



Extreme cold over for now

By David Stone
The Belton Journal

Belton welcomed another cold front Wednesday night, but according to the National Weather Service, it isn't nearly as strong as the storm that ripped through the South earlier this week.

Daniel Huckaby, a Weather Service meteorologist based in Fort Worth, said the Arctic blast ended Wednesday morning after bitter cold temps in the upper teens and lower 20s on Monday and Tuesday nights.

"South winds came back Tuesday night and clear skies meant extremely cold temperatures," Huckaby said. "Temperatures hit the 50s Wednesday afternoon but another cold front blew in Wednesday evening," he said. "But, it was nowhere near as cold as the ear-

lier front."

"The really dry Arctic air should be gone for a while," he said. "January has been very cold, but February looks to be milder. You never know, though. We could have snow in March."

Huckaby said snow reports from the Belton area varied, but most reports said a trace was recorded.

"One report, however, said Belton has a tenth of an inch of snow. That's not a lot compared to areas to the south and along the coast, but it's a measurable amount."

"The front earlier in the week was really dry, and there wasn't much moisture in the air in the Belton/Temple area," Huckaby said. "But along the coast, there's a lot of moist air coming off the Gulf. Couple that with the extreme cold, and you can have a lot of snow."

City of Belton named Brew City



BELTON JOURNAL/DAVID TUMA

Nolan Creek Brewery is just one of the breweries that calls Belton home. The City of Belton has been named Brew City as part of the Texas Craft Brewers Guild.

By David Tuma
The Belton Journal

The City of Belton joined the Texas Craft Brewers Guild's Brew City, Texas program which also includes Temple, Killeen, and Belton. Nolan Creek Brewery on Penelope Street is a tourist attraction for the community.

The first of its kind

in the nation, the Texas Craft Brewers Guild's Brew City, Texas program is dedicated to propelling Texas to the forefront of craft beer-generated economic development and tourism.

With the craft beer industry contributing a staggering \$4.5 billion annually to the Texas economy, communities large and small have begun to recognize the industry's vital importance to fueling economic development, attracting food and drink tourism, and cultivating community for residents.

Brew City, Texas aims to unite breweries and communities across the state under a shared vision: to position Texas as a world-class craft beer tourism destination.

Whether working with es-

established beer destinations or communities seeking to attract their first brewery project, our approach celebrates established brew hubs and empowers aspiring locales.

By fostering strategic alliances, providing tailored educational resources, and deploying targeted marketing efforts, the

See **BREW**,
Page A2

Flintrock Builders donates \$100,000 to Homes for HOPE



BELTON JOURNAL/DANIEL MOCTEZUMA

Homes for HOPE representatives hold a \$100,000 donation check presented by Flintrock Builders during a ceremony on January 17 at Flintrock Builders' corporate office in Belton.

By Daniel Moctezuma
The Belton Journal

Flintrock Builders presented a \$100,000 donation to Homes for HOPE during a ceremony on January 17, at their corporate office in Belton.

The donation is intended to help entrepreneurs in underserved communities across the globe by providing microloans.

Chris Doose, founder and CEO of Flintrock Builders, said the donation reflects the company's core values.

"With the profound success that we have had as builders, it's our responsibility to mankind to give back," Doose said. "Homes for HOPE's model is all about entrepreneurship and providing for families, and that's at the core of who we are."

Homes for HOPE partners with the building industry to invest in underserved families by offering business training, savings services, and microloans. According to Drake Holtry,

senior regional representative for HOPE International, the donation will make a major difference.

"A \$100,000 donation could affect as many as 4,000 individual loans," Holtry said. "That's 4,000 entrepreneurs who have been identified through their communities, supported by their communities, and are able to start functional businesses."

Flintrock Builders' involvement with Homes for HOPE began in early 2023 after Doose met the organization's executive director, Matthew Baehr, at a homebuilding conference. Doose said the partnership is about more than just writing a check.

"We know from the American experience that once one generation succeeds, it sets up the next for success," Doose said. "This is the best way we can show our values globally."

"That means 8,000 businesses will be

See **HOPE**,
Page A2

TABLE OF CONTENTS

- Obituaries-----A3
- Editorial -----A5, B8
- Lifestyles -----A6
- Service Directory----A7
- Sports-----B1
- Classifieds-----B4-B5
- B-Town Bulletin-----B6
- Church Directory----B7



Filing period now open for May 3 elections

Special to the Journal

On the first day of the filing period for the 2025 Belton City Council election, incumbent and former Mayor Wayne Carpenter announced he would not seek re-election, and five others filed for three expiring seats.

The following filings took place last Wednesday:

- Daniel Bucher (Place 5)
- Luke Potts (Place 6)

Ty Taggart (Place 5)

Clinton Bailey (Place 6)

Stephanie O'Banion (Place 7)

Bucher and O'Banion are both incumbents on City Council. Bucher, also a former member of the Belton Parks Board, is seeking a third term and O'Banion, a former member of the Planning and Zoning Commission (P&Z), is seeking a second term.

Potts and Taggart currently serve on the P&Z Commission, and Bailey

is serving as an alternate on the Building and Standards Commission.

The filing period is open until 5 p.m. on February 14. Potential candidates must file during the filing period to be eligible for office. A candidate packet, which includes filing information, is available online for residents interested in serving.

The 2025 General Election is scheduled for Saturday, May 3. Councilmember terms are three years.

The following councilmember terms expire in May:

- Daniel Bucher (Place 5)
- Wayne Carpenter (Place 6)
- Stephanie O'Banion (Place 7)

Councilmembers meet twice a month in regularly scheduled evening meetings. Each councilmember receives \$1 annually for his or her service.

See **ELECTION**,
Page A2

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Belton man charged with murder in Jan. 17 stabbing

By Lynette Sowell
The Belton Journal

A 32-year-old Killeen man, Justin Charles Thomas, died after injuries he received in a stabbing in the 3300 block of Briana Drive, just outside the west city limits of Belton.

According to a social media post by the Bell County Sheriff's Office, on Wednesday, January 17 at approximately 9:07 p.m., the Bell County Communications Center received a call that there had been a stabbing. The caller requested emergency medical services, along with law enforcement help.



JODY CHRISTOPHER COOL

Sparta Valley Fire Department and Belton Emergency Medical Services were dispatched along with the Bell County Sheriff's Office, and the Belton Police Department also responded to assist the Sheriff's Office as back-up. Thomas was found

with a stab wound in the roadway, and Bell County Justice of the Peace Larry Wilkey pronounced him deceased. An autopsy was ordered to be performed at the Dallas County Medical Examiner's Office.

A suspect was located on the scene, Jody Christopher Cool, a 42-year-old male from Belton.

He was booked into the Bell County Jail on a \$1,000,000 bond for the charge of murder.

The Bell County Sheriff's Office Victim's Assistance Coordinator, Jill McAfee, is assisting Justin's family in their time of need.

Local water supply to undergo chemical conversion in February

Special to the Journal

In February, Belton tap water may taste and smell slightly different as the Bell County Water Control and Improvement District No. 1 (BCWCID1) temporarily converts the disinfectant in its water treatment process from chloramines to free chlorine, a process commonly referred to as chlorine burn. This temporary conversion, scheduled to take place Feb. 1-28, 2025, is part of routine maintenance for the water transmission and delivery systems. Free chlorine conversion helps maintain water quality and minimizes nitrification.

This is the third annual conversion by the BCWCID1 water system, which also provides drinking water to several other entities, including Fort Cavazos, Killeen,

Copperas Cove, and Harker Heights. Disinfection keeps drinking water free of harmful microorganisms, such as bacteria and viruses.

It typically involves a two-step process that first treats the water at the treatment plant and then adds chloramine disinfectant (chlorine + ammonia) to maintain water quality. During the temporary change, BCWCID1 will suspend adding ammonia and use free chlorine to keep water disinfected as it travels through pipes.

BCWCID1 is coordinating this temporary change with Texas Commission on Environmental Quality (TCEQ) and local entities. BCWCID1 continues to meet safe drinking water standards earning recognition from TCEQ as a Superior Public Water System.



Temple College Film Fest coming to Beltonian Theatre

By DAVID STONE
The Belton Journal

The 2025 Temple College Film Festival will feature about 15 short movies created by TC students and faculty, and school districts served by the college.

The free festival will be Thursday, March 20 at the Beltonian Theatre beginning at 7:30 p.m. The deadline for submitting a film is Feb. 17.

"The first film festival two years ago was so much fun that we decided to do it again," said Dr. Derek Mudd, chair of Temple College's Department of Communication, Theater and Humanities.

"That first festival brought in 10 films from students and five or six from professors and staff," Mudd said this week. "Right now we plan to do this every two years, and

we hope to have the same success this year. We hope interest will grow over time."

The festival is presented by the TC Humanities Series of the Division of Fine Arts.

Mudd said this year's festival will be about an hour and 45 minutes in length.

"The films can be up to a half hour, but most are around 10 to 15 minutes," he said. "Salado High School has a strong film program, and they have submitted short trailers as their films."

Submission guidelines include:

Submissions must be the filmmaker's own original work. Each entry shall be free from copyright restrictions and the author agrees to hold Temple College, its officers, and directors free and harmless from all copyright claims. Submissions should range from one to 30 minutes in

length.

There is a limit of two submissions per filmmaker.

"We encourage filmmakers of all skill levels to submit their work," Mudd said.



Election - From Page A1

Belton ISD has received applications from all three incumbents seeking re-election. Jeff Norwood filed for Trustee-Area 1. Suzanne M. McDonald filed for Trustee-

Area 3. Manuel Alcozer filed for Trustee-Area 5. The election will determine trustees for Areas 1, 3, and 5, with successful candidates

serving three-year terms through May 2028.

So far, Norwood, McDonald, and Alcozer are the only candidates who have submitted applications for the ballot.

The filing period closes at 5:00 p.m. on Tuesday, February 18.

For more details, visit www.bisd.net/election.

Brew - From Page A1

program aims to bolster Texas craft beer tourism for large and small communities and invite visitors to savor the taste of tradition while stimulating economic prosperity for every corner of the Lone Star State.

"You have to have a brewery to apply. We are very excited about this. It is just another way to attract tourists to our community. Hopefully, we can attract

other breweries to come to Belton," said Judy Garrett, Retail Development for the City of Belton.

The Texas Craft Brewers Guild is a nonprofit trade association working to advance the Texas craft beer industry through advocacy and education. As a member-driven organization, the Guild's board of directors hails from craft breweries in all of the major metropolitan

regions of the state, as well as from different brewery and brewpub business models and sizes.

Formed in 2009 by a band of brewers, today, the Guild has more than 300 brewery members throughout the state, including operating breweries and breweries in planning. The Guild offers membership categories for a variety of businesses and organizations that are craft-adjacent, in-

cluding suppliers, service providers, educational institutions, and retailers who feature Texas craft beer in their bars, restaurants, and bottle shops across the state.

In 2024 the Guild launched the Brew City, Texas program which aims to unite breweries and their home communities in propelling Texas to the forefront of craft beer-generated economic development and tourism.

HOPE - From Page A1

started because of our combined contribution," Doose said. "This isn't just about providing a one-time meal; it's about creating opportunities that will last."

Emily Marin, marketing manager for Flintrock Builders, emphasized the company's dedication to giving back.

"Our goal is to create a world-class, employee-centric company in which we all win from our profound successes,"

Marin said. "Transparency, empathy, and building a legacy are our core values."

Flintrock Builders plans to expand their involvement with Homes for HOPE by dedicating proceeds from future home sales to the initiative.

"This year, we will identify homes to participate in the program and reach out to our trade partners and vendors to help

launch it," Doose said.

Homes for HOPE operates in multiple regions, including Latin America, Africa, Eastern Europe, and Southeast Asia. Their efforts focus on helping families and entrepreneurs establish sustainable futures.

For more information on Homes for HOPE and their mission, visit www.homes4hope.org.

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To be considered for inclusion in the Belton Journal, all submissions must be received by 5:00 p.m. on Monday of the week in question.

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OBITUARIES

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Bailey
Robert Carrol Bailey
 June 25, 1938 – January 9, 2025

Robert Carrol Bailey, known to friends as Bob and his family as Dad and Pa, passed away peacefully in Belton, Tx on January 9, 2025, at the age of 86. He was born on June 25, 1938 to Burgin O. Bailey and Maurine Cox, in Belton. Robert's life was a testament to the values of family, hard work, and service to others.

Robert's early years were spent in the halls of Belton High School, where he played many sports (football, baseball, and boxing) and graduated in the class of 1956. Robert made his mark as a respected salesman in the oil field business. He also thrived as an entrepreneur, with the creation of a tool to help in the oil field industry.

Beyond his professional achievements, Robert was a man of great civic pride and involvement. His dedication to community service was evident in his longstanding commitment of 34 years to the Elks Lodge. There, he was not only a member but an active participant, running the Hoop Shoot program for many years, which brought joy and development to the youth of Central Texas. He donated blood at Scott & White over 100 times to help others. Per his wishes, he donated his body to the UT Southwestern Medical Center in Dallas, TX.

Robert's zest for life was matched by his love for leisure and all things sports. An avid golfer, he could often be found on the greens, enjoying the game and the camaraderie that came with it. His passion for sports did not stop at playing golf, he enjoyed watching any game he could, donating to local sports programs, and watching his grandkids in their sporting events. The simple pleasures of life, like sitting on his back porch, participating in chili cook-offs, the thrill of going to the casinos, and spending time with his family were sources of great joy for him.

Those who knew Robert would describe him as kind, friendly, and generous. These qualities were the cornerstones of his life and were reflected in the love and care he showed to his family and friends. He leaves behind his sister, Margaret Allsup; his daughter, Kimala Wilson {Charles}; his son, Scott Bailey; and his daughter, Kennetta Boston. His life was further enriched by his 11 grandchildren, 13 great-grandchildren, one great-

great-grandchild, and former partner Debbie Carnahan, all of whom brought him immense pride and happiness. Robert was preceded in death by his parents, five of his siblings, his son Craig Bailey, and his daughter Teresa Hosch.

As we remember Robert, we think of a man whose life was full of purpose and joy. His memory will be cherished and kept alive in the stories told by those he touched. Robert's journey on this earth may have ended, but the impact of his love, kindness, and generosity will continue to touch the lives of his family and friends. Robert will be deeply missed. Thanks to the Scott & White Hospice nurses, especially Logan Bane. A big thanks to Bobbie Davis for caring and love during this time.

A memorial service will be held at the Elks Lodge, 2613 Airport Rd, Temple, TX, on January 25, 2025, at 1 P.M.

Dykema
Irene Loris (Penland) Dykema
 March 4, 1936 – January 15, 2025

She was born and raised on a cotton farm in Altus, OK, which her father tended during the depression. The youngest of six children, "Sissy" was protective of her mother and was the last one left to help her mother care for her aging grandparents and great-grandparents while she was still in junior high school.

Irene was a popular girl, and she enjoyed going out on the town and spending time with friends after her caregiving duties were completed. A true beauty, she attracted several would-be-suitors before meeting a young airman stationed in nearby Wichita Falls by the name of John Dykema. They quickly married and, at the age of 17, Irene moved to California to start her new life as an Air Force wife. She described that time as a wake-up call, being so young and knowing little of the world, she honed her 'do what it takes' attitude and relied on her social instincts to make friends who supported her while her new husband was deployed. From California, the couple moved to Puerto Rico where they welcomed their first child, John Brian. After two years there, the family moved to Peru, Indiana, where their second child, Tracy Charlene, was born. Three years later, they moved to Illinois, and then to Cape Cod, Massachusetts, where Irene worked as a waitress at night after being with her children during the day. From there, they moved to Clinton, Mississippi where they purchased their first home and where Irene worked as a real estate assistant. During the four years in Mississippi, both of her children had health troubles which led Irene to develop tension headaches out of

concern and stress. She was advised to focus her attention on something just for herself, and she chose painting. Thus began her life as an artist, at the age of 30.

After five more moves (Michigan to California to Wichita Falls back to California a 3rd time), John retired from the service and he and Irene moved to a farm in Chandler, TX. Within 6 months, Irene had opened an art studio and began teaching several classes a day for the next 21 years. She found teaching to be tiring but rewarding. She enjoyed helping her students learn to loosen up and tap into their desire to create rather than focus on perfection. Irene herself was an accomplished painter, specializing in detailed landscapes. John always thought of her paintings as evidence that she was as beautiful inside as she was outside.

Deciding to leave the countryside, John and Irene traveled the country in their motor home for a while before moving to San Angelo to a big home perfect for hosting gatherings and reunions. It was during this time Irene battled and survived stage 3 breast cancer. After John also beat cancer, they decided they'd like to move closer to quality medical care. This brought them to Belton in 2010. Irene wrote in her autobiography, "My next home is heaven."

Throughout her life, Irene felt compelled to care for the elderly. She volunteered for many years with hospice patients, was drawn to elders in the church, and supported her aging friends. God was always central to her life which was evident to all who knew her. For the last 13 years, she was an active member of the Leon Valley Church of Christ. Irene contracted RSV and was admitted to Scott & White Hospital in Temple on Christmas 2024. Over the next three weeks, the virus developed into double pneumonia and, at the age of 88, Irene passed away despite the diligent and caring staff of the Scott & White ICU. She passed peacefully and surrounded by her family.

Irene was a classy and righteous woman whose life was a testament to faith, fellowship, and creativity. She will be remembered for her love of others, her strength of will, and her steadfast devotion to the word of God. Though she will be deeply missed by all who knew her, there is comfort in knowing she is now with the Lord.

She concluded her autobiography with the following: "Life has been good. I have had a good man beside me. We have had [71] years together. One thing I can say and that is we have had God with us all the way. I learned early in life that God was my salvation. I was Baptized at an early age, and I know that He has guided me and been with me all my life. In knowing this all I have to do is look back. He was there."

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Belton was first known as the town of Nolanville. In 1851, Nolanville was incorporated and the town name was changed to Belton.
 Fact from Texas State Historical Association.

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Synergy Nutrition Consulting holds free monthly walks



BY MICHELLE RODRIGUEZ / BELTON JOURNAL
Picture of Synergy Nutrition Consulting Monthly community walk participants at Yetti Polk Park

By **Michelle Rodriguez**
The Belton Journal

On Sat., Jan. 11 at 9 a.m., Synergy Nutrition held their second monthly community walk. They met at Yetti Polk Park in Belton and walked along the Nolan Creek Nature Trail.

“Joining the community walk was such a rewarding experience because I got to meet new friends. The walk was a great way to stay active and enjoy some exercise outdoors. It highlighted the importance of connection and togetherness in the community,” walking participant Megan Riggs said.

Upon arrival names are put in a cup for a raffle. At the end of the 45 minute walk, names are drawn for a prize. The prize for Saturday’s walk was two Sly Fox Coffee gift cards that two participants won. After the walk, the group met at Sly Fox Coffee to drink coffee

and talk.

“Every 2nd Sat. of the month, join us at 9 a.m. for a monthly community walk hosted by Synergy Nutrition Consulting! The location changes each month and is a great way to enjoy the community, make new friends, and get in some steps. Find more details on Facebook event pages by Synergy Nutrition Consulting,” said registered dietitian nutritionist Caim Timko.

Timko started Synergy Nutrition Consulting two years ago. She offers her services in the Temple/Belton and the surrounding Austin areas.

“I started Synergy to be a guide for the community for accurate nutrition information and help clients with achieving their health goals in a way that’s realistic and sustainable. There’s tons of confusion and misinformation around weight loss and I want to show my clients how attainable it can be for every-

body and not a scary thing,” Timko said.

The first walk was held in Nov. at Pepper Creek Trail in Temple. Multiple winners won raffle prizes of a hydrojug, a belt bag of goodies, and a gift basket from Poppe Lane TX Boutique. They went to Summer Moon afterwards to drink coffee and socialize.

Timko’s website, synergynutritionconsulting.com has information about the types of services she offers. She offers one-on-one coaching, personalized meal planning, and telehealth appointments. You can enter your email on her website to join her newsletter. In her newsletter, Timko gives free meal plans with recipes and a calendar, offers help with nutrition, and shares information about herself. She’s a native Texan, originally from Katy, and lives in Salado. She played basketball as a child and likes to eat ice cream.



Cancer Benefit for Laverne Dach

Saturday March 8, 2025

Belton VFW-2311 S Pearl St Belton TX

Live and Silent Auction will start at 11:00 AM. All items will need to be paid by 1:00pm. All proceeds will go to the family. If you would like to donate an item for the auction, please contact Jacy Juergens @ 512-870-7887. All donated items need to be available for pick up by March 1, 2025



Car show will begin at 10:30 am. Check in starts at 9:45

\$25.00 Entry fee for each vehicle. Trophy for 1st and 2nd place. Votes will be done by patrons of the show. One vote per person. Awards will be at noon



Tournament will begin at 1pm. \$50.00 per team. Contact Corey Jackson @ 254-216-0277 to register by March 1, 2025



BBQ plates will be served starting at 11:00 am. until sold out. Plates will be \$15.00 per person. Cash and Venmo will be accepted for all events throughout the day. All Alcohol will have to be purchased from VFW. No coolers allowed. Venmo and Cash app are listed for any monetary donations



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EDITORIAL

Random Thinks

Pleasant Ramblings • Mark Magnan

Why does water make streets slick, yet you wet your fingers to get them to stick, like opening a produce bag at the grocery store? And honestly, is there anything more difficult to get into than just a regular fresh produce bag at the store?

If you are in the middle seat on an airliner (assuming a regular domestic flight with three seats together) who do the armrests belong to? You? The folks in the end

seats? Do you get both of these or one? If you get one then which lucky neighbor gets two? And how is that fair?

If you are trying to change the channel on the TV and the batteries are getting weak, why do you stretch your arm out the extra three inches and press harder on the buttons?

If someone yells, "Heads up!" why do we instinctively duck or cower?

There needs to be a technical school that offers a real-life skill, such as putting together furniture that comes in a box. How about a mandatory video game that gets you in the middle of a bunch of pieces of what should be a bookcase, a booklet with obscure pictures, fasteners that you have never seen before, and crude tools that look like they were made in the Bronze Age.

If cats like mice and birds so much,

how come that isn't a flavor of cat food?

I think I could be a reality TV star, well I would have to start much smaller, like commercials. Have you ever noticed that when people in TV commercials sneeze it really sounds fake, probably because it is. Most mornings I sneeze for a good 15-20 minutes, all I need to do is get a talent agency to book me for sneeze related commercials first thing in the morning and I will be a big star!

Hearing no

My Front Porch • Lynette Sowell

For more than 20 years, I made my way through the fiction writing world. I've heard yes more than 20 times from publishers, editors and agents. But there have been plenty of times I've heard "no."

My first "no" came in 1999, a one-page typed letter from an acquisitions editor. several weeks after she requested the whole 45,000-word manuscript after I'd mailed her a proposal in a big, fat United States Post Office envelope.

I sat down, pulled my "baby" out of the flat envelope, held it tenderly (okay, so I'm being dramatic) and bawled. She liked my writing. But it was too similar to what was already "out there." Please, send me another proposal in the future. I completely missed that part due to my shock and disbelief she didn't send me a contract along with a big fat advance check.

I gritted my teeth and went to work again, this time submitting a historical fiction proposal

set in Kansas. Again, months rolled by. Then came an email, same publisher. We'd progressed to electronic communications. "Good story," he said. "But you really need to edit the soup out of your work." He then proceeded to name, line after line in the first chapter, all the "errors" and suggested tweaks I should make. (He really was right!)

More commiserating with fellow writers. And chocolate. Chocolate always helps.

I sucked it up, and kept writing.

More rejections. I entered contests, placed in some, won one. Again, more proposal nos came in. I finally got an agent.

Again, the nos came. It was hard not to take it personally. Again, editing staff changed and the new editor, one I'd met in person at a conference, seemed to take forever to respond.

I started to think the woman just didn't like my writing. Or was it me?

Other friends started to hear "yes" and I was starting to doubt if this was worth it. My kids were still relatively young, I worked full time. My writing time was late at night, or a stolen hour on a Saturday.

Finally, in the spring of 2005, I decided to put in one more proposal, this time for an anthology co-written with a trio of author friends. They were all published, and I was the newbie.

Out of frustration, I decided if this didn't happen, I was going to give it up. Clearly, I was wasting my time. Maybe I could use my writing skills and passion in another way, but I didn't see how. This was long before my newspaper days. Time was marching along and so much was going on in the real world I didn't want to miss while sitting at a keyboard.

Then the first "yes" email arrived in May 2005, and in 2006, Windswept Weddings released, containing my novella Heart's Refuge.

I signed my name to a very-real contract and put it in the mail. I remember seeing my book in Walmart the following summer. I still received some painful and frustrating nos, but my approach changed over the years.

One thing I've learned, is that nos are often not personal. I was taking a business transaction and deeply personalizing it. How often do we do that? We hear a "no" from someone and it upends our day. Many times—no, most of the time—I'm convinced that those nos we hear aren't personal slights, whether it's dealing with a company, a boss, or what have you. Someone's just doing their job and it's not about us. The times that it is about us, there are other recourses.

But most of the time, the no we hear is just from someone doing their job. That doesn't make hearing no any easier, but it does help a little. That, and some chocolate. Always, chocolate.



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A6
Thursday,
January 23, 2025

LIFESTYLES

THE BELTON JOURNAL

Renowned international pianist and vocalist performing in Belton

Special to the Journal

Ben Rosenblum, internationally-touring jazz pianist, accordionist and composer based in New York City is touring Texas and Oklahoma along with his trio and a special guest vocalist, Laura Anglade.

They will be paying a stop at the Beltonian Theatre on Friday, January 24, at 7 p.m.

Anglade and Rosenblum have performed together across the US and Canada, including at the Rochester Jazz Festival and famed jazz venues such as Upstairs (Montreal), Mezzrow (New York City), the Jazz Bistro (Toronto) and the Morris Museum (New Jersey).

French and American singer Laura Anglade is a promising storyteller with a lot to say. She draws inspiration from Carmen McRae, Blossom Dearie, Sarah Vaughan, Ella Fitzgerald, Shirley Horn, Billie Holiday, and Barbra Streisand, among others. Laura has made a mark in the music scenes of New York, Paris, London, Toronto and Montreal, collaborating with some of the world's finest musicians, including Peter Bernstein, Jonathan Kreisberg, Ben Paterson, Ira Coleman, Neil Swainson, to name a few.

Her debut album, 'I've Got Just About Ev-

erything' in 2019 was met with praise by critics and fans alike. Her second Juno-nominated album, 'Venez Donc Chez Moi' is a duo recording featuring Montreal guitarist Sam Kirmayer, with whom she was awarded the "Prix Opus" for Jazz Concert of the Year in 2023.

Her next album, 'Get Out Of Town', will feature a distinguished lineup, including Ben Paterson, Peter Bernstein, Neal Miner, Neil Swainson, and Adam Aruda and is scheduled to be released in the spring of 2025.

She is currently based in New York City. In 2022, Laura joined singer Melody Gardot across the east and west coasts of the United States and Europe. Laura has performed in renowned venues such as Olympia (Paris), the Royal Festival Hall (London), Town Hall (New York City), the Ace Theatre Hotel (Los Angeles), and the main stage at the Festival International de Jazz de Montreal.

Pianist, accordionist and composer Ben Rosenblum has traversed a truly unique musical path, one that has seen him perform alongside world-class musicians across more than twenty music genres and fifteen countries, lead bands at prestigious venues across the world, all



Courtesy Photo

Ben Rosenblum, internationally renowned pianist, will be in concert along with French and American singer Laura Anglade at the Beltonian on Friday

while maintaining a signature, melodic musical voice.

Rosenblum's journey has taken him on tours with Grammy-winning pop artist Rickie Lee Jones and Juno-winning contemporary Indian singer Kiran Ahluwalia. He's played Brazilian choro with Ephrat Asherie Dance and Brazilian forró with The Late Night Show's Nêgah Santos and famed forró band Forró in the Dark.

His roots in jazz have led to an over ten-year relationship with Grammy-winning bassist Curtis Lundy, performing at festivals alongside jazz luminaries Bobby Watson, Sean Jones and Warren Wolf. He has appeared with the Baltimore Symphony Orchestra on accordion, and as a guest soloist on piano at Carnegie Hall's Stern-Perelman Auditorium with Maestro Reona Ito's New York Harmonic Band.

Throughout it all, Rosenblum has always maintained the same priority - to tell a compelling story with his music, reaching the hearts of his audience and connecting on an emotional, intellectual and spiritual level.

Rosenblum brings this wealth and diversity of experiences to his projects as a leader, overseeing a full tour schedule as a solo artist, with his trio and most recently, with his six-piece ensemble,

the Nebula Project. Since his first album as a leader, *Instead* (4 stars, *Downbeat Magazine*), he has since released three follow-up records to critical acclaim, including favorable reviews in almost every major jazz publication (*Downbeat*, *All About Jazz*, *Jazziz*, *JazzTimes*, *JazzEd*, *NYC Jazz Record*, *JazzLife Japan* and many more).

Tickets can be purchased at <https://app.for-movietickets.com/shows>

Workforce Solutions of Central Texas announces retirement of executive director

Special to the Journal

Workforce Solutions of Central Texas (WSCT) announces the upcoming retirement of its Executive Director, Susan Kamas, effective February 2025, after an extraordinary career spanning 50 years in the workforce industry, including 36 years of dedicated leadership in Central Texas.

Under Susan's leadership, Workforce Solutions of Central Texas has become a state and national leader in workforce development, consistently recognized for excellence in connecting job seekers and employers across Bell, Coryell, Hamilton, Lampasas, Milam, Mills, and San Saba counties.



SUSAN KAMAS

Susan's visionary leadership has guided Workforce Solutions of Central Texas to significant achievements, including:

Managing a \$45+ million annual budget supporting workforce programs, public employment services, and competitive grants.

Establishing Workforce Solutions of Central Texas as a key resource for

veterans and military families in the Fort Cavazos community.

Receiving the Texas Quality Award for Performance Excellence and being recognized as one of the Top 100 Best Companies to Work For in Texas for 13 consecutive years.

Beyond her work in Central Texas, Susan has held influential roles at the state and national levels, serving as Co-Chair of the U.S. Department of Labor Enterprise Council and as a founding member of the Coalition of State Workforce Associations.

Susan's commitment to public service extends beyond workforce devel-

See **KAMAS**,
Page A8

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Is soup the ultimate cold medicine?

Having a cold is not fun. A stuffy nose, sniffles, sore throat, and other symptoms make having a cold a generally unpleasant experience.

According to data collected by the Consumer Healthcare Products Association, the average consumer shops for over-the-counter medicine 26 times a year, with peak visits occurring in the wintertime, when colds and flu infections are more prominent.

To make cold-related matters worse, a U.S. Food and Drug Administration panel concluded in September 2023 that the popular decongestant phenylephrine, which is found in many over-the-counter cold remedies, is ineffective when taken orally. Phenylephrine became the standard decongestant in formulations when pseudoephedrine, another decongestant, became more closely regulated due to its usage in the production of illegal drugs like methamphetamine. Phenylephrine products the became the go-to, as they did not need to be stored behind pharmacy counters and “signed out” like products that included pseudoephedrine.

Rather than accepting their cold symptoms this season, individuals may want to turn to something much more natural that also has great promise: soup. It is no old wife’s tale that soup can be helpful for colds and other illnesses. In fact, Egyptian Jewish physician Moshe ben Maimonides prescribed chicken soup as a treatment for respiratory tract illnesses as early as the 12th century. Penn Medicine advises that soup can be a go-to food to combat illness because it is light, easy-to-digest, nourishing, and even restorative.

Here’s a look at some

of the ways soup can help when people are feeling under the weather.

• **Hydrating broth:** Staying hydrated is one of the ways the body can more effectively fight off illness. Broth-based soups are hydrating and tasty. They may be tolerated more readily than sports drinks or water for a person who needs fluids.

• **Soothing:** The warmth of soup can soothe an irritated throat. Furthermore, soups usually have softened ingredients in them, making it much less likely that sharp or tough ingredients will scrape an inflamed throat.

• **Nutrient-dense:** Most soups are loaded with vegetables, beans and other healthy ingredients. They provide many of the vitamins and minerals the body needs, and may even help replenish nutrients that have been depleted due to illness.

• **Sodium content:** Sodium is an essential mineral the body needs. Proactive Health Labs says soup regulates body fluids and transmits electrical impulses in the body. Sodium in moderation may be good when a person is feeling ill. In addition, sodium and other seasonings in soup can awaken taste buds that are dulled when sick with a cold. Salt also helps alleviate sore throat pain and can help clear nasal congestion.

• **Garlic infusion:** Soups that contain garlic or garlic extract may reduce the severity of cold and flu symptoms, according to a University of Florida study published in the journal Clinical Nutrition.

Soup may be the best medicine when a person has a cold. Its many properties may help make soup as effective, or even more so, than some products at the pharmacy.

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89th legislative session begins with rosy economic outlook

By Richard Lee
Special to the Journal

Legislators will once again have billions of dollars left over from the last biennial budget as they move into the 140-day lawmaking session that began Tuesday, Jan. 14.

State Comptroller Glenn Hegar delivered his biannual revenue estimate Monday, and like in 2023, budget writers will have record revenue and a large surplus to work with as they decide how to allocate funds for the next two years.

"I told everybody it was unprecedented; it was historical and I made a big deal that this was a 'once-in-a-lifetime'," said Hegar, referring to 2023's

revenue estimate. "Yet here we are with another very large, record carry-over balance."

The 2025 biennial revenue estimate is just slightly less – about 1.1 percent lower – than in the previous session, though total state revenue is expected to be higher than two years ago. The difference is entirely in the size of the cash carryover balance, that surplus of money allocated but unspent by lawmakers working in the 88th session. Hegar said the state will have about \$23.8 billion in the bank as they open session, significantly less than last session's \$32 billion surplus but still the second largest carryover in state

history. He said that the state is expected to outpace last biennium's revenue, almost all of which comes from tax collections, by six billion dollars, up to \$194.6 billion in non-dedicated general revenue. When combined with dedicated and federal funds, lawmakers will have around \$362 billion to allocate towards state services this session.

Last session's record-breaking surplus, said Hegar, was the result of a roaring economy coming out of pandemic restrictions, inflation increasing prices – and sales tax collections – and rafts of federal aid dollars. This session's surplus, he said, can be attributed to smart fiscal decisions made



insurance rates. For some homeowners, said Hegar, property tax payments combined with home insurance premiums can equal their monthly mortgage payments.

Patrick said in a statement that he intends to leverage the state's economic strength to pursue more tax cuts among other Senate priorities.

"With this surplus, my first focus is to continue to cut property taxes and increase teacher salaries, along with making smart, one-time investments to ensure our budget is sustainable moving forward and that our state is prepared for the future, as we did with last session's surplus," he wrote. Patrick also wants to use the money to add power capacity to the state electric grid, a position he says he shares with Governor Greg Abbott. Heading up that effort will be Houston Senator Joan Huffman, who is entering her second session as chair of the Senate Finance Committee, which will write the Senate proposal for state spending for the next biennium. That panel will begin open hearings in the next few weeks.

by lawmakers two years ago who used the money to pay for one-time infrastructure investments into broadband, water, higher education, and state parks. He also said the state should have the money to cover a new school choice program, Lt. Governor Dan Patrick's top priority for the session. "I don't know exactly where the Legislature is going to land on [school choice], but I do think they will probably pass something," said Hegar. "I think we can afford whatever the Legislature decides."

Hegar said that the Texas economy will

continue to normalize following the disruptions of the COVID pandemic, showing robust but slower growth in gross state product and state tax collections, and slowing inflation. He did warn of increasing cost-of-living issues, which must be dealt with if the state is going to continue to grow. "Texas benefits from being a magnet for businesses looking to expand and citizens seeking a better way of life, but we must ensure people can afford the cost of living here," said Hegar. One of the major contributors to the recent increase, he said, are rising

Kamas - From Page A6

opment. She has been deeply involved in numerous community and professional organizations, including:

Board of Governors, Association of the United States Army Central Texas Chapter
Past Chair, Greater Killeen Chamber of Commerce Interagency Economic Region Council

Past President, Rotary Club of Belton
Founding Member, Killeen Business Resource Center

Her dedication to Central Texas and her collaborative spirit has earned her nu-

merous accolades, including the Beltonian Award from the Belton Chamber of Commerce in 2011.

As Susan prepares for retirement, Workforce Solutions of Central Texas celebrates her exceptional contributions and steadfast leadership.

"Susan has been a cornerstone of our organization and a champion for workforce development. Her legacy will continue to inspire us as we move forward," said Jose Segarra, Board Chair for Workforce Solutions of Central Texas.

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THE BELTON JOURNAL

Since 1866



BISD baseball starts high spirits among frigid temperatures

By Tony Adams
The Belton Journal

The opening of the Texas UIL Baseball season on Friday brought a ton of familiar faces to Tidwell Field and Bronco Park respectively.

Both the Belton Tigers and Lake Belton Broncos held their initial tryouts on Friday and Saturday before inclement weather took its toll on the schedule.

Tidwell Field was well-manicured and was ready the Tigers to get their season going. Outfield and infield tryouts were the early part of the session, pitching velocity was measured later, and intrasquad scrimmaging followed.

"It was a good start," Belton head coach Mark Krueger said. "The guys came out with a lot of energy and were very encouraging to one another."

The Tigers will have an intrasquad scrimmage at 3 pm this Saturday. It will start their five-game scrimmage schedule with a pair of home games



against Bastrop (Feb. 1) and Georgetown East View (Feb. 3), and road contests at Brenham (Feb. 8), Hutto (Feb. 10), and East View (Feb. 14).

Belton's regular season will start on Feb. 20 at the Pflugerville Tournament against Austin LISA and A&M Consolidated.

Lake Belton began their tryouts on Friday morning, having worked out the 10th through 12 graders. The freshmen joined the tryouts in the afternoon.

"We have plenty of talent returning but also have opportunities for the newcomers to make a case

for the varsity squad," Lake Belton head coach Chris Peacock said. "This is an energetic group that likes to work."

The Broncos will have a dual scrimmage on Feb. 1 as they will take on defending Class 4A State Champion China Spring, led by former Bronco head

coach Cory Beckham, and Temple. The day will start the seven-game scrimmage schedule, as the Broncos will play at Buda Johnson (Feb. 4), Leander Rouse and Round Rock McNeil at Rouse (Feb. 8), Round Rock Westwood (Feb. 14), and at home against Round Rock Cedar

Ridge (Feb. 11).

Lake Belton will start its season by co-hosting the 2025 Central Texas First Pitch Tournament on Feb. 20, as they will take on Southlake Carroll at 1 p.m. at Bronco Diamond, hop on a bus, and travel to Georgetown to take on East View that night at 7 p.m.

Swimmers prepping for district 22-5A meet

By Aries Ramos
The Belton Journal

The Lake Belton Broncos and Belton Tigers swim teams are gearing up for the highly anticipated District 22-5A meet, where they will face off against Chaparral, Killeen, Killeen Shoemaker, and Killeen Ellison.

Both teams have had strong seasons and will look to carry their momentum into this crucial competition.

The Lake Belton Broncos enter the district meet fresh off an outstanding performance at the KISD Last Splash meet on January 11.

They secured the top combined team score of 316.5 points, showcasing their depth and talent in individual and relay events.

The girls' 200-yard medley relay team of Rowan Sebek, Brooke Phillips, Gweneth Clark, and Christine Kim delivered a dominant first-

place finish, setting the tone for the Broncos. On the boys' side, the 200-yard medley relay team of Elijah Firkins, Kaleb Vazquez, Samuel Stevens, and Jacob Gerakos placed third, contributing valuable points. Additionally, the boys' 200-yard freestyle and 400-yard freestyle relay teams earned first-place finishes, further solidifying their dominance.

Individually, several Broncos swimmers have emerged as standout performers. Christine Kim has consistently delivered top finishes, including a victory in the 100-yard breaststroke and a strong second-place finish in the 100-yard butterfly.

Brooke Phillips has excelled in individual medley events, while Gweneth Clark has proven to be a force in distance freestyle races. On the boys' side, David Stewart III has led the way with impressive wins in backstroke events, complemented by strong per-

formances from Conner Florea and Samuel Stevens in freestyle events.

The Belton Tigers, meanwhile, have shown steady improvement and determination throughout the season. With a balanced roster featuring seasoned veterans and rising stars, they are set to perform strongly at the district meet.

The district meet will test the Broncos and Tigers as they compete for top honors and qualifying spots for the regional competition. With fierce competition expected from Chaparral and the Killeen schools, every race will be crucial in determining the final standings.

As the Broncos and Tigers prepare for this moment in their seasons, they remain focused on executing their strategies and supporting their teammates. The District 22-5A meet promises to be an exciting showcase of talent, teamwork, and determination.



Belton and Lake Belton set to clash on the mat

By Aries Ramos
The Belton Journal

As the wrestling season intensifies, the Lake Belton Broncos and Belton Tigers will clash this week in a pivotal district matchup. Both teams are sharpening their skills ahead of the district tournament. These two programs have shown growth throughout the season, and their upcoming duel promises to showcase local talent.

The Lake Belton Broncos are coming off their best overall performance of the season in a tournament, with both the JV and Varsity squads achieving success. This momentum positions the Broncos well as they prepare for their upcoming district competition. The Broncos have empha-

sized improvement through practice and building endurance. Their recent tournament results highlight the team's depth, with wrestlers across weight classes contributing to the strong showing.

The Broncos' next challenge will be against the Belton Tigers in a Wednesday night dual meet. Scheduled initially under the lights at Bronco Field, the event has been relocated to North Belton Middle School due to weather concerns. This duel will serve as Senior Night for the Broncos, honoring six seniors who have been key to the program's development. The evening will feature matches for both JV and Var-

See **WRESTLING**,
Page B2

BISD boys' basketball teams continue to battle near district halfway point

By Tony Adams
The Belton Journal

The Belton Tigers and Lake Belton Broncos boys' basketball team were set to play one another on Tuesday night before inclement weather canceled school and all extracurricular activities.

While it postponed action for the time being and the 10-game district schedule nearing the halfway point, the Tigers and Broncos were able to look back on their District 16-5 games from last Friday.

Belton had a road contest at Waco High to keep within the district pack looking to stay in the playoff race.

Noah Childers scored 26 points and Jay'dn Loggins added 25 points offensively pace the Tigers, and defensive play of Ty Johnson, Easton Barrett, Daniel Briscoe and Johnnie Carter combined to give Belton a 67-54 win over the Lions.

The Tigers sit at 2-1 in District 16-5 tied with University in second place, averaging 57.7 points per game and allowing 58.3 points per game. Overall, the Tigers are 22-5, averaging 64.4 points per game and allowing 47.5 points per game.

"We know that we can the job done on both ends of the floor," Belton head coach Phil McCaslin said. "The team buys in to the system and works toward the goals each game."

Lake Belton hosted the University Trojans at Bronco Gymnasium on Friday.

University's hot shooting in the first half and constant pressure throughout the game dealt the Broncos a 71-45 loss.

The Trojans led 22-11 at the end of the first quarter, and 41-22 at the half.

Ameer Williams scored 13 points, Allen Muchunu and Kendrick Jones each tallied eight points, and Dex

Ravizee added six points and seven rebounds.


The Broncos are 1-2 in district play tied for fourth place with Chaparral, averaging 51.7 points per contest and allowing 57.7 points per game. Overall, the Broncos sit at 14-12, having averaged 55.5 points per game and allowed 51.2 points per tilt.

"The team continues to battle game after game," Lake Belton head coach Zane Johnston said. "There is no quit in this team. They put in the work in practice because they know that the district they play in has no off nights."

Belton-Lake Belton matchup rescheduled for Wednesday

The Belton Tigers versus Lake Belton Broncos basketball game originally scheduled for Tuesday was moved to Wednesday at 7 pm due to the inclement weather. We will have a recap of the game in the next week's Belton Journal.

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Sports Briefs

By Clay Whittington
The Belton Journal

Lake Belton traveled for the Florence Invitation last week, and both teams placed among the field's top five.

The Lady Broncos produced the best showing, finishing third behind a trio of gold-medal winners.

Aralina Acosta was first in the 181-pound weight class, combining a 245 squat with a 160 bench press and 270 deadlift to amass a winning total of 675 pounds.

Furthermore, teammates Amber Minuet (200-115-235-550) and Kaisley Forster (185-115-230-530) won the 198 and 242 divisions, respectively.

Plenty of other Lady Broncos earned points, though.

Maia Keen emerged with the silver medal in the 220 weight class, totaling 645 (250-125-270), while Sarah Rogers (97, 85-0-95-180), Emyle Love (148, 210-120-250-580) and Baylie Anderson (220, 160-85-215-460) were each third.

The remainder of Lake Belton's 44 points were produced by Camryn Mikulas (4th, 105, 135-100-170-405), Alexa Kaufman (4th, 114, 135-75-150-360), Grace White (4th, 123, 135-95-185-415), Kendra Forster (4th, 181, 185-115-225-525) and Harper Holt (5th, 132, 160-115-205-480).

Scoring 61 points, Little River Academy won the team

title, beating out Killeen Chaparral (2nd, 50), Lake Belton and Florence (4th, 15).

In the boys division, Kaleb Truelove collected his team's lone gold medal, winning the 308 weight class with a 380-255-385-1,020 total.

Behind the outing, the Broncos placed fifth, scoring 18 points.

Along with Truelove, teammates Tanner Presley (3rd, 198, 390-195-370-955), Luke Cowan (3rd, 242, 350-230-405-985) and Evan Lazott (3rd, 275, 445-355-445-1,245) earned medals.

Additionally, Joseph Cadmus (5th, 198, 305-250-315-870) and Colton Crocker (5th, 275, 410-245-450-1,105) were partially responsible for Lake

Belton's total.

River Rhodes (6th, 181, 295-170-300-765) fell just shy of scoring for the Broncos.

Little River Academy claimed the team championship with 40 points, while Cameron Yoe (2nd, 36), Chaparral (3rd, 33) and Florence (4th, 28) rounded out the top four.

Both of Lake Belton's teams return to action today, when they travel for the Cameron Yoe meet.

BELTON ISD TRACK & FIELD

The Belton ISD schedules for the upcoming season were recently released, and their opening meets are rapidly approaching.

Lake Belton opens at the

Killeen ISD Relays on Feb. 7 before traveling to the College Station A&M Consolidated Tiger Relays the following week.

Lake Belton will also take part in the annual Big Red Relays hosted by Belton on March 1, and it conducts the Bronco Relays at home March 20.

The District 16-5A meet will be April 2-3 at Belton High School with the area meet taking place at Lake Belton on April 10. The regional meet and state meet are scheduled for April 18 and May 2, respectively.

The Tigers and Lady Tigers open their schedule Feb. 14 at the China Spring Relays and competes at Copperas Cove on Feb. 22 before hosting the Big Red Relays.

Soccer programs successful in tournaments, prepare for match play

By Aries Ramos
The Belton Journal

The Belton ISD soccer teams are preparing for another slate of matches as they build on their recent tournament performances. The Lake Belton Broncos and Belton Tigers boys' and girls' teams have faced tough competition early in the season and are looking to fine-tune their play as district matchups approach.

The Belton girls' soccer team competed in the Governor's Cup and performed excellently. The Tigers opened the tournament with a 2-2 tie against

LASA, with Itz and Schutz leading the attack.

The Lake Belton girls also competed in the Governor's Cup. The tournament was an excellent way for the Broncos to tune things up before the district. The Broncos first faced off against McCallum, where they fell 1-0. The team then faced East View the following day. Despite their best efforts, they lost to East View 4-1. The Broncos look to turn things around in their next outing vs. Waco Midway.

Their next match against Frenship saw a 4-5 loss despite a valiant effort

and multiple goals from Kiersten Rowland and Karington Kopriva. The Tigers ended the weekend on a high note with a 2-0 win over Leander Glenn, highlighted by a dominant midfield display and finishing. They will face Kingwood Park in a critical tune-up before diving into district play.

On the boys' side, the Lake Belton Broncos participated in the Fort Worth Showcase, where they faced formidable opponents. In their match against Benbrook, the Broncos clawed back from a 4-0 deficit with goals

from Austin Robello, who netted two, and Roman Manriquez, but ultimately fell short in a 4-3 loss.

The tournament's standout was Robello, who scored three goals overall and earned a spot on the All-Tournament Team. After a challenging outing against Fort Worth Southwest, the Broncos will look to bounce back against the Lampasas Badgers on January 24. They will seek to capitalize on their offensive potential and shore up their

defense.

The Belton boys' soccer team competed in the Grizzly Classic, showing growth despite facing tough opposition. After a tough opening loss to Weiss, the Tigers improved against Marshall, creating numerous chances but falling 2-0.

Their final match against state runner-up Leander Glenn was spirited, with Will Bralley scoring directly from a corner kick to level the game before halftime. De-

spite conceding late goals in a 3-1 defeat, the Tigers demonstrated grit and cohesion. They will now prepare to take on Gatesville, eager to build on their recent progress and secure a much-needed win.

With the season heating up, all four teams are eager to showcase their development and compete at a high level. Their upcoming matches promise thrilling action as they gear up for district play.

Wrestling - From Page B1

city wrestlers, allowing all athletes to gain valuable mat time ahead of the district tournaments.

The Belton Tigers, meanwhile, celebrated their Senior Night earlier in the month on January 13, recognizing the contributions of their wrestlers. Then, their focus shifted to the duel meet against the Lake Belton Broncos on January 22. This matchup was a

great way to tighten things before the district tournament. The Tigers are determined to capitalize on their preparation and showcase the skills they have gained throughout the season.

Both teams are eyeing the district tournaments. The JV will compete at Belton High School on Monday, January 27. Weigh-ins are scheduled for 8 a.m., and wrestling will begin at

9 a.m. The Varsity squads will travel to Burseson for their district tournament on Wednesday, January 29. Wrestlers finishing in the top four of their weight classes will advance to Regionals in Addison, while fifth-place finishers will serve as alternates.

As the season ends, both teams eagerly wait to compete in their first district tournaments.

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BISD girls teams poised for playoffs

By Clay Whittington
The Belton Journal

The second half of the district schedule has arrived, and every game is critical.

With only five games remaining in the regular season, the Lady Broncos and Lady Tigers each entered the week situated inside the District 16-5A playoff picture, sitting third and fourth, respectively, in the six-team race.

Now, however, the goal is to remain.

Belton and Lake Belton each earned a victory

Friday to close the opening round of district with the Lady Tigers defeating Waco 57-50 in overtime, while the Lady Broncos beat Waco University 50-36.

Every player on Belton's roster scored in the victory with freshman Isabella Warner producing a team-high 21 points to pace the squad. Her efforts were complemented by senior guard Avelle Bonfoh, who scored 18 points, and Emma Flory, who finished with nine points.

Playing at home, Lake Belton held an early, one-

point lead, 11-10, following the opening quarter, but the Lady Broncos followed with an 18-point second period to help them pull away.

Layla King finished with 10 points, including a trio of 3-pointers, for Lake Belton, matching the offensive output from teammate Arielle Polley, who also had three rebounds and two assists. Additionally, Alexa King scored eight points and had four steals in the win, and Natalie Maldonado had seven points and seven assists.

As a result, the pair entered the home stretch

of the schedule behind Killeen Ellison and Killeen Chaparral. The Lady Eagles own an unblemished district record through five games, while the Lady Bobcats are 4-1.

Lake Belton emerged from the stretch 3-2, and Belton was 2-3 with the Lady Lions (1-4) and Lady Trojans (0-5) following.

A massive game between the Belton ISD teams was set for Tuesday, but the fear of inclement weather caused school to be cancelled and games to be postponed. The Lady Tigers hosted the Lady

Broncos on Wednesday, but a final score was not available.

Regardless of the outcome, Belton closes the regular season by playing at University on Friday, hosting Chaparral on Tuesday, welcoming Ellison on Jan. 31 and traveling to Waco on Feb. 4.

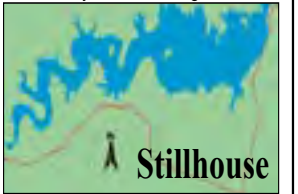
Lake Belton finishes district by sandwiching home games against Ellison (Friday) and University (Feb. 4) around road games at Waco (Tuesday) and Chaparral (Jan. 31).

The playoffs are set to open Feb. 10.

FISHING REPORT



GOOD. Water stained; 63 degrees; 2.22 feet below pool. Thanks to continued mild weather, the white bass and hybrid striped fishing is consistent and in keeping with how it typically is this time of year. Fishing is best as a front arrives and north or northwest wind velocity increases. Fishing is worse once the north winds subside leaving cold, calm, and clear conditions. Fishing is average as the southerly winds return, and until the next front arrives. White bass fishing is fair with the MAL. Original with chartreuse tail for vertical work in deep water, and the White Tomado in 1-1/8 ounce white color for horizontal work when fish show to be carpeting the bottom to either or both sides of the boat. The morning bite is from 7:45-11:00 a.m. Expect a weaker, shorter afternoon bite from 1:45-5:00 p.m. Gulls are beginning to show and help to find fish during the first hour of the day. Report by Bob Maindelle, Holding the Line Guide Service. Catfishing continues to be excellent. While water temperatures dropping, anglers should search for blue catfish in deeper, 30-45 feet, river channels and around steep ledges. Larger cut baits have been effective for trophy size fish. Eater fish under 10 pounds are still active and slow drifting with small cut shad along sand flats. Channel catfish are fair but can still be caught on warmer days using punch bait in 15 to 25ft of water. Report by Brian Worley, B&S Catfishing.



GREAT. Water stained; 60 degrees; 2.18 feet below pool. The white bass and largemouth bass are still putting on a show at Stillhouse with 2-angler catches over 100 fish in a morning. White bass are feeding on the edges of flats in the 20-foot range just after sunrise, then moving quickly deeper and continuing to feed until around 10:45 a.m. Fish can be caught as deep as 48-53 feet, especially on calmer, clearer days when the sun's rays reach that deep on this lake's very clear water. As of December 16, the water temperature from top to bottom was still 58-62 degrees, but will likely drop entirely into the high 50s with the chilly weather forecast heading into the weekend. MAL Dense Lures with silver bodies and chartreuse tails worked straight up off the bottom aided by a splashier are getting these results. We will likely drop back to a Bladed Hazy Eye Slab with a spinner and stinger hook going forward as the water cools and the fish slow down. There are plenty of largemouth bass and freshwater drum mixed in with the white bass in these same deep water areas. The shad-imitating 5/8 ounce Bladed Hazy Eye Slab is the go-to bait for these fish. Report by Bob Maindelle, Holding the Line Guide Service.

Physical activities for kids who are not into competitive sports

Special to the Journal

Competitive sports provide a wonderful opportunity for children to be physically active. That's a notable benefit and one that could help to confront a growing problem of overweight and obesity among modern youths.

Data from the World Health Organization indicates 37 million children under the age of five were overweight in 2022, while more than 390 million youngsters between the ages of five and 19 were overweight or obese in that same year. In addition, the percentage of children and adolescents across the globe who qualified as obese in 2022 had grown considerably since 1990, increasing from 2 to 5 percent during that span.

Sports can definitely help to remedy the overweight and obesity epidemic among youths across the globe, but what about children who are not into competitive athletics? The Centers for Disease Control and Prevention recommends all children and adolescents, including non-athletes, get at least 60 minutes of moderate-to-vigorous physical activity each day. That might sound difficult for parents of non-athletes, but there are a number of physical activities beyond organized athletics that can ensure kids get all the exercise they need.

• **Dancing:** The National Institutes of Health notes that dancing is both an exciting and effective workout that benefits the body

in myriad ways. Dancing is a versatile form of exercise that encompasses everything from ballroom dancing to salsa. The NIH notes that dancing is a great cardiovascular exercise that also helps to build strong bones and muscles and improve balance. Dancing also is a social activity, which means it can provide many of the same benefits related to social interactions that are often attributed to team sports.

• **Hiking:** Hiking is another physical activity that can provide great exercise for youngsters who are not into competitive sports. According to Piedmont Health, hiking is a whole-

body exercise that gets the heart pumping, making it a wonderful cardiovascular activity. Cardiovascular exercise has been linked to a number of benefits, including a lower risk for conditions such as heart disease, stroke and high cholesterol. Hiking also is considered a weight-bearing exercise that helps to build muscle mass.

• **Skateboarding:** Skateboarding has come a long way since modern parents were children. Though skateboarding might once have been frowned upon due to skateboarders' penchant for practicing in places that were off limits, the perception of skateboard-

ing has now changed dramatically and the activity is touted as great exercise. A 2018 study published in the journal Gait & Posture found that skateboarding helps participants develop a strong sense of balance. The motions required to ride a skateboard also help to increase heart rate, which can provide a boost to cardiovascular health.

• **Cycling:** Many young children love riding their bikes, and it's worth noting that an afternoon of cycling provides an incredible full-body workout. The Harvard T.H. Chan School of Public Health notes that the health benefits associated with cycling include improved car-

diovascular fitness, stronger muscles, greater coordination and general mobility, and reduced body fat. Cycling also has been linked to improved mental health, as riding a bike releases feel-good endorphins that can reduce stress.

Children and adolescents who are not into competitive sports can choose from an array of physical activities that provide a host of health benefits.

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Dividends: Reinvest or not?

Scot Hrbacek, CFP® Financial Advisor

If you own dividend-paying stocks or mutual funds, you generally have a choice: Should you take the dividends as cash or reinvest them?

dividends as cash. And if you already own a substantial amount of a particular stock or mutual fund, you might want to cash out the dividends to buy shares in a new investment and broaden your portfolio.

Long-term investors can benefit from reinvested dividends, which, along with price appreciation, make up part of a stock's total return. Also, when you reinvest dividends, you are buying more shares of an investment — and share ownership is a key to building wealth. Keep in mind that dividends can be increased, decreased or eliminated without notice. And reinvesting dividends won't guarantee a profit or protect against loss. If you need help meeting your expenses, you may want to take the divi-

When dividend-paying investments are held in a taxable account, you'll pay taxes on the dividends regardless of whether you reinvest them or cash them out. You can defer these taxes, or possibly avoid them, if the dividend investments are held in a traditional or Roth IRA and 401(k).

Follow your dividend payments carefully — and make the most of them.

This Article was written by Edward Jones for use by your local Edward Jones Financial Advisor

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NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of NEIL TURNER POWELL, Deceased, were issued on January 15, 2025, in Cause No. 24CPB00694, pending in the County Court-At-Law No: 1, Bell County, Texas, to: Brock Powell.

All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law. c/o: Jim Thigpen Attorney at Law, PO Box 428, TEMPLE, TX 76503

LEGALS

DATED the 17th day of January, 2025.

Jim Thigpen Attorney for Brock Powell, State Bar No.: 19837300, PO Box 428, TEMPLE, TX 76503,

Telephone: (254) 773-1663, Facsimile: (254) 773-2574, Email: jim.thigpen@linzythigpen.com 01.23

NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of SHIRLEY SUE MATTOX, Deceased, were issued on January 15, 2025, in Cause No. 24CPB00654, pending in the County Court at Law No. 1 of Bell County, Texas, to: EVELYN JO WHITE.

All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law.

ESTATE OF SHIRLEY SUE MATTOX. C/O: EVELYN JO WHITE, 3405 Hickory Road, Temple, Texas 76504

DATED January 16, 2025.

KAREN M. VILLANUEVA, State Bar No.: 24102608, Telephone: (254) 771-1855, Facsimile: (254) 771-2082, E-mail: karen@templrelawoffice.com

01.23

THE STATE OF TEXAS CITATION BY PUBLICATION CASE NUMBER 24CPB00248

To: UNKNOWN HEIRS

RAYMOND NAVARRETTE, II, Applicant, on April 15, 2024, filed an application for independent administration, letters of administration, and determination of heirship in a proceeding styled: RAYMOND NAVARRETTE aka RAMIRO NAVARRETTE, Deceased, and bearing the number 24CPB00248 in the County Court of Bell County, Texas.

The court will hear the aforesaid Application after the expiration of ten days, exclusive of the day of publication, from the date this citation is published which will be January 23, 2025, in the County Court at Law #1 Courtroom, at the Bell County Justice Complex, 1201 Huey Road, in Belton, Texas.

All persons interested in the aforesaid estate are commanded to appear at or before the time set for said hearing by filing a written contest or answer to said application should they desire to oppose or contest it. Said written contest or answer shall be filed in the office of Shelley Coston, County Clerk, Bell County, Texas, PO Box 480, Belton, Texas 76513.

The name and address of the attorney for applicant is:

JAY R. BEATTY, 3106 SOUTH WS YOUNG DR BLDG D #401, KILLEEN TX 76542

The officer serving this Citation shall, in compliance with the Law, serve it by publication once in a newspaper of the general circulation in this, the County in which the decedent last resided as required by Section 202.052 of the Texas Estate Code, for not less than ten days before the return day hereof, exclusive of the day of publication, and the date of publication said newspaper bears shall be the day of publication.

Issued and given under my hand and seal of said Court at office on January 16, 2025.

LEGALS

Shelley Coston County Clerk of Bell County, Texas, PO Box 480, 1201 Huey Road, Belton, TX 76513

By: Sophia Nieto Deputy
01.23

THE STATE OF TEXAS CITATION BY PUBLICATION CASE NUMBER 25CPB00022

To: UNKNOWN HEIRS

DAVID BEESON, Applicant, on January 15, 2025, filed an application for determination of heirship and issuance of letters of independent administration in a proceeding styled: JIMMY DUANE BEESON, Deceased, and bearing the number 25CPB00022 in the County Court of Bell County, Texas.

The court will hear the aforesaid Application after the expiration of ten days, exclusive of the day of publication, from the date this citation is published which will be January 23, 2025, in the County Court at Law #1 Courtroom, at the Bell County Justice Complex, 1201 Huey Road, in Belton, Texas.

All persons interested in the aforesaid estate are commanded to appear at or before the time set for said hearing by filing a written contest or answer to said application should they desire to oppose or contest it.

Said written contest or answer shall be filed in the office of Shelley Coston, County Clerk, Bell County, Texas, PO Box 480, Belton, Texas 76513.

The name and address of the attorney for applicant is: John C Blazier ,901 SOUTH MOPAC BLDG V STE 200. AUSTIN TX 78746

The officer serving this Citation shall, in compliance with the Law, serve it by publication once in a newspaper of the general circulation in this, the County in which the decedent last resided as required by Section 202.052 of the Texas Estate Code, for not less than ten days before the return day hereof, exclusive of the day of publication, and the date of publication said newspaper bears shall be the day of publication.

Issued and given under my hand and seal of said Court at office on January 15, 2025.

Shelley Coston
County Clerk of Bell County, Texas, PO Box 480, 1201 Huey Road, Belton, TX 76513

By: Sophia Nieto Deputy
01.23

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF SYLVIA KAREN TENGLER, DECEASED

NOTICE is hereby given that original letters of testamentary were issued on January 14, 2025 in a proceeding styled Estate of SYLVIA KAREN TENGLER, DECEASED, in cause number 24cpb00722, pending in the County Court at Law #1 of Bell County, Texas.

Claims may be presented in care of the attorney for the Independent Executrix, addressed as follows: Brandy Harvey Independent Executrix of the Estate of Sylvia Karen Tengler, Deceased, c/o Burk Roberts, Roberts & Roberts, L.L.P., 2502 East Elms Rd., Ste A, Killeen, Texas, 76542-3023

All persons having claims against this estate, which is currently being administered, are required to present them within the time and in the manner prescribed by law.

Signed on January 15, 2025

Roberts & Roberts, L.L.P. ,Attorneys for Brandy Harvey

By: Burk Roberts
01.23



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NEW CONSTRUCTION! Beautiful rock and brick home situated on 1/2 acre in the newly developed Deer Grove subdivision in Belton ISD. The open floor plan features 3 bedrooms and 2 bath, a pop-up ceiling in the family room as well as a corner fireplace as a focal point. Large open kitchen with beautiful cabinets and granite! A formal dining and breakfast area plus office. A generous master suite with large walk in closet as well as nice sized secondary bedrooms. Large covered porch, perfect for relaxing or entertaining with your friends and family. As if that is not enough - the home has been pre-wired for a home generator.

SALADO -- **Sellers are offering a 2-year home warranty to include pool and septic coverage!** Beautiful custom home with pool to cool off in the Texas summer heat and an oversized backyard to enjoy! This home is located in Salado ISD - features a split floorplan with 4 bedrooms (2 secondary are oversized), 3 bath, formal dining and eat-in breakfast area with luxury vinyl flooring throughout. The kitchen is open to the breakfast and living areas making it great for entertaining. Oversized, insulated garage. All interior walls insulated for sound and exterior walls are fully insulated making this very energy efficient! Great location with easy access to I-35, Belton, Temple, and Austin.

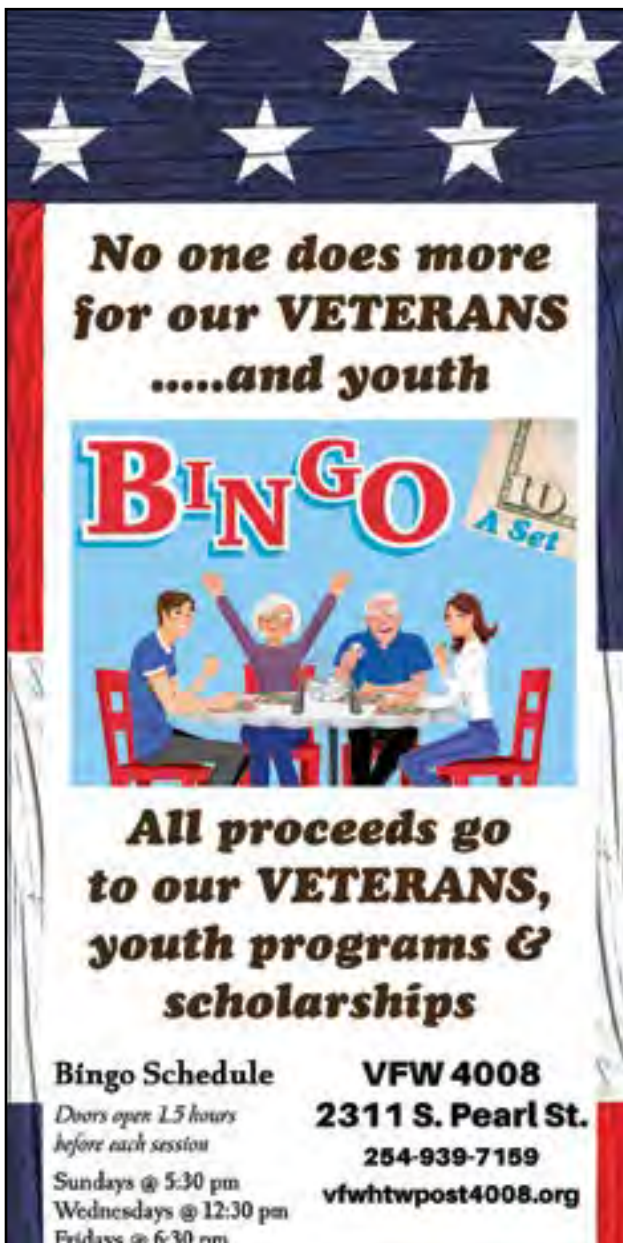
BELTON ISD - Charming home with a nice front porch, 2 bedrooms, one bath and lots of storage. Living area could be used as a meeting room. Lot features a beautiful mature tree in the front yard, fully fenced yard, and several out buildings. Excellent location with many possibilities! Adjacent properties are also listed for sale and could make this an amazing commercial property

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NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF IDA GENEVIEVE MILLER, DECEASED

NOTICE is hereby given that original Letters of Testamentary were issued on January 13, 2025, in a proceeding styled Estate of Ida Genevieve Miller, Deceased, in Cause Number 24CPB00737, pending in the County Court at Law #1 of Bell County, Texas.

Claims may be presented in care of the attorney for the Independent Executor, addressed as follows:

Richard Miller Independent Executor of the Estate of Ida Genevieve Miller, Deceased
c/o Burk Roberts, Roberts & Roberts, L.L.P. 2501 East Elms Rd., Ste. A, Killeen, Texas 76542-3023

All persons having claims against this estate, which is currently being administered, are required to present them within the time and in the manner prescribed by law. Signed on January 15, 2025.

Roberts & Roberts, L.L.P., Attorneys for Richard Miller
By: Burk Roberts
01.23

NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of PEARLIE BEATRICE JONES, Deceased, were issued on December 18, 2024, in Cause No. 24CPB00762, pending in the County Court at Law No. 1, Bell County, Texas, to: DONALD R. BRINSON.

All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law.

c/o: Mary Wiley Attorney at Law, 100 W. Central Texas Expressway, Suite 306, Harker Heights, Texas 76548

DATED the 15th day of January, 2025.

MARY WILEY Attorney for DONALD R. BRINSON, State Bar No.: 24032669, 100 W. Central Texas Expressway, Suite 300, Harker Heights, Texas 76548, Telephone: (254) 634-6969, Facsimile: (254) 634-6587, E-mail: mary@lindleylawoffices.com
01.23

NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of LESLIE R. MCCOLLUM, Deceased, were issued on January 13, 2025, in Cause No. 24CPB00718, pending in the County Court at Law No. 1 of Bell County, Texas, to: RICHARD G. TEELER.

All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law. ESTATE OF LESLIE R. MCCOLLUM, c/o: RICHARD G. TEELER, 13261 Blackberry Rd., Salado, Texas 76571
DATED January 14, 2025.

J. ERIC STOEBNER, State Bar No.: 24049619, 2106 Bird Creek Drive, Temple, TX 76502 Telephone: (254) 771-1855, Facsimile: (254) 771-2082, E-mail: eric@templalawoffice.com
01.23

THE STATE OF TEXAS CITATION BY PUBLICATION CASE NUMBER 24CPB00794

To: UNKNOWN HEIRS
MARGARET MCCROAN, Applicant, on December 12, 2024, filed an Application to Delcare Heirship and Appointment of Administrator and for Letters of Administration in a proceeding styled: WILLIAM DON MCCROAN, Deceased, and bearing the number 24CPB00794 in the County Court of Bell County, Texas.

The court will hear the aforesaid Application after the expiration of ten days, exclusive of the day of publication, from the date this citation is published which will be January 16, 2025, in the County Court at Law #1 Courtroom, at the Bell County Justice Complex, 1201 Huey Road, in Belton, Texas.

All persons interested in the aforesaid estate are commanded to appear at or before the time set for said hearing by filing a written contest or answer to said application should they desire to oppose or contest it.

Said written contest or answer shall be filed in the office of Shelley Coston, County Clerk, Bell County, Texas, PO Box 480, Belton, Texas 76513.

The name and address of the attorney for applicant is: MARGARET MCCROAN,
601 QUAIL VALLEY DR,
GEORGETOWN TX 78626

The officer serving this Citation shall, in compliance with the Law, serve it by publication once in a newspaper of the general circulation in this, the County in which the decedent last resided as required by Section 202.052 of the Texas Estate Code, for not less than ten days before the return day hereof, exclusive of the day of publication, and the date of publication said newspaper bears shall be the day of publication.

Issued and given under my hand and seal of said Court at office on January 14, 2025.

Shelley Coston County Clerk of Bell County, Texas, PO Box 480, 1201 Huey Road,
Belton, TX 76513
By: Lillian Phillips Deputy
01.23

THE STATE OF TEXAS CITATION BY PUBLICATION-PARENT AND CHILD

To: Benjamin Alger, any Unknown Father and All Whom It May Concern, Respondents, in the hereinafter-styled and -numbered cause:

You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10 a.m. on the Monday next following the expiration of 20 days after you were served this citation and petition, a default judgment may be taken against you. The Original Petition of the Texas Department of Family and Protective Services, Petitioner, was filed in the 146th Judicial District Court of Bell County, Texas, on June 25, 2024, against Nicole Allsopp and Benjamin Alger, Respondent(s), numbered 24DFAM347046, and entitled "In the Interest of PEYTON ALGER, minor child." The suit requests to terminate the parent-child relationships and/or to appoint a managing conservator of the child. The date and place of birth of the child who is the subject of the suit is:

PEYTON ALGER, DOB: May 31, 2009, Place of birth: Unknown

The court has authority in this suit to render an order in the child's interest that will be binding on you, including the termination of the parent-child relationship, the determination of paternity, and the appointment of a conservator with authority to consent to the child's adoption.

The name and address of the attorney for plaintiff is Ryan Smith, Bell County Attorney's Office, P.O. Box 1127, Belton, TX 76513

Issued and given under my hand and seal of the Court at Belton, Texas, this the
14th day of January 2025

Joanna Staton, District Clerk of Bell County, Texas, 1201 Huey Road, P.O. Box 909, Belton, TX 76513
By : C. Rodriguez, Deputy
01.23

THE STATE OF TEXAS

Citation by Publication-Parent and Child

To: Any Unknown Father and All Whom It May Concern, Respondents, in the hereinafter-styled and -numbered cause: You have been sued. You may employ an attorney. If you or your attorney do not file a written answer with the clerk who issued this citation by 10 a.m. on the Monday next following the expiration of 20 days after you were served this citation and petition, a default judgment may be taken against you. The Original Petition of the Texas Department of Family and Protective

Services, Petitioner, was filed in the 146th Judicial District Court of Bell County, Texas, on December 12, 2024, against Destiny Perez and Unknown Father, Respondent(s), numbered 24DFAM350573, and entitled "In the Interest of AMIRA PEREZ, minor child." The suit requests to terminate the parent-child relationships and/or to appoint a managing conservator of the child. The date and place of birth of the child who is the subject of the suit is:

AMIRA PEREZ, DOB: May 5, 2014, Place of birth: Unknown

The court has authority in this suit to render an order in the child's interest that will be binding on you, including the termination of the parent-child relationship, the determination of paternity, and the appointment of a conservator with authority to consent to the child's adoption.

The name and address of the attorney for plaintiff is Harold Hardy II, Bell County Attorney's Office, P.O. Box 1127, Belton, TX 76513

Issued and given under my hand and seal of the Court at Belton, Texas, this the 14th day of January 2025

Joanna Staton, District Clerk of Bell County, Texas, 1201 Huey Road, P.O. Box 909, Belton, TX 76513
By : C. Rodriguez, Deputy
01.23

THE STATE OF TEXAS CITATION BY PUBLICATION-PARENT AND CHILD

To: Any Unknown Father and All Whom It May Concern, Respondents, in the hereinafter-styled and -numbered cause: You have been sued. You may employ an attorney. If you or your attorney do not file a written answer

with the clerk who issued this citation by 10 a.m. on the Monday next following the expiration of 20 days after you were served this citation and petition, a default judgment may be taken against you. The Motion to Modify of the Texas Department of Family and Protective Services, Petitioner, was filed in the 146th Judicial District Court of Bell County, Texas, on November 25, 2024, against Tamara Allen, Daniel Barr, Ashley Noelle Patton, and Unknown Father, Respondent(s), numbered 22DFAM333103, and entitled "In the Interest of ZAYDEN PATTON-BARR, et al., minor children." The suit requests to terminate the parent-child relationships and/or to appoint a managing conservator of the children. The date and place of birth of the children who are the subject of the suit are:

ZAYDEN PATTON-BARR, DOB: January 30, 2015, Place of birth: Unknown

ZANIYAH PATTON, DOB: July 21, 2020. Place of birth: Texas

The court has authority in this suit to render an order in the children's interest that will be binding on you, including the termination of the parent-child relationship, the determination of paternity, and the appointment of a conservator with authority to consent to the child's adoption.

The name and address of the attorney for plaintiff is Susan Parker, Bell County Attorney's Office, P.O. Box 1127, Belton, TX 76513

Issued and given under my hand and seal of the Court at Belton, Texas, this the 14 day of January 2025

Joanna Staton, District Clerk of Bell County, Texas , 1201 Huey Road, P.O. Box 909, Belton, TX
By : C. Rodriguez, Deputy
01.23

Local Activities & Events

Newcomers Club Activities

January

1/20 Snack Time Mahjong
1/21 Bunco
1/22 Fun Lunch
1/25 Jimmy's Egg
1/27 Well Read Women; Crochet and Knit; Monday Canasta
1/28 Singing Bluebonnets

February

2/03: Chat 'n Canasta
2/04: Footloose Singles; Singing Bluebonnets
2/05: Monthly Luncheon; Popcorn Bridge
2/08: Couples Night Out
2/09: Bookworms
2/10: Singing Bluebonnets

2/14: TGIF
2/15: Exploring Wines
2/17: Snack Time Mahjong
2/18: Bunco
2/19: Popcorn Bridge
2/20: Nonfiction Book Club; Meet & Greet Coffee
2/21: Trail Blazers Walking Group
2/22: Jimmy's Egg
2/24: Well -Read Women; Monday Canasta
2/25: Singing Bluebonnets
2/26: Fun Lunch
To join or for more information, please call: Mary Pringle (760)265-5035 or email at: pringlem@msn.com. Visit the website: www.bell-countynewcomers.com.

CAC announces 2025 concert lineups
Here's a look at the 2025 Texas Music Series:

MARCIA BALL PIANORAMA — Feb. 8

Grammy nominated keyboardist Marcia Ball assembles some of her favorite fellow piano players for a one-of-a-kind show she calls Pianorama.

LITTLE JOE HERNANDEZ Y LA FAMILIA — Feb. 22

Temple legend and five-time Grammy winner Little Joe Hernandez y La Familia is one of the most popular Tex-Mex bands in the industry. Described as the King of Brown Sound, Little Joe helped pioneer Tejano music, a mix of traditional norteno music and country, blues and rock styles.

THE TEXAS TENORS — March 30

Emmy award-winning classical crossover, the trio was formed in 2009 by country singer JC Fisher, pop singer Marcus Collins and opera singer John Hagen. They were a top four finalist in the fourth season of America's Got Talent, making them the highest-ranking vocal group in the show's history.

SHAWN COLVIN — May 16

In the 30 years since the release of her debut album, Colvin has won three Grammy Awards, released 13 albums, written a critically-acclaimed memoir, maintained a non-stop national and international touring schedule, appeared on countless TV and radio shows, had her songs featured in major movies, and created a remarkable canon of work.

RUTHIE FOSTER JAZZ BAND — July 12

With five Grammy nominations to her name, Ruthie Foster stands as a testament to the power of authenticity and resilience in music. Her soulful melodies, heartfelt lyrics and an unwavering commitment to her art inspire audiences and fellow musicians as she continues to carve a path uniquely her own.

AN CLIBURN FINALIST CLAYTON STEPHENSON — Oct. 18

American pianist Clayton Stephenson's love for music is immediately apparent in his joyous charisma onstage, expressive power and natural ease at the instrument.

ASLEEP AT THE WHEEL — Nov. 8

Founded in 1970, Asleep at the Wheel has been part of the American roots music landscape for more than 50 years.

SHINYRIBS — Dec. 6

Shinyribs, a regular visitor to the CAC, defies genres as a melting pot of Texas blues, New Orleans funk, horn-driven Memphis soul, country twang, border music, big band swing and roots-rock. The 2025 CTOS Classic Music Series includes four big shows.

The Bell County Museum will have The Vietnam Experience on display through January 2025. The exhibit of artworks from Naval History and Heritage Command will be accompanied by artifacts and archival documents related to the Vietnam War. Leave a remembrance for a lost loved one or share your own experience in the war through our interactive memorial.

The Cultural Activities Center in Temple has announced lineups for its two premier music series, and visiting bands will include Los Lonely Boys, Asleep at the Wheel and the wildly popular Shinyribs. 2025 will usher in new music in both the Texas Music Series and the Central Texas Orchestral Society's Classical Music Series. Some old friends will be making return engagements in Temple, and many new performers also will be playing the CAC stage. For more information, please visit <https://www.cacarts.org/events>. Be on the lookout for the full 2025 Texas Music Series lineup in next week's edition of the newspaper.

On Friday, January 24, the Bell County Area Parkinson's Support Group (BAPS) North/East group will meet at 2:30. Members and others interested in understanding more about Parkinson's Disease are welcome to attend at no cost. Aaron Clark with Abbvie will provide information on the newly approved Vyalev medication that is delivered subcutaneously. The meeting location is the Sammons Community Center, 2220 West Avenue D in Temple. Contact Gayle for more information at 254.718.4197 or gayleinbelton@gmail.com.

The Bell County Master Gardener Association presents a hands-on workshop "Seed Starting" on Saturday, January 25 from 9 a.m. to 12 p.m. at the Texas Agrilife Extension Office, BCMGA Learning Center, 1605 N. Main St., Belton. Certified Master Gardener Wayne Schirmer will discuss the requirements for seed germination and how to grow seedlings. You will receive information on when to start seeds to have transplants at the proper time. Wayne will discuss dense seed planting as well as optional things that can assist in seed starting. You will plant seeds that you'll be able to take home to germinate and plant in your spring vegetable garden. The class limit is 20 and the class fee is \$25. Register at bcmgaspeakers@gmail.com. Registration closes on Wednesday, Jan 15 or when the class is full.

The Bell County Historical Commission will meet on Monday January 27, 2025. Meetings start at 6:00 pm in room 117 of the old courthouse at 101 East Central Ave, Belton, Texas. This will be a business meeting, and various committees and chairs will be introduced. The meeting is open to the public and all who are interested in history are encouraged to attend.

On Friday, February 7, the Bell County Area Parkinson's Support Group (BAPS) West group will meet at 2:30. Members and others interested in understanding more about Parkinson's Disease are welcome to attend at no cost. The meeting location is the Killeen Senior Center in Lions Club Park, 1700 E. Stan Schlueter Loop. Contact Gayle for more information at 254.718.4197 or gayleinbelton@gmail.com.

The Bell County Master Gardeners and the Temple Public Library Garden Club presents "Herbs 101" on Saturday, February 8 at 2 p.m. at the Temple Public Library, 100 W. Adams, Temple. Certified Master Gardener, Tracy Brown will discuss how Central Texas has a unique climate that allows for a diverse range of herbs that have culinary and aromatic uses. She will provide a brief overview of some popular herbs you can grow in Central Texas. We would like to invite you to attend the "Herbal Bath Blends" demonstration immediately following the seminar. Must be registered to attend the demonstration. The class limit is 15. Please register for demonstration at bit.ly/TPLAdultRegistration. For any questions, please contact Norma Kramer, Temple Public Library, 254-298-5555

The Bell County Master Gardeners and Troy Chamber of Commerce Lunch and Learn presents "Roses in the Landscape", Friday, February 14 from 12 to 1 P.M. at the Troy Community Center, 201 E. Main St., Troy. Certified Master Gardener's Carol Morissette and Jan Upchurch will discuss types of roses, when to plant, prune, how to propagate and perform maintenance. They will also discuss Rosette disease. The class limit is 50. Register at KTBTroy@gmail.com or contact Gaby Warlick at 254-400-7345. Please bring your own lunch and drink of your choice.

Aspen Hospice and Palliative Care Volunteers Needed Listed here are many ways you can help make a difference for our hospice patients. You can provide companionship, listen to music, read, reminisce, play games, cards, checkers, paint nails, apply makeup, curl hair or take them on walks. Please visit aspenhealthcare.net or call 512-856-5668 for more information.

Bell County Historical Commission holds their meetings on the fourth Monday of every month at 6 p.m. in the historical Bell County Court House, 101 E. Central Ave in Belton. Join us in our vision of preserving and promoting Bell County's rich historical heritage for current and future generations. We are dedicated to initiating and conducting programs that preserve and celebrate the county's historic cultural resources in alignment with state laws governing historical preservation in Texas. Our community resources consist of a research room, book repository, cemetery information, historical markers and monument records. Our services include information on historic preservation, educational programming, history community outreach and partnerships. We

welcome you to come join other history minded folks and get involved by serving on one of our committees that consist of preservation, cemetery, markers and education. To volunteer or for more information please visit historicalcommission@bellcounty.texas.gov, call 254-933-5917 or go by their office located in the historic Bell County Courthouse, 101 E. Central Ave., RM 117.

Pistons on the Creek will meet every third Friday from 5:30 p.m. to 11 p.m. Come down to Nolan Creek and show off your rides. From classic to modern, muscle, rat rod, exotic, all automotive enthusiasts are welcome. Support our awesome downtown businesses and restaurants surrounded by live music, food, drinks and a great atmosphere.

Bell Fine Arts Visitors welcome Wednesday's from 9 a.m. to 2 p.m. at 306 E th Ave in Belton. Majong games are available every Monday from 1 p.m. to 4 p.m. Come join the fun and meet new folks. For more information text Jeanne at 409-313-0611.

Local chapter of the Crochet Guild of America meets from 10 a.m. to 12 p.m. on Wednesdays at the Lena Armstrong Public Library, 301 E. First St., in Belton. The group is open to anyone interested in crochet. All skill levels are welcome. For information email Betty Reichert at bettyreichert@yahoo.com or Kathy Bement at katshookandneedle@gmail.com. Anyone interested in joining the local chapter of the Crochet Guild of America will also need to join the National Crochet Guild of America. Visit www.crochet.org for details.

Bell County Texas Democratic Women holds their monthly meeting on the third Saturday of each month at 10 a.m. in the Belton AgriLife Center, 1605 N Main in Belton. Join us to hear from local and state candidates and about important issues and events. This is open to the public.

Leadership Belton is an excellent source for learning leadership skills. This 10-month program focuses on three key elements: community awareness training, leadership training, and team building. Do you have someone ready to take the next step to become a leader? If so, Leadership Belton is here to make that difference. For more information on how to participate, contact the chamber at 254-939-3551 or e-mail at info@beltonchamber.com.

Engage & Empower with BISD Belton ISD believes the learning experiences of our students are enhanced through the engagement of our community. We invite parents and community members to get involved in our schools. Register as a volunteer with our new volunteer and partnership system at the following link: https://beltonisd.ezcommunicator.net/edu/beltonisd/login_form.aspx?app=0.

Community Information

TAKE ME HOME PROGRAM The Belton Police Department is adopting the Take Me Home Program, aimed at helping individuals who need special assistance to return safely home after getting lost. The program is a database with photos and personal information to help police officers find someone who is lost or wandered away from home. Take Me Home is designed for individuals who may need additional aid including those with Dementia, Autism or specific mental health needs. It's free to register someone and the data is kept confidential to first responders. You can sign up a loved one here: www.beltontexas.gov/takemehome. Read more about the program here: https://www.beltontexas.gov/news_detail_T11_R1166.php.

Dial 988 for Mental Health Emergencies To help those contemplating suicide, press option 1 for assistance with military/veteran population.

Text-to-911 for speech/ hearing impaired, those unable to call or speak due to home invasion, abduction or domestic violence or physically incapable. Providing location, city name and nature of the emergency in the first message is imperative. For further education on this service, don't hesitate to call 254-933-5500.

Citizens Helping in Police Service (CHIPS)

are extra eyes and ears while in areas where large groups may gather. Contact the Belton Police Dept. to join.

Belton Citizens Police Academy meets Thursday nights to enhance police and community partnerships. Apply online to be a part of this exciting program.

Slam the Scam Throughout the year, we give you the tools to recognize scams and stop scammers from stealing your money and personal information. Share the information with your loved ones & Slam the Scam! Visit ssa.gov/scam for tips.

Dementia/Alzheimers Support Group- Young's Daughters Funeral Home & Bereavement Center, 4235 E. US HWY 190 in Temple. Fridays from 6 p.m. to 8 p.m., Join us for activities while caregivers discuss and help each other during this difficult time. Call Sabrina at 254-401-1302



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Belton Church of Christ
3003 N. Main ~ 254.939.1816

Belton Church of God in Christ
1122 W. 2nd Ave. ~ 254.939.1697

Belton First Assembly of God
500 S. IH-35 ~ 254.933.2803

Belton Lighthouse
1001 NE Loop 121 ~ 254.654.7278

Belton Nazarene Church
1701 Sparta Rd ~ 254.939.3404

Bethel A.M.E. Church
401 S. Davis St. ~ 254.939.6090

Central Texas Cathedral
Worship Center
700 S. Main Street ~ 254.831.3064

Christ Bible Baptist Church
1590 Jack Rabbit Rd ~ 254.939.9247

Christ the King Catholic Church
310 E. 24th Ave. ~ 254.939.0806

Christian Tabernacle Apostolic UPC
1010 S. Wall St. ~ 254.939.3464

Cornerstone Community Church
5081 Dog Ridge Rd ~ 254.721.8250

Crossroads Church
500 South I-35 ~ 254.939.2122

Dominion Life Chapel
105 Green Briar St. ~ 254.563.0472

Elm Grove Baptist Church
6388 Elm Grove Rd. ~ 254.933.8127

Family Gospel Church
2210 Holland Rd. ~ 254.721.0707

Fellowship Baptist Church
2025 Morgan's Point Rd ~ 254.780.2388

First Baptist Church Belton
506 N. Main St. ~ 254.933.3391

First Christian Church of Belton
306 E. 5th Fecbelton.com

First Mexican Baptist Church
703 S. Wall St. ~ 254.939.6900

First Presbyterian Church of Belton
2500 Church Street ~ 254.939.2115

First United Methodist Church
205 E. 3rd Ave. ~ 254.939.5703

Free Pentecostal Church of Jesus
1111 Cacti Lane ~ 254.933.8201

Freedom Bible Fellowship
308 W. Ave. D ~ 254.933.3310

Holy Temple of Our Lord Jesus Christ of the Apostolic Faith, Inc.
519 S. Pearl St. ~ 254.613.4591

Hope Community Church
507 Mitchell St. ~ 254.933.8222

Hope Tabernacle
202 E. 1st Ave. ~ 254.933.8222

Iglesia de Cristo
3303 N. Main ~ 254.939.6910

Immanuel Prince of Peace Lutheran Church
1215 S. Wall St. ~ 254.939.0824

Keys Valley Baptist Church
4393 W. US Hwy. 190 ~ 254.939.1650

Lakeview Baptist Church
7717 N Hwy. 317 ~ 254.780.1884

Liberty Church
302 E. Central Ave. ~ 254.933.7107

Liberty in Christ Church
2520 N. Main ~ 254.939.3337

Miller Heights Baptist Church
1400 S. Wall St. ~ 254.939.1835

Ministerios Vida
2020 S. IH-35 ~ 254.624.8015

Mt. Zion United Methodist Church
218 Alexander St. ~ 254.939.5621

New Life Fellowship
706 E. 4th. ~ 254.939.8011

Nolan Valley Baptist Church
13206 W. FM 93 ~ 254.721.5998

Pentecostal Church of Jesus Christ
117 N. Birdwell St. ~ 254.939.0822

Redeemer Reformed Baptist
505 E. Ave C. www.RRBC1689.com

Temple Vision de lo Alto
4357 Orchard Hill ~ 254.563.1231

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810 East 2nd Ave. ~ 254.939.7673

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300 N 5th St ~ (254) 773-9061

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300 N. Main St. ~ 254.773.1657

Christian Life Church
4343 West FM 93 ~ 254.939.2626

Covenant Lutheran Church
4202 Hickory Rd. ~ 254.733.7718

First Baptist Church
8015 West Adams Ave. ~ 254.773.6866

First Methodist Church GMC
102 N. 2nd Temple. TX ~ 254.773.7992

First Presbyterian Church Temple
12 West French ~ 254.773.3407

Foundation Church
10701 W. Adams ~ 254.780.9673

Grace Baptist Church
740 Jayline Drive ~ 254.773.1401

Grace Comm. Primitive Baptist
3111 N. 3rd St ~ 254.774.8192

Grace Presbyterian Church
2401 S 57th ~ 254.773.2134

Harvest Church
2501 General Bruce Dr. ~ 254.780.3566

Immanuel Lutheran Church
2109 W. Ave H ~ 254.773.3898

Leon Valley Church of Christ
4404 Twin City Blvd. ~ 254.939.0682

New Hope Church of God
2005 W. Ave D., Suite D. ~ 254.742.2181

St. Francis Episcopal & School
5001 Hickory ~ 254.733.4255

St. Luke's Catholic Church
2807 Oakdale Dr. ~ 254.773.1561

St. Mary's Catholic Church
1018 S 7th St. ~ 254.773.4541

Taylor's Valley Baptist Church
2497 W. FM 93 ~ 254.939.0503

Temple Bible Church
3205 Oakview Drive ~ 254.778.3233

First Church of the Nazarene
5000 S. 31st ~ 254.773.3744

The Redeemed Christian Church of God Salvation Center
405 Van Dyke Drive, Suite 403A ~ 469-348-1475

Unity Church of Temple
318 N. 2nd ~ 254.770.0070

Vineyard Christian Fellowship
7425 W Adams Ave. ~ 254.778.2802

Vista Community Church
7051 Stonehollow Dr. Sundays 8:30, 10, 11:30 a.m., 5 p.m.
www.thevista.tv ~ 254.774.7992

Wildwood Baptist Church
5195 Cedar Creek Rd. ~ 254.773.3177

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EDITORIAL

Your pet's mental health

Coffee Talk • Renae Brumbaugh Green

My pets are not pets. They are family. I feed them, shelter them, play with them, cuddle them, and pay their doctor bills. They bring me an immense amount of joy, and they never roll their eyes or sass me. (Actually, Bella sasses me. But she's really cute when she does it.) I feel like they do a great job at entertaining me. I owe them a lot.

That's why, when information recently emerged about pet mental health, I was intrigued. Are my pets depressed? (I don't think so. Spoiled? Yes.) Like humans, our pets experience a range of emotions including joy, sadness, and anxiety. Yet unlike humans, animals can't tell us what's going on—at least not with words. However, they show us how they're feeling through their behaviors. When we pay attention to our pets' conduct, we can glimpse what's going on in their world and help provide them with a happy, healthy existence.

How to Tell if Your Pet is Struggling Emotionally

Some situations, like car rides, trips to the groomer or vet, and introducing a new pet or human into the household can be stressful for pets. But sometimes the stress lasts a lot longer than the event or doesn't seem to

be tied to anything specific. Research has shown that—like humans—chronic stress can lead to immune suppression, illness, and a reduced life span. Here are some signs that may show your pet is experiencing stress, anxiety or depression:

- Aggressive behavior
- Tired or sleeps more than usual
- Potty accidents
- Unusual/excessive hiding or crouching
- Tucking the tail
- Trembling
- Change in appetite
- Licking/chewing fur or paws
- Destroying furniture or other valuables
- Pacing (excessive)
- Panting or yawning more than usual
- Increased barking, meowing, etc.
- Change in sleep patterns
- Loss of interest in favorite things or people

We can alleviate our pets' mental distress by keeping a routine and using positive reinforcement instead of punishment. For example, if your dog chews a throw

pillow, take it away and give it a toy. Animals don't understand punishment the way humans do. They don't always get why their owner is upset, and this can lead to more stress and negative behavior. Pets typically want to please their owners, so positive reinforcement is a much more powerful tool.

Everyone—even pets—have an off day every now and then. But if you notice signs of mental or emotional distress in your pet that doesn't go away in a day or two, consult your veterinarian. It could be a sign of an underlying illness.

Pet owners hold the power to affect their pets' feelings and emotions in a positive way. Through daily routines, play and enrichment activities, and careful observation, we can create an environment where they can thrive, as they experience the same peace and joy they bring to their owners every day.

"The righteous care for the needs of their animals..." Proverbs 12:10

A Sketch Of A Writer

Shop the Insanity • Darren Blair

Earlier today, I had cause to reflect on something.

Believe it or not, this feature and my movie review were *not* my first time creating features for a newspaper. Back when I was in grade school, I worked on a school newspaper for a while. I was in charge of the editorial page, and so I took advantage of my position to produce an editorial cartoon. I was quite into politics back then (I'd spend my late teens and early twenties practically a firebrand), and so I got it in my head to translate my thoughts into sketch after sketch.

When I say that my cartoons were crude, I do not refer to any sort of vulgarity. Rather, I refer to how terrible my artwork was. The people were little better than stick figures, my text was entirely in clunky block print, and

anything that wasn't a ruler-guided straight line was unsteady at best. Due to medical malpractice (something I've mentioned elsewhere) I had nerve damage in both hands, and so no matter what pen or paper I used the output was consistently primitive at best. I thought I got my message out loud and clear, and kept drawing cartoons through my freshman year of college, when I finally realized that sketch artwork was not my forte. I think the final cartoon I drew was one I drew in a public speaking class in which I had to do a presentation wherein I demonstrated how to do some simple task, and even then I simply reproduced a cartoon I'd done earlier rather than devising anything witty or original.

In hindsight, it might be for the best that these cartoons, like the one book I did collecting my various personal anecdotes, are

more than likely lost to history. It's not that I'm ashamed I tried my hand at producing editorial cartoons, but rather that in hindsight what I created was rather terrible and a few cartoons involved me yet again making "educated guesses" about real-world events where I wound up being proven wrong. It's not like that paper was circulated very far anyway...

There's a saying about a picture being worth a thousand words. The saying is *meant* to convey the idea that pictorial evidence of something is typically more compelling and precise than any sort of attempt at describing things in words. Granted, the statement was made in the days before it was as easy as it is to fake pictures, but the point still stands.

In my case, though, I'm now a writer. It's my job to take my words and use them

to paint pictures in the minds of my readers. I only have so many words a week, far less than a thousand, in which to convey the images I want people to see and the message I want to impart with those images. It actually surprises people how economical I can be in doing so.

Folks, there's no shame in realizing that you're not as good at some things as you are at other things. The shame is in not developing those strengths. You don't necessarily have to abandon whatever you're not good at; you can still try to hone your skills there, or just roll with things as they are if you're happy enough. But if you have a gift with something, a skill you have a natural knack for, then find a rhythm that works for you and use it to develop that skill. You never know just how far you'll go.

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