Lake board stops timber cutting

Concerns raised about beetles spread

By LAURA NEGRE

Auditor of the Board of Supervisors, the Lake Board has decided to stop timber cutting operations along Lake Mendocino.

A group of concerned citizens gathered in the auditor's office to discuss their concerns about the spread of beetles. They wanted to prevent the spread of the beetle infestation, which has been noted along Lake Mendocino in recent weeks. The group asked the auditor to halt the timber cutting operations until further investigation can be done to ensure the beetle infestation doesn't spread.

The auditor, after reviewing the situation, agreed to halt the timber cutting operations along Lake Mendocino until further notice. The group was satisfied with the decision and thanked the auditor for considering their concerns.

Local man drowns during midnight swim

The 26-year-old man drowned during a midnight swim in Lake Mendocino. The incident occurred at the popular swimming spot near the city dock. The man was found floating face down in the water when a passerby called 911.

The body was retrieved by the local dive team and was pronounced dead at the scene. The victim was identified as John Smith, a local resident. The cause of death is still under investigation.

City employees trained for safety

By LAURA NEGRE

Lack of training and inadequate safety measures have been identified as major concerns in the city. To address these issues, the city has conducted a safety training program for all employees.

During the training, employees were taught to recognize safety hazards, use personal protective equipment, and follow safety procedures. The training also included a demonstration of proper first aid and CPR techniques.

The city has also implemented new safety measures, such as installing more lighting in high-risk areas and providing additional training for maintenance staff.

Water district makes changes in permit forms

The Board of Supervisors of the Water District of Mendocino County has made changes to the permit forms for all new developments.

The changes include new sections for stormwater management plans and water conservation strategies. The district is also requiring all new developments to meet certain water usage limits to help conserve the precious water resources in the area.

Committee to study vandalized restrooms

A committee has been formed to investigate the vandalism of the public restrooms at the local park. The committee will review the available evidence and make recommendations to prevent future incidents.

Thank you for your concern.

For further information, please contact the City Hall at (707) 472-4700.
Take-a-Kid Fishing tourney the 'real' thing

The素材 assorted activities and promotions planned for young children, which will

The June Fishing Tourney is a fun event for children. The fishing

First place, Captain Mike (7) with 3 ft 3 in second place, Steve

The June Fishing Tourney is a fun event for children. The fishing

June filled with library reading fun

Kids' club offers prizes, stories, movies, more

The Panola Watchman

The June Reading Club at the

Library club offers reading rewards

Misty, first and second place winners, take

The June Reading Club at the

Stop by the library for a special

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LIFESTYLES

Cotton, an important part of Panola County

By Lula Belle Logume

Farmers, in search of the name of the cotton variety from the beginning of their crop season, are now preparing their land and planting their seed. The crop season is expected to begin in the next few weeks.

Tuesday, October 9, 1983

"We are looking forward to a good cotton crop this year." said Mr. Jones. "The weather has been favorable for planting and we expect a good growth of the crop." Mr. Jones, who has been farming in the area for over 30 years, said that the cotton crop had been successful in the past.

Roundup fall fest moves downtown

Rev. Howard Love, pastor of the First Baptist Church, announced that the Roundup Fall Festival will be held downtown on October 15th.

"We are excited to bring the festival downtown where it will be more accessible to the public," said Mr. Love. "We have planned a variety of activities for all ages." The festival will feature live music, food vendors, and crafts.

General Hospital opening

The general hospital in Panola County was opened on October 10th. The hospital is a 100-bed facility that will serve the residents of Panola County.

"We are proud to offer this new facility to the community," said Dr. Johnson, the hospital's CEO. "We will provide high-quality care to all who need it." The hospital will offer a range of services including surgery, emergency services, and mental health services.

Strength for living

By Jerry Brunham

Mullins celebrates 90th birthday

Mullins, a local resident, celebrated her 90th birthday on October 12th. Mullins was born in 1933 and has lived in Panola County her entire life.

"I am so grateful for all the love and support I have received," said Mullins. "I am looking forward to many more years of good health and happiness." Mullins has been an active member of the community and has volunteered at the local library for many years.

POLICE DEPARTMENT

300 E 1ST ST

Carrabelle, Florida 32322

PHONE: (904) 366-3400

CISD board to meet Tuesday

The CISD board will meet at 7 p.m. on Tuesday, October 11th, at the district administrative offices. The meeting is open to the public.

"The board will discuss the budget and other important matters," said Dr. Smith, the district superintendent. "We encourage all community members to attend and participate in our discussions."
Panola's European trip cancelled as company goes under

**The Panama Watchman**

Boothill Speedway

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**DOWNSIZING**

1. CITY

2. FLAG

Willy Klavonch is celebrating his birthday on June 5. He will receive cards from many of his friends.

**LAKE**

Lindsey Klavonch is celebrating his birthday on June 5. He will receive cards from many of his friends.

**Can Chiropractic Help Me?**

We are often asked "What's the best way of treating or stopping a chronic pain condition?"

Before we can answer this question, we first need to understand why chronic pain occurs and how a chiropractic adjustment can help.

A recent study published in the *Journal of Manipulative and Physiological Therapeutics* found that chiropractic care can effectively reduce pain and improve function in people with chronic back pain.

In this study, participants who received chiropractic care for 12 weeks showed significant improvement in pain intensity, disability, and quality of life compared to those who received no treatment.

This suggests that chiropractic care may be a valuable option for people with chronic pain, especially those with conditions like lumbar strain or herniated disc.

In conclusion, while more research is needed to fully understand the mechanisms behind chronic pain and the effectiveness of chiropractic care, the results of this study provide promising evidence that chiropractic adjustments may offer a safe and effective treatment option for many individuals.

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**County commissioners to meet Monday**

**The Panama Watchman**

Aggie mommies award scholarships

The Panola County A & M Association awarded scholarships to students from the Panola County area.

**Witt receives prison sentence**

Witt was sentenced to life in prison for the murder of a man who was found dead in his home.

**THURSDAY AT 10 AM**

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**Our Opening**
COUNTRIES AS WELL AS PEOPLE SHOULD BE GOOD NEIGHBORS

People who are next door to each other always live happier lives when they become good neighbors and help each other when they are needed. The same thing is true of nations, and throughout their existence, countries and the United States have been driven by examples of cooperation in war, trade, and peace. And also in runtime, during the baseball and hockey seasons. All of this is in sharp contrast to some other nations of the world that seem to be in a perpetual state of turmoil, even within their own borders. Our House of Worship underscores the concept of "love thy neighbor," emphasized throughout the Bible, and it should certainly apply to countries as well as individuals; as exemplified by the long-standing good relationship that has endured between Canada and the United States.

That long frontier is an example to every country and a pattern for the future of the world.

-Sir Winston Churchill

TOWN story and Directory in State Droughts From These Times. New Encyclopaedia, 5:10-11, World Driftship

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