

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FM 16 West, Lindale, TX 75771
903-882-8275

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903-882-1454

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903-882-3852
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13745 FM 16 East, Lindale, TX 75771
903-882-3179
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17052 CR 4105 Lindale, TX 75771
903-882-3392
Bennie Portwood

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903-882-5106

Duck Creek Baptist Church

Lindale, TX 75771
903-882-9558

East Foothills Missionary Baptist Church

810 E South St, Lindale, TX 75771
903-574-2672
Gary Dinger

Fairview Baptist Church

Van Highway, Lindale, TX 75771
903-882-9500

First Baptist Church

Hwy 69 (in Swan) Lindale, TX 75771
903-882-6432

First Baptist Church of Lindale

110E Hubbard St. Lindale, TX 75771
903-882-3396
Tom Buck

Foundation Baptist Church

715 S Main St. Lindale 75771
903-881-9490

Garden Valley Baptist Church

17816 CR 442, Lindale, TX 75771
903-882-7671

Greater Hopewell Baptist Church

10480 CR 492 • Tyler, TX 75706
903-882-4726

Hopewell Baptist Church

11804 CR 494, Lindale, TX 75771
903-882-5381



Hopewell Valley Baptist, Church No 1

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903-882-5136

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903-882-3890
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10251 FM 727, Tyler, TX 75704
903-593-5811

Red Springs Baptist Church

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903-858-2365

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12050 CR 452., Lindale, TX 75771
903-882-8066

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14657 CR, Lindale, TX 75771
903-882-0849

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211 Walnut Springs., Lindale, TX 75771
903-882-7858

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11804 CR 494,
Lindale, TX 75771
903-882-5381

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903-882-6455

Church of Christ – South Main

2425 S Main St,
Lindale, TX 75771
903-882-8933

Church of Christ – Swan County

Road 471, Lindale, TX 75771
903-882-8009

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St Luke's Episcopal Church

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Lindale, TX 75771
903-882-8118
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Michael Peschke

Harris Chapel Southern

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903.253.3175

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Church

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Lindale, TX 75771

903-882-8949

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903-882-8501

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903-535-9155

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Lindale TX 75771-4206

903-881-9844

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Lindale, TX 75771

903-882-7597

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20428 CR 482
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903-882-7269

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17117 FM 1253
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903-882-9665

Grace Community Church

15567 Wood Springs Rd
Lindale, TX 75771

903-882-3323

Hide-A-Way Lake

Community Church

1115 Lake Cross Rd
Lindale, TX 75771

903-882-6966

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903-882-7997

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Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Friday, Oct. 7 2022

Sgt Dworaczyk and Officer Ramsey responded to a suspicious circumstance at 500 block Sunset Dr, settled at scene. Sgt Lazarine, Sgt Dworaczyk and Officer Ramsey responded to a recovered stolen vehicle at 552 E I-20, report taken. Sgt Lazarine and Sgt Dworaczyk responded to a residential alarm at 500 block Noah Ln, false alarm. Sgt Lazarine and Sgt Dworaczyk responded to an assist smith county at 13100 block CR 499, settled at scene. Officer Ramsey responded to a reckless driving at 2500 block S Main St, unfounded. Officer Gillham and Officer Orłowski responded to an assist EMS at 13700 Harvey Rd, settled at scene. Officer Leevey responded to an animal at large at 3400 block S Main St, settled at scene. Officer Leevey and Officers Gillham and Orłowski responded to a warrant service at 13000 block Hwy 69 N, arrest made. Officer Gillham and Officer Orłowski responded to a disturbance at 1300 block Brad Cir, trespass warning issued. Officer Leevey and Officers Gillham and Orłowski responded to a suspicious circumstance at 15400 block Lindsay Ln, unfounded. Officer Leevey and Officers Gillham and Orłowski responded to a disturbance at 500 block Sunset Dr, settled at scene.

Saturday, Oct. 8, 2022

Officer Ramsey responded to a parking violation at 300 block S Industrial St, settled at scene. Officer Ramsey responded to a lockout at 200 block Blackberry Blvd, settled at scene. Sgt Dworaczyk responded to a suspicious circumstance at 300 block E Hubbard St, settled at scene. Sgt Dworaczyk and Officer Ramsey responded to a welfare concern at 100 block Teresa St, settled at scene. Officer Gillham and Officer Orłowski responded to an assist smith county at 10800 block FM 16 E, settled at scene. Officer Gillham and Officer Orłowski responded to a welfare concern at 15300 block FM 16 W, settled at scene. Officer Leevey responded to a lost property at 3500 block S Main St, settled at scene. Officer Gillham and Officer Orłowski responded to an assist smith county at 12600 CR 472, settled at scene. Officer Leevey responded to a suspicious circumstance at 200 block Cannery Row, settled at scene. Officer Leevey responded to a loud noise complaint at 15200 block Country Acres Dr, settled at scene. Officer Leevey and Officers Gillham and Orłowski responded to an accident at 3400 block S Main St, settled at scene. Officer Leevey responded to a suspicious vehicle at 3500 block S Main St, settled at scene.

Sunday, Oct. 9, 2022

Sgt Lazarine and Officers Trombley and Jackquet responded to an accident at 3500 block S Main St, report taken. Sgt Lazarine responded to a business alarm at 300 block Eagle Spirit Dr, settled at scene. Officer Jackquet responded to an assist smith county at 558 E I-20, settled at scene. Sgt Lazarine and Officers Shurley and Wells

Three booked for Engaging in Criminal Activity near the jail

Three Smith County residents, including one incarcerated in the County Jail, were charged with Engaging in Criminal Activity stemming from an incident in September at the downtown jail, said Smith County Sheriff's Office spokesman Larry Christian.

Inmate Micah Deron Davis, 42 Kristofer Boyd Rouse, 41 and Davis' wife Lindsay Nichole Davis, 33, were charged and booked into the county jail after arrest warrants were issued by 114th District Court Judge Reeve Jackson, who set each defendant's bond at \$250,000.

On Saturday, Sept. 8, Smith County Investigators received information concerning the smuggling of illegal narcotics into the Smith County Jail. Investigators discovered that jail inmate Micah Davis was receiving contraband consisting of tobacco, marijuana and pills.

They also discovered that Lindsay Davis was throwing items over the fence at the north jail facility and placing the items by the dumpster near the Sheriff's Office.

It was at these two locations that Micah Davis and other trustees operating under his direction would retrieve the contraband and bring it into the jail.

Through further investigation it was found that Micah had told Lindsay to drop off contraband at the downtown jail facility near the dumpster.

They also learned this transaction was to take place at approximately 9 p.m. the night of Sept. 8.

Investigators conducted surveillance at this location and observed a black sedan heading north on Fannin on the east side of the jail. The vehicle then stopped on the east side of Fannin just across the street from where the jail dumpster was located.

A white male exited the driver's seat of the Jetta, ran across Fannin St. and tossed a brown paper sack under the fence toward the dumpster.

The white male then hurriedly ran toward the Jetta, jumped back into the driver's seat and left north toward Erwin Street.

A Smith County Investigator retrieved the brown paper sack that had been thrown under the jail fence. Inside of the bag he observed a baggie of marijuana, tobacco, assorted pills, rolling papers and a butane lighter.

He relayed his finding to other investigators and a Tyler Police Patrol Officer. A traffic stop was initiated on the black sedan and the driver was identified as Rouse and the passenger as Lindsay Davis.

They were apprehended and taken to the Smith County Jail where they were booked for Engaging in Organized Criminal Activity, a Class 2 felony as was the jailed Micah Davis.



responded to a suspicious person at 500 block Circle Dr, unfounded. Officer Wells responded to a welfare concern at 3500 block S Main St, settled at scene. Officer Shurley and Officer Wells responded to a welfare concern at 15600 block Brittain Ct, settled at scene. Officer Shurley and Officer Wells responded to a suspicious person at 400 block Summer Tree Cir, unfounded. Officer Wells responded to a suspicious vehicle at 200 block Cannery Row, settled at scene. Officer Wells responded to a suspicious circumstance at 200 block Cannery Row, settled at scene. Officer Shurley and Officer Wells responded to a suspicious person at 13300 block CR 472, unfounded.

Monday, Oct. 10, 2022

Officer Jackquet responded to a suspicious vehicle at 3200 block S Main St, settled at scene. Officer Trombley and Officer Jackquet responded to a hit and run at 2200 block S Main St, settled at scene. Officer Trombley and Officer Jackquet responded to a fraud at 1300 block Brad Cir, settled at scene. Sgt Lazarine and Officer Jackquet responded to a theft at 2200 block S Main St, report taken. Officer Shurley responded to a found property at 1100 block Woodlands Park Dr, report taken. Sgt Lazarine and Officer Trombley responded to a welfare concern at 300 block Jeffries St, settled at scene. Officer Shurley and Officers Wells and Mumeey responded to a stolen license at 3200 block S Main St, settled at scene. Officer Shurley and Officers Wells and Mumeey responded to a warrant service at 3200 block S Main St, arrest made. Officer Jackquet and Officer Wells responded to a lockout at 300 block S Main St, settled at scene. Officer Wells responded to a parking violation at 500 block N Main St, citation issued.

Tuesday, Oct. 11, 2022

Lt Lazarine responded to a suspicious person at 200 block W South St, settled at scene. Officer Trombley responded to a theft at 13700 block Harvey Rd, settled at scene. Lt Lazarine and Officer Trombley responded to a welfare concern at 100 block Hudson St, unfounded. Officer Mumeey responded to a hit and run at 100 block E Centennial Blvd, settled at scene. Officer Shurley and Officer Mumeey responded to a warrant service at 17000 block I-20 W, arrest made. Officer Shurley

Louisiana man sentenced to fed term after Gregg County stop

A Baton Rouge, La., man was sentenced this past week for a federal firearms violation in the Eastern District of Texas, said Davilyn Walston, spokesperson for U.S. Attorney Brit Featherston.

Marland Gibson, 53, was found guilty at trial on April 27, 2022, of being a felon in possession of a firearm and was sentenced to 48 months in federal prison on Oct. 12, by U.S. District Judge J. Campbell Barker.

According to information presented in court, on March 20, 2021, Gibson was stopped for speeding on Interstate-20 in Gregg County.

During the traffic stop, it was determined Gibson had an outstanding warrant for failing to appear in Marion County, Ind. on a charge of unlawful possession of a firearm by a serious violent felon.

Gibson was arrested on the warrant and a search of the vehicle revealed not only a handgun hidden in a compartment behind the vehicle's dashboard, but a suitcase in the rear of the vehicle containing another firearm and multiple rounds of assorted ammunition.

Further investigation revealed Gibson is a convicted felon and prohibited by federal law from owning or possessing firearms or ammunition. Gibson was indicted by a federal grand jury on June 17, 2021.

This case was prosecuted as part of the joint federal, state, and local Project Safe Neighborhoods (PSN) Program, the centerpiece of the Department of Justice's violent crime reduction efforts. PSN is an evidence-based program proven to be effective at reducing violent crime.

Through PSN, a broad spectrum of stakeholders work together to identify the most pressing violent crime problems in the community and develop comprehensive solutions to address them.

As part of this strategy, PSN focuses enforcement efforts on the most violent offenders and partners with locally based prevention and reentry programs for lasting reductions in crime.

This case was investigated by the Bureau of Alcohol, Tobacco, Firearms, and Explosives, the Texas Department of Public Safety and the Gregg County Sheriff's Office and prosecuted by Assistant U.S. Attorney Jim Noble.

Dallas man sentenced to federal prison in heroin overdose case

A Dallas man was sentenced this past week to federal prison for drug violations related to a 2019 overdose in the Eastern District of Texas, Walston said.

Jose Antonio Carreto, 31, was convicted by a jury on June 1, 2021, of conspiracy and distribution of heroin resulting in seriously bodily injury, conspiracy to possess with intent

and Officers Wells and Mumeey responded to a public intoxication at 13800 block Hwy 69 N, arrest made. Officer Wells and Officer Mumeey responded to an assist smith county at 900 block Stewart St, settled at scene.

Wednesday, Oct. 12, 2022

Cpt Chambers, Sgt Dworaczyk and Officer Jackquet responded to an accident at 556 E I-20, report taken. Sgt Dworaczyk responded to an accident at 3500 block S Main St, settled at scene. Sgt Dworaczyk and Officer Jackquet responded to an animal at large at 24500 block Toll 49, settled at scene. Sgt Dworaczyk and Officer Jackquet responded to an accident at 3400 block S Main St, settled at scene. Sgt Dworaczyk and Officer Jackquet responded to a business alarm at 66 block Miranda Lambert Way, false alarm. Officer Jackquet responded to an assist other agency at 900 block Stewart St, settled at scene. Officer Leevey and Officer Orłowski responded to an assist smith county at 11800 block CR 4102, settled at scene. Officer Leevey and Officers Ramsey and Orłowski responded to a threat at 300 block S Main St, unfounded. Officer Leevey and Officer Orłowski responded to a suspicious vehicle at 900 block S Main St, settled at scene. Officer Leevey and Officer Orłowski responded to a suspicious vehicle at 13300 block CR 472, settled at scene. Officer Leevey and Officer Orłowski responded to a suspicious vehicle at 3500 block S Main St, settled at scene. Officer Leevey and Officers Ramsey and Orłowski responded to a welfare concern at 900 block S Main St, settled at scene.

Thursday, Oct. 13, 2022

Sgt Dworaczyk and Officer Jackquet responded to a suspicious vehicle at 15300 block Spring Oaks Dr, settled at scene. Officer Philpot responded to a criminal mischief at 15700 block CR 4191 settled at scene. Cpt Chambers, Sgt Dworaczyk and Officer Jackquet responded to a disturbance at 1200 block Brad Cir, settled at scene. Officer Philpot responded to a public service at 1200 block Forest Trails Dr, settled at scene. Officer Jackquet responded to an accident at 3500 block S Main St, report taken. Sgt Dworaczyk responded to an accident at 600 block E Hubbard St, report taken. Officer Jackquet responded to a 911 hang up at 13900 block FM 2710, settled a scene. Officer Jackquet responded to a criminal trespass at 3500 block S Main St, trespass warning issued. Officer Leevey and Officer Orłowski responded to an assist smith county at 18800 block FM 1804, settled at scene. Officer Leevey and Officers Orłowski and Ramsey responded to a possession of controlled substance at 300 block N Main St, arrest made. Officer Ramsey responded to a verbal disturbance at 13700 block Harvey Rd, settled at scene. Officer Ramsey responded to a welfare concern at 300 block S Main St, settled at scene. Officer Ramsey responded to a business alarm at 500 block N Main St, false alarm.

to distribute and distribution of methamphetamine, and possession with intent to distribute and distribution of heroin resulting in serious bodily injury aiding and abetting.

Carreto was sentenced to 360 months in federal prison by U.S. District Judge Sean D. Jordan on Oct. 13.

According to evidence presented in court, on Sep. 25, 2019, law enforcement authorities responded to a heroin overdose on a Plano highway. The victim was administered Narcan and survived the overdose.

An investigation revealed that Carreto and his brother, Isauro Carreto-Cruz, had supplied the heroin used in the overdose.

"This case highlights the dangers of illegal drug use," said U.S. Attorney Brit Featherston. "Although dangerous alone, street heroin often contains chemicals that can cause death or serious bodily injury. We are seeing a drastic increase in illegal drugs poisoned with illegal fentanyl that are causing many deaths around the country. We will take all action within our power to investigate and prosecute those who spread this poison in our communities. We appreciate the great work by the investigators and prosecutor in this case."

Carreto and Isauro Carreto-Cruz were indicted by a federal grand jury on Nov. 13, 2019 and both were convicted at trial in June 2021. Isauro Carreto-Cruz was sentenced to 78 months in federal prison on March 11, 2022.

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Rotary officials speak to local club

Bill Hedges, Past District Governor of Rotary International was one of the guest speakers at the weekly meeting of the Lindale Rotary Club this past week. He was joined by District Governor Carolyn Franks. Both updated club members on the various Rotary Club service projects. (Courtesy photo)



Happy 2nd

Heavenly Anniversary

Tommie & Ann Rains

District playoff picture coming into focus

With just three weeks left in the District 9-4A football season, the playoff picture is beginning to take shape.

Kilgore and Chapel Hill, No. 1 and No. 2, respectively, are leading the way while Lindale (No. 3) and Henderson (No. 4) round out the field.

Jacksonville is 1-3 in district and Athens is 0-3.

Overall, Kilgore is 6-2, Chapel Hill 5-2, Lindale 4-4, Henderson 1-6, Palestine 3-3, Jacksonville is 2-6 and Athens is 2-5.

This week, Palestine visits Lindale, Kilgore travels to Athens and Chapel Hill visits Henderson. Jacksonville has its bye week.

This past week, Kilgore dumped Henderson, 42-21, Chapel Hill drummed Lindale, 79-45 and Palestine slipped past Jacksonville, 55-52.

Friday in Palestine, the Wildcats jumped out to a 13-7 lead after one period only to see the Fightin' Indians of Jacksonville score 23 points in the second period to go into halftime trailing, 34-30.

Palestine added two more touchdowns in the third to take a 48-37 lead into the fourth quarter,

but Jacksonville scored 15 more in the fourth to keep the game close.

Junior Elijah Walker ran for 264 yards on 27 carries for Palestine while Ta'Shawn Wilson rushed 16 times for 180 yards as the Wildcats kept the ball on the ground the entire game.

Wildcat quarterback Hudson Dear completed one pass in three attempts for 42 yards.

Jacksonville quarterback Ryan McCown passed 36 times and completed 21 for 408 yards and four touchdowns. Senior Jwaylon Kennedy rushed 11 times for 76 yards and two touchdowns for the Fightin' Indians.

Meanwhile in Kilgore the Bulldogs jumped out to a 27-7 lead at the half and were never seriously threatened by the Lions.

By the end of the third period, Kilgore had a 34-7 advantage which increased to 42-7 as the fourth period got under way on a two-yard rushing touchdown from Isaiah Ross.

Henderson managed two more touchdowns in the fourth period to make the score somewhat respectable.



(Above) The Lindale High School Star Steppers go through a routine during the Eagles' game with Chapel Hill last Friday night. (Left) Lindale Eagle defenders chase down a Chapel Hill running back during last Friday's Bulldog victory. (Right) Running back Devin Daniels picks up yardage against Chapel Hill this past Friday in the Eagles' game with the Bulldogs. (Photos by Terry Cannon)



Lady Eagles down Brownsboro in volleyball

The Lindale High School Lady Eagles defeated Brownsboro in five sets Friday night (Oct. 14) at home by scores of 21-25, 25-23, 20-25, 25-20, and 15-8.

Reagan Cates led the attack with 17 kills and added 1 block and 5 digs. Maddox Lay put down 15 kills, 3 blocks, and 7 digs. Kayli Vickery contributed 7 kills and 7 blocks. Addison Ridge had 6 kills and 16 digs defensively. Brooke Tweedell had 4 kills and 2 blocks.

Setter Anna Ivy assisted 26 times, and Tatum Woodard assisted 20 times. Libero, Reagan Hope added 11 digs, and Kennedy Weesner tallied 7 digs.

After a Tuesday night bye, the Lady Eagles were scheduled to play Mabank on the road Friday, Oct. 21.

The Junior Varsity Lady Eagles won in two sets 26-24, and 27-25. Justina Stirling recorded 5 kills, 2 blocks for the Lady Eagles, and Alyssa Potts put down 5 kills and 1 block. Izzy Koonce

contributed 4 kills, 2 blocks, and 8 assists. Katie Gordon had 3 kills.

Libero, Callie Schmidt contributed 8 digs.

The Freshman Lady Eagles won in 3 sets 25-21, 23-25, and 25-19. Abigail Kelley recorded 6 kills and 4 blocks on the night. Kenlie Collins and Ava Meir each contributed 4 kills. Macy Hodde had 3 kills, 8 assists, and 2 blocks. Lauren Stanton recorded 3 kills and 2 blocks. Libero, Bayleigh Yarbrough was strong defensively with 9 digs.

Lady Eagles topple Cumberland

The Lindale High School Lady Eagles defeated Cumberland Academy in Tyler on Tuesday, Oct. 11 in straight sets 25-18, 25-17, and 25-16.

Addison Ridge recorded 12 kills, and 7 digs. Kayli Vickery had 5 kills and 4 blocks. Maddox Lay and Reagan Cates each contribute 6 kills on the attack.

Anna Ivy had 7 digs and assisted 16 times, while Tatum Woodard assisted 11 times.

Defensively, Kennedy Weesner recorded 4 digs, and Reagan Hope had 5 digs. Lindale's Junior Varsity won in two sets 25-20 and 25-21. Izzy Koonce led the attack with 8 kills and added 6 assists.

Katie Gordon, Alyssa Potts, and Justina Stirling each recorded 3 kills. Clara Helvey assists 10 times and added 10 service points, and Kady Spears also contributed 10 service points. Helvey and Spears each recorded an ace. The Freshman Lady Eagles also brought home a win 25-4 and 25-21. Abigail Kelley led with 7 kills, 1 block.

Macy Hodde added 3 kills and 9 assists. Lauren Stanton had 2 kills, 16 service points, including 2 aces. Abigail Warrington added 5 assists on the night.

Lindale Junior High Girls split two with Cumberland

The Lindale Junior High School Lady Eagles volleyball teams won one of two matches from Cumberland Academy's Junior High School on Monday, Oct. 10.

Cumberland did not have a B squad.

The Lindale 7th grade A team won, 25-12 and 25-14 while the 8th grade A team fell 25-19, 19-25 and 20-25.

For the 7th graders, Kenlee Keith and Evie Provo were leading servers, Saige

Myers and Makynli Zemer were leading passers, Kenlee Keith and Makynli Zemer were leading setters and Makynli Zemer and Kenlee Keith were leading hitters.

For the 8th grade, Kaidance Smith was the leading server and leading passer, Grace Koustoubardis was the leading setter, Emma Watkins was the leading hitter and Ella Hutchins and Lyla Hernandez were leading blockers. Ava Grogan won the Hustle Award.

Navigating nutrition and aging

By Claudann Jones
Smith County Extension Agent
Family and Community Health

Food tastes develop as toddlers, but are nutrition needs the same at age 30 and 65? The National Institute of Aging says no.

Aging individuals need more protein, less sodium, and more key vitamins like B12. Eating a variety of foods with little to no added sodium, saturated fats, and sugar reduces risk for conditions like high blood pressure, diabetes, and heart disease.

Your aim should be for more quality-of-life years: Muscle matters, especially for preventing fall injuries. Protein sources like seafood, dairy, fortified soy products, beans, lentils, and quinoa are fuel for muscle.

Get rid of the saltshaker: Lemon juice, citrus, and fresh herbs will add variety, keeping your taste buds feeling young and adventurous.

Meal planning is the best way to healthy eating: Establish a budget, make a list ahead of time, and pick a prep time with which you are comfortable. The USDA MyPlate Kitchen alongside the MyPlate Plan are great recipe planning

and dietary guidelines based on your age, height, weight, and physical activity level. Sliced fruits and vegetables and nuts make great on the go snacks and help stabilize blood sugar.

Stay hydrated: Adequate water consumption aids in the digestion of food and absorption of nutrients, so make your water interesting by infusing it with cucumber, fruit, or mint, and ditch the empty calorie sugary drinks.

Be flexible. Be ready to implement changes in your shopping, cooking, and eating habits knowing they will help you reach your goals by keeping your body healthy and strong.

Consult your healthcare provider, dietitian or nutritionist if you need guidance with your individual nutrition needs.

For more information about Texas A&M AgriLife Extension Family and Community Health programs, contact the Smith County Extension Agent for Family and Community Health at 903-590-2980 or email at cmjones@ag.tamu.edu.

Like our Facebook page: Texas A&M AgriLife Extension Service Smith County. Stay well and stay safe.

Butterflies dependent on host plant

By Greg Grant
Smith County Horticulturist

Who can help loving butterflies?

They are nothing less than flying flowers. Would you believe that there are over 400 species in Texas? Even most non-gardeners love to see butterflies. Many know about the magic transformation from a homely caterpillar to a striking butterfly, but many aren't aware of the dependency of each butterfly to specific host plants.

Butterfly gardens have become immensely popular around the country in recent years. Many of us plant nectar plants for them so we can watch them in our gardens. But it's just as important to either grow host plants for their larvae or preserve wild spaces in nature for plants to grow naturally for them to munch on.

If you want to attract the most butterflies possible to your garden, consider planting verbena, lantana, vitex, butterfly bush, butterfly weed, liatris, zinnias, pentas, purple cone flower, asters, azaleas, or phlox. Here are a just few of my favorite butterflies.

Buckeye: This smallish brown butterfly has big showy blue eyeballs or "buckeyes" on his wings. The black spiny larvae are partial to the snapdragon family and feed on false foxglove (*Agalinis*) in my pocket prairie.

Eastern Black Swallowtail: This striking black beauty is highlighted by yellow spots above and blue and orange spots below. The larvae feed exclusively on members of the carrot family included fennel, and parsley.

Giant Swallowtail: This is the biggest of our butterflies and is black with a big yellow "smile" across its wings. The larvae (which look like bird droppings) of this behemoth feed exclusively on members of the citrus family. Although they will feed on cultivated citrus, in the wild they rely on Hercules club (*Zanthoxylum*) and wafer ash (*Ptelea*).

Gulf Fritillary: Everybody should plant a passion vine in their yard so they can follow the complete lifecycle of this tropical orange butterfly. You'll get to watch them lay eggs, hatch, munch, mature, form chrysalids, and hatch all before your very



An all-black eastern tiger swallowtail nectars on a verbena blossom.

eyes. It's generally a non-stop show from summer until frost.

Monarch: Everybody loves the beautiful monarch, our Texas state insect. Even most kids recognize it. Monarchs are reliant on different species of milkweed (*Asclepias*) for their caterpillars so make sure and keep plenty around.

Sulfur: I associate bright yellow sulfur butterflies with Turk's cap (*Malvaviscus*) and red spider lilies (*Lycoris*) as they never seem to be without them when they are in bloom. Sulfur butterfly larvae feed on members of the pea family (Fabaceae).

Tiger Swallowtail: This black and yellow striped beauty is my second favorite butterfly. Tiger swallowtail larvae feed on ash trees (*Fraxinus*), black cherry (*Prunus serotina*), and many others. Occasionally all "black" versions of females can be spotted.

Zebra Swallowtail: My favorite butterfly in the world is the delicate zebra swallowtail. It only occurs in East Texas and portions of the U.S where pawpaws (*Asimina*) are native. Like the gulf fritillary, the zebra swallowtail is also a tropical butterfly that is forever linked with an ancient tropical genus of plants leftover from a warmer, milder past.

Texas anglers sought to report Blotchy Bass Syndrome

Anglers across Texas and the U.S. are asked to report signs of Blotchy Bass Syndrome to support research being conducted by the United States Geological Survey and West Virginia University, officials with the Texas Parks and Wildlife Department said.

Bass Pro Shops is partnering with WVU and USGS to incentivize angler participation through the donation of gift cards for weekly drawings, including \$3,000 in gift cards specifically for Texas anglers.

Anglers are encouraged to report signs of BBS to the MyCatch app. To be eligible for the Texas-specific prizes provided by Bass Pro Shops, anglers who suspect that their fish has symptoms of BBS must submit photos, name of the waterbody where it was caught, and the date of the catch to Cynthia Fox-Holt (Cynthia.fox@tpwd.texas.gov).

Photos will be accepted through 11:59 p.m. on Dec. 31, and prize drawings will

occur over the course of three weeks in January (Jan. 9-13, 16-20, 23-27). Each fish an angler enters is one entry for the drawings so individual anglers who submit more than one fish are eligible for multiple prizes.

After scientists joined forces to study the distribution and prevalence of BBS, they found evidence that it is associated with a virus.

BBS produces black ink-like spots on the skin of freshwater bass species and has been documented in 18 states, including Texas. Even though BBS is associated with a virus, the fish generally appear to be in great condition and are actively feeding.

The viruses that cause BBS have never been identified in humans or domestic pets and fish are safe to eat when properly cooked.

For more information about this study and BBS, contact TPWD biologist Cynthia Fox-Holt through email at Cynthia.fox@tpwd.texas.gov.

Begin bed preparation for spring bulbs

By Rebecca Wade
Smith County
Master Gardener

It is the end of a really hot summer, but believe it or not, now is time to prepare beds for your spring flowering bulbs.

Although they can tolerate a bit of shade, bulbs like at least a half-day of full sun.

Because they sprout and bloom before most trees put on new leaves, you can get away with planting a bed under a deciduous tree. If the bed does not drain well, the bulbs will rot in the ground. They prefer a loamy soil

with lots of organics like mulched leaf mold, garden compost or composted manure. If the bed is acidic, add a bit of ground limestone along with small amount of bone meal.

In September, and no later than October, get those bulbs in the ground, but not all of them at once.

Spread the planting out over a few weeks to get successive blooming in the spring.

For a natural look plant bulbs in groups. Larger bulbs (no less than three) can be spaced about three to six inches apart and smaller

ones (no less than five) can be closer, one to two inches apart. The key is to not let them touch one another.

Depth of planting will vary, but a rule of thumb is to plant them 3 times as deep as they are tall. Remember, pointy-side must be up.

So, what bulbs do you plant? The Smith County Master Gardeners recommend Autumn Daffodil (*Sternbergia*), Texas Star Jonquil, *Tritonia crocatis* "Salmon Run" or Lollipop Lily.

Each year, the Master Gardeners hold their "From Bulbs to Blooms" sale and

this year's sale began Oct. 3 and will conclude with bulb pickups on Oct. 15 at Pollard United Methodist Church in Tyler.

Gardeners can also shop for other related items at the sale, including the 2023 Smith County Master Gardener's Guide, educational materials and additional bulbs.

Also, there will be door prizes given away and a lecture from Smith County horticulturist and bulb expert Greg Grant. For more information, visit www.txmg.org/smith/events.

The Smith County Master Gardener program is a volunteer organization in connection with the Texas A&M AgriLife Extension Service.



Yard of the Month
The Lindale Garden Club selected the yard of Patrick and Leanne Prater of 15830 Avery Lane in Lindale as its October Yard of the Month. (Photo by Darla Strickland)



A ribbon cutting was held this past week for the opening of the CHRISTUS Mother Frances 24-hour emergency clinic in Lindale and was attended by city of Lindale and Smith County officials. The clinic is located at 3203 S. Main Street. (Photo by Darla Strickland)



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LEGAL NOTICE

Application has been made with the Texas Alcoholic Beverage Commission for a Wine Only Package Store for Lindale Operating LLC d/b/a Triple J's to be located at 13341 I-20 West, Lindale, Smith County, TX 75706. Managing Members of said entity are Andrew Osborn, Member & Lindsey Osborn, Member

CITATION BY PUBLICATION

CLERK OF THE COURT PETITIONER or PETITIONER'S ATTORNEY
LAW OFFICE OF B. DIANE HEINDEL, PC
Jeffrey Cotten
PO BOX 7792, TYLER TX 75711
903-533-9900

THE STATE OF TEXAS
NOTICE OF DEFENDANT: "You have been sued. You may employ an attorney. If you or your attorney do not file written answer with the clerk who issued this citation by 10:00 a.m. on the Monday next following the expiration of forty-two days after the date of issuance of this citation and petition, a default judgment may be taken against you. In addition to filing a written answer with the clerk, you may be required to make initial disclosures to the other parties of this suit. These disclosures generally must be made no later than 30 days after you file your answer with the clerk. Find out more at TexasLawHelp.org"

TO: THE UNKNOWN HEIRS OF FRED E. HOSSLER, Defendant(s), Greeting:

You are hereby commanded to appear by filing a written answer to the Plaintiff's Original Petition at or before ten o'clock a.m. of the Monday next after the expiration of forty-two days after the date of issuance of this citation, before the Honorable County Court at Law of Smith County, Texas at the Courthouse Annex of said county in Tyler, Texas. Said Plaintiff's Petition was filed in said court on the 27th day of September, 2022 in this case, numbered 74608 on the docket of said court and styled,

Victoria Russell vs. The Unknown Heirs of Fred E. Hossler

The names of the parties to the cause are as follows: Victoria Russell is/are Plaintiff(s) and The Unknown Heirs of Fred E. Hossler is/are Defendant(s)

A brief statement of the nature of this suit is as follows, to-wit: *

as is more fully shown by Plaintiff's Petition on file in this suit.

The officer executing this writ shall promptly serve the same according to requirements of law, and the mandates thereof, and make due return as the law directs.

Issued and given under my hand and seal of said court, at office in Tyler, Texas, this date:
27th day of September, 2022.

KAREN PHILLIPS, County Clerk
Smith County, Texas
By: Annette Holmes, Deputy Clerk

Send us your story
ideas or share your
community events!
news@lindalenews-times.com

LEGAL NOTICE

Notice of Public Sale of property to satisfy landlord's lien. Sale held online at StorageTreasures.com. Facility's location: 12447 TX-64, Tyler TX 75704. Bidding opens 10/31/22 at 10AM and concludes 11/8/22 at 10AM. \$100 cash cleanup deposit required per unit. Seller reserves right to withdraw property any time before sale. Unit items sold as-is to highest cash bidder. All units include furniture, tubs/boxes unless otherwise noted. Units include contents for: Jeff Garner: electronics, dumbbells. Rosalva Sainz: kitchen, household, luggage, toys. Rajeana Reynolds: small appliances, household. Chris Camper: fishing rods, golf clubs, household. James Simons: electronics. Seth Kelly: electronics, cables. Willie Starling: bedding. The Estate of Judy Barlow: household, appliances, electronics.

NOTICE OF LIEN SALE

In accordance with Texas property code, Chapter 59, Castlerock Storage-Lindale, 19375 US Hwy 69, Lindale, TX 75771, will conduct a public auction to satisfy a Landlord's lien. Units will be sold as-is to the highest bidder online at www.storageauctions.com October 28, 2022- November 8, 2022 @ 10:00am. Cash Only. Cleanup deposit and sales tax required. Seller reserves the right to withdraw the property at any time before the sale. Units include the personal household belongings of the following tenants: Mary Ellen Langston
Kenneth Whitley

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Divide & Conquer Downsizing Sale for Rosemary (Mrs. Harold) Beard
Thurs., Oct. 20 - 7:00-5:30 | Fri., Oct. 21 - 8:00-5:30 | Sat., Oct. 22 - 8:00-2:00
3022 Concord Place, Tyler, TX 75701
Inside SSW Loop 323 & off Jacksonville Hwy (between Grace Community Church and Sunnybrook), turn into Colonial Estates and right onto Concord Pl.

This gorgeous 6300 sq. ft. home in the gated Colonial Estates (listed by Cathy Shipp & Associates Realty) is for sale; the FABULOUS following contents and consignments include: glass top din. table & chairs; another din. table & chairs; antq. entry chest; antq. barley twist coffee table; other antq. tables; antique Dutch cabinet; antq. sofa/entry table; antq. chairs; antq. side tables; antq. Chippendale chairs; lovely mirrors; great rug selections; several sofas; settees; wonderful china cabinet; curved front curio cabinet; 6 lg. display wall units; Asian armoires; queen bed; 3 leather recliners; leather wingback chairs; bed benches; antq. brass andirons; fireplace fender, & tools; orig. art; antq. wall sconces; Imari and other antq. porcelain; Waterford; vases, lamps, figurines, planters, carvings; & other selections; bamboo mirror; china; rose bowls; framed kimono; vanity items; mink coats; eveningwear; purses; shoes; hats; perfume bottles; men's shirts, suits, slacks, hats, ties, shoes; great jewelry selections; floor globe; other globes; leather office chair; custom upholstered chairs; decorative pillows; antq. Eastlake chest and table; child's desk; other misc. chairs; lamp shades; black bench; barware; stemware; decanters; HUGE array of books; lovely bedding; linens; sm. secretary; needlepoint selection; sterling & silverplate selections; floor & table lamps; magazine racks; fabulous glass top/rattan table, 4 chairs, other rattan chairs, & ottoman; plant stands; many frames; blue & white items; dishes; Italian and Portuguese dishes; small appliances; cookbooks; cookware; CD's; 33 & 45 records; videos; electronics; speakers; radios; phones; partners leather top desk; leather sofa & chair; consigned taxidermy & cowhide; brass oil derrick; oil well maps; TJC and A & M selections; fab. patio furniture; Christmas items; games; light fixtures; med. equip.; Canton shop. cart; off. supplies; vacuums; golf clubs; tripod; file cab.; **sooooo much more!!!**

Pictures: DivideAndConquerOfEastTexas.com

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Unique ways to reduce cancer risk

The human toll cancer takes is significant, both on the lives it claims and on the friends and family of those victims. Estimates from the International Agency for Research on Cancer indicated 10 million individuals across the globe lost their lives to cancer (excluding nonmelanoma skin cancer) in 2020. New research indicates those numbers could be on the rise.

A study published in the journal *The Lancet* in 2020 found that deaths from cancer are now more common in some high- and middle-income countries than deaths from cardiovascular disease. Authors of the study, which examined incidences of cancer among adults between the ages of 35 and 70 in 21 countries across five continents, concluded that cancer is like to become the leading cause of death in middle-age.

Though cancer is a formidable disease, many cases of cancer are preventable. In fact, the things people do every day can go a long way toward lowering their cancer risk by a significant margin. Certain behaviors, like avoiding smoking, are widely known to reduce cancer risk. But some



lesser known actions also can help individuals lower their risk.

- **Quit when you hear the click at the gas station.** The Air Pollution Control District of Santa Barbara County in California notes that gasoline vapors include a variety of toxic substances, including benzene. Benzene is an air pollutant that adversely affects the central nervous system, the respiratory tract and the immune system.

- **Grill wisely.** Various studies have suggested there's a link between well-done grilled meat and cancer.

- **Drink more fluids.** Drinking more fluids is one of the easier things people can do every day for a 24 percent reduction in bladder cancer risk among men.

Fight against breast cancer

Continued from Page 1

website owned by Healthline Media.

Breast cancer is the second most common cancer in women after skin cancer, says the National Cancer Institute.

Breast cancer diagnoses are extremely rare in teens. Teen girls between ages 15 and 19 have an incidence rate of 0.2 per 100,000, the CDC indicates.

Girls younger than 15 don't have a calculated breast cancer incidence rate because the CDC suppresses data when there are fewer than 16 cases, which the agency notes on its "United States Cancer Statistics: Data Visualizations" webpage.

Breast cancer incidence rates steadily increase with age, but it remains low for women under age 40, CDC data shows.

While not all experts agree on whether women under age 40 should receive mammograms, young women in their 20s and 30s have been diagnosed with breast cancer, according to incidence data published by the CDC, which dates back to 2019.

Women between the ages of 20 and 24 have a breast cancer incidence rate of 1.8 per 100,000.

The incidence rate jumps to 10.5 per 100,000 women, 30.1 per 100,000 women and 64.8 per 100,000 women, for women ages 25 to 29, 30 to 34 and 35 to 39, respectively.

Breast cancer incidence rates spike from ages 40 to 74, the CDC's data shows.

The incidence rate for middle-aged women steadily increases every four years. For example, women ages 40 to 44 have a breast cancer incidence rate of 131.7 per 100,000 women while women ages 55 to 59 have a breast cancer incidence rate of 273.3 per 100,000 women.

Breast cancer diagnoses are even more common in senior women. The CDC's data show women from age 60 to 64 have a breast cancer incidence rate of 339.8 per 100,000 women while women from age 65 to 69 have a breast cancer incidence rate of 425.2 per 100,000 women and women from age 70 to 74 have a breast cancer incidence rate of 475.8 per 100,000 women — the highest of any age group.

Declines in breast cancer incidence rates start to happen after age 75, ac-

ording to the CDC.

What is a mammogram?

Mammography is a common breast cancer screening method that uses radiation to detect physical abnormalities in breast tissue. (iStock)

Mammograms are an X-ray procedure that helps doctors detect early signs of breast cancer, according to the CDC.

The machines used to conduct mammograms have plastic plates that flatten breasts, so X-ray images can be taken and analyzed by radiologists for abnormalities.

Mammogram results are typically reported in a few weeks, according to the CDC.

Women with dense breasts have a higher chance of getting breast cancer, the health agency reports, but some women have higher-density breasts if they're younger in age, pregnant or breastfeeding, taking hormone replacement therapy or have a lower body weight.

"Dense tissue can hide cancers," the CDC wrote in a "What Does It Mean to Have Dense Breasts?" report.

"Fibrous and glandular tissue looks white on a mammogram. So does a possible tumor," the CDC continued. "Because it's hard to tell the difference between a tumor and dense breast tissue on a mammogram, a small tumor may be missed."

Dr. Mona Jhaveri, cancer researcher and founder of Music Beats Cancer, a creative nonprofit organization in Washington, D.C., told Fox News Digital that dense breast tissue occurs in half of all women ages 40 and up.

"It's well known that detecting cancer lesions in women with dense breast tissue can be difficult," Jhaveri said. "Mammography is the standard of care for breast cancer screening, [but] it certainly has its risks and limitations."

Potential risks associated with mammography screening include overdiagnosis, false positives, anxiety and radiation injury, according to a study published in the *National Library of Medicine*.

The U.S. Preventive Services Task Force — an independent, volunteer panel of national experts in disease prevention — says women who place a higher value on the potential benefit of mammography over potential harm can choose to begin breast cancer screening once every two years between ages 40 and 49 years.

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One Good Reason Why GenXers Read Newspapers... Platform Choice

Social media, websites, apps and e-newsletters. Not to mention the printed page. GenXers use both print and digital newspaper platforms to access the local news, information and advertising that impact their lives.

That's why today's newspapers employ a multi-platform strategy when creating new products for these engaged consumers. Makes sense for a group where more than eight out of ten access the newspaper content they depend on through digital channels.

In fact, GenXers make up **50%** of all local newspaper readers. It's why newspaper advertising is your best bet to reach this active group of desirable consumers.

Source: Aggregate of market studies conducted by Coda Ventures for state newspaper associations in Iowa, Kansas, Louisiana, New Mexico, North Carolina, North Dakota and Tennessee.

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