News briefs

Friday concerts canned

The First Presbyterian Church of Carthage was forced to cancel its Friday night concerts, which are normally held from 6 to 8 p.m. on the church's Third Street terrace on Friday. The announcement was made late Thursday afternoon following a meeting of church officials.

Limos lead cops

Stolen merchandise recovery

An early morning succinct was met by a group of police officers as they searched the area for clues. The incident involved three vehicles, including a white Lincoln Continental and a dark blue sedan. The Lincoln was driving in the opposite direction of the sedan and was stopped by the police. The sedan continued and was later found abandoned in a wooded area.

Bellows named top firefighter

Firefighters are on duty, ready to respond to any emergency situation. They are often seen in action, ready to save lives and property. In this particular situation, a man was seen running with a large apparatus, possibly indicating a fire emergency. The firefighters are known for their quick response and dedication to saving lives.

Petition opposes parole for Rogers

Following in the footsteps

Bush campaigns on child-oriented policies

George Bush Jr. says he's in his camp, but his campaign seems to be more focused on children. He is following in the footsteps of his father, who was also known for his focus on children's issues. Bush Jr. emphasizes the importance of providing education and opportunities for children, both at home and abroad.

Red ribbons promote safe holiday driving

State Police and Mothers Against Drunk Driving (MADD) have placed ribbons on the doors of vehicles in an effort to promote safe driving during the holidays. The ribbons are meant to serve as a reminder to drivers to drive responsibly and avoid drinking and driving.

Petition opposes parole for Rogers

Word Rogers might be released, she called the petition the "most overdue campaign in my life." She has been a prominent figure in Texas politics for over 20 years and is known for her staunch opposition to parole for violent felons.

Following in the footsteps

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The Panama Watchman

Tatum’s ’Cowboy Christmas Ball’ benefits area needy children

The 13th annual Cowboy Christmas Ball will be held at 7 p.m. Saturday, Dec. 4. The event will be held at the Tatum Civic Center. Tickets are $30 per couple and $15 single. For more information, call 855-3422.

O’Neal to be appearing in documentary

O’Brien O’Neal, will be appearing in a documentary film that is being produced by a TV company. The film is about the history of the city of Tatum and the people who have lived there. It is scheduled to be released in the spring of 2022.

The Panama Watchman

Announcement

STRENGTH FOR LIVING

Here is a way to strengthen your living situation. It’s called “The Panama Watchman’. It’s a newspaper that is dedicated to helping people strengthen their lives. The Panama Watchman is a great source of information for anyone who wants to improve their quality of life. Subscribe to The Panama Watchman today and start living your best life.

BISD board to meet Monday

A regularly scheduled meeting of the Board of Directors of the Big Spring Independent School District will be held at 7 p.m. Monday, Dec. 6, at the District Administration Office, 1001 S. Washington Ave.

Gift Certificates

Haircuts for Christmas

Tebo’s Hair Loft

711 W. 2nd
(915) 678-2222

Semi-Annual Foundation and Daywear Sale

SAVE 25% to 30%

Some savings may not be applied to both categories.

Christmas Open House

Customer Appreciation Day

Friday, December 17th

Refreshments Served

The Panama Watchman

The Library Shelf

by Geneva Smith

Seasonal gift guide.

The Panama Watchman

College board to discuss program funds

The Panama School Board will meet at 1 p.m. Monday, Dec. 6, at the Administration Office, 1001 S. Washington Ave.

Hospital news

Doctor’s Office

Monday, November 29, 2021

Doctor’s Office at Tatum will receive a” Christmas Spirit” award from the Tatum Chamber of Commerce. The award is given to the doctor’s office that has the best Christmas decorations.

Commodities

The Commodity Credit Corporation (CCC) will announce its 2022 loan eligibility and loan release dates for various commodities. The CCC will also announce its 2022 loan payment and loan forgiveness policies.

CISD board meets Tuesday

The CISD Board of Trustees will meet at 7 p.m. Tuesday, December 7, at the CISD Administration Building, 1001 S. Washington Ave.

Rita Price

Announces a Super-Chamber Cheeks at 7 p.m. on December 16, at the Tatum Civic Center. The event is open to the public.

Mr. & Mrs. ’s

Announces a Super-Chamber Cheeks at 7 p.m. on December 16, at the Tatum Civic Center. The event is open to the public.

Pre-Holiday Truck Load

Stainless Stahl Special

$10.95

Haul Master Special

$19.99

Hummer 1800 lb. Axle Special

$9.99

Armstrong Special

$13.95

Montana Gold Label

$14.95

DuroStir Special

$24.95

202 W. Panola,
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The Panama Watchman

Christmas Gift List

by Geneva Smith

Gifts for the holidays include:

Mr. & Mrs.

This is a great gift for the holidays. It’s a wonderful gift for anyone.

The Panama Watchman

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Hummer 1800 lb. Axle Special

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Montana Gold Label

$14.95

DuroStir Special

$24.95

202 W. Panola,
Carrizo Springs, Texas 78834-5004
The Pacolino Watchman

Area deaths

MBA LACRINE

Kimberly McGee was born on May 25, 1920, in Atwater, California, and died on November 6, 2002, in Oakdale, California. She was the daughter of Mr. and Mrs. John McGee. Kimberly was a loving wife, mother, grandmother, and great-grandmother. Her funeral service was held on November 10, 2002, at Oakdale Mortuary, and Interment was at the Oakdale Cemetery. In lieu of flowers, donations may be made to the American Red Cross or the Salvation Army.

Mrs. Louella L. Lowman passed away at her home on January 2, 2003, after a long illness. She was born on November 10, 1925, in Oakdale, California, and died in Oakdale, California. Mrs. Lowman was the widow of Mr. James Lowman. She was a devoted wife, mother, grandmother, and great-grandmother. Her funeral service was held on January 6, 2003, at Oakdale Mortuary, and Interment was at the Oakdale Cemetery. In lieu of flowers, donations may be made to the Oakdale Recreation Department.

Nellie M. Hickey died on January 3, 2003, after a brief illness. She was born on September 15, 1923, in Oakdale, California, and died in Oakdale, California. Nellie was the daughter of Mr. and Mrs. John Hickey. She was a loving wife, mother, grandmother, and great-grandmother. Her funeral service was held on January 7, 2003, at Oakdale Mortuary, and Interment was at the Oakdale Cemetery. In lieu of flowers, donations may be made to the Oakdale Memorial Hospital.

Walter J. Smith passed away on January 4, 2003, after a long illness. He was born on March 3, 1926, in Oakdale, California, and died in Oakdale, California. Walter was the husband of Mrs. Betty Smith. He was a loving husband, father, and grandfather. His funeral service was held on January 8, 2003, at Oakdale Mortuary, and Interment was at the Oakdale Cemetery. In lieu of flowers, donations may be made to the Oakdale Fire Department.

The family of Mrs. Nellie HickeyExpressions of sympathy are extended to the family of Mrs. Nellie Hickey. Nellie was a beloved member of our community, and her passing is being felt by many. Her funeral service will be held on January 7, 2003, at Oakdale Mortuary, and Interment will be at the Oakdale Cemetery. In lieu of flowers, donations may be made to the Oakdale Welfare Fund.

Nellie Hickey's Love of Oakdale

Nellie Hickey, 87, a lifelong resident of Oakdale, passed away on January 3, 2003, after a long illness. She was born on September 15, 1923, in Oakdale, California, and died in Oakdale, California. Nellie was the daughter of Mr. and Mrs. John Hickey. She was a loving wife, mother, grandmother, and great-grandmother. Her funeral service was held on January 7, 2003, at Oakdale Mortuary, and Interment was at the Oakdale Cemetery. In lieu of flowers, donations may be made to the Oakdale Memorial Hospital.

Nellie Hickey was a devoted wife, mother, grandmother, and great-grandmother. She will be deeply missed by her family and friends. Her funeral service will be held on January 7, 2003, at Oakdale Mortuary, and Interment will be at the Oakdale Cemetery. In lieu of flowers, donations may be made to the Oakdale Welfare Fund.
Calendar of events

Friday, December 9:
- 7:00 PM - 10:00 PM - Christmas Pageant at the Panola County Fairgrounds
- 8:00 PM - 11:00 PM - Christmas Carol Singing at the Old Courthouse

Saturday, December 10:
- 9:00 AM - 1:00 PM - Craft Fair at the Panola Museum
- 2:00 PM - 5:00 PM - Ice Skating at the Panola Ice Rink

Sunday, December 11:
- 1:00 PM - 3:00 PM - Christmas Tree Lighting at the Town Square
- 3:00 PM - 5:00 PM - Santa Claus Visit at the Panola Mall

THANKSGIVING WEEK

- 11:00 AM - 2:00 PM - Thanksgiving Dinner at the Panola Community Center
- 2:30 PM - 5:30 PM - Thanksgiving Parade through the town center
- 6:00 PM - 9:00 PM - Thanksgiving Dinner at the Panola Country Club

Singer School Machines

WITH SEW & SERGE STITCHES

NEW IN FACTORY SEALED CARTONS

UNAVAILABE ORDERS

Our Singer Education Department placed orders for 500 of these machines in our warehouse. They cannot be held over, but will be liquidated to the public.

Simplified Operation

These new S-5 & S-7 models feature simplified operation. They have all been designed and engineered to give long service, beauty, durability, and efficiency. There are no tools or accessories, no adjustments to be made. Tips shown in the instruction book are the only adjustments required.

Sew All Fabrics

These machines are heavy duty. They will sew jeans and all fabrics from thin cottons to thick woolens. Your price is included in the sale price.

Your Price with this ad is $195

Without this ad $249.00

S Travel, Lunch, Dinner, Laundry included.

IN THE USA, LATE, LATE IN THE USA

Wednesdays, December 15

10:00 AM to 5:00 PM

ANTIQUE MALL OF CARTHAGE

113 W. S. SABINE - CARTHAGE

SALE

OUR STORE IS FULL

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Living Room

Bedroom

Dining Room

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Shop Early For Christmas

90 Days Same As Cash

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Sports Sunday

Sunday, December 11, 1983

Lon Morris batteries Ponies in TEC play

Too quick and strong in 92-77 win

Elysian Fields girls batter McLeod, 60-19

Lady Dogs topple Gilmer in opener of Glade tourney
Byrd turns Dawgs inside out by 85-55

Byrd scored another double-digit win over DeSoto in non-district play, 85-55, at Byrd High School. The Dawgs were led by junior guard Darius Washington with 25 points and senior forward James Harden with 19 points. DeSoto's best scorer was junior guard Jordan Thomas with 12 points.

Carthage jvs open win 72-34

Carthage High School opened up their season with a dominant win over Jonesboro High School, 72-34. Carthage’s senior forward Tyler Johnson scored 20 points and sophomore guard Draymond Green contributed 16 points. Jonesboro’s best scorer was junior guard Jordan Pierce with 13 points.

Lady Pups' A win tourney at White Oak

The Lady Pups from White Oak High School won the tournament, defeating Oak Grove High School, 55-32. White Oak’s senior guard Sarah Larson was the tournament's Most Valuable Player with 22 points. Oak Grove’s best scorer was junior forward Jordan Thomas with 13 points.

Carthage jvs drop opener

Carthage High School opened their season with a loss to Jonesboro High School, 70-55. Carthage’s senior guard Tyler Johnson scored 15 points and sophomore guard Draymond Green contributed 10 points. Jonesboro’s best scorer was junior guard Jordan Pierce with 18 points.

Pope has hot hand, sets mark

Pope High School’s senior forward Tyler Pope had a career-high scoring game, sinking 13 of 13 three-pointers to break the school record. Pope scored 43 points, leading Pope to a 91-65 win over rival Byrd High School.

Carthage jvs rip Hemphill girls by 59-6

Carthage High School’s girls basketball team dominated Hemphill High School, winning 59-6. Carthage’s senior guard Draymond Green scored 18 points and freshman forward Tyler Pope contributed 12 points.

Open house Tues. Dec 14

Open house will be held at the Mt. Calvary Baptist Church, 5935 South 2 miles from loop Carthage, Texas. Open house will take place on Saturday, December 14, from 2-4 PM. It will be a time for families to come and learn more about the church and its mission. There will be refreshments and games for children.
Let Us Enjoy This Holiday
And Remember Its Meaning

The Park is decked, the stockings are hung, and presents lie beneath the tree. All are waiting for Santa to bring the holiday hurry.

Our family and friends will come together for a joyful holiday feast. We should pray. The reason for our faith rests in the meaning of the Scripture.

The meaning of the Scripture: "Peace on earth, good will to men," is from heaven's gift. And every gift is from above. — James 1:17

Every good gift and every perfect gift is from above, coming down from the Father of lights, through whom all good gifts and every perfect gift comes. In fact, the Scripture says, "Peace on earth, good will to men." — James 1:17

This Devotional And Directory Is Made Possible By
These Firms Who Encourage ALL OF US To Attend Worship Services.

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The First National Bank

The Panola Watchman

Trinity Valley rips Fillies in Roses tilt

Lady Pups' A rip Hallsville 46-13 district

Pups second in tournament at Jacksonville

Lady Cards roll 104-57 in tourney opener

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Texas League

Texas League
Soda Water
$1.69
13-Pack

Shoulder Roasts
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Ice Cream
2 for $5.00
1/2-Gal. Carton

Potato Chips

Navel Oranges
39¢

Ruby Red Grapefruit
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Better Rest
News and Information About Sleep

GET THE BEST OF SLEEP

One in three American adults has a problem falling or staying asleep. Sleep experts estimate that 60 million people in the US get by with 5 hours of sleep a night. Still, most adults need at least 7 hours of sleep a night to function optimally. It's called sleep deprivation, and it's getting a lot of attention lately.

Everybody from The National Commission on Sleep Disorders to the Foundation for Chiropractic Education and Research to Time Magazine has been paying attention to sleep deprivation, and it's time we all pay attention as well.

"Lack of sleep can be more serious than you think"

In the waking situation, mental fatigue can be just as dangerous as a flat tire, in fact, it can be just as dangerous as a flat tire. It's the leading cause of traffic fatalities, and may be the second leading cause of death after heart disease. You wake up feeling refreshed and ready to start your day with positive expectations. To get the most from your chamber, here are some tips:

- Sleep Well: Good sleep habits
  - Pay attention to your own sleep patterns. Go to bed when you're tired. If you can't fall asleep within 20 minutes, get out of bed and do something else, even if that means reading a book or listening to music. If you're still awake after another 20 minutes, go back to bed and try again.
  - Sleep on your back or side, since it's the best way to achieve deep sleep.
  - Eat balanced meals at regular times.
  - Avoid caffeinated products after 3 PM (coffee, tea, cola, chocolate and many common, non-caffeinated products). Sniffers should stop well before bedtime.

- Make sure you're sleeping on a quality mattress. One that
  - can't be too firm, but not too hard.
  - can't be too soft, but not too soft.

- Avoid alcohol. It could help keep you from achieving a deep sleep, and it can exacerbate insomnia and other sleep disorders.

- A light bedtime snack can be helpful before going to bed.

- When you wake up, your internal clock tells you to
  - help your body to feel alert every night. Learn to sleep fit every night.

Sources: Foundation for Chiropractic Education and Research and The Better Sleep Council

WAKE UP AMERICA: A National Sleep Alert

The National Commission on Sleep Disorders Research has just issued their 2005 report to Congress. Here are their key conclusions:

- One in three American adults gets by with 5 hours of sleep a night. Sleep disorders and disabilities are a common problem.

- Some sleep disorders suffer from a lack of sleep disorders, such as sleep apnea, narcolepsy, restless legs syndrome, and insomnia.

- Sleep disorders and their consequences are estimated to cause an annual cost of $30 billion, or 1.5 million dollars per year per patient.

- The cost of a sleep study is typically $300 to $500, and insurance companies often cover the cost. Some insurance companies may cover the cost of a sleep study for sleep disorders.

- The National Commission on Sleep Disorders Research calls for a national sleep awareness campaign.

- A national sleep awareness campaign will raise awareness about the importance of sleep and the warning signs of sleep disorders.
**TO NAP OR NOT TO NAP**

Are you one of those individuals who need a nap after a short afternoon mental-stimulation? Sleep experts give the answer to napping—do it but don't overdo it.

Dr. James Smith, chairman of Cornell University's psychology department, is trying to change the cultural mindset that equates an afternoon snooze with laziness. Napping may be what you need if your eyes are open but your mind is turned off. You can be much more efficient by taking a 20-minute "power nap" instead of a 20-minute coffee break.

If you are over 40, you should be viewed as not a subordinate, just a person who needs sleep, but as a way to partially recover your vitality. Napping is not just for seniors; it's also a great way to compete against fatigue. The optimal length is about 20 minutes, says Smith.

**CHIROPRACTIC COMES INTO ITS OWN**

Chiropractic is a non-surgical, non-invasive and drugless treatment. Chiropractic theory believes that spinal mechanisms—including the vertebrae, corresponding nerves and surrounding soft tissues—play a primary role in the health of the whole body. And how you work, play, sit and even sleep can cause pain, dysfunction and loss of mobility that troubles thousands every year.

**What Do Chiropractors Do?**

After a thorough examination, which may include x-rays to determine the cause of the pain, the primary treatment for spinal misalignment is a procedure known as "spinal manipulation" or "spinal adjustment." This is a technique in which the chiropractor skillfully applies pressure to an area of the spine that is out of alignment. The result is reduced pain and inflammation, and restored function.

Your chiropractic doctor may recommend changes in your lifestyle, your exercise pattern, even the bed you sleep on. They know the extent to which the curve of our bodies can make themselves felt in our backs.

**Chiropractic Works**

In a recent Gallup poll, 90% of chiropractic patients felt their treatment was effective. A related study found that patients of chiropractors were three times more satisfied with their care than patients of family practice physicians (Western Journal of Medicine, March 1989). As health care choices become increasingly diverse, it is clear that chiropractic will be a choice for more.
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80" W. 17" D. 31.5" H.
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All crystals are included in the price.

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Queen Anne Style.
Cherry finish.
Wood Veneer Seat Top.
Also in Oak Finish.
36" W. 36" D. 32" H.
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The Warmth and Charm of Country Dining
Family Size Table and
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Entertainment Center: Designed to organize all your stereo/television equipment. Lovely curved drawer fronts and brass finished hardware. $399

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Hard Working Desks... Keep Everything neat and Organized While Creating an Exciting Floral Print & Any Room!

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Beautiful Washed Pine Finish "Tuscan" Bedroom Inspired by European Antiques and American Farmhouse Treasures

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