PET SNAKE SURVIVES TRIP TO GARY SCHOOL, TWO-VEHICLE ACCIDENT

By Sherry Koontz

THE PANOLA WATCHMAN

A pet snake survived a trip to Gary school, a two-vehicle accident.

Although Clyde escaped damage, the driver of a 1979 Chevrolet C10 pickup suffered a broken ankle. As a result, the driver's insurance policies will cover the damage to the truck. The driver was transported to the hospital in a private ambulance.

The incident occurred when the truck was traveling on the Carriage Lane, when the driver struck a two-board fence that had pulled onto the road from the South Main Street and directly into the truck's path.

"The snake was not injured, but Clyde made it out alive," explained an orderly, who said she had entered the school to cover the accident scene. She was trying to figure out what caused the two vehicles to collide. The accident occurred shortly after 4 p.m. at the intersection of Carriage Lane and Main Street.

One driver was transported to the hospital with minor injuries. The other driver was not injured. The accident is under investigation by the police department.

On-site helicopter sign signal change

ETMC implementing long range plans

By Teresa Coe

THE PANOLA WATCHMAN

ETMC is implementing long range plans to improve its emergency services. The hospital announced that it will soon be adding a helicopter to its fleet, which will be stationed in front of the hospital.

The helicopter will be used for air ambulance services, providing faster and more efficient transport for critically ill patients. It will also be used for medical transports as needed, allowing patients to be transported to other hospitals for specialized care.

The hospital has been working on upgrading its facilities and equipment to accommodate the new helicopter.

CISD board cancels May 2nd election

By Sherry Koontz

THE PANOLA WATCHMAN

CISD board members met Tuesday to cancel a May 2 election that would have allowed new bond referendum for new facilities. The decision was made because of the ongoing financial challenges faced by the district.

The board members discussed the current budget and the need for new facilities, but ultimately decided that the time was not right for a new election.

The board members also approved a new bond issue to be added to the high school's capital outlay.

Redden takes over EMS post

By Laura Hendrix

East Texas Medical Center's EMS operations has hired a new regional director to serve in various roles across Texas.

Dr. Robert Redden has been appointed as the new regional director of the Texas Health Services Authority. He has been working in the EMS field for over 15 years and has a wealth of experience in emergency medical services.

Three arrests net drug cache

By Sherry Koontz

THE PANOLA WATCHMAN

Three arrests were made in connection with an incident in which a large cache of illegal drugs was found in a vehicle.

According to authorities, a vehicle stopped in a vehicle was found to have a large amount of illegal drugs. The driver and two passengers were arrested for possession of a controlled substance. The drugs consisted of large quantities of marijuana and cocaine.

The investigation is ongoing, and additional charges may be filed as more evidence is gathered.

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CHS students compete in UIL Band takes sweepstakes

By Paul McConnell

The Panola Weatherman

Waving the first division ranking in each band for the past three years, the Chestnut Hill School band has proven itself among the top bands in the state. The band has been consistently ranked in the top division in recent years.

Four sentenc...
**Lifestyles**

Cook and Matt announced engagement

Mandy Cook and Matt Duffin have announced their engagement. The couple plan to marry in May at New Life Fellowship in Savannah. The couple met at the church, and are the daughter of Mr. and Mrs. Richard Cook of Columbus, and the grandson of Mr. and Mrs. J. Otis Smith of New York. The groom is the son of Mr. and Mrs. James Duffin of Columbus. The couple plans to live in Savannah.

**Sports**

Lady Dogs beaten 5-0 in playoffs

Mandy Williams had three hits for the Lady Dogs, but it was not enough as the Bulldogs lost to the Lady Tigers 5-0. The Lady Dogs' season came to a close with the loss. The Lady Dogs will play in the state playoffs next season.

Dawgs rebound, rip Cats

Durant Durant beat Carthage 10-3, but it was not enough as the Bulldogs lost to the Lady Tigers 5-0. The Lady Dogs' season came to a close with the loss. The Lady Dogs will play in the state playoffs next season.

**First Things First**

Mr. and Mrs. Biggio announced the birth of their first daughter, Tula Biggio. The couple plans to have another child in the near future.

**Thank You**

Kate Animal Clinic for your donation to the 4H Boots & Saddle Horse Club

Thank you for your donation to the 4H Boots & Saddle Horse Club. Your generosity is greatly appreciated.

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**PANO LA NURSES HOME**

**PANO LA**

**Panola**

**Northeast Region**

**Might still make state with six straight wins**

**choir, pipes schedule performance**

**Deadwood News**

**Drane graduates basic training**

**May 12 - 10-12 ALUMINUM CAN DRIVE/Bake Sale**

**FOR SALE**

**Rosen**

**Vote May 2, 1998**

**May 12**

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**Choir, pipes schedule performance**

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**May 12**
Local foster parents face complex challenges of kids in their care

By Paul McCollum

A core-based little boy is walking, happy that his foster mom is here. His sense of security is growing as the days go by. He has been a part of the family for two weeks now.

Mary and John have been foster parents for two years. They have been a part of the family for two weeks. Their children are happy and cheerful.

Foster care is a system that helps children who cannot stay with their biological families. Foster parents are essential in this system. They provide a safe and stable environment for children who need it most.

However, being a foster parent is not easy. Foster parents face many challenges, such as dealing with difficult behaviors, managing family stress, and navigating the foster care system.

Foster care can be a challenging experience for both the child and the foster parent. The child may have experienced trauma, and the foster parent must be prepared to provide a safe and stable environment.

Communication with the child's biological family is also crucial in foster care. Foster parents must keep in touch with the biological family to provide a consistent environment for the child.

Despite the challenges, foster care is a rewarding experience. Foster parents can make a difference in the lives of children who need it most.

If you are interested in becoming a foster parent, you can contact your local Department of Social Services or visit the website of the National Foster Care Association for more information.

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Challenges, requirements met by adoptive or foster parents

By Paul McConnell
THE PANA TIMES

"In spite of all the red tape, it's worth it," says Pana Community Nurse Tara Moll.

There is a sentiment of many who believe that becoming a foster or adoptive parent is a Texas. Requirements vary by area and paperwork can be extensive, but it's not as daunting as it may seem. The requirements put into place ensure that the family is prepared for the challenges that the kids who need a safe home sometimes face.

Western two foster or adoptive homes in Pana are: D.Cohen, a foster and adoptive parent to the Texas Children's Home, and T. Moll, a Community Nurse for the Pana Community Hospital, and Kate, a foster parent.

Moll said that the main requirement for foster parents is to be at least 21 years of age, be financially stable, and have children. They must attend a pre-conception/family meeting and training to learn about the process of adopting or adopting children.

Foster parents must also be willing to attend these meetings and training sessions and be able to commit to the children.

The TCHS is currently looking for foster parents for children of all ages, including newborns.

"I meet with many parents who are interested in adoption," Moll said. "But many parents are scared of the process. They think it's too much work and too much responsibility. But the process is actually very rewarding. It's about giving kids a chance to have a family and a home."

Use these suggestions to be a better parent

"Encouraging a stepchild can be rewarding and satisfying experience," Moll said. "But it's important to have realistic expectations. Don't expect too much too soon. Give them time to adjust and get to know you."

"The child needs time to feel comfortable around you," Moll continued. "Don't pressure them to do things they're not ready for. Give them space to develop their own identity."

"Foster care provides an opportunity to make a difference in the lives of children," Moll said. "And it's incredibly rewarding."

Becoming a stepchild can be a challenging experience. It can be tough being the "new kid on the block." But with time and patience, you can help them adjust and feel comfortable.

Help kids behave when you shop

Before You Go:
Check attitude. If your child is hungry or tired, give them a break. If you're in a rush, allow your child to have a choice in deciding what to buy. "Use your gut instinct."

Agree on rewards. Give a choice of one snack or a toy at the store. If your child wants a toy, let them have it, but be prepared to leave if they don't. If they don't, let them have a snack or a toy instead.

When you get home:
Make shopping fun. Make a game of it. Ask your child, "What should we do next?" Give them a choice. "Do you want to go home now or do you want to play in the car?"

Help kids learn to manage their behavior. Teach them to use "I" statements. "I feel upset when... ""I need... ""I want... ""I can... ""I will... ""

When you are done:
Keep your cool. Remember, kids will be kids. Try not to overreact. Ignore inappropriate behavior. It can be frustrating, but remember that they are young and don't understand the consequences of their actions. If they don't listen, try to calm them down and redirect their attention."

When you are about to leave:
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Help your child to develop the right way

Make sure your children have opportunities to swim, dance, and play. These activities can help them to develop their motor skills, coordination, and creativity.

What You Can Do For Mental Development

Challenge your child's curiosity. Teach them new things, and encourage them to explore their environment. Remember to provide a safe and supportive environment for them to learn.

What You Can Do For Emotional Development

Show them how you can handle stressful situations. Teach them to recognize their own emotions, and help them to express them in a healthy way.

What You Can Do For Physical Development

Encourage them to play and to exercise. Provide them with appropriate toys and equipment. Make sure they are given a healthy and balanced diet.

Are You A Bully?

We all know the saying, "pick on someone you own size," but for many children who suffer from depression, stress or a substance abuse problem, bullying can be a daily occurrence. A "big person" is a fact of life. If you spend a lot of time "huffing and puffing" at your kids, you should seek professional help. Learning to deal with your own problems can help you to build a strong, positive relationship with your child.

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There are abuse prevention resources available.

The following organizations can provide information and materials to help you in your community.

- National Committee on the Prevention of Child Abuse and Neglect: 1-800-424-6543
- Texas Department of Protective and Regulatory Services: 1-800-777-2601
- Texas Health and Human Services Commission: 1-800-252-5400
- Family Outreach of America: 1-800-252-5400

A Call in Time May prevent Child Abuse & Neglect

1-800-252-5400

Night or Day

Texas Department of Protective & Regulatory Services

Support Child Abuse Prevention With Us

KYLE ANIMAL CLINIC

Highway 315 Carthage 693-7166

The Family Watchman

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Report Child Abuse Call

1-800-252-5400

FAMILY

MONROE BODY SHOP

In Monroe, the people know best. They are friendly, and they care. If you have a problem, they will help you. At Monroe, the people are always there for you.

The Family Watchman

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How can you tell when your child needs help?

To get a sense of whether your child needs help, ask yourself the following questions:

1. Am I having a hard time understanding your child's behavior?
2. Is your child's school performance declining, even with extra help from you?
3. Have you noticed any changes in your child's eating or sleeping patterns?
4. Are your child's friends frequently asking for help or showing signs of stress?
5. Has your child been acting unusually or becoming more withdrawn?
6. Are you and your partner arguing more often about your child's behavior?
7. Have you noticed changes in your child's mood or energy levels?
8. Is your child's behavior causing you concern about their safety or the safety of others?

If you answer 'yes' to any of these questions, it may be time to seek professional help for your child.

Single parents in today's world need special skills

If you are a single parent, you may need special support, guidance, assistance, and help to manage your child's needs. Here are some tips on how to manage your child's needs:

1. Establish a routine and stick to it as much as possible.
2. Set clear rules and consequences for your child.
3. Make time for yourself to relax and recharge.
4. Join local support groups for single parents.
5. Utilize community resources such as parks, libraries, and other family-friendly activities.
6. Stay connected with your child's school to stay informed about their progress.
7. Consider hiring a babysitter or employing a child care provider if necessary.
8. Learn to deal with anger.
10. Be patient and understanding.

Learn to deal with anger

Anger is a natural human emotion.

1. Take a deep breath and slow down.
2. Identify the trigger for your anger.
3. Express your anger in a healthy way, such as exercising or writing.
4. Practice relaxation techniques such as meditation or deep breathing.
5. Seek support from friends, family, or a professional.

Put yourself in your child's shoes

Do you ever wonder what your child is thinking about?

"My son was hurt and didn't want to talk about it. He just needed a safe and trusted person to talk to. I made sure to listen and show him that I was there for him."

"Our daughter is struggling with a lot of stress at school. We try to listen and support her, but sometimes it's hard to know what to do."

"I try to be patient and understanding with my son. Sometimes he needs a break or space to cool down."

Teen parents coping with children may use alternative solutions

As a teen, you can be a great parent. But sometimes you may need help. Here are some tips for handling unexpected pregnancies:

1. Seek counseling and support from a trusted adult or professional.
2. Consider adoption or foster care options.
3. Explore educational and career opportunities.
4. Search for local resources such as support groups or parenting classes.
5. Seek medical advice and prenatal care.

God Gave All Children To Us As A Most Precious Gift To
Nurture And Care For. ARE WE LETTING GOD DOWN?

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Put The Spotlight On The Children...Our Future...Help To Prevent Child Abuse...Your Will Can Save A Life!

Children Make The World Go Around. We Can Make Their World Better And Healthier. Stop The Abuse.

CARRTHAGE HEALTHCARE CENTER
701 S. Market 693-6671

All children, like flowers, need tender care, loving nourishment, and they will bloom for the rest of their lives.

The Violet Shop
101 W. Sabine 693-7663

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Today’s grandparents are in the parenting role again

There are many circumstances that lead grandparents to become the parent figures for their grandchildren. It can be a short-term situation during a vacation or an extended period where their own children are not in their care. Do not blame yourself. Plan some time just for yourself. Like the children do, play games or do housework for the grandparents. Ask your grandchildren what they would like to do. Plan some time with each child. When you get tired, take a break from child care, indulge in an activity that you enjoy and make it a weekly routine. If possible, handle the most pressing decisions from them. Will you need a sitter for your grandchildren? If so, what are the financial resources available to you? What other financial measures might help you meet the child's needs? How will you handle child care, medical care, and other needs?

These are things all parents should know

Remember to use these safety tips

Know everything you can about your children, including their activities and preferences with their friends. Teach your children to stay home safe, to play in the yard, to play sports, or to go outside for different activities. Keep your children's artwork, toys, and other items in a safe place.

Teach your children about strangers. Only let your children play in public places, especially parks, playgrounds, and other crowded places. Teach your children to stay with you at all times. Teach your children how to stay home alone. Teach them how to prevent yourself from harm.

These are things all parents should know

The Kligore Community Crisis Center, serving Paloos, Hum and Gregg Counties, is committed to empowering the community to create a stronger, more resilient future for all. Their mission includes providing counseling, support groups, and social services. The center is staffed by qualified professionals, such as master's-level counselors, and is open to everyone in the community.

Child Abuse.

It’s A Reality, Not A Fairy Tale.

CITY OF CARTHAGE

P O. Box 400 693-3868

Before you lash out with angry words or actions, call a “time-out” for your kids and yourself. And if you’re really having trouble coping, don’t be ashamed to seek professional help. Do it for your kids. Do it for yourself. Because you really can learn to live together, “happily ever after.”

April is...

National Child Abuse Prevention Month

The Panola Watchman

109 W. Panola 692-7888

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These PROVEN STATISTICS ARE SHORT, BUT NEVER SWEET!

The Texas Department of Protective and Regulatory Services for fiscal year 1997 reported 112,766 child abuse cases; 75,728 investigations of child abuse; 22,598 confirmed investigations; and 34,110 confirmed victims of abuse.

Just A Reason Needs Special Attention And Care To Bloom... So Do Our Precious Children... Help Us Prevent Child Abuse So That They May Bloom!

PANOLA NATIONAL BANK

109 N. PANOLA 692-3200
Abuse and neglect show tell-tale signs

Texas Department of Protective and Regulatory Services provides guidelines in their staff and local law enforcement to help them understand what constitutes abuse or neglect. Delays Wons, a lawyer and advocate for TOPS in our area, shared the guidelines which help define abuse and neglect in various categories. These are some of the signs which should always result in further investigation.

Sexual Abuse
• A child, less than 12 years old, with any sexually transmitted disease.
• A child, under 10 years of age, exhibiting inappropriate sexuality acting-out behavior.
• A child of any age who is alleged to have been recently sexually abused or sexually exploited.

Neglectful Supervision
• Parent knows of a substantial risk of sexual abuse and continues to allow access.
• A child, under six years old, is left alone with a caretaker who is mentally or physically unable to protect.
• A child less than six years old who is left to baby-sit children under six years of age.
• A child less than 13 years old whose parents have not had an appropriate sexual relationship or that the boy/girlfriend with parental approval or encouragement.
• A child less than 12 years old who is left alone or running in the streets.
• A child under 14 years of age who is drinking or using drugs with parental approval or encouragement.
• Parents or caretakers leaving a child under 16 years of age to live without any adult supervision.
• A parent/caretaker is using a substance which may result in an inability to provide supervision for a child under six years of age.

Medical Neglect
• Critical negative consequences resulting from missed medical/counseling appointments.
• Parent's who fail to learn what to do with high-risk newborn requiring special care.
• Parents who do not respond appropriately after a medical professional has made them aware that their child is suicidal.

Lack of medical treatment that poses a substantial risk of serious harm.

Physical Abuse
• Fractures with explanation inconsistent with injury.
• Young child with old healed fractures due to abuse.
• Recent non-accidental burns.
• Recent non-accidental, unexplained or inconsistent bruises or lacerations.

Physical Neglect
• A school-age child who is given alcohol or drugs with observable effects.
• Hair pulling which results in bald spots.
• Parent or caretaker living in a crowded area.
• Child is confined or locked in an area or tied up.

Fetal alcohol syndrome.

Presence of scars from abuse incidents that may not have been investigated previously.

Physical Neglect
• Household with insect or rodent infestation which impacts child.
• Significant weight loss indicating malnourishment.
• Home presents a health or safety hazard.

Emotional Abuse
• Child is isolated and not allowed to eat, live or interact with the rest of the family.
• A neglected child who is treated very differently than the other children in the household.

Abandonment
• Babies or children who left in hospital, street or public place with no caretaker available.
• Parent left child in shelter with other unrelated caretaker for 24 hours when no parent can be located and caretaker refuses to provide further care.

Refusal of Parental Responsibility
• Child in placement or detention facility and institution has documentation that parents have refused to accept child upon release.
• Parent puts child out of home.

Enjoy fatherhood!

The joys of fatherhood lie in the personal growth you will witness in your child. With each new milestone achieved, your role as father has evolved. You are no longer the one who is the manager of a human being. You have become the manager of your son or daughter. Your nurturing of the individual is done in a way that is consistent with the way you nurture your child as you never expected or thought possible.

Because the most significant factor is your child's life. Help is a vital role for the parent until your son or daughter is ready to take his or her own steps.

Keep your child's school, place your child in progress, and watch his or her progress.

Tell your child about your family history. Talk to your child about your wonderful situations. Help him with homework, fix meals, and bring happiness.

Commit your child when he is having problems and see that he knows will be there for him.

Reassure your child by showing him that he is loved, that he is not alone, and that he is a part of a group.

Recent research shows that most of humans have developed in our environment, three years of life. Children need many types of relationships for their bodies to develop fully.