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•• **Hometown Newspaper of Principal Andrew Rankin of Pewitt Junior High** ••

At Titus Regional Medical Center

New pain management center opens

Recognizing the need for a pain management clinic in the local area, Titus Regional Medical Center is pleased to announce the opening of the Center for Pain Management at TRMC in Mt. Pleasant.

"The new TRMC center opened August 1, and is ready to serve

Woman's Day service planned September 8 at Pine Bluff Baptist

Members and guests will host a special annual Woman's Day service at the Pine Bluff Baptist Church of Naples on Sunday, September 8.

The event will be conducted beginning at 2:30 p.m., said the host church pastor, the Rev. Roy Miles, who extended an invitation to the public to attend the special program.

Special guest speaker will be the Rev. Robert Thomas, pastor of the James Chapel Baptist Church of Marshall.

the community," said a hospital spokesperson.

"The Center for Pain Management at Titus will focus on a holistic approach to pain management including: interventional pain therapies, medication review, physical therapy and behavioral therapies. The goal of our clinic is to improve quality of life and reduce the use of opioid pain medication," said Valerie Snyder, ANP-C.

TRMC recognized a need for this service, not only in Titus County, but also in the surrounding areas.

In the near future, the Center for Pain Management will have office hours in both Mount Vernon at the office of Dr. Jean LaTortue and in Daingerfield at the Family Care Center.

TRMC is excited to expand its services with Dr. William Hooks Jr., Dr. Chandramouli Iyer, and Adult Nurse Practitioner, Valerie Snyder.

"Chronic Pain Management that is close to home is a vital

need in our community. Providing consistent, high quality, pain management services is our mission," said Hooks.

"In the past, we've relied on providers to come into our community from out of town to provide limited services. This type of service often required our patients to drive elsewhere for continued care," the doctor noted.

"The Center for Pain Management at TRMC aims to fill that gap by supporting our local physicians and patients here at home," said Dr. William Hooks Jr., Center for Pain Management Medical Director.

The Center for Pain Management is located at 203 West 20th Street, Suite C, Mount Pleasant, and will see patients Monday through Friday, from 8 a.m., to 5 p.m.

Please contact The Center for Pain Management at Titus at 903.434.7130 for questions and appointments, or visit our website www.TitusRegional.com for more information.



TRMC Photo
By Seth Alexander

TRMC PAIN MANAGEMENT CENTER MEDICAL STAFF
DR. WILLIAM HOOKS JR. - VALERIE SNYDER ANP-C
AND DR. CHANDRAMOULI IYER

School students start classes

TxDOT offers safety suggestions

As millions of Texas children return to school this month, the Texas Department of Transportation (TxDOT) reminds motorists and parents to take precautions to prevent traffic crashes and injuries in and around school buses.

Last year, there were 765 traffic crashes in Texas school zones, resulting in 1 death and 15 serious injuries. The most common causes for these crashes were failure to control speed, driver inattention, and failure to yield the right of way, when turning left to a private drive or at a stop sign.

In addition, last year there were 2,357 traffic crashes involving school buses in Texas, which resulted in five fatalities and 42 serious injuries.

Speed and driver inattention also were the top factors in those crashes.

TxDOT offers the following back-to-school tips for drivers and students.

Tips for Children Walking or Biking to School --

. Always walk on sidewalks whenever they're available.

. Cross the street at intersections or marked crosswalks. Look left, right and left again before proceeding.

. Always obey crossing guards. Make eye contact with drivers before crossing the street. Never assume a driver sees you.

. Look for traffic when stepping off a bus or from behind parked cars.

. Always wear a helmet when riding a bicycle.

. Don't be distracted by electronic devices that take your eyes and ears off the road.

. Follow all traffic rules, signs and signals.

Tips for Drivers Sharing the Road with School Buses:

. Never tailgate. Follow at a safe distance, keeping in mind that school buses make frequent stops.

. Stop for flashing red lights or a stop sign on a school bus, regardless of which direction you're headed.

. Continue your trip once the bus has moved, the flashing lights stop flashing or the bus driver signals it's okay to pass.

. Violations can lead to a fine of up to \$1,250 for a first offense.

Tips for Driving in School Zones:

. Stay alert and put your phone away. Using a handheld electronic device while driving in an active school zone is against the law.

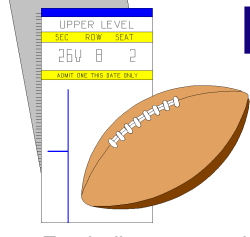
. Always obey school zone speed limit signs. Remember, traffic fines usually double in school zones.

. Drop off and pick up your children in your school's designated areas, not the middle of the street.

. Keep an eye on children gathered at bus stops.

. Watch for children who might dart across the street or between vehicles.

TxDOT urges drivers to slow down, pay attention and follow all traffic laws as the new school year begins to keep children safe and avoid costly fines and tickets.



Monitoring Main Street

Football season at the high school level is underway and Pewitt's first game is here next week with New Boston.

The following quotes from past gridiron legends have added to football's lore and might need to be passed on to today's youth and young coaches to increase their wisdom of the game ...

#1. 'Football is only a game. Spiritual things are eternal nevertheless, Beat Texas' - Seen on a church sign in Arkansas prior to the 1969 game.

#2. 'After you retire, there's only one big event left... And I ain't ready for that.' - Bobby Bowden / Florida State

#3. 'The man who complains about the way the ball bounces is likely to be the one who dropped it.' - Lou Holtz / Arkansas

#4. 'When you win, nothing hurts.' - Joe Namath / Alabama

#5. 'Motivation is simple... You eliminate those who are not motivated.' - Lou Holtz / Arkansas

#6. 'If you want to walk the heavenly streets of gold, you gotta know the password, 'Roll, tide, roll!' - Bear Bryant / Alabama

#7. 'A school without football is in danger of deteriorating into a medieval study hall.' - Frank Leahy / Notre Dame

#8. 'There's nothing that cleanses your soul like getting the hell kicked out of you.' - Woody Hayes / Ohio State

#9. 'I don't expect to win enough games to be put on NCAA probation. I just want to win enough to warrant an investigation.' - Bob Devaney / Nebraska

#10. 'In Alabama, an atheist is someone who doesn't believe in Bear Bryant.' - Wally Butts / Georgia

#11. 'You can learn more character on the two-yard line than anywhere else in life.' - Paul Dietzel / LSU

#12. 'It's kind of hard to rally around a math class.' - Bear Bryant / Alabama

#13. When asked if Fayetteville was the end of the world. 'No, but you can see it from here.' - Lou Holtz / Arkansas

#14. 'I make my practices real hard because if a player is a quitter, I want him to quit in practice, not in a game.' - Bear Bryant / Alabama

#15. 'There's one sure way to stop us from scoring - give us the ball near the goal line.' - Matty Bell / SMU

#16. 'Lads, you're not to miss practice unless your parents died or you died.' - Frank Leahy / Notre Dame

#17. 'I never graduated from Iowa, but I was only there for two terms - Truman's and Eisenhower's.' - Alex Karras / Iowa

#18. 'My advice to defensive players: Take the shortest route to the ball and arrive in a bad humor.' - Bowden Wyatt / Tennessee

#19. 'I could have been a Rhodes Scholar, except for my grades.' - Duffy Daugherty / Michigan State

#20. 'Always remember... Goliath was a 40 point favorite over David.' - Shug Jordan / Auburn

#21. 'They cut us up like boarding house pie. And that's real small pieces.' - Darrell Royal / Texas

#22. 'Show me a good and gracious loser, and I'll show you a failure.' - Knute Rockne / Notre Dame

#23. 'They whipped us like a tied up goat.' - Spike Dykes / Texas Tech University

#24. 'I asked Darrell Royal, the coach of the Texas Longhorns, why he didn't recruit me and he said: 'Well, Walt, we took a look at you and you weren't any good.' - Walt Garrison / Oklahoma State

#25. 'Son, you've got a good engine, but your hands aren't on the steering wheel.' - Bobby Bowden / Florida State

#26. 'Football is not a contact sport - it is a collision sport. Dancing is a contact sport.' - Duffy Daugherty / Michigan State

#27. After USC lost 51-0 to Notre Dame, his postgame message to his team: 'All those who need showers, take them.' - John McKay / USC

#28. 'If lessons are learned in defeat, our team is getting a great education.' - Murray Warmath / Minnesota

#29. 'The only qualifications for a lineman are to be big and dumb. To be a back, you only have to be dumb.' - Knute Rockne / Notre Dame

#30. 'Oh, we played about like three tons of buzzard puke this afternoon.' - Spike Dykes / Texas Tech

#31. 'It isn't necessary to see a good tackle. You can hear it.' - Knute Rockne / Notre Dame

#32. 'We live one day at a time and scratch where it itches.' - Darrell Royal / Texas

#33. 'We didn't tackle well today but we made up for it by not blocking.' - Wilson Matthews / Little Rock Central High School

#34. 'Three things can happen when you throw the ball, and two of them are bad.' - Darrell Royal / University of Texas

#35. 'I've found that prayers work best when you have big players.' - Knute Rockne / Notre Dame

#36. 'Gentlemen, it is better to have died a small boy than to fumble this football.' - John Heisman



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RAINFALL RECORDS IN THE NAPLES AREA				
KEPT BY JOE IRA STACKS SR. AMATEUR METEOROLOGIST				
Month	2016	2017	2018	2019
January	1.60	6.00	1.90	3.50
February	3.10	2.70	14.80	6.40
March	8.80	2.80	4.70	2.90
April	10.50	7.80	2.80	8.20
May	2.10	6.00	2.30	16.40
June	3.55	0.98	1.80	9.55
July	0.80	4.60	1.10	1.70
August	7.92	9.00	1.90	
September	2.30	0.10	6.30	
October	1.50	2.00	9.20	
November	3.65	2.10	2.90	
December	7.50	5.50	10.20	
TOTAL	53.32	47.48	59.90	48.65

1988 - 50.35 • 1989 - 51.06 • 1990 - 70.35 • 1991 - 62.20
1992 - 67.90 • 1993 - 49.45 • 1994 - 58.65 • 1995 - 39.40
1996 - 52.05 • 1997 - 60.05 • 1998 - 46.35 • 1999 - 35.35
2000 - 57.36 • 2001 - 87.53 • 2002 - 56.58 • 2003 - 44.49
2004 - 56.97 • 2005 - 21.46 • 2006 - 45.20 • 2007 - 60.96
2008 - 51.36 • 2009 - 68.53 • 2010 - 39.64 • 2011 - 27.47
2012 - 47.32 • 2013 - 53.52 • 2014 - 41.57 • 2015 - 62.23
2016 - 53.32 • 2017 - 47.48 • 2018 - 59.90 • 2019 - 48.65