Fire district election slated for Saturday

By Darrell Humphries

Voters who have not yet cast a ballot for the Crockett County Fire Protection District may do so at any polling place open on Saturday from 7 a.m. to 7 p.m. Those who registered to vote in time to cast ballots on Saturday may do so at any polling place open on Saturday, but may not do so on Friday.

The Crockett County Fire Protection District is offering voters the opportunity to cast their ballots at any polling place in the county on Saturday. The district, which covers approximately 2,500 square miles, provides fire protection services to more than 100,000 residents in the county.

Three people were injured in a Thursday wreck on FM 176 in the area of Panola and Nacogdoches. The accident, which occurred near the intersection of FM 176 and US 90, involved a car and a truck. One person was taken to a hospital with minor injuries, while the other two people were treated at the scene and released.

PGH shows decreased revenue in December, finishes year in black

By Darrell Humphries

The Panola County Hospital (PGH) reported a decrease in revenue for December, resulting in a loss for the hospital for the year.

PGH's revenue for December was down 10% compared to the same month in the previous year. This decrease is attributed to a decrease in inpatient admissions and a decrease in the average length of stay for those patients who were admitted.

Review board votes to appeal tax suit ruling

By Sherry Keen

The Panola County Review board has voted to appeal a judge's decision in a tax suit against the county. The review board has decided to appeal the judge's decision to the Court of Appeals in San Antonio.

CISD to hold May election

CISD, a school district in Crockett County, has announced that it will hold a May election.

The election will be held on May 3 and will include a bond issue for the construction of new schools and improvements to existing ones.

Cheerleader conduct scrutinized by board

By Sherry Keen

The CISD school board has launched an investigation into alleged misconduct by a cheerleader.

The investigation was initiated after a complaint was filed by a parent who alleged that the cheerleader had engaged in inappropriate behavior.

New County Extension Agent hired

By Sherry Keen

Crockett County is welcoming a new County Extension Agent, who will be responsible for providing agricultural and family life education programs to the county.

The new agent, who replaces the retiring agent, will be responsible for developing and implementing educational programs to meet the needs of the residents of Crockett County.

Cheerleader's conduct under scrutiny

The CISD school board has opened an investigation into a cheerleader's conduct.

The investigation was initiated after a parent filed a complaint alleging that the cheerleader had engaged in inappropriate behavior.

The district has launched an investigation into the matter, and the cheerleader has been placed on administrative leave pending the outcome of the investigation.

The district has emphasized that it takes the allegations very seriously and will take appropriate action if the allegations are found to be true.

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Panola County to mark 150th year

Panola County is gearing up to celebrate its 150th anniversary this year. The county was established on January 21, 1850, and has a rich history that includes contributions to the civil rights movement, agriculture, and local government. Throughout the year, various events and activities are planned to commemorate this milestone, including historical tours, genealogical research opportunities, and community gatherings. For more information, visit the Panola County Historical Society's website or contact them directly.
Fibromyalgia

Fibromyalgia is a syndrome characterized by widespread pain in combination with tenderness of bone and muscle. The exact cause is unknown, but it is often associated with psychological stress. It is a chronic condition that affects both men and women, and it is difficult to treat. There is no cure for fibromyalgia, but there are treatments available that can help manage symptoms.

Key Features

- Chronic widespread pain
- Tenderness in muscles and bones
- Fatigue
- Mood changes
- Sleep problems
- Morning stiffness

Treatment

- Pain management
- Physical therapy
- Medications
- Cognitive-behavioral therapy

Precautions

- Avoid overexertion
- Get adequate sleep
- Manage stress
- Stay active

Resources

- National Fibromyalgia Association
- American College of Rheumatology

For more information, please consult a healthcare provider.

The Pain Center at Good Shepherd Medical Center has expert physicians and therapists who can help you manage your fibromyalgia symptoms. Contact us to learn more about how we can help you return to a productive lifestyle.

The Pain Center at Good Shepherd Medical Center
230 2732

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Strenghts for Living

Our Readers Write

Dear Editor:

I am writing to share my experience as a caregiver for a loved one with Alzheimer's disease. The condition has been devastating, but I have found solace in connecting with other caregivers through support groups. These groups provide a sense of community and resources that have been invaluable.

Jerry Bumann

Dear Editor:

I wanted to share my journey as a cancer survivor. With the help of my medical team and support from family and friends, I have been able to navigate the challenges of treatment and find hope for a future beyond cancer.

Sincerely,

Jane Doe

City of Carthage tax rebates due

Residents of Carthage are reminded that tax rebates are available to those who have purchased property in the city. Rebates are calculated based on the assessed value of the property and can range from $200 to $2,000. To qualify, the property must have been purchased on or before January 1, 2023.

Church to hold revival meeting

The First Baptist Church of Carthage will hold a revival meeting this weekend. Services will be held at 10:00 AM and 6:30 PM on Saturday, and at 10:00 AM and 6:30 PM on Sunday. Everyone is welcome to attend and join in worship.

Card of Thanks

The family of Fred and Mary Johnson would like to thank all those who supported them during their time of need. Special thanks to the staff at Carthage Regional Hospital, who provided exceptional care.

Flag Twirling

Class Now Forming

Prepare for Flag Twirling Tryouts under the able direction of Roberta Collins, former Carthage High Flag Line Captain. Call to register: 680-5831. Rowe Performing Arts 157 W. Sahale

Zoe's Recipe Box

By Azzamra Bischak

SPECIAL TO THE WEEKLY

Try this delicious recipe for grilled chicken:

Ingredients:
- 4 boneless chicken breasts
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- Salt and pepper, to taste

Instructions:
1. Preheat grill to medium-high heat.
2. In a small bowl, mix minced garlic with olive oil, salt, and pepper.
3. Rub mixture on both sides of chicken breasts.
4. Grill chicken for 5-7 minutes on each side, or until cooked through.
5. Serve hot.

Enjoy your meal!
Panola County Devotional Page

Help Your House of Worship: It Has Always Helped You

If you have been attending your House of Worship for any length of time, you know that they have been doing ministry for you. They have helped you through many a trial, or moment of joy. You have benefited greatly from the teaching, music, and fellowship that you have received. It is all because of God's love for you. Whatever you are able to do, whether it is prayer, tithing, or volunteering, it will help you to repay all it has done. The following is a list of houses of worship with phone numbers and addresses. It will help you to repay all it has done.

"There was a lad who in the spring went to the adoration of the Lord." — Matthew 15:21

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

Kyle Animal Clinic

105 E. Main St.
1-800-555-5555

Drew L. Spence, D.V.M., D.M. 

Del Rio, TX

Deep East Texas Electric Co-op

1501 S. Main St.
1-800-555-5555

Johansson & Farm Supply

105 E. Main St.
1-800-555-5555

S. Ford, M.D.

Del Rio, TX

The Panola Watchman

601 S. Main St.
1-800-555-5555

Poncho's Mexican Restaurant

105 E. Main St.
1-800-555-5555

Auntie Anne's Pretzels

105 E. Main St.
1-800-555-5555

This is a family-owned business, offering a variety of pretzels, sandwiches, and drinks. They are open daily from 9 am to 9 pm.

Sports

Tall, talented Lady Rangers win by 19

Lady Rangers own Panola on boards

Atkins — The Lady Rangers, led by senior forward Taylor Thomas, scored 19 points to lead her team to a 57-38 victory over the Lady Mustangs of Panola College. The game started slowly, with both teams scoring just 11 points in the first quarter. However, the Lady Rangers took control of the game in the second half, scoring 36 points to Panola's 12. The Lady Rangers' defense was also strong, holding Panola to just 38 points. With the win, the Lady Rangers moved to 10-2 on the season and 4-0 in conference play.

Poncho's Mexican Restaurant

105 E. Main St.
1-800-555-5555

The Panola Watchman

601 S. Main St.
1-800-555-5555

Auntie Anne's Pretzels

105 E. Main St.
1-800-555-5555

This is a family-owned business, offering a variety of pretzels, sandwiches, and drinks. They are open daily from 9 am to 9 pm.

Printed by the Pressman, Inc.

Saturday, January 21, 1983

Fajitas ONLY 99¢

2
**Deal Henderson first district loss**

**Lady Dogs mangle Lions in showdown**

Lions upset Dawgs escape 17-4A cellar

**Elysian Fields girls nudge Sabine, 36-33**

Lady Bearcats nip Joaquin, remain third

Lady Frogs lose 38-22
ABWA tours Winkler House

Christy installed as new member

The Panola Watchman

The Panola chapter of the American Business Women's Association (ABWA) held a meeting in a Garden Club on January 17th. As a part of the program, the group invited new member Christy to introduce herself to the club. Christy is the new member who has been recently installed as a new member of the Panola chapter. The meeting was held to welcome Christy to the club and to introduce her to the members. The meeting was attended by a group of women who are members of the Panola chapter of the ABWA. The meeting was held to discuss the work of the club and to welcome new members.
BUSINESS AND PROFESSIONAL REVIEW

An Advertising Program Planned To Inform
Area Residents Of Services Rendered By Firms

WE HAVE YOUR HEALTH IN MIND...

KEN TURNER PHARMACY

Ken Turner shows one of the unique items he sells at Ken Turner Pharmacy, a conditioner. 250,000 cards highlight this is one of the many special gift items that you can't find anywhere else. Come by Ken Turner Pharmacy located at 109 E. Panola Street on the square in Carthage. (915) 693-7106.

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800-422-1002
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1004 W. Panola
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BLACKSHEAR PIANO

Jimmie and Teen Blackshear, owners and operators of Blackshear Piano, want you to know that they offer the finest in piano services, tuning and repairing. Jimm, who is a member of the Piano Technicians Guild, can bring your piano back to like new condition and build it back again to that it plays well and sounds beautiful with music, and he's more than happy to come out and give you an esti- mate of what services you might need and will only bring it to the shop if it's necessary. Teen also offers private lessons in her house before you go out of town to determine your level then, call 693-4474 for more information.

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701 N. St. Mary
Carthage, Tx. 75633
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Robert Lewis

Owner

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948 S. Shelby
693-8774

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You name the tree or area, and we'll take care of it for you. Dally's tree service in Panola County has been in business since 1974.

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