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MPR city council discusses flood donations

By **Michelle Rodriguez**
The Belton Journal

The City of Morgan's Point Resort's city council held a regular meeting on July 8 at the MPR Event Center.

Before the regular meeting there was a workshop. To start, Mayor James "Jimbo" Snyder announced that the Volunteer Firefighters Association in collaboration with five different departments Barlett, Sparta, Holland, Bell, and Moffat are collecting items and goods for the regions affected by flooding.

"Those locations along with our fire department have partnered with Bold Republic and Belton Feed as well as 1-800 Board Up and the storage location here in town. I want to thank everyone that has contributed or thought about contributing even a simple thought or simple prayer," said Snyder.

"Priority items right now are cleaning supplies like bleach, mops, brooms, dust pans, cleaning solutions, and baby wipes," Snyder added. "Hunt residents requested flat shovels, rounded shovels, gardening shovels, work gloves, work boots, socks, and boot length socks for people working up and down the river."

They are accepting monetary donations and checks made out to the Volunteer Firefighters Association.

A citizen's comment was made by Kaylee Brown, whose parents own a property at 29 Vista.

"We're here for the short-term rental permit. We're really excited about this property. My oldest sister is having a baby in Temple so that's why they bought the property. This would be a great way to get some income," said Brown. Her parents couldn't go to the meeting due to a volleyball tournament in Florida, so Brown went to the meeting since she was closer, living in Dallas.

The packet was completed by the owners and the city council adopted it.

Resolution 2522, asked for city council to consider and discuss a resolution to establish a formal automatic aid agreement between the city of Morgan's Point Resort Fire Rescue and Moffat Volunteer Fire Department.

"Historically, Moffat has been a mutual aid partner for us. Mutual aid means that if we need help, we call anybody, and they come help us. That does lead to a delay in notification. The automated agreement makes this where it automatically occurs. If a fire, a structure fire, a wild

and urban interface fire, or anything that is specified in the agreement occurs in Morgan's Point or Moffat, it's a reciprocal agreement, they will automatically be dispatched by the Bell County Communications Center," said Fire Chief Taran Vaszcov.

This would help save time and allow the departments to have the manpower and equipment they need to fight fires. It was clarified that the agreement is between the Moffat Volunteer Fire Department and not the City of Moffat.

An RFP was discussed for road improvement services with Bennet Pavement Incorporated and the council authorized the city manager to execute a contract as long as it does not exceed the budget amount.

A resolution considered Tom Edwards as new P&Z Committee member to fill the vacancy through September 2026.

The Finance Director, Mary Tolman, gave a brief update on the audit. It was pointed out by city council member Roxanne Styker that the city could be penalized if the audit was not completed in a timely manner and that Tolman and her staff are doing a great job. The next special session will cover the budget. It was brought up by the mayor that terms should be staggered.

City council approves zoning change for new convenience store

Special to the Journal

The Belton City Council unanimously approved a zoning change on June 24 to accommodate construction of a convenience store at 1309 W. 2nd Ave.

The change from agricultural to retail brought a 0.36-acre parcel in line with the zoning for the rest of the lot, which is near the intersection

of W. 2nd Avenue and N. Loop 121.

The parcel is across Loop 121 from a proposed Today Car Wash at the northeast intersection of Loop 121 and FM 93.

A MinuteFuel Travel Center is expected to be built immediately east of the future car wash. Council approved a zoning change for the drive-through car wash on Nov. 26, 2024.



A zoning change has paved the way for the construction of a new convenience store at 1309 W. 2nd Ave.

Financial grants offered by Bell County Historical Commission

Special to the Journal

The Bell County Historical Commission continues to offer small grants for projects that preserve and

promote Bell County history. The grants are available to non-profit organizations and institutions in Bell County. Individuals and for-profit businesses are ineligible.

Funding is given for work that is done within the fiscal year, which is October 1, 2025, to September 30, 2026. The application period is June 15, 2025, until July

31, 2025.

Funds available for the annual grants are limited to the aggregate funds budgeted by the Commission each year for the grants program.

Funds are provided by the Bell County Commissioners Court for fiscal year 2026.

Grant applications and guidelines can be obtained online at the Bell County

Historical Commission website: hist.comm@bellcounty.texas.gov or at the office on the first floor, room 117 of the historic courthouse, 101 East Central Ave., Belton.

Community cleans up Nolan Creek Nature Trail

By **Harvey Jackson Oss**
The Belton Journal

Tuesday morning marked the second event of the Belton Parks and Recreation Department's Parks Town 2025 National Park and Recreation Month program. Community members gathered at Nolan Creek Nature Trail to clean the area.

Nestled within the University of Mary Hardin Baylor campus area just West of Crusader Stadium, Nolan Creek Nature Trail is one of Belton's lesser-known parks.

"It's one of these hidden gems...we just wanted to kind of bring light to it," explained new Recreation Coordinator Adam Wells, who was overseeing the cleanup.

The area of focus was



BELTON JOURNAL/Harvey Jackson Oss
Community members are hard at work on the Nolan Creek Nature Trail during a Tuesday morning cleanup.

a span of about 50 feet just after turning the corner to enter the trail. A small but dedicated group of eight workers scoured the area for all types of trash, including broken glass and plastic bottles. Wells commented on the importance of cleanup events like this one.

"We have to give back to nature... by cleaning up

and doing our part it helps nature thrive."

One volunteer present was Ellie Herrera, who came with her children. The Herrera family enjoys frequenting park cleanup events.

"It's local which is nice, because all the other stuff we've done hasn't been local. It's nice that this is our

community, our backyard."

The impact of community cleanup events extends far beyond ecology.

Wells said, "It gets people outdoors, meeting new people, and seeing different things."

Time spent cleaning up the parks often leads to more time spent involved in the community in other ways. These events help to further the mission of the parks department as well, giving the community more exposure to Belton's many parks and trails.

Wells notes that community members can clean the environment independently of formal park cleanups while going about their day.

"If you see trash just pick it up, easy enough."

He detailed the personal significance that cleanup events have for him — "Anything to get me out-

doors and we're picking up some trash and helping out the environment, I'm all about it."

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CASA - From Page A2

nity for any organization's needs. The next set of training classes for CASA

advocates begins again in July. If someone wants to be an advocate they can go

to the website at <https://casabellcoryell.org/volunteer> and click on getting

started and fill out the volunteer advocate application.

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LIFESTYLES

THE BELTON JOURNAL

CTC Police Academy cadets tackle arrest and control training



CTC Protective Services Professor Patrick Boone demonstrates proper arrest and control techniques to Bravo Class cadets during Police Academy training.

By Wendy Sledz
CTC Chief of Marketing & Communications

Central Texas College's (CTC) current Police Academy cadets in the Bravo Class are deep in training this week, focusing on arrest and control techniques—an essential component of their 24-week Basic Peace Officer Course.

The course equips fu-

ture law enforcement officers with critical skills, including defensive driving, traffic stops, patrol procedures, firearms handling, and fingerprint lifting. Each area of study is designed to mirror real-world scenarios officers are likely to face on duty.

"We encourage those interested in a career in law enforcement to come out and observe classes to see if this is the career path they

want to follow," said Patrick Boone, CTC Protective Services Professor. "This hands-on training gives prospective cadets a true sense of the demands and rewards of police work."

Cadet Savannah Griggs said the current training has pushed her both physically and mentally.

"We are learning strategies for when you have an opponent and need to get them in handcuffs," she said.

"Every technique is crucial. You never know which one your brain will rely on in the moment, so learning them all gives you the best chance to respond effectively in any situation."

The next Basic Peace Officer Course begins September 8, 2025. The deadline to apply is August 29, 2025.

For more information or to apply, visit <https://shorturl.at/QQSLx>.

Belltec holds appreciation banquet

By David Tuma
The Belton Journal

Recently, Belltec Industries held its annual employee appreciation banquet at its production site.



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The local company has a rich history with roots in the Midwest.

The Jones family began their journey as pioneers in the machinery business at the height of the Great Depression. While farmers suffered from plummeting prices and high debt, Glen Jones saw an answer to their troubles. He realized that agricultural mechanization was a labor-saving solution for farmers, and with this realization, he set off on his quest to de-

velop products for the agriculture industry.

Jones established his first company, the New Method Equipment Company, out of Indianola, Iowa, producing the hay master and mechanical front-end loaders. A few short years later, he founded the Continental Farm Machine Company out of Minneapolis, Minnesota, manufacturing another type of agricultural product, a universal tractor-mounted post hole digger.

At the Belltec banquet was Joe Eggertsen, who lives in Northwest Iowa. Belltec has employed him for the past three years.

"The Jones family has roots going back to Iowa. My father has farmed for the past 50 years. I have farmed for the past six years. I am very glad I made the move to work for Belltec. I was their first out-of-state remote employee. They are movers in the industry. Supporting the community is

a big deal to them," said Eggertsen.

By 1946 the company's success led Glen Jones to establish yet another company. This time he sent his son Clyde to Belton, to assist in the startup of the Continental Bell Company.

They were to produce a more refined model of the post hole digger, and by 1950, Clyde was General Manager. Under Clyde's leadership, Continental added more products to its lineup, and

after several years Clyde was ready to branch out to start a venture of his own.

In 1958, Clyde founded the Mohawk Equipment Company in Temple, producing rotary cutters, rear blades, chisel plows, and other agricultural equipment. At one time, some 100 models and variations of equipment were manufactured and sold by Mohawk. This company and the Continental Bell Company

See EMPLOYEE
Page A8

Salado Montessori to host family-friendly concert

Special to the Journal

Salado Montessori is bringing together local musicians and artists for Music for Montessori, a family-friendly benefit concert held in

conjunction with the Salado Farmer's Market at Barrow Brewing on Saturday, July 26. Proceeds from the event will support early education in Salado and Bell County through Salado Montessori.

The concert will take place at Barrow Brewing Co. beginning at 9 a.m., with live performances by local artists, including Richard Paul Thomas, The Amanda Brown, Alissa McClure, Nathy LOR, Fido El Capi, Luisa T, and special guests Iona (10) and Sophia (6).

In addition to music, the event will feature face painting by local artist Michael Pritchett, a bounce

house provided by Barrow Brewing, raffle sponsored by Boutique Artesanal Colibri, and access to Salado Spring and creek for kids to enjoy.

That morning, Salado Montessori will offer drip coffee from M6 and LMNT hydration packs on a donation basis. Food trucks will be on-site and Barrow Brewing will serve its locally brewed beer, as well as wine and non-alcoholic options.

"We're excited to bring our friends and families together for our event and are grateful for all the support in enriching educational opportunities in Bell County," said school Co-Founder and Volunteer

Alissa McClure.

Salado Montessori is an early-education program that serves children ages 3 through kindergarten and is the only Montessori program in Salado. The school offers a curriculum designed to foster curiosity, independence and a lifelong love of learning.

"I feel fortunate to be a part of this school and community," said Director Ashley Dickerson.

"We've seen our students transform under the Montessori curriculum and we want as many families as possible to have access to the school if they're interested. To do that, we want to make tuition assis-

tance more available. After being open for almost eight years, we're also ready to replenish classroom supplies that enrich the learning environment. We're grateful for KD at Barrow Brewing and our local business sponsors for supporting us."

Funds raised from the event will go directly toward tuition assistance for local families and the purchase of classroom supplies in literacy, math and other subject areas.

Sponsorship opportunities are available for businesses. For more information, visit SaladoMontessori.com or email office@saladomontessori.com.

Texas GLO Announces Launch of Programs to Help Homeowners

Special to The Journal

Applications now available for home rebuilding and repair reimbursement programs in 27 federally designated counties impacted by multiple disasters in 2024*. The Texas General Land Office (GLO) allocated

\$244,100,000 for the Homeowner Assistance Program to help repair and reconstruct

owner occupied single-family homes. The GLO also allocated \$43,100,000 for the Homeowner Reimbursement Program to provide eligible applicants with reimbursement for out-of-pocket home repairs between \$3,000 and \$75,000 for stick-built homes and \$3,000 and \$50,000 for Manufactured Housing Units.

*Please note, these funds are allocated by U.S. Department of Housing and Urban Development (HUD) specifically for those impacted by the 2024 disasters and are not eligible for communities impacted by the 2025 Hill Country floods. Should funds be allocated, the GLO will administer similar programs for HUD designated eligible counties.


"The Texas General Land Office's housing programs have helped more than 12,000 Texas families rebuild their homes – and their lives," said Commissioner Dawn Buckingham. "In 2024, many Texas communities experienced significant damage from

severe storms including devastating straight-line winds, tornadoes, and Hurricane Beryl. While many communities are familiar with the GLO's housing efforts, many are new to the programs. We hope homeowners still struggling to recover in the 27 eligible counties will visit recovery.texas.gov/apply to learn more and apply."

The programs are only available for a main home (primary residence). Homeowners can only apply for one of the two programs – either reimbursement or repair/reconstruction assistance. An application must be submitted along with required documents for consideration. Applications for both programs will be reviewed on a first-come, first-served basis and eligible homeowners are encouraged to apply immediately.

Apply now or get more information at recovery.texas.gov/apply.

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Thursday,
July 17, 2025

B-TOWN BULLETIN

THE BELTON JOURNAL



Local Activities & Events

CAC announces 2025 concert lineups

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.

Here's a look at the 2025 Texas Music Series:

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.

Master Gardeners - July 17

Bell County Master Gardener Association monthly seminar is on Composting - How to get started, presented by Certified Master Gardener, Glenn Melton on Thursday, July 17, 6:00-7:30 PM at 1605 N. Main St. BCMGA Learning Center. Glenn will discuss how the homeowner can easily start, maintain, and use compost in the landscape. Plus Glenn will teach us what to do and not to do to insure success. Class Limit: 50. Please register at BCMGAspeakers@gmail.com.

Polka at Polk - July 18

Our Parks Tour continues with a toe-tapping good time at Yettie Polk Park, 401 Alexander, Belton, 7:00 - 9:00 p.m. Join us for Polka at Polk featuring the lively sounds of Off the Grid Band!

Summer Reading Program - July 19 & 26, Aug 2 & 9

Join the Mary Ruth Briggs Library Summer Reading Program this Summer as we celebrate "Amazing Science". We will have programs with speakers on Weather, Rocks and Minerals, Plant Propagation and Forensics. Games, crafts, storytime and free backpacks with school supplies! This program is for ages pre-K through 5th grade. You can sign up for free at the Morgan's Point Resort website: morganpointresorttx.com or paper applications available at MPR City Hall located at 8 Morgan's Point Blvd, Morgan's Point Resort Texas. The dates are 4 Saturdays: July 19th and 26th and August 2nd and 9th from 10:00 AM until noon. Location is at the Mary Ruth Briggs Library, 8 Morgan's Point Blvd in Morgan's Point Resort. We look forward to seeing you!

Master Gardeners - Aug 14

Join us for our monthly Herb Study Group! August 14 (Thursday), 6:00 p.m. - 7:30 p.m. at AgriLife Extension Grounds Learning Center, 1605 N. Main St., Belton. This month, we're diving into a Round Table discussion on Gotu Kola! Whether you're a seasoned herbalist or just curious, everyone is welcome to share their favorite herbs, bottles, or recipes for a fun and collaborative evening. Don't miss this opportunity to connect with fellow herb enthusiasts and expand your herbal knowledge! See you there! Class Limit: 50 participants. Please register at RSVP BCMGA1998@gmail.com to secure your spot!

Master Gardeners Aug 20

Join us for our monthly Herb Study Group! This month, we're diving into a Round Table discussion on Gotu Kola! Whether you're a seasoned herbalist or just curious, everyone is welcome to share their favorite herbs, bottles, or recipes for a fun and collaborative evening. Don't miss this opportunity to connect with fellow herb enthusiasts and expand your herbal knowledge! See you there! August 20 (Wednesday), Time: 10:00 a.m. - 11:30 a.m. at AgriLife Extension Grounds Learning Center, Belton, 1605 N. Main St., Belton. Class Limit: 50 participants. Register at RSVP BCMGA1998@gmail.com to secure your spot!

Soggy Doggy Day - Sept 6

Pups help end the Splash Pad Season in Belton. Right after Harris Community Park's Splash Pad closes to humans for the season, we fence it off and let dogs in! This year's Soggy Doggy Day will be Saturday, September 6, 2025. For more information contact Belton Parks & Recreation at 254-933-5860.

Movies in the Park - Sept 20

The Parks & Recreation Department hosts the Movie in the Park series each year. Movies and activities are free and open to the public. Encanto will be shown at Harris Community Park, 312 N. Alexander, Belton. For more information contact Belton Parks & Recreation at 254-933-5860.

Family Camp Out - Oct 24 - 26

Roll up your sleeping bags and hit the trail for a campout at Heritage Park. Activities include fishing, kayaking, and s'mores. This year we are offering an extended weekend of fun, Saturday-Sunday, October 24-26, 2025. Stay tuned for registration information from Belton Parks & Recreation.

Marine Corp League will meet the third Tuesday of each month at VFW 3859. Dinner is served at 6:30 p.m. and meeting will begin at 7:00 p.m. 201 VFW Dr, Harker heights, Tx 76548. Email commandant@mc11249tx.com for more information.

NAMI (National Alliance on Mental Illness) will meet both on TUESDAY, July 8th and July 22nd at 6:30pm at the Temple VA Hospital. Use the entrance on the Valet parking side of the hospital and take the elevator to the 5th floor - Conference Room 5G31. Both care-givers, supporters and those suffering from mental illness are welcome to join us for mutual support and sharing of information. For more information, call 254-771-3638.

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.

Young's Daughters Funeral Home Dementia/Alzheimer's Caregiver Support Group occurs weekly on Fridays from 6-7 p.m. This group allows your loved ones to join. Loved ones will be doing activities while the group of caregivers are joining together to better understand and learn tips and tricks for daily life. Young's Daughters Funeral and Bereavement Center is located at 4235 East Hwy 190 in Temple.

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@bellcountytxas.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 5th Ave in Belton. Ma-jong 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.

Temple-Belton Ladies Lion Club Meeting Second and Fourth Monday of every month at 6:30 pm at the Belton VFW, 2311 S. Pearl St., Belton.

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.beltontxas.gov/takemehome. Read more about the program here: https://www.beltontxas.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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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
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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
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1010 S. Wall St. ~ 254.939.3464
Cornerstone Community Church
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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
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When Heaven Weeps with Us



John C. Perry

As I write this, we are a week removed from the devastating flash flooding that swept through Kerr County and the surrounding area. Many are still missing, and by now, heartbreakingly, they are presumed gone. My heart aches over the lives lost, especially those young girls at Camp Mystic, just 7 and 8 years old. Innocence, joy, laughter, all silenced far too soon. I saw their photos and could do nothing but cry.

In the aftermath, emotions run deep, grief, confusion, anger. I overheard one person ask, "Where was God?" Another said, "How could He let this happen?" Hard questions. Fair ones. And nearly impossible to answer in the face of sorrow so raw.

One truth I hold onto is this:

God does not allow tragedy as punishment. The Book of Job shows us that clearly. Job lost everything, with no explanation. But what he gained, intimacy with the Almighty, was more profound than answers.

Romans 8:28 reminds us: "God works all things together for the good of those who love Him." This verse doesn't promise that everything is good. But it offers a deeper truth, that even the worst days, the deepest pain, the darkest valleys, can be used by a loving God. Grief. Tears. Even the unthinkable. All are threads God can weave into redemption.

No parent should ever have to bury a child. And yet, it happens. My heart breaks for those mothers and fathers who woke up to a world forever changed. I can't imagine their pain. But I can offer what my faith gives me, hope. Hope that God carries them through the ordeal. Hope that their children are cradled in eternity. And hope that even in loss, love endures.

In the midst of such sadness, light still flickers. I saw a video of Camp Mystic survivors departing by bus, singing praises to God. Young voices lifted in worship, despite everything. I saw

volunteers flooding the area, offering help, hugs, and hands. My own small church raised \$3,500 for Kerr County on the Sunday immediately after the flood. And I am proud of my fellow Heart of Texas Corvette Club members, who, voted to send \$2,000 to help. That's who we are. I think it is one of the things which makes us Texans very special.

I don't have all the answers. But I do know this, we have a loving God, whose presence does not abandon us in the storm. And we have a Savior who promises that to believe in Him is to never die, but to live, forever.

I was comforted by the words of a local Kerr County pastor speaking to a grieving family. Their eight-year-old daughter had died, and in his quiet voice he said, "Her last breath on this earth was immediately followed by her first breath in heaven." Amen! May those words settle into our hearts. May heaven continue to weep with us, and walk with us, until joy returns.

John C. Perry is the Lay Leader with New Life Methodist Church. They meet every Sunday at 9 a.m. (Bible Study) and 10 a.m. (Worship Service) in the Salado Middle School at 1169 Williams Rd.



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EDITORIAL

My Dream House

Pleasant Ramblings • Mark Magnan

I often see these fancy and expensive homes that belong to wealthy folks. I think about what I might want in a house if I could build one with money not being a problem. Of course, money will always be a problem if you own a house, given taxes and insurance, and upkeep.

Now most of us remember the Clampetts' house in Beverly Hills, the ideal house for a rich family of mountain folks to live in, according to their relatives. Now a few of us might have opted for a nice house built on the side of the mountain where they lived already, not moving all the way across the country to start a new life.

So with that in mind, let me start my ideal living conditions with location. This might be a bit more apparent as we get further along in this story. I am a little bit of an introvert, at times, I do like people, but I also

like quiet and solitude. I would want a spot of land that had some good views of nature. I am likely to end up with up to three houses, based on seasons. I like the desert, perhaps with mountains in the background. I also like woods, as in forests, trees and lots of green. Of course, it would be nice to have a view of a snow covered landscape at times.

Let me start with a simple entranceway, a decent sized door and a comfortable entry area. Because it is more than just an entrance, as any guests leave you always spend extra time saying goodbye and finishing conversations, so you need room for that. I would want a covering over the entrance, where your guests could pull up and not get wet if it was raining, or in Texas just get out of the sun. Even the Clampetts didn't have that, of course it never rains in

California.

Next on my list is the kitchen. I want a large gas stove and suitable ovens for my cooking experiments. I like to try new things at times, so a lot of what I need is just luxury and space. I want an area for just my knives, which is another luxury that I would indulge in if I had money. I need counter space for all of the appliances that I would have because I find it hard to pass up something shiny that promises to make me a better cook. This might be a detail that I would need to research by looking at fancy kitchens of people that are more talented than I am, in the things that I would improve. Of course the kitchen is always a gathering place when entertaining, so having an open and comfortable area would be nice. That is not the introvert speaking, most likely the entertaining side of me. I do enjoy cooking

and creating in the kitchen so it would be a place where I would spend a lot of time. Oh and one of those fancy faucets near the stove to fill large pots with water, so I don't strain myself carrying it to the range.

And here is where the location and view comes in, and each location has a draw for the scenery. I would probably dedicate an upper level to the master suite, just for the views. I would like a bedroom with lots of windows. There are probably times when seeing the sunset as you are preparing for the night's sleep is welcome. And being a bit of an early riser I don't mind waking up to the sunrise in the morning. I guess I could dress the windows with fancy automatic blinds. The bedroom would have a nice reading area, where I could enjoy the views of the appropriate seasons.

Speaking of reading, I

would have a rather large library. Not because I am a bookworm or spend a lot of time reading, but because I want a nice big room with wood accents and many colorful books filling the shelves, and a section for artwork as well. I would welcome any of my guests to enjoy my reading room, complete with large leather chairs and all of the things you might expect from a formal library.

Finally my most personal area, the bath. I want similar views to the ones in the bedroom, a soaking tub and large shower. That would be one spot where I would enjoy the snowy landscape as I enjoyed any hot water.

My detached garage would need to hold my car collection, however that is another completely separate story. Now, to just win the lottery, I am ready to call a builder.

The Answer to "Why"

Coffee Talk • Renae Brumbaugh Green

The events of the past week, here in Texas, have gutted me. It's left us all devastated. The Guadalupe River has been a popular destination for Texans and non-Texans for as long as I can remember. One of my earliest memories is of a family vacation in the Hill Country. We swam. Rode horses. Floated the rapids in innertubes.

The idea of floodwaters rising more than 25 feet in a couple of hours is unthinkable. The thought of those innocent, unsuspecting victims has stolen my sleep for the past week. I'm sure many of you feel the same. It leaves us asking that age-old question: Why?

There are scientific explanations, of course, but they don't really help. According to AI, "the recent Texas floods were caused by a combination of factors, including intense rainfall, a geographic

location prone to flash flooding, and the inability of the soil to absorb excess water. Specifically, the Texas Hill Country's Balcones Escarpment and rocky terrain funnel rainwater quickly into rivers and creeks, leading to rapid rises in water levels. Additionally, the region's clay-rich soil and previous drought conditions meant the ground couldn't effectively soak up the deluge, exacerbating the runoff."

That's not really what we were asking, though. We want to know why God didn't intervene. We want to know why so many innocent lives were lost. We want to understand.

But the answer to this particular "why" isn't one we want to hear. The July 4, 2025 tragedy in the Hill Country happened because we live in a world where bad things happen. A world where accidents

alter our paths. Where one small event dominoes to affect countless others. And in this case, we live in a world where weather patterns sometimes turn catastrophic.

So how do we make sense of this? I'm not sure we do. But we can allow this to propel us to the highest, purest versions of ourselves. I believe we've seen that over the past week.

First responders came from around the state, around the country, and even from outside the U.S.

Volunteers set aside cultural and political differences to rescue, comfort, and serve. They offered tight hugs and shared tears.

People from all over have sent money and supplies. Most importantly, we've sent up prayers for safety, healing, closure, and the peace that surpasses understanding.

We've prayed together, mourned together, and worked together to lift our broken friends, neighbors, and fellow humans out of the deep. And we'll keep doing what we can, for as long as we can, because we were all affected.

Moving forward, I want to find meaning in

this adversity by elevating my behavior even when the tragedy isn't as obvious. I'll keep doing good, whenever the opportunity presents itself, to make life easier, softer, and kinder for those around me.

I will love much and often. I'll actively look for ways to see others. I'll do

all I can to make them feel important, to soothe their hurts, and to show them they matter.

Because really, isn't that why we're here? "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."



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Shelter - From Page A1

laws are followed and makes sure the employees are following operating procedures," said Harris.

If anyone is looking to adopt a dog or cat, they can go to the Bell County Animal Shelter or the Pet Extravaganza. The cost to adopt from the animal shelter varies. A non-altered dog is \$50, and the cost to adopt an altered dog that has been spayed or neutered cost \$60. The cost to adopt a non-altered cat is \$20, and the cost to adopt an altered cat cost \$60.

"People interested in adopting an animal don't have to reside in Bell County. To adopt an animal from the Bell County Animal Shelter, fill out a contract

agreement that if the animal is not altered, spayed or neutered, they agree to have them spayed or neutered within thirty days and they have 72 hours to have the animal vaccinated with the rabies vaccine. Proof must be emailed," said Harris.

The Bell County Animal Shelter has a few volunteers that coordinate adoptions, clean kennels, walk dogs, and are the smiling faces of the shelter. The Bell County Animal Shelter has 6 animal control officers that respond to the public's request for service. They also provide care and custody for the animals in the shelter and perform adoptions.

Rescue Magazine coordinates with the shelter to encourage pet owners to spay and neuter their animals and meet the staff. The animal shelter's hours are Wednesday through Sunday 10:30 a.m. through 3:30 p.m. and closed on Tuesdays and state and federal holidays.

The animal of the week is Manchie. He is two and a half years old. He's a pit bull mix that is neutered and microchipped. Another animal that is available for adoption is Cade. He is three years old. He's an Akbash mix that is neutered and microchipped. Tano is also available for adoption. He's one and a half years old. He's a lab/pit mix that is unaltered.



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Amber Ross named principal of Hubbard Branch Elementary

Special to the Journal

Belton ISD has announced the appointment of Amber Ross as the new principal of Hubbard Branch Elementary.

Ross joined Belton ISD in 2024 and currently serves as the assistant principal at Chisholm Trail Elementary. Since 2015, she has held campus leadership roles as

both an assistant principal and principal. She brings more than 20 years of experience in public education, including roles as a classroom teacher and administrator.

"Amber Ross is a student-centered leader with a deep understanding of what it takes to help both students and staff succeed," said Denise Sharp, Executive Director of Campus Leadership for El-

ementary Campuses. "She brings strong instructional knowledge, a collaborative spirit and a clear passion for creating thriving school communities. We're excited for the future of Hubbard Branch under her leadership."

Ross holds a Master of Science in Educational Leadership from Walden University and a Bachelor of Science in Edu-

cation from Southeastern Oklahoma State University.

Hubbard Branch Elementary opened in August 2024 as the district's 12th elementary campus. Designed to support the district's growing student population, the school features flexible learning spaces and a focus on collaboration, creativity and innovation.

Employee - From Page A4

were both sold sometime in the 1980s. Soon after, Clyde was ready for the next step in his career.

In 1988, Clyde, along with his two sons, Donny and David, founded Beltec Industries, Inc. in Belton.

The company began by producing the TM-48 Post Hole Digger, a

unique, patented post hole digger that uses the weight of the tractor to apply pressure to the bits. The TM-48 drills through rock, concrete, and other hard surfaces with ease, unlike other 3-point post-hole diggers.

Joe Dosson grew up in Temple. He is a flight press operator at Beltec.

"I have been doing this for four years. I started out as a welder here. They take good care of me. I am going to retire here," said Dosson.

"I couldn't say enough good things about this company. I love it here. Working here has been a real treat," said Daniel Aguilar.



Courtesy Photo

Joe Dosson and Daniel Aguilar enjoy a steak lunch at the Beltec Industries employee banquet. The company has a rich history which started in the Midwest before coming to Belton.

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Donations - From Page A1

felt compelled to lend her business to the cause after coming across a Facebook post from Bold Republic Brewery.

"There's heartache, there's devastation, and to see that as a mother, it's heartbreaking. God puts it on our hearts to help."

Janke praised the compassionate Beltonians who donated items and worked the drive.

"They're wonderful people, they have wonderful hearts, and they are hard workers for sure."

Volunteers ranged in age from eight years to

75 years, coming from different backgrounds but all dedicated to the same goal.

Among the many volunteers helping out was Donna Aregood, who had been unloading trailers, sorting clothing and food, and packaging items onto pallets for multiple days.

"It's so important that we show that we have humanity left, and that Texans help Texans," Aregood commented on the efficiency and work ethic of the volunteers.

"It's overwhelming, every day when I've come we've managed to clean

out, restock, open boxes, pack everything, and have an empty place when we leave ... we don't leave until the last box is sorted."

Large scale search and rescue efforts continue in the Hill Country, and have revealed at least 129 dead with 166 remaining missing. Governor Abbott launched a toll-free crisis support line for survivors, families, and first responders in emotional distress. It can be accessed around the clock at 833-812-2480. "We'll help Texans heal and recover."

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BELTON JOURNAL/Tony Adams

Griffin joins Lake Belton Broncos athletic staff

By **Tony Adams**
The Belton Journal

The Lake Belton Broncos added a second member to their volleyball staff last week as they hired Dejon Griffin as a volleyball and track assistant coach.

Griffin coached at Flint Hill High School in Fairfax, Virginia. She was also the head coach at West Monroe High School and coached club volleyball with Virginia Juniors Volleyball Club and Northeast Louisiana Volleyball Club.

A Copperas Cove native, Griffin is a graduate of Copperas Cove High School and has one son, Baylor, who is 5. She will be teaching math at Lake Belton High School. Griffin was a member of the Northwestern

State University track and field team and was a captain from 2009 – 2011. She is a school record holder in the hammer throw and the weight throw.

She was a multi-sport athlete where she also played volleyball and was a member of the Student Athlete Advisory Committee for NSU. "I'm beyond thrilled to join the Lake Belton Broncos coaching staff! It's an honor to be part of a program that stands for grit, heart, and unwavering commitment to excellence," Griffin said. "Being a Bronco means leading with purpose, pushing through with passion, and showing up for our team and community with pride. It's more than a mascot; it is a mindset. I cannot wait to get to work and ride together toward greatness."



BELTON JOURNAL/Tony Adams

Seventh through ninth grade girls attend volleyball camp at Lake Belton this week.

Lake Belton Volleyball holds second camp of summer

By **Tony Adams**
The Belton Journal

The Lake Belton High School program held their second Bronco Volleyball camp of the summer this week at LBHS.

Session one was held July 7-9, with third and fourth grad-

ers learning basic skills in the first part, and fifth and sixth graders learning more basic skills later in the session.

The second session included seventh graders in the first half, and eighth and ninth graders participated in the second half.

Bronco Camp, overseen by Lake Belton head volleyball coach Allison Waits and conducted by the Broncos assistants and players, demonstrated basic and intermediate skills of the sport on Monday. With many of the players having previous playing experience, the session

moved into situational drills and play on Tuesday and Wednesday.

"The players have been excited to teach what they have learned over their careers," Waits said. "It has been to see how much they learned in such a short amount of time."

Some of the campers have attended all five years of Bronco Volleyball Camp. Two of the seniors shared with the campers their experiences in the Lake Belton program.

"They told their stories on what it means to be a Bronco," Waits said. "It was a great experience for all."

Lake Belton cross country season set to begin

By **Clay Whittington**
The Belton Journal

In less than a month, Lake Belton's cross country season will be off and running.

The Broncos and Lady Broncos laced up their sneakers and hit the trails for the first time Monday morning as the program held its first practice of the preseason, and while there is much work to be done before any hopes of district, regional or state championships begin materializing, Lisa DeHart already sees the potential for success.

"I'm excited," Lake Belton's head coach said. "All of our varsity team is coming back from last year, and I've got some freshmen who are just amazing. So, we want to grow our team, but we also want to retain the kids we've had in the past."

"This year, we are getting to do that with both the boys and the girls, and that is exciting."

The season-opener is set for Aug. 15 at the Temple Invitational, and DeHart intends to use these early practices to en-

sure all participants are physically fit and equipped for the rigorous regular-season schedule that will ensue.

Fortunately, however, following only a few practices, her concerns are limited.

During the summer, runners are encouraged to take part in a 100-mile build-up, where they log distances to accumulate points while also increasing strength and stamina.

The program is already paying dividends, according to DeHart.

"I've already seen a difference in their conditioning and the shape these kids are in," she said. "It is a big improvement from where we were collectively at this time last year. They have all been pretty competitive about getting the highest point total."

"You cannot be lazy and run cross country. That is for sure, but I've got some hard-working kids."

Approximately 40 runners have taken part in the initial practices, and numbers are expected to grow as family vacations

See **BRONCOS**,
Page B2

BISD to kickoff football season with local scrimmages

By **Clay Whittington**
The Belton Journal

Football season is coming, and once it arrives, the schedule is consuming.

In just weeks, the Tigers and Broncos will return to the field for pre-season preparations with their lone scrimmages set for Aug. 21, when Belton hosts Killeen Shoemaker and Lake Belton travels to Copperas Cove.

Then, things become serious as both teams hit the road for the opening contest Aug. 29. The Tigers play at Pflugerville Hendrickson, and the Broncos will be at College Station A&M Consolidated.

Playing in the eight-team District 8-5A, Division I, the outing marks one of only three non-league games before postseason hopes are on the line.

Lake Belton encounters Round Rock McNeil (Sept. 4) on the road prior to hosting Killeen in its home opener Sept. 11. Last season, the Bron-

cos went 2-1 against the teams against the trio.

A Week 4 bye allows Lake Belton an extra week of preparation for its first district game — a home contest against Leander Rouse.

It will be followed by games at Georgetown East View (Oct. 3), against Leander Glenn (Oct. 10) and versus Leander (Oct. 17). The Lions will serve as the first of three consecutive games against the district's other playoff qualifiers from a year ago.

The Broncos also play at Cedar Park on Oct. 24 and host defending champion Georgetown on Halloween. The Eagles were 9-1 in the 2024 regular season.

Lake Belton closes the campaign at Killeen Chaparral on Nov. 6.

Last year, the Broncos entered the playoffs with a 7-3 record before falling to Midlothian 35-30 in the first

See **FOOTBALL**,
Page B2

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Sports Briefs

By Clay Whittington
The Belton Journal

The three-day Lady Tigers soccer camp is set to begin Monday, and it will be broken into two segments with second through sixth graders attending in the mornings from 8 a.m. to 11 a.m., while seventh, eighth and ninth graders attend from 5 p.m. to 8 p.m. each day.

Three more summer camps will also be offered before the end of the month.

Belton will conduct a cheerleading camp for kindergartners through sixth graders from 8 a.m. to 11 a.m. starting Wednesday.

day, and the Lady Broncos softball camp takes place between 9 a.m. and 11:30 a.m. beginning July 28 and is open to third through ninth graders.

The Broncos football camp runs on the same days and times and will be available to any kindergartener through ninth grader, but it will be split into sections based on age and ability.

The cost for each camp is \$60 per participant, and tickets can be purchased at BeltonTigers.com or Lake-BeltonAthletics.com.

VOLLEYBALL

Tryouts are rapidly approaching for the upcoming volleyball seasons.

University Interscholastic League rules allow teams to begin issuing equipment and conducting workouts on Aug. 1, and the Lady Tigers will use the date to begin their tryout process.

Incoming ninth graders will be evaluated from 7 a.m. to 9 a.m., and participants must arrive to check-in between 6:30 a.m. and 6:55 a.m.

Sophomores, juniors and seniors will follow from 9:30 a.m. to 11:30 a.m.

Later in the day, all grade levels will return for a second two-hour session, beginning at 3:30 p.m.

Then, all participants will return for a second day of workouts Aug. 2 with

sessions running from 7 a.m. to 9 a.m. and 1 p.m. to 3:30 p.m.

Athletes should arrive at least 15 minutes before each session and should wear running or volleyball shoes, knee pads, a T-shirt in school colors if possible, spandex and running shorts. They should also bring water.

Additionally, all participants must have a current physical on file with the school and all necessary paperwork submitted.

The Lady Tigers will be hosting a player/parent meeting in advance of tryouts on July 31 at 5:30 p.m. inside Belton's gymnasium. Players and parents should both attend.

For more information, contact Lady Tigers head coach Haleigh Johnson at

Haleigh.Johnson@BISD.net.

Lake Belton will also be conducting tryouts around the same time, but specific information has not been released.

UIL rules permit scrimmages to begin Aug. 8, and the first day for regular-season matches is Aug. 11.

FOOTBALL

Preparations for the upcoming football season will begin in less than a month for countless teams across the state.

University Interscholastic League rules permit teams that did not participate in spring training to begin workouts Aug. 4. Belton and Lake Belton, however, took part in spring training, so each squad can

begin conditioning one week later on Aug. 11.

The first day the Tigers and Broncos can don pads and have full contact is Aug. 16.

Both teams have a scrimmage set for Aug. 21 with Belton hosting Killeen Shoemaker and Lake Belton traveling to Copparras Cove. Each scrimmage will start at 7 p.m.

The regular-season schedule kicks off Aug. 29, when the Tigers play at Pflugerville Hendrickson and the Broncos play at College Station A&M Consolidated.

BELTON BOOSTER

The Belton Tigers Athletic Booster Club has scheduled its Meet the Tiger event for Aug. 16 at 6 p.m.



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Scot Hrbacek, CFP® Financial Advisor

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You may think that a will is all you need. But wills only take effect after death; they don't help if you're alive but unable to make decisions. For that, you may want a Power of Attorney and health care directive.

Finally, make sure you have beneficiaries named on assets like 401(k)s, IRAs and life insurance policies. That way, these assets will transfer directly to those people regardless of what your will says.

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Broncos - From Page B1

and summer camps begin dwindling with the first day of school approaching.

Many of the athletes involved use the sport as an opportunity to build their bodies for another discipline later in the school year, and DeHart welcomes their participation.

"We've got several soccer players who decided they were going to come out this year and run cross country," she said, "and that will help our numbers on the boys' side. We've got multisport athletes on the girls' side too, including soccer, volleyball and basketball players.

"They all have talent too. They might be doing this mainly for their other sport, but they are working, and when they come out, they are representing Lake Belton well."

The Lady Broncos are looking to return to the Region II-5A meet after placing 14th at the event last season behind then-freshman Lucy Loa, who was 62nd individually.

They entered the meet as the District 16 runners-up after finishing two points behind champion Belton in the final standings as incoming sophomore Teagan Pettijohn led the squad with a third-place performance.

Only the top three teams from the district meet advance, and the Broncos are coming off a fifth-place showing last season despite three top-25 finishers, but junior Wyatt Potts is the only member of the trio remaining.

This year, the expectations are elevated, though.

"We definitely want to get the girls back to regionals," DeHart said, "but our goal this year is to win district, and I think we have the talent, perseverance and grit to get it done. It has been several years since we made it to regionals with our boys, so we would like to do that."

Football - From Page B1

round to fall short of a bi-district championship for the third season in a row.

The Tigers are looking to bounce back from a two-win campaign that surprisingly resulted in the program's fourth straight trip to the postseason.

Belton lost its first seven games before collecting critical District 10-5A, Division II victories against Bryan Rudder and Waco.

Now, the Tigers hope to avoid a similar situation and intend to gain

revenge on the teams responsible for aiding in last year's slow start.

Sandwiching road games around a pair of home contests, Belton faces Georgetown (Sept. 5), East View (Sept. 12), San Angelo Central (Sept. 19) and Cuero (Sept. 26).

Following a district-wide bye in Week 5, the Tigers play three of their final five regular-season games at home, beginning with the league opener against visiting Killeen Ellison (Oct. 9).

Depending on how things unfold at Waco University (Oct. 17), versus Bryan Rudder (Oct. 24) and Waco (Oct. 30) and at Brenham (Nov. 7), Belton could emerge with its third league championship in four years.

While district titles are nice, both the Tigers and Broncos are yearning for playoff wins.

Lake Belton has never experienced success in the postseason, and Belton only has two playoff victories (2022, 2023) since 2016.

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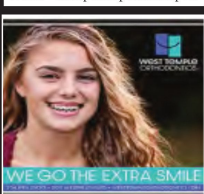
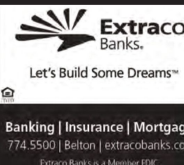
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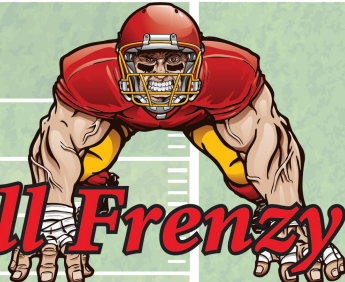
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EDITORIAL

Willful blindness

My Front Porch • Lynette Sowell

whenever we evaluate ourselves, an endeavor that we care deeply about, or anything else, for that matter.

For writers, one of the hardest things to learn sometimes is how to accept a critique. Critiques can be valuable, because a good critique partner will gently point out what that we can improve upon, whether it be grammar, punctuation, misused or overused words, overuse of adverbs and/or weak verbs. The list is endless for a writer.

Unfortunately, some writers are not receptive to any critique whatsoever. They only want to hear the good things, what they're doing right. Close friends and family will often tell us what we are doing right, sometimes to a fault!

We see this sometimes as children grow

up, that often it seems that you can't tell a child what they can improve on because we don't want anyone to feel bad.

We don't want anyone to think whatever they have done is substandard. Hence, the "everyone gets a trophy" because they showed up mentality we sometimes see.

Where did we get the idea that making suggestions for improvement is a personal attack, or an overall devaluation of someone's effort?

True, a critique can have a nicer impact, depending on the tone with which it's delivered.

Having the right tone can make a big difference in how a critique is received.

In the past, I've received critiques that made me defensive. That initial emotional reaction is natural. We don't want

to hear where we can improve. It's far easier to coast along. But without striving, that coasting turns into slowing down.

When we receive a critique or bit of advice we don't like, it helps to take a deep breath and a step back.

If the message was delivered harshly, a little lip-biting can be in order, followed by taking a deep breath. If there's a grain of truth in a harsh critique, it may take a little sifting to find that grain of truth.

As former critique partners and I would say to each other, "Take what you can use, then throw out the rest."

To me, learning to accept a critique or a suggestion for improvement is far better than continuing to stumble along in willful blindness.

There is a fable called "The Emperor's New Clothes" in which a young child stated the obvious that everyone else was ignoring: "Mommy, the Emperor is naked!" I won't repeat the story, because I believe most everyone knows it.

I'm a big fan of TED talks and one of my favorites is about willful blindness. Willful blindness occurs gradually. We know something isn't quite right about a situation, but we don't want to bother to look at it, because it either makes us uncomfortable or deep down we just really don't want to deal with it.

Because, dealing with something that needs fixing leads to confrontation, or what some people call "drama," even if it occurs in the proper context.

Such is the case

Earlier today I had cause to think back upon a particular ancestor on my dad's side of the family.

Said ancestor was, to put it plainly, a mule driver, or as it was sometimes called back then a "mule skinner". In the days before modern transit as we know it, mule drivers played a key role in getting people and supplies from A to B. As part of it, my ancestor was one of several people who had a fixed route that ran between Utah and California.

Most of the mule drivers who ran that route were up and moving all seven days a week. They and their mules would go as far as they could in a given day, find a place to stop for the night, rest, and keep going the next day. In contrast, my ancestor was — like myself — a devout member of the Church of Jesus Christ of Latter-day Saints. Every Sunday, or

while the other mule drivers were running themselves, their animals, and their equipment ragged, my ancestor, his animals, and his equipment were generally in better-than-average shape. He wasn't as sick as often, his animals weren't as sick as often, his wagons and equipment didn't break down as often, and his cargo typically arrived in better condition as well. That's right: by striving to strive all seven days a week, the other mule drivers were actually losing time overall due to injury, illness, and damage.

As I keep having to explain to various individuals, sometimes there's a reason why the old ways have hung around for so long. In this instance, we have the understanding that just because we can push ourselves full-tilt doesn't mean that we *should* be pushing ourselves full-tilt, especially over a prolonged period. Exhaustion in and of

It's not that we can't do it, it's that we don't want to. We're not lazy, we're just tired. We're not stupid, we're just overwhelmed. We're not incapable, we're just exhausted. We're not lazy, we're just tired. We're not stupid, we're just overwhelmed. We're not incapable, we're just exhausted.

The ultimate end result, ladies and gentlemen, is that

Shop the Insanity • Darren Blair

while the other mule drivers were running themselves, their animals, and their equipment ragged, my ancestor, his animals, and his equipment were generally in better-than-average shape. He wasn't as sick as often, his animals weren't as sick as often, his wagons and equipment didn't break down as often, and his cargo typically arrived in better condition as well. That's right: by striving to strive all seven days a week, the other mule drivers were actually losing time overall due to injury, illness, and damage.

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FISHING REPORT

Belton Lake: Stillhouse

FAIR. Water stained; 83 degrees; 3.58 feet below pool. Belton has climbed another 4.58 feet since last week after recent rain and releases from Lake Proctor. U.S. Army Corps of Engineers is now releasing water at a rate of 1,100 CFS. Fishing for white bass has gotten tougher now that young-of-the-year shad are in abundance, and the water is stratifying as the thermocline develops. I observed that most of my success is coming in the first few hours of light in the morning and again in the last hour of light on either side of sunset. Covering ground by downrigging with a 3-armed umbrella rig equipped with #13 Pet Spoons and keeping a close eye on depth so as to keep the balls about 3' up off bottom was the key to finding scattered fish. The MAL Heavy with silver blade and chartreuse tail when the fish are aggressive, and downrigging with Pet Spoons is my backup plan when the fish are not aggressive. The MAL shows up remarkably well on forward-facing sonar and 2-D sonar. Drop it either to the bottom if fish are on bottom, or below the level of suspended fish, and crank it up at a steady cadence at least two cranks above the fish showing highest in the water column. If a chase occurs, keep cranking at that same steady cadence until the fish either catches it, or turns away. When a strike occurs, keep right on cranking until a hard hookset. The likelihood of topwater action increases as the water warms, and at least some light action is taking place on all but the windiest mornings and evenings. Be on the lookout for herons feeding repetitively over open water, then go in stealthily for a look so as not to spook the fish and push them off the surface. Report by Bob Maindelle, Holding the Line Guide Service. Catfish are fair. Anglers should expect slower activity while catfish are spawning. Shallow water around timber with fresh shad or prepared bait can produce smaller blue catfish under 10 pounds. Flatheads catfish are fair on live bluegill around river mouths and log piles. Report by Brian Worley, B&S Catfishing.

GOOD. Water stained; 84 degrees; 1.30 feet below pool. Stillhouse rose another 0.78 feet since last week. The water is warming rapidly and the fish are suspending more and more each day. The two drivers for this are stratification of the water by temperature which will eventually lead to the creation of the thermocline by mid-June, and the increasing presence of young-of-the-year shad making their way into open water. When fish are suspended use 2-D sonar as the three-dimensional cone makes use of extends the echo signature of the fish into long arches which are larger and much more easily seen on a screen than the shorter "rice grain" signatures seen on side-imaging and down-imaging. Use a MAL Heavy with silver blade and chartreuse tail when the fish are aggressive, and downrigging with Pet Spoons is my backup plan when the fish are not aggressive. The MAL shows up remarkably well on forward-facing sonar and 2-D sonar. Drop it either to the bottom if fish are on bottom, or below the level of suspended fish, and crank it up at a steady cadence at least two cranks above the fish showing highest in the water column. If a chase occurs, keep cranking at that same steady cadence until the fish either catches it, or turns away. When a strike occurs, keep right on cranking until a hard hookset. On the downriggers, run balls just 1-2 feet above the shallowest fish showing on 2-D sonar. Mornings are best from 7:20-10:15 a.m. Topwater action on "schoolie" largemouth increased this past week but is far from peaking. Small shad imitating baits, preferably soft baits, cast quickly and accurately to a fresh "boil" will be much more likely to draw a strike. Minnow-shaped baits excel for this application. Report by Bob Maindelle, Holding the Line Guide Service. Bass are schooling up on the main lake so be ready with some walking baits and other topwaters to catch quite a few that way. Otherwise flip and drag around any standing trees or look for piles of grass around. You usually cannot go wrong with a creature bait, fluke or worm dragging the grass in most places. Report by Bryan Cotter, Texas Haws.



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LEGALS

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CAUSE NO. 25DCV353823

To :THE UNKNOWN HEIRS AT LAW OF
ROBERT JONES

Greetings:

You are hereby commanded to appear by filing a written answer to the ORIGINAL PETITION at or before 10 o'clock AM of the first Monday after the expiration of 42 days from the date of issuance of this Citation, the same being Monday, at or before 10 o'clock AM, before the Honorable 146th Judicial District Court, Bell County, Texas to be held at the Bell County District Courts Building in Belton, Texas. Said ORIGINAL PETITION was filed in said court on May 14, 2025.

The file number of said suit being No. 25DCV353823. The names of the parties in said suit are:

FREEDOM MORTGAGE CORPORATION
VS. AILI JONES,THE UNKNOWN HEIRS
AT LAW OF ROBERT JONES DECEASED

The nature of said suit being substantially as follows, to wit:

This proceeding concerns the foreclosure of a lien on the following real property and improvements commonly known as 1318 Honey Hill Dr., Temple, TX 76502, and more particularly described as LOT NINE (9), IN BLOCK ONE (1), OF LAKE POINTE PHASE III, IN THE CITY OF TEMPLE, BELL COUNTY, TEXAS, ACCORDING TO THE PLAT OF RECORD IN PLAT YEAR 2016, NUMBER 71 A & B, PLAT RECORDS OF BELL COUNTY, TEXAS.

This was issued at the request of attorney: PETER K. KNAPP MILLER GEORGE & SUGGS 6080 TENNYSON PKWYSTE 100 Plano TX 75024.

NOTICE TO DEFENDANT: 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 10:00 AM on Monday next following the expiration of forty- two days after you were served this citation and petition, a default judgment may be taken against you. In addition to filing a written answer with the clerk, you may be required to make initial disclosures to the other parties of this suit. These disclosures generally must be made no later than 30 days after you file your answer with the clerk. Find out more at Texas LawHelp.org. Issued and given under my hand and seal of said Court at office in Belton, Texas, on June 16, 2025.

LEGALS

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CV 2 5 0 1 1 39

SUMMONS

(CITACION JUDICIAL)

Christophe McIntyre; Brian Le Fuel and Catrice Jacla as co-executors of the Pierre Henri

LeFuel aka Peirre H. LeFuel aka Pierre LeFuel. Estate and all persons or entities claiming any equitable right, title, estate, lien, or interest in the property described in the complaint adhere to plaintiff's title thereto named herein as NOTICE TO DEFENDANT:

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You have 30 CALENDAR DAYS after this summons and legal papers are served on you to file a written response at this court and have a copy served on the plaintiff. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your response on time, you may lose the case by default, and your wages, money, and property may be taken without further warning from the court.

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LEGALS

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The name and address of the court is: (El nombre y dirección de la corte es):
HUMBOLDT COUNTY SUPERIOR COURT, 825 Fifth Street, Eureka, CA 95501
CASE NUMBER (Número del Caso): CV 2 5 0 1 1 39

The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: (El nombre, la dirección y el número de teléfono del abogado del demandante, o del demandante que no tiene abogado, es): Eric V. Kirk 176903 STOKES, HAMER, KIRK & FIRPO LLP 381 BAYSIDE ROAD, SUITE A (707) 822-1771 ARCATA, CALIFORNIA 95521
DATE: (Fecha) MAY 2 9 2025
Clerk, by (Secretario) MEARA HATTAN JENNIFER BH , DEPUTY
07.03,07.10,07.17,07.24

THE STATE OF TEXAS
CITATION BY PUBLICATION - CIVIL
CAUSE NO. 25DCV353878

TO: THE UNKNOWN HEIRS AT LAW OF
JOHN HOLLEY

Greetings You are hereby commanded to appear by filing a written answer to the ORIGINAL PETITION at or before 10 o'clock AM of the first Monday after the expiration of 42 days from the date of issuance of this Citation, the same being Monday, at or before 10 o'clock AM, before the Honorable 169th Judicial District Court, Bell County, Texas to be held at the Bell County District Courts Building in

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LEGALS

Belton, Texas. Said ORIGINAL PETITION was filed in said court on May 16, 2025. The file number of said suit being No. 25DCV353878.

The names of the parties in said suit are: FREEDOM MORTGAGE CORPORATION VS. WANDA LOREA MCDUFFIE,RHONDA GAIL JOURDEN,THE UNKNOWN HEIRS AT LAW OF JOHN HOLLEY, DECEASED The nature of said suit being substantially as follows, to wit: This proceeding concerns the foreclosure of a lien on the following real property and improvements commonly known as 1907 Silver Spur, Belton, TX 76513, and more particularly described as LOT FIFTEEN A (15A), IN BLOCK ONE (1), IN REPLAT OF LOTS 10-16, BLOCK 1, DAWSON RANCH II, SECTION III, IN THE CITY OF BELTON, BELL COUNTY, TEXAS, ACCORDING TO THE PLAT OF RECORD IN CABINET D, SLIDE 391-D, PLAT RECORDS OF BELL COUNTY, TEXAS. This was issued at the request of attorney: PETER K. KNAPP MILLER GEORGE & SUGGS 6080 TENNYSON PKWYSTE 100 PLANO TX 75024. NOTICE TO DEFENDANT: 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 10:00 AM on Monday next following the expiration of forty two days after you were served this citation and petition, a default judgment may be taken against you. In addition to filing a written answer with the clerk, you may be required to make initial disclosures to the other parties of this suit. These disclosures generally must be made no later than 30 days after you file your answer with the clerk. Find out more at TexasLawHelp.org.

Issued and given under my hand and seal of said Court at office in Belton, Texas, on June 26, 2025. Joanna Staton District Clerk Bell County, Texas, 1201 Huey Road, P.O. Box 909, Belton, Texas 76513 By: M. Cortez Deputy Clerk 07.03,07.10,07.17,07.24

NOTICE TO ALL PERSONS HAVING CLAIMS AGAINST THE ESTATE OF KATHY MAE WEESE, DECEASED

Notice is hereby given that Letters of Independent Administration upon the Estate of Kathy Mae Weese, Deceased, were granted to Holly Inglis on June 24, 2025 in Cause No. 24CPB00134, pending in the County Court at Law No. 1 of Bell County, Texas. All persons having claims against said estate are hereby required to present the same to Attorneys for the Estate, Dawn Smith c/o Holly Inglis, Independent Administrator of The Estate of Kathy Mae Weese, Smith Clinesmith, LLP, at 325 N. Saint Paul Street, Floor 29, Dallas, Texas 75201. Contact can be made to Laurie King Senior Probate Paralegal of the Smith Clinesmith, LLP

LEGALS

Probate Department. 07.17

THE STATE OF TEXAS CITATION BY PUBLICATION CASE NUMBER 25CPB00413

To: UNKNOWN HEIRS DAHJURA MCEACHERN, Applicant, on June 27, 2025, filed an application to determine heirship and for letters of dependent administration - intestate more than four years after death of decedent in a proceeding styled: ALICIA NICOLE ROBINSON, Deceased, and bearing the number 25CPB00413 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 July 17, 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: JOSHUA TISDALE 1216 S 31ST ST TEMPLE TX 76504

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 July 11, 2025. Shelley Coston County Clerk of Bell County, Texas, PO Box 480, 1201 Huey Road, Belton, TX 76513 B : Sophia Nieto Deputy 07.17

NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of JOHN F. GRIMME, Deceased, were issued on July 7, 2025, in Cause No. 25CPB00362, pending in the County Court-At-Law No: 1, Bell County, Texas, to: SHARON L. ALBANY. 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: SHARON L. ALBANY, 2106 Monticello Rd., Temple, Texas 76501 DATED the 11th day of July, 2025. /s/James O. Cure, James O. Cure Attorney for SHARON L. ALBANY, State Bar No.: 05252800, 2584 Blue Meadow Dr., Temple,

LEGALS

TX 76502, Telephone: (254) 778-8934, Facsimile: (254) 773-2477, Email: jcure@cureandfrancis.net 07.17

NOTICE TO CREDITORS

Notice is hereby given that original Letters Administration for the Estate of Theresa Lorraine Logan, Deceased, were issued on July 10, 2025, in Cause No. 25CPB00080, pending in the County Court-At-Law No: One, Bell County, Texas, to: David Scott Komandosky.

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: Neale Potts Attorney at Law, P. O. Box 969, Belton, Texas 76513 DATED the 10th day of July, 2025.

Neale Potts Attorney for David Scott Komandosky and Joseph Marion Komandosky, State Bar No.: 16179800, P. O. Box 969, Belton, Texas 76513, Telephone: (254) 939-1818, Email: neale@mpmlaw.net 07.17

THE STATE OF TEXAS CITATION BY PUBLICATION - DIVORCE CAUSE NO. 25DFAM351895

To: FLORENCE JEPCHIRCHIR Greetings: You are hereby commanded to appear before the 478th Judicial District Court, Bell County, Texas to be held at the Bell County District Courts Building in Belton, Texas, by filing a written answer to the first amended petition for divorce at or before 10:00 A.M. of the Monday next after the expiration of 20 days after the date of service hereof, a copy of which accompanies this citation, in cause number 25DFAM351895, styled In the Matter of the Marriage of JOHN KIPKORIR KOSGEI and FLORENCE JEPCHIRCHIR filed in said court on May 23, 2025, and the nature of which suit is a request to Divorce: With Children.

The Court has authority in this suit to enter any judgement or decree in the child's/ children's interest which will be upon 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/children's adoption.

The Court has authority in this suit to enter any judgement or decree dissolving the marriage and providing for the division of property which will be binding on you.

This was issued at the request of attorney: BRETT PRITCHARD 1201 S WS YOUNG DR STE C KILLEEN TX 76543.

NOTICE TO Defendant: 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 10:00 AM on Monday next following the expiration of twenty days after you were served this citation and petition, a default judgment may



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LEGALS	LEGALS	LEGALS
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be taken against you. In addition to filing a written answer with the clerk, you may be required to make initial disclosures to the other parties of this suit. These disclosures generally must be made no later than 30 days after you file your answer with the clerk. Find out more at [TexasLawHelp.org](https://www.texaslawhelp.org).
Witness, Joanna Staton, District Clerk of Bell County, Texas.
Issued and given under my hand and the seal of said Court at office in Belton, Texas on July 09, 2025.
Joanna Staton District Clerk, P. O. Box 909, 1201 West Huey Road, Belton, Texas 76513
By: M Cortez Deputy
07.17

No. 24CPB00824
IN THE GUARDIANSHIP OF MICHAEL WILEY AN INCAPACITATED PERSONIN THE COUNTY OF BELL COUNTY, TEXAS
NOTICE TO CREDITORS Notice is hereby given that original Letter of Guardianship for the Person and Estate of Michael Wiley, an Incapacitated Person, were issued on the 8th day of January 2025 in Cause No. 20240048GDN pending in the County Court of Law of Bell County, Texas to: Friends for Life. The residence of the Guardian is Waco, McLennan County, Texas; The Post Office Address is: Friends for Life, P.O. Box 23491, Waco, TX 76702-3491
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.
Dated the 27th day of March 2025
J. Marvin Roach, P.O. Box 155392, Waco, TX 76715-5392, Telephone: (254) 772-7600, Attorney for the Guardian, State Bar No: 24025835
07.17

NOTICE TO CREDITORS
Notice is given that original Letters Testamentary for the Estate of Nancy A. Wilson Garner were issued on July 8, 2025, in Cause No. 25CPB00381, pending in the County Court at Law Number 1 of Bell County, Texas, to Wilson Lynn Garner.
All persons having claims against the estate, which is presently being administered, are required to submit them, within

the time and manner prescribed by law, and before the estate is closed, addressed as follows: c/o Neale Potts, P.O. Box 969, Belton, TX 76513
Dated July 8, 2025
Neale Potts Attorney for Executor of the Estate of Nancy A. Wilson Garner
07.17
,

**THE STATE OF TEXAS
CITATION BY PUBLICATION
CASE NUMBER 25CPB00427**
To: UNKNOWN HEIRS
JEAN MARIE P HAVET, Applicant, on July 07, 2025, filed an Application to Determine Heirship and for Letters of Independent Administration in a proceeding styled: JUANITA MAE HAVET, Deceased, and bearing the number 25CPB00427 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 July 17, 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: JACK M TARVER, TARVER & BLYTHE, PO BOX 2088, Temple TX 76503
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 July 07, 2025.
Shelley Coston County Clerk of Bell County, Texas, PO Box 480, 1201 Huey

Road Belton, TX 76513
By: Lillian Phillips Deputy
07.17

**THE STATE OF TEXAS
CITATION BY PUBLICATION
CASE NUMBER 25CPB00429**
To: Other Living Relatives
DEBRA LYNN PRESSLEY, Applicant, on July 07, 2025, filed an Application for Appointment of Permanent Guardian of Person and Estate in a proceeding style: Incapacitated, and bearing the number 25CPB00429 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 July 17, 2025, in the County Court at Law #1 Courtroom, at the Bell County Justice Complex, 1201 Huey Road, in Belton, Texas.
All people interested in the aforesaid estate are commanded to appear at or before the time set for said hearing by filing a written contest or answering 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 applicants is: MARY LINDLEY-WILEY 100 W CENTEX EXPWY STE 302 HARKER HEIGHTS TX 76548
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 July 07, 2025.
Shelley Coston County Clerk of Bell County, PO Box 480 ,1201 Huey Road ,Belton, TX 76513
By: Anna Morse Deputy



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How to make grilling healthier

Summer is synonymous with many things, including family vacations and relaxing days at the beach. For foodies, perhaps nothing evokes the spirit of summer more effectively than grilled foods.

Grilling is a beloved tradition, but it's not necessarily the healthiest way to eat. Traditional backyard barbecue fare like hot dogs and hamburgers likely won't make physicians' hearts flutter, but there are ways to enjoy the flavor of grilling without compromising a nutritious diet.

- Replace burgers and hot dogs with healthy proteins. The occasional hamburger or hot dog won't do much damage, but people who regularly grill should skip these summertime staples and replace them with healthy proteins. The American Heart Association reports that fish and skinless chicken breasts are healthy alternatives to hamburgers and hot dogs. Burger devotees can still enjoy their go-to grilled food, but replace ground beef with lean ground poultry, which contains less saturated fat than red meat.



- Avoid overdoing it. Most people have overindulged at a backyard barbecue at one point or another. The relaxed, party-like atmosphere of the backyard barbecue makes it easy to snack on chips and other unhealthy fare before moving on to burgers and hot dogs. Hosts can do guests a favor by replacing snacks and sides like chips and potato salad with

healthier fare like celery, fruit salad or chickpea salad. Keep portions of grilled fare as close to a healthy size as possible. The AHA notes that a healthy portion of meat is around three ounces and no more than six ounces.

- Create a salt-free rub. There's no denying salt makes food more flavorful. But that flavor comes at a high cost. The

health care experts Piedmont note that excessive amounts of salt can contribute to inflammation from fluid retention and increase a person's risk for hypertension, or high blood pressure. Salt may be a go-to for many grilling enthusiasts, but it doesn't have to be. A salt-free rub made with chili powder, garlic powder, paprika, and/or other spices is an effective and salt-free way to add flavor to meat, chicken and fish.

- Grill more vegetables. Grilled vegetables, whether they're part of kebabs or simply grilled alongside the main course, add significant flavor and provide all the health benefits of veggies cooked in more traditional ways. The AHA notes that coating vegetables in a healthy oil like olive oil makes it easy to grill them directly over an open flame without sticking. Cooking in this way imparts that signature smoky, grilled flavor to vegetables.

This summer, grilling can be as healthy as it is flavorful. All it takes is a few simple strategies to make the menu at your next backyard barbecue one any doctor would love.

