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Saturday 26

High 89
Low 73
5%

Sunday 27

High 93
Low 76
15%

Monday 28

High 95
Low 75
8%

Tuesday 29

High 96
Low 74
7%

Wednesday 30

High 98
Low 74
2%

Thursday 31

High 98
Low 76
7%

Friday 01

High 96
Low 76
13%

THE MANOR JOURNAL

Friday, July 25, 2025

Serving Manor, Texas since 2014

Free/Gratis Year 12 Issue No. 04

J. Lorraine Ghost Town is now The Old West Event Center following grand opening ceremonies on July 19



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A wide assortment of crafts, jewelry, and baked goods were on display at the Old West Event Center's grand opening. Photos by The Manor Journal.

Vicki McFarland, Reporter
news@manorjournal.com

For years, the dusty charms of the old west have been on display at J. Lorraine Ghost Town located on a 10-acre tract of land at 14219 Littlg Road - approximately five miles east of Manor.

Owner George Brown named the location after his daughter Lorraine, and over the years following his retirement from the state, constructed an assortment of buildings that includes a bar, a restaurant, a barber shop, a jail and numerous buildings of assorted sizes and shapes that depict a Western downtown. Most of the buildings have been constructed using repurposed wood from buildings and wooden fences.

Weddings, birthdays parties, high school graduation celebrations, and live music have been celebrated on the site. Over the years, several movies and television shows have used the site for filming. Volleyball, washers, darts, tether ball and horseshoe tournaments were held when the Ghost Town was open on Saturdays and Sundays.

The Ghost Town has also been home to the SCARE for a Cure organization for many years. SCARE for a Cure is a 501(c)(3) 100% volunteer organization that features interactive haunted adventures that raises money for Breast Cancer Resource Center and other local charities.

Each October, directors and volunteers produce an "extreme, full contact, interactive haunted house

adventure" that runs an hour in length. Performances are held Friday and Saturday nights during the month of October to allow participants to duck, crawl, climb, dodge and get covered in gore and slime.

In March and April, the theme changes to a medieval action fantasy where participants solve puzzles, battle monsters with dice, and wear medieval costumes. Both SCARE for a Cure and Quest Night rely on volunteers to stage their performances.

J. Lorraine Ghost Town gets new owners and a make-over

When owner Richards decided to retire last year, SCARE Directors Jarrett Crippen and Susan Pratt purchased the remaining portion of the site in

August 2024 so that SCARE and Quest Night would continue to have a home. Since the purchase, the site has been renamed Old West Market and Event Center and restoration crews have been refurbishing storefronts and repairing long-neglected structures, ensuring that the architecture remains true to its 1800s roots. Shade and benches have been added to the site.

Known for its weathered saloons, wooden boardwalks, and frontier-era facades, the town is being revitalized to host community events. Electrical and plumbing upgrades have been added to meet the needs of the visitors. New fencing and security cameras have been installed in addition to climate-controlled buildings that will house vendors on weekend market days.

Assorted vendor spaces available to craftsmen and business owners

Currently the new owners are focusing on the establishment of a marketplace that offers four basic varieties of space for vendors for Saturday and Sunday showcasing their products from 10 a.m. to 6 p.m. Vendors can utilize the wooden buildings or can rent a space for a 10x10 popup tent. A food court offers space for six food trucks.

Contact information

For vendor rental fees, space availability, and vendor set-up information, please contact Ric Ramirez at 512-963-5795.

For more information, please contact Jarrett Crippen at jarrett@oldwestmanor.com or Susan Pratt at susan@oldwestmanor.com.

Local resident honored by Texas Association of Mexican American Chambers of Commerce

Vicki McFarland, Reporter
news@manorjournal.com

Manor resident and President of the Manor ISD Board of Trustees Ana Cortez has been recognized as one of TAMACC's Women of Distinction for 2025.

Cortez along with eleven other female nominees will be honored at a luncheon on August 1 to recognize their contributions in transforming industries and uplifting communities. Pflugerville's Mayor Victor Gonzales, who is a member of TAMACC nominated Cortez for the honor.

TAMACC which stands for Texas Association of Mexican American Chambers of Commerce is a non-profit 501(c) 6 organization founded in 1975 to promote business leadership, create economic opportunities, and provide legislative advocacy for the Hispanic business community in Texas.

When originally organized, it was composed of less than twenty business owners and professionals from three Texas cities. Today the association consists of eighteen local Hispanic chambers of commerce and business organizations throughout Texas. The organization boasts a membership of 15,000 individuals and represents over 700,000 Hispanic businesses from a wide spectrum of industries.

Cortez moved to Austin in 2000 and was working as an allergy specialist and later at a medical billing company. In 2004, she started her own medical consulting company called Ram Practice Management which she later incorporated. She has been a business owner and self-employed since 2004.

She purchased her first house as a single mother in Manor's Briarcreek subdivision in 2002.

Cortez opened the first coffee shop in Manor called Zetroc

which was in operation from 2012 through 2015. The shop, located in a small space on Highway 290, provided a location for local groups and organizations to meet. The coffee shop sponsored open microphone nights, comedy nights, book club presentations, poetry nights and game nights. Travis County elected officials utilized the small shop to meet with Manor voters. She was also assisting the medical director of the Medical Towers at Shadow Glen to hire staff for Manor's first medical facility, and she helped open the Urgent Care at the Medical Tower.

In 2014, she was appointed to finish a six-month term on the Manor ISD Board of Trustees and was subsequently elected in 2015.

Cortez served as board secretary from 2016 until December 2024 when she was elected President of the Board of Trustees.

Cortez's involvement at the state educational level continued when she was elected to a statewide board - MASBA (Mexican American School Board Association) in 2016. From there she was elected Secretary, then Vice President, then President-Elect and in 2021, Cortez was elected President of MASBA, and she continues to serve as President today.

In 2023, she was elected to serve on a National Board with Board members of all levels of Government- NALEO (National Association of Latino Elected Officials). Cortez and Texas State Senator Cesar Blanco have been elected to represent Texas on this national board. Blanco represents the El Paso area of Texas and the counties he represents span 350 miles of the Texas-Mexico border from Big Bend National Park to the Permian Basin.

Also in 2013, Cortez was appointed to serve on the Jolt Initiative Board which



Ana Cortez. Photo by Manor ISD.

is a statewide organization to help civic engagement in marginalized communities. She has also participated in the RENAISSANCE DANCING WITH THE STARS competition and will compete in San Antonio, Texas on August 9.

Locally, Cortez is a founding member of the Manor Arts Council and the Manor Schoolhouse Foundation.

The Manor Journal recognizes and honors Ana Cortez for her dedication and contributions to our community. We thank her for her service, her leadership, and the lasting impact she has had on the lives of so many Manor residents.

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The Manor Journal

The official newspaper of record for
The City of Manor Texas.

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Deadlines: Stories and submissions must be received by 5 p.m. Tuesday to be included in our following Friday edition. Please submit stories, additions to our Community Calendar and story tips to editor@manorjournal.com

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Upcoming Events



Friday, July 25

Movie Night – “Despicable Me 4” – 8:30 p.m.
 Timmermann Park – 12616 Skimmer Run Manor, TX
 Sponsored by the City of Manor
 Bring a lawn chair and a blanket and enjoy the stars

Sunday, July 27

SCARE for a Cure Volunteer Kick Off Party – 1 p.m.
 14219 Littig Rd – Manor, Texas
 Have fun while creating the best haunted house that supports breast cancer recovery. Volunteers are needed to build sets, sew costumes, and make masks. Actors with speaking and non-speaking parts are also needed.

Saturday, August 2

Stuff the Bus – Donate school supplies for Manor ISD students – 9 a.m.– 1 p.m.
 Manor Walmart – 11923 US Hwy 290 East
 School supply lists will be posted. Pre-made packages of supplies available for nominal purchase.
 For more information – contact Manor ISD – The Whole Child Department – (512) 278-4462

Saturday, August 2

“First Saturday” Manor Free Clinic – 9 a.m. to 1 p.m.
 The clinic has moved to a new location to better serve patients.
 Manor Elementary Learning Center – 12904 Gregg Manor Rd Manor, Tx (behind Manor Middle School)
 The Free Clinic is for individuals who do not have health insurance.
 First Come/First Served
 Participants will visit with a doctor and learn about community resources. The Free Clinic is sponsored by the Manor Community Wellness Alliance.

Monday, August 4

Manor Middle School/Third Future Schools – first day of school.
 Manor Middle School is now a 6th through 8th grade public charter school through Third Future Schools.
 Their first day of school is different from the rest of Manor ISD.
 Please call the campus at (512) 278 if you have specific questions

Police Reports



JUL 15, 2025 to JUL 21, 2025

Date	Description	Incident Address
07/15	TERRORISTIC THREAT	9000 BLK HILL LANE
07/15	FAIL TO STOP	14000 US HWY 290
07/15	AGGR- ROBBERY	19700 BLK ANDREW JOHNSON
07/16	BURGL-VEH	12000 BLK ANDREW JOHNSON
07/16	BURGL-VEH	600 BLK BURNET ST
07/16	AGGRAVATED ASSAULT	12000 BLK US HWY 290
07/16	WARRANT	19000 BLK TIMBER ARCH LN
07/17	DISTURBANCE	12000 BLK TIMBER ARCH LN
07/17	WARRANT	500 BLK SAN MARCOS ST
07/17	FRAUD	12000 BLK ST MARY DR
07/18	DWI	10600 BLK OLD HWY 20
07/18	WARRANT	10900 BLK US HWY 290
07/19	DWI	14000 BLK US HWY 290
07/19	CRIM-TRESP	13000 BLK TESLA RD
07/19	WARRANT	12800 BLK ST MARY DR
07/19	DWI	14000 BLK US HWY 290
07/20	DWI	11900 BLK US HWY 290
07/20	DWI	13000 BLK GREENBURY DR
07/20	DWI	16000 BLK JARON DR
07/20	THEFT	11900 BLK RING DR
07/21	THEFT	19000 BLK CAROLINE HARRISON ST

KEY FOR ABBREVIATIONS:

ACC-ID: Accident Involving Damage
AGGR-ROBBERY: Aggravated Robbery
ASSAULT W/INJ: Assault With Injury
ABD-VEH: Abandoned Vehicle
BURGL-BLDG: Burglary of Building
BURGL-VEH: Burglary of Vehicle
CRIM-TRESP: Criminal Trespass
DAM-CPROP: Damaged City Property
DOA: Deceased Person
DISC-GUN: Discharging Firearm
DWI: Driving While Intoxicated
DWLS: Driving While License is Suspended
ENG-CRIM-A: Engaged in Criminal Activity
EVADE-ARR/DET: Evade Arrest Detention
FAFO: Criminal Mischief
FFO: Fleeing From Officer
ILL-DUMP: Illegal Dumping
NUIS-ANIM: Nuisance Animals
PKG-UNLAW: Parking Unlawful
PUB INTOX: Public Intoxication
POSS-F-FELON: Possession of Firearm by Felon
REC STOL-VEH: Recovered Stolen Vehicle
SEX OFFEND FTC: Sex Offender Failure to Comply
STRIKE: Failed to Comply, Striking Fixtures
UNLAW-CARRY: Unlawfully Carrying a Weapon
UNAUTH-USE OF VEH: Unauthorized Use of a Motor Vehicle
VIOL-CRT/ORD: Violation of Court Orders
VIOL-PROT/ORD: Violation of Protection Orders

Community Calendar

Eternal Faith Baptist Church Food Pantry
 12720 FM 973, Manor, TX – meets 2nd and 4th Saturdays of every month, 9 - 11 am.

Manor American Legion Post 331
 Meeting open to all veterans. Eternal Faith Baptist Church, Fellowship Hall 12720 FM 973, Manor, TX. 3rd Thursday of every month, 7 pm.

Meals with Manor
 Manor United Methodist Church, 510 N. Burnet St. Meals served from 6 pm to 7 pm on the last Wednesday of the month. The Food Pantry will also be available.

HOPE reSTORED
 Manor United Methodist Church, 502 N Burnet St. Open 1st and 3rd Wednesday of the month from 4 pm to 6 pm. Contact Nancy at (512) 925-1813 if there is an emergency need for clothing and household items.

Manor Lions Club
 429 W. Parsons St, Manor, TX
 2nd and 4th Monday of each month, 7:00 pm.

AI-Anon Meeting
 First United Methodist Church in Elgin. Tuesdays from 6:30 pm - 7:45 pm. Attend via Zoom, phone call or in person. Email elginjustfortoday@gmail.com for more info.

East Travis County Democrats
 Via Zoom - Get link on Facebook at East Travis County Democrats – meets 2nd Tuesday of each month, 7 pm.

Manor Arts Council
 Good Luck Grill – meets First Tuesday of each month, 6 pm. Visit and message us on Facebook 512-585-9105 www.ManorArtsCouncil.org

Central Texas Food Bank Mobile Distributions
 Manor Senior High, 14832 FM 973, Manor, TX 2nd and 4th Friday of each month, starting at 8 am - 9:30 am. Volunteers are welcome to help starting at 7:30 am.

St. Mary Magdalene Episcopal Church
 12800 Lexington St, Manor, TX
 ESL Classes – Wednesday (new day) 6 pm - 7 pm. ESL is now in the annex.
 Narcotics Anonymous meetings – Wednesdays 6:30 pm - 7:30 pm.

Manor Community Market
 The Shadowglen Clubhouse, 11525 Shadowglen Trce, Manor, TX
 Open every Wednesday from 4-8 pm, and every 2nd and 3rd Saturday from 4-8PM at the Glen Food Park located at 13538 FM973.

Churches & Temples



APOSTOLIC
GRACE COVENANT CHRISTIAN CTR.
 Temporarily @Manor Lions Club located at 429 West Parsons St. in Manor. New church site 14518 U.S. Hwy 290 E. 512-786-0133

ASSEMBLIES OF GOD
GLAD TIDINGS CHURCH - MANOR CAMPUS
 18201 Blake Manor Rd, Manor, TX (512) 459-5481

BAPTIST
ETERNAL FAITH BAPTIST CHURCH
 12720 FM 973 North, Manor, TX 512-272-4043

GILDON CREEK FIRST BAPTIST CHURCH
 310 S. San Marcos St, Manor, TX 512-272-4575

GILDON CREEK THIRD BAPTIST CHURCH
 204 East Burnet St, Manor, TX 512-272-5296

LITTLE ZION BAPTIST CHURCH
 406 East Burton St, Manor, TX
PARK SPRINGS BAPTIST CHURCH
 18415 Lockwood Rd, Manor, TX 512-272-5723

RIVER ROAD BAPTIST CHURCH
 12712 FM 969, Manor, TX 512-276-3824

SHILOH BAPTIST CHURCH
 18409 Littig Rd, Littig, TX 512-285-3980

CATHOLIC
ST. JOSEPH CATHOLIC CHURCH
 10104 Hill Lane, Manor, TX 512-381-6998

CHURCH OF CHRIST
MANOR CHURCH OF CHRIST
 201 San Marcos St, Manor, TX 512-745-0030

EPISCOPAL
ST. MARY MAGDALENE EPISCOPAL
 12800 Lexington St, Manor, TX 512-645-0212

EVANGELICAL
VIENTO Y FUEGO (WIND & FIRE CHURCH)
 19317 Engelman Rd, Manor, TX 512-810-4556

LUTHERAN
NEW SWEDEN LUTHERAN CHURCH
 12809 New Sweden Church Rd, Manor, TX 512-281-0056
ST. JOHN LUTHERAN CHURCH, RICHLAND
 17701 Cameron Rd, Pflugerville, TX 512-251-4314

METHODIST
DECKER UNITED METHODIST CHURCH
 8304 Decker Lane, Austin, TX 512-272-5371

ELGIN GLOBAL METHODIST CHURCH
 Currently meets in Bethlehem Lutheran Church, 17808 Lund Carlson Road, Elgin, TX 78621 512-270-9901

MANOR UNITED METHODIST CHURCH
 510 North Burnet St, Manor, TX 512-272-4914

CHURCH OF LATTER-DAY SAINTS
THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
 12805 Beltex Drive, C1 & C2, Manor, TX 210-685-1958

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
 1000 Rutherford Lane, Austin, TX 512-203-7013

NON-DENOMINATIONAL CHRISTIAN
ABUNDANT LIFE CHURCH-EAST
 104 W. Carrie Manor St, Manor, TX 512-251-4673

CALVARY CHAPEL EAST METRO
 407 E Eggleston St, Manor, TX 512-590-0925

CHURCH WITHIN CHRISTIAN (THE)
 11819 Edward St, Elgin, TX 512-632-7028

CHRIST CHAPEL
 509 East Carrie Manor St, Manor, TX 512-272-5768

NEW DAY MINISTRY
 Presidential Meadows Elem. School 13252 George Bush St, Manor, TX

NEXT LEVEL COMMUNITY CHURCH
 13419 Hwy 290 East Bldg 4, Manor, TX 512-524-5608

OUR LADY OF PERPETUAL EXEMPTION
 501-C3 S. IH-35, Austin, TX 844-545-5640

PALABRA DE DIOS WORD OF GOD
 300 East Parsons St, Manor, TX 512-272-9091

TURNING POINT FELLOWSHIP CHURCH
 11805 Johnson Road Trail, Manor, TX 512-956-1894

PRESBYTERIAN
FIRST PRESBYTERIAN CHURCH OF ELGIN
 303 N. Ave. C, Elgin, TX (512) 281-2395

TEMPLE
AUSTIN HINDU TEMPLE & COMM CENTER
 9801 Decker Lake Rd, Austin, TX 512-927-0000

HUE LAM BUDDHIST TEMPLE
 11901 Johnson Rd, Manor, TX 512-415-2156

Puzzle Answers for page 7

Weekly SUDOKU

Answer

9	3	6	4	1	7	8	5	2
5	4	7	2	9	8	3	1	6
1	8	2	3	5	6	9	4	7
3	9	8	7	6	4	1	2	5
6	1	5	9	8	2	4	7	3
2	7	4	1	3	5	6	9	8
7	2	1	8	4	3	5	6	9
8	5	9	6	7	1	2	3	4
4	6	3	5	2	9	7	8	1

King Crossword

Answers

Solution time: 21 mins.

W	A	I	T	B	A	S	S	S	A	C		
A	L	P	O	I	N	T	O	T	V	A		
R	O	O	M	G	O	U	T	A	I	L		
M	E	S	A	G	N	P	P	R	A	M		
				T	O	E	I	S	O			
U	P	R	O	A	R	D	U	T	I	E	S	
A	R	E	S	T			M	A	R	K	S	
R	E	D	O	E	S		D	O	T	A	G	E
				U	N	A	U	S	O			
Q	U	I	P		L	O	B		C	H	E	M
U	R	N		A	M	M	O		H	I	L	O
A	S	K		M	A	N	I		I	D	E	S
D	A	Y		A	N	I	S		P	E	C	S

The Manor Journal

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The Manor Journal

NEWSPAPER ADVERTISING STILL REMAINS TO BE ONE OF THE MOST EFFECTIVE TOOLS FOR BUSINESSES TO REACH THEIR CLIENTS.



Sales Tax Holiday

AUG 08 through AUG 10

Vicki McFarland, Reporter
news@manorjournal.com

Texas will celebrate its state “sales tax free holiday” from midnight Friday, August 8 through midnight on Sunday, August 10. For purchases made during the three-day holiday, customers can save about \$8 for every \$100 they spend on tax exempt items.

The sales tax holiday weekend has been held every year since 1998 to help families prepare for back-to-school expenses. The Texas Legislature is responsible for setting the date of the annual holiday as well as denoting which items will receive sales tax exemptions.

The sales tax exemption applies only to qualifying items bought during the sales tax holiday. Items purchased before or after the sales tax holiday do not qualify for exemption, and there is no tax refund available.

Items that qualify for free sales tax:

Most shoes, clothes, and school supplies are sold tax-free if they are less than \$100. There is no limit on the number of items that can be purchased with the exception of backpacks. Parents can purchase up to ten backpacks, including those that have wheels, and messenger bags.

Items can be purchased in stores, online, by telephone or by catalog through midnight Sunday, Aug. 10. For those buying online, the sale must be complete, and all charges must go through to the payment processor by the deadline to be exempt.

Shipping, delivery and handling charges are part of the sales price with a \$100 cap, so keep that in mind. For example, if you order a pair of jeans for \$95 with a \$10 delivery charge, the total price is \$105, which means it will not be tax-free.

An example of school-related items that will be tax free include binders, book bags, calculators, crayons, erasers, folders, glue, paste and paste sticks, highlighters, lunch boxes, paper, pens and pencils, shirts and blouses, pants and jeans, dresses and skirts, shoes, boots and sandals, socks, underwear, hats, and caps.

The following items do not qualify for exemption during the sales tax holiday:

items sold for more than \$100, specially designed athletic activity or protective-use clothing such as golf cleats and football pads, clothing rentals or alterations, cleaning services, jewelry, handbags or purses, briefcases, luggage, umbrellas, watches, computers, software, or textbooks.



Clothing costing less than \$100 will not be charged sales tax. Photo by Reruns Resale Boutique.

MISD Resource Fair and Enrollment Bash

AUG 09

Vicki McFarland, Reporter
news@manorjournal.com

The 25th Annual School Resource Fair and Back to School Enrollment Bash sponsored by the Manor ISD Whole Child Department will be held on Saturday, August 9 from 9 a.m. until 1 p.m. at Manor Senior High School located at 14832 FM 973 in Manor.

Students must complete the online registration form or returning student verification form to participate in the event.

Free school supplies and backpacks for Manor ISD students only will be distributed as long as supplies last. A large number of vendors and business organizations will be providing resources and information about the services they provide.

For more information about the Resource Fair and Enrollment Bash, please contact the Manor ISD Whole Child Department at (512) 278-4462.



Backpacks and school supplies will be distributed at the Resource Fair and Back to School enrollment bash. Photo by Manor ISD.

“Operation Slow Down” Campaign

JUL 18 through AUG 03

Texas Department of Transportation

“Speeding is not an accident, it’s a choice,” TxDOT Executive Director Marc Williams said in a news release. “When you choose to drive even just a little over the speed limit, you are not only risking your own life, you are risking the lives of every other person on the road with you and that is not being a good Texan.”

In 2024, excessive speed contributed to traffic crashes resulting in 1,467 deaths on Texas roads. Excessive speeds caused a total of 158,362 crashes in Texas in 2024.

That is why the Texas Department of Transportation (TxDOT)’s “Be Safe. Drive Smart” campaign is partnering with law enforcement agencies across the state in Operation Slowdown, which is a high visibility speed limit enforcement period.

From July 18 through August 3, an increased number of law enforcement officers will be patrolling Texas roads and highways to focus extra attention on motorists driving too fast.

TxDOT’s “Be Safe. Drive Smart” speeding awareness efforts also combine a statewide advertising campaign with an events tour featuring interactive exhibits that showcase the dangers of unsafe speed.

What Drivers Should Do:

- Stick to posted speeds and adjust based on conditions (traffic, weather, construction).
- Watch for special zones—school, work, and emergency areas carry doubled fines.
- Remain aware of the Move Over/Slow Down law: reduce to 20 mph under the limit when passing stopped emergency or utility vehicles with flashing lights.



Learn more at [DriveLikeATexan.com](https://www.drive-like-atexan.com)

Social Security checks will go paperless - impacting half a million seniors

SEP 30

Staff Report

For roughly half a million people who still receive their Social Security check from their mailboxes every month, those days are ending.

Beneficiaries will have to choose between direct bank deposit or a debit card. The change could be a hardship for the unbanked and those without internet access.

Starting September 30, the Social Security Administration (SSA) will no longer issue paper checks for benefit payments. This transition to electronic payments was mandated by President Donald Trump in March.

Social Security payments for the more than 73 million Americans receiving benefits, including retired workers, disabled workers, survivors of deceased workers, and those receiving Supplemental Security Income, are mostly made electronically these days.

Mostly, but not entirely.

Less than 1% of total recipients, or about 520,000 people, do not get their check direct deposited into their bank account or prepaid debit card. Social Security is “proactively contacting those beneficiaries to alert them about the change,” an agency spokesperson told Yahoo Finance.

People who receive paper checks have two options for receiving their Social Security payments electronically. They can enroll in direct deposit with their financial institution that allows monthly payments to be deposited into their checking or savings account. For people without a bank account, there is a prepaid debit card, called Direct Express.

There are good and bad sides to this mandate, experts say.

“In general, it is a good thing in that it ensures benefits will flow in the case of natural disasters that can interrupt postal delivery,” said Mark Miller, an author and retirement expert.

Shannon Benton, executive director of the Senior Citizens League, added that the transition to electronic Social Security payments “improves security and reduces fraud.”

The downsides of the change may be felt by the most vulnerable recipients.

“It is concerning how it may affect vulnerable seniors, especially those without bank accounts or internet access,” Benton said. “The rollout of this initiative should be a gradual phase-in period with clear communication to ensure no one is left behind. The transition to electronic Social Security payments could pose significant challenges for unbanked individuals, those without internet access, or those who are not computer literate.”

Six percent of Americans are “unbanked”

Neither they nor their spouse or partner had a checking, savings, or money market account, according to the Federal Reserve’s most recent analysis.

These rates are significant among low-income adults. Roughly a quarter of adults with income below \$25,000 were unbanked compared with one percent of adults with income of \$100,000 or more. Unbanked rates were also higher among younger adults, Black and Hispanic adults, and adults with a disability.

The agency’s guidance for those still receiving paper checks is to update payment information by logging on to their My Social Security account online.

But what if you cannot do that?

A process exists today for beneficiaries who are unbanked and cannot use the Direct Express card to continue receiving paper checks, said Max Richtman, president and Chief Executive Officer of the National Committee to Preserve Social Security and Medicare. They must be granted a waiver by the Treasury Department, which grants them in cases of hardship or geographic limitations.

Following the change in September, the Treasury Department will continue making exceptions in certain circumstances.

To qualify for a waiver, a beneficiary must:

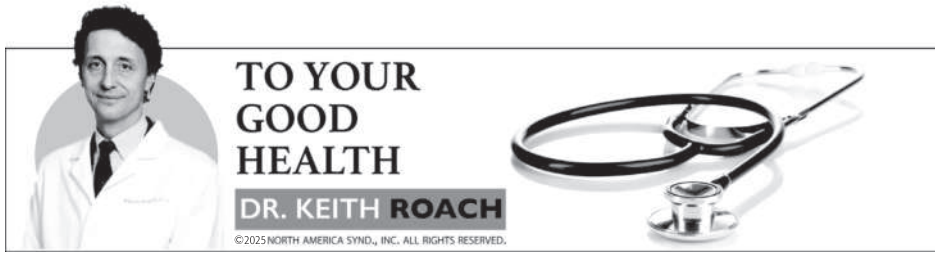
- Have a mental impairment that makes electronic payments a hardship;
- Live in a remote area that lacks the infrastructure to support electronic financial transactions, or
- Be age 90 or older

To request a waiver application or inquire about an existing waiver, individuals can contact the Electronic Payment Solution Center’s waiver line at 855-290-1545. The agency also has staff on hand to help beneficiaries choose an electronic payment option, but experts are concerned about what will happen to them if they cannot make the transition.

“There is the prospect of delays in payments for these individuals in the fall, for these thousands of seniors who will need to go to a field office to continue receiving benefits,” Richtman said.

Given that the Trump administration has made deep staff cuts at the agency, that could be a delay. The current average wait time for an appointment is thirty-five days. Appointments are set up by calling 1- 800-772-1213.

The Social Security Administration has been trying to shift to an all-electronic payment system for more than twelve years, Miller said. This time looks like it is for real.



TO YOUR GOOD HEALTH
DR. KEITH ROACH
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Understanding How PSAs and DREs Help Identify CANCER

DEAR DR. ROACH: I am a 53-year-old healthy male, and I always request to check my PSA levels each year. My 57-year-old brother's new doctor denied his request for a routine PSA check on their initial visit. She said that the test now produces more false positives as well as unnecessary procedures and surgeries, so she said "no" and wouldn't order it.

Are primary care physicians discouraging the PSA test for older men now? I don't get any push back when I request to check it. Also, I heard the digital rectal exam (DRE) isn't as valid anymore for screening. His new doctor also did not do a DRE. I'm curious to know your thoughts on the current DRE and PSA screening guidelines for primary care physicians. -- C.C.

ANSWER: The prostate-specific antigen (PSA) test is a screening blood test for cancer, and the recommendation for its use has gone back and forth over decades since it's been introduced. Since screening and prevention are my areas of expertise, I have followed the literature on the use of PSAs and other screening tests very closely.

In my opinion, your brother's doctor was wrong to refuse to order the test. She was right that it does produce false positives, which could potentially lead to unnecessary surgeries; however, there are good ways to reduce unnecessary treatment while still ordering the test, which can save lives.

Most prostate cancer is so slow-growing that it is likely never to bother a man until he dies from something else. So, we don't want to operate on these relatively indolent cancers because there's a possibility of a serious side effect from surgery, such as urinary incontinence or erectile dysfunction (neither of which any man wants).

Before operating, careful testing is done on the prostate cancer, including imaging (ideally by an MRI scan), a biopsy with pathological examination, and often genetic testing of the tumor.



Along with the PSA results, we can separate prostate cancer into categories of very low risk and low risk versus intermediate and high risk.

Once we have the diagnosis, we can make good recommendations so that we can identify the rare high-risk cancers while not unnecessarily treating the low-risk cancers. Without screenings, we can't keep rare, small and aggressive tumors from spreading until it's too late.

Now I have to tell you that 57 isn't so much "older" than 53, at least from the perspective of prostate cancer screening. The most important time for prostate cancer screening is ages 50-70. There are some men who benefit from starting screening at a younger age (those with a family history, Black men, and men with certain genetic risks), and there are some who benefit from starting screening when they're older than 70.

The DRE does not add much to the results of the blood test. Approximately 1% of men will get prostate cancer that is diagnosed by the DRE as part of combined screening. Many men will refuse screening if it includes a rectal exam, and it's estimated that 90% of abnormal rectal exams will be false positives. On the other hand, I've had instances where quite a few men don't feel like they have been adequately screened unless they get the DRE.

I have a discussion with every man about PSA testing, and I recommend it for most men in this age group. But I only rarely have had a man say that he doesn't want it once he understands that we won't recommend surgery unless the combination of all the studies show this is a high-risk situation.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.



donna erickson's BEST BITES
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Make Slow-Cooker Oatmeal for an Easy Morning Routine. It would be an apt description to call my husband a "musher" even though he has never trained, led or raced a dog team of huskies. Simply put, he likes to wake up in the morning to a hot pot of coffee and prepare a big, steaming bowl of homemade oatmeal, or what our family has called it for generations -- "mush."

He makes the "mush" by dumping a cup of steel-cut oatmeal that we buy for only 25 cents per cup in bulk at our neighborhood store into a cooking pot on the stove. He adds water, raisins, and chopped fresh fruit such as an apple or a pear, then tosses in a pinch of salt and cinnamon. It's ready to eat in about 30 minutes, just as he opens the sports section of the morning paper.

His has been a fine and dandy routine for years until he recently started a new job as an assistant superintendent of a school that starts in the wee hours of the morning and is located on the opposite end of town from our home. The new early wake-up call prompted a happy discovery: slow-cooker oatmeal. Now he tosses the ingredients in our slow cooker the night before and sets it on low so that the healthy "mush" is hot and ready to enjoy the moment he wakes up. It's a "musher's" dream come true!

If your family knows and likes their oats, give this easy and super cheap version a try. For about 4 servings, you'll need:

Morning Oatmeal

First come, first serve.

- 1 cup steel-cut oats (not quick-cooking or instant oats)
- 3 cups water
- A pinch of salt
- 1/2 cup chopped fresh fruit such as an apple or a pear
- Dried fruit to taste such as apricots, raisins and cranberries
- Cinnamon to taste (optional)

Here's the fun: Let your kids measure and pour ingredients in the slow cooker before they go to bed. Stir, cover and set cooker at low heat. In the morning, stir and serve. Vary toppings from day to day such as brown sugar, cinnamon sugar, honey, nuts or chopped banana. Add milk if you wish.

ALTERNATIVE IDEA

Try this recipe with your rice cooker if it has a porridge or cereal function that cooks oatmeal. Place ingredients in a bowl and refrigerate the night before. Pour contents into the cooker in the morning, then turn it on. It will cook on its own for about 25 minutes while the family gets dressed.

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at www.donnaerickson.com. ©2025 Donna Erickson. Distributed by King Features Synd.

SeniorNews

Matilda Charles



Video games for seniors

A recent annual report by the Entertainment Software Association indicates that over 50 million seniors are playing video games. That's over one-quarter of the total number of people playing video games.

Color me shocked. The reason: I thought I was the only one, or at least one of a very few. Little did I know that so many other seniors are also playing video games -- and that more than half of those are females.


When asked why they play, 77% of seniors responded that they play video games to relax, 51% to have fun and 65% to keep minds sharp. There's social interaction, which helps combat isolation. We can improve memory, problem-solving skills and hand-eye coordination. We can slow cognitive decline, reduce the risk of Alzheimer's disease and improve mental flexibility. In other words, playing video games can be good for us.

How to get started if you don't already play? I started playing video games right after I got my first computer, back in 1994. While I've gone through several computers over the years, I still have some of the original games, and they're now classics. For several years I had a membership that sent me a new game every month as well.

To get started now, if you'd like to try playing video games, begin with something easy, either for your computer or tablet. You have so much to choose from. There are word games and puzzles. There are classic games where you can play chess against the computer. There are trivia games, community builders (you build an online town) and shooter games where you kill enemies or monsters. You can play by yourself or in groups online.

One place to start is the AARP Games Center (aarp.org/games), where you can play dozens of games for free and even more if you're a member.

Have fun!



The Garden Bug

Tree roots

A tree's root system keeps its trunk and canopy upright against the forces of wind and gravity. The strength of this system depends on soil type, soil moisture, tree species, root health and the depth and width of a tree's main structural roots. It has been found that in some trees, one root, or a suite of roots, supplies a specific branch or branches with nutrients, often on the same side of the tree as that root. Any damage to that root or roots manifest in damage to the corresponding branches.

Source: cmg.extension.colostate.edu — Brenda Weaver

Life is a Mountain, Not a Beach

by Jody Dyer

"The good man is the friend of all living things."

—Mahatma Gandhi

Mount Whitney, at 14,494 feet, was first identified as the tallest peak in the contiguous United States when the California Geological Survey entered the Sierra in July of 1864.

The first recorded ascent of Mount Whitney took place on August 18, 1873, when three fisherman, John Lucas, Charles Begole, and Albert Johnson, climbed Mount Whitney from their base camp at Soda Springs on the Kern River. Just a month later, the famous naturalist John Muir would climb the peak, and it has since become a mecca for thousands of hikers and climbers who each year come to scale its summit. While you can climb Whitney without technical climbing gear, the ascent can be dangerous. Every year people die on the way up. Falls, severe weather, and altitude sickness are the primary reasons. In the summer of 1991,

my stalwart friend Phil and I joined my friends Amy, Jack, and Mike to climb Mount Whitney. It was to be a memorable and prophetic trip.

My first impression of this part of the Sierra was awe. The mountains looked like they'd been sculpted by God. Rugged pine trees of all varieties dotted our rocky trail. Everywhere there were cool and refreshing streams and lakes.

The initial part of our climb was not easy, but we reached Mirror Lake below Whitney Trail Camp by noon on our first day. The later part of this day's hike proved to be much more difficult than the first. The remainder of the trail was steep, and with each foot of altitude gained I felt less "well" and more "sick." Mild discomfort turned into greater discomfort. I was stricken with altitude sickness, the major symptoms being headache, nausea, irregular breathing, and fatigue. Others in our party were suffering too. Despite this, we continued on, and by 6 p.m. were safe in Trail Camp. We had climbed to an elevation of 12,000 feet.

By now, the scenery had changed. Gone were the pines, we were now above timberline, and in their place stood nothing but granite. It was almost like being on the moon. The landscape was bleak, but strikingly beautiful. As the sun dropped low in the west we settled in for the night. Tents went up, stoves came out, and we ate and hit the sack. Feeling ill, I could not sleep. Early the next morning we prepared to make our final ascent. Soon up the trail, we realized it would be a long day.

With every step up I felt worse. It became difficult to walk without stopping frequently to rest. Our friends soon went ahead, leaving Phil and I to travel on our own. By the time we had covered a mile, my head was pounding. Feeling disoriented (I even saw stars) at one point I tried repeating my times tables to myself. I could only remember six times six. Soon I was stumbling. For most of the journey up, I had to repeatedly stop to help ease the throbbing in my head and give myself time to suppress the nausea and dizziness. During this entire time Phil patiently stayed with me, offering encouragement and making me laugh about the absurdity of our situation. I remember telling him that I was afraid I might have "drain bramage."

By 1 p.m. Phil and I had reached Trail Crest and continued on. Somewhere near the base of Mount Muir, we met Amy, Jack, and Mike. They had reached the top and were now returning to camp. Concerned for our safety, they offered us extra water, warm clothing, a flashlight, and Snickers bars. All we gladly accepted, continuing up. The last two miles to the summit of Mount Whitney proved brutal. For Phil, who was now sick himself, and I, it was grueling. We climbed at a snail's pace, stopping frequently, falling often. By 4 p.m. we reached the summit. Clear skies afforded us a spectacular view for a hundred miles in every direction. We stood on what seemed the top of the world and posed for a photo holding a tiny American flag which someone had left behind. Our glory was short-lived however because we realized it was imperative that we descend immediately. We

were both seriously ill and knew that the hike back to camp over a treacherous trail would not be easy. After reaching Trail Crest and beginning our descent on the east side of the mountain, I believe we were fairly staggering. At one point it snowed on the trail. Upon our return to camp, it was noted that we had been gone a total of 11 hours. We were beat, sick, and hungry. While gone, marmots (rock chucks) had invaded our tent and eaten our stash of food. We found only a few bagels for our dinner.

The next morning, now better adjusted to the extreme altitude, we were up early and feeling better. Craving a greasy hot burger in town, we waited no time in "bugging out" and hitting the trail down. At 12:15 p.m. we reached Whitney Portal, the bottom of the trail, making a round trip of 22 miles in two and a half days. Our climb that summer has mirrored our lives in the years since. Life has given us both high and hard mountains to scale. Our families have endured tragedy and suffering so painful I cannot put it into words. In grief, we can only look to God in quiet for comfort.

I am remembering my friend Phil today. He was a good man. The good man is the friend of all living things.



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How to get recovery assistance or make a donation

Staff Report

People in need of assistance to recover from Kerr County flooding can go to the Kerrville Salvation Army's social services office at 855 Hayes St. or call 830-465-4797.

Texans who sustained damage caused by the storms are encouraged to report it through the Individual State of Texas Assessment Tool. The tool helps emergency management officials understand the scope of the damage, which can influence emergency declarations and federal spending.

The Red Cross

The American Red Cross Serving Central and South Texas has opened shelters in the affected areas. Visit RedCross.org/donate and select "Your Local Red Cross" or Disaster Relief as a donation option. You can also call 1-800-HELP NOW (1-800-435-7669) to donate over the phone.

The Salvation Army

The Salvation Army Texas' mobile kitchen is providing meals and hydration to those affected by the floods in Kerrville. You can support their work by donating at HelpSalvationArmy.org or by calling 1-800-SAL-ARMY.

You can visit Volunteer.SalvationArmyTexas.org for current volunteer opportunities. The Salvation Army Kroc Center in Kerrville is coordinating donations of nonperishable goods, personal hygiene items, diapers, baby wipes and trash bags, among other items, at 855 Hays St. The center, which is posting regular updates on its Instagram account, is also accepting donations.

Kerr County Flood Relief Fund

The Community Foundation of the Texas Hill Country has started the Kerr County Flood Relief Fund to help vetted organizations that are providing rescue, recovery and relief efforts, the nonprofit says. The organization's website says the fund will support the communities of Hunt, Ingram, Kerrville, Center Point and Comfort. Visit CommunityFoundation.net for more details.

Austin Pets Alive!

The Austin animal shelter has a team in Kerrville providing medical care and transporting animals from the Kerrville Pets Alive shelter to its Austin shelter. APA, which says it has taken in more than fifty pets from flooded areas in Kerr and Williamson counties, is looking for help with fosters, volunteers, and donations. Visit AustinPetsAlive.org for more details. Take donations to 1156 West Cesar Chavez, Austin, TX. www.austinpetsalive.org

Texas Governor Gregg Abbot issued a disaster declaration for Bexar, Burnet, Caldwell, Guadalupe, Travis, and Williamson counties and asked the president to declare an emergency or major disaster, which then frees up federal funds to help those affected. The Federal Emergency Management Agency provides disaster assistance in these situations. Before applying for assistance from FEMA, insured Texans should first file claims through their existing policies. People cannot receive disaster and insurance assistance for the same damages. Doing so would be considered insurance fraud, according to FEMA.

The Salvation Army Kerrville

Kerrville police said Salvation Army Kerrville is the point of contact for a volunteer database and can be reached at tcr.communityos.org or by calling 830-465-4797.

World Central Kitchen

The nonprofit, founded by chef José Andrés, has a team on the ground in Kerrville providing food and water relief. Visit WCK.org for details to donate and to follow for updates.

James Avery Artisan Jewelry: Through August 4, the Kerrville-based jewelry company is donating 100% of proceeds from its "Deep in the Heart of Texas" charm to those impacted by the flooding. www.jamesavery.com

Austin Disaster Relief Network: The relief organization is accepting financial donations to provide physical, emotional, and spiritual care to those affected, as well as coordinating disaster response and cleanup. adrn.org

State and National Disaster Declarations

Gov. Greg Abbott expanded a state disaster declaration on July 5 to include Bexar, Burnet, Caldwell, Guadalupe, Travis and Williamson counties. On July 6, President Donald Trump approved a major disaster declaration, making federal assistance available to those in Kerr County.

With these declarations, affected Texans can access resources from state and federal agencies:

- Tax relief from the IRS: Affected taxpayers in federally declared disaster areas can receive filing deadline extensions.
- Individual assistance: FEMA offers individual disaster assistance including financial assistance, crisis counseling, case management, legal services, and unemployment assistance.



CITY OF MANOR PUBLIC NOTICE

The City of Manor Planning and Zoning Commission will hold public hearings to allow citizens an opportunity to discuss the proposed use and the potential impact on surrounding landowners on the following date:

August 13, 2025, at 6:30 PM
105 East Eggleston St
Manor, TX

Regarding the submission of a Rezoning Application for one (1) lot on 5.565 acres, more or less, and being TCAD parcel 236976 also known as 14305 E. US HWY 290, Manor, TX from (A) Agricultural to (C-2) Medium Commercial.

Regarding the submission of a Specific Use Permit for a 5,040 square foot Medical Office, one (1) lot on 5.565 acres, more or less, and being TCAD parcel 236976 also known as 14305 E. US HWY 290, Manor, TX.

The City of Manor City Council will hold public hearings to allow citizens an opportunity to discuss the proposed use and the potential impact on surrounding landowners on the following date:

August 20, 2025 at 7:00 PM
105 East Eggleston St
Manor, TX

Regarding the submission of a Rezoning Application for one (1) lot on 5.565 acres, more or less, and being TCAD parcel 236976 also known as 14305 E. US HWY 290, Manor, TX from (A) Agricultural to (C-2) Medium Commercial.

Regarding the submission of a Specific Use Permit for a 5,040 square foot Medical Office, one (1) lot on 5.565 acres, more or less, and being TCAD parcel 236976 also known as 14305 E. US HWY 290, Manor, TX.

Published 7/25/25

Feast Day of St. Mary Magdalene

JUL 27

The Reverend Daniel D. Robayo

St. Mary Magdalene Episcopal Church will celebrate the feast day of St. Mary Magdalene on Sunday, July 27 with a special worship service beginning at 11 a.m. Lunch will follow the worship service.

Founded fifteen years ago by The Reverend Alex Montes-Vela as a bilingual, multicultural, multiethnic,

multigenerational, open, inclusive, and affirming church, St. Mary Magdalene seeks to be transformed by God's generosity and is inspired to share God's generosity with our neighbors.

The church serves the Manor community as co-founders of the Manor Wellness Alliance and the Manor Free Clinic. The church also sponsors a community garden and participates in church-

sponsored projects that benefit Manor ISD donation drives for backpacks and Christmas toys.

Several organizations including Narcotics Anonymous, AA, and GeNell's Prom Closet utilize the church's facilities to host the events they sponsor.

For more information, please contact The Rev. Daniel Robayo who has served as the pastor since 2022 by sending him a text at (512) 912-6072.

St. Mary Magdalene Church, the white church with red doors is located at 12800 Lexington Street in Manor. The landmark is on the highest point in Manor.



St. Mary Magdalene Episcopal Church sits on the highest point in Manor. Photo by The Manor Journal.

Mosquito precautions urged amidst heavy rain and flooding

Austin Public Health

Many parts of Texas experienced historic rainfall during the first week of July according to meteorologists.

Rainfall totals in the Texas Hill Country exceeded normal rainfall in Mason County which received sixteen inches of rain, while Kerr County received more than ten inches of rain. Floodwaters caused the Guadalupe River to rise to thirty-five feet in less than four hours on July 4.

The Austin area did not experience the severe rainfall totals, but did receive 9.23 inches of rain from July 1 to mid July. Total figures show that the Central Texas area received 24.78 inches of rain in comparison to 19.6 inches of rain during the same time period in 2024. These figures indicate our area has sustained wetter-than-normal rain patterns of more than five inches of rainfall since spring.

Austin Public Health (APH) is encouraging the public to protect themselves from mosquitoes. This surge in rainfall could lead to a significant increase in the mosquito population, heightening the risk of diseases such as West Nile virus and Zika.

"We are in the midst of mosquito season this year, and this massive rainfall will raise the risk of mosquito-borne diseases in our community," said Environmental Health Services Division Chief Marcel Elizondo. "We urge everyone to follow the "4 Ds" to protect yourself, family members and neighbors."

The Texas Department of State Health Services recently announced the state's first West Nile virus case of 2025 in Brazos County. While their bites are itchy and annoying, mosquitoes pose a much greater threat to people by spreading disease. Mosquitoes may carry diseases that contribute to infections such as Zika, West Nile, dengue fever,

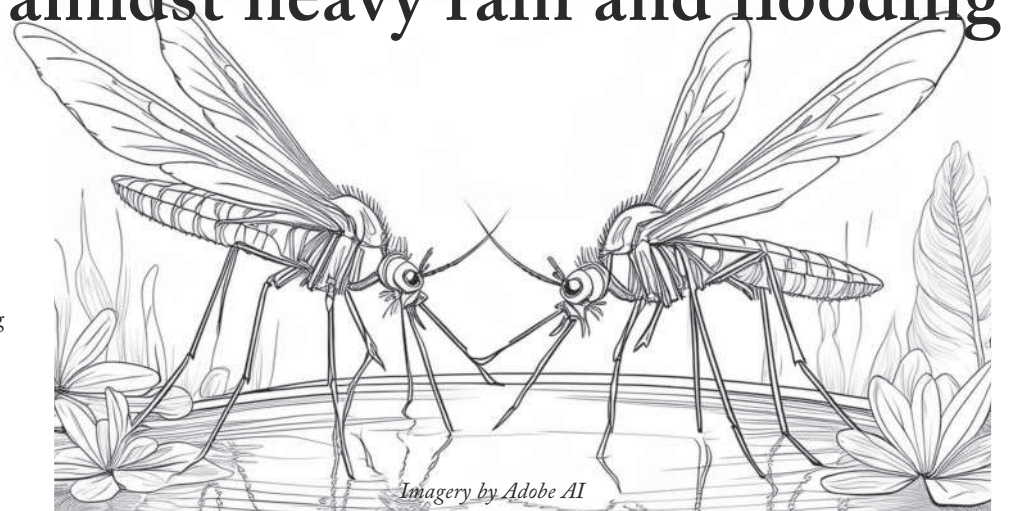
encephalitis, and canine heartworm.

In 2024, one hundred and one local mosquito pools in the Austin area tested positive for the virus. Preliminary results, pending finalization by the Texas Department of State Health Services (DSHS), show thirty-three West Nile virus cases, including two deaths, were reported in Austin-Travis County In 2024.

"This has been a wetter and cooler summer so far, a combination which mosquitoes thrive in," said Austin Public Health Director Adrienne Sturupp. "Let us do what we know works to stay safe. Dress appropriately, use repellent and clear out standing water to keep mosquitoes away."

You can learn more about keeping you and your loved ones safe from mosquitoes at austintexas.gov/mosquito.

Materials with information on prevention can be found in APH's Mosquito Toolkit.



Imagery by Adobe AI

Fight mosquito bites with the "Four Ds"

- 1)Dusk and dawn:** Although different species of mosquitoes are active at different times of day, the species that spread West Nile virus are most active between dusk and dawn.
- 2)Dress:** Wear pants and long sleeves when you are outside. Wear light-colored, loose-fitting clothing; mosquito-repellent clothing is also available.
- 3)DEET:** Apply insect repellent that contains DEET. Read and follow label instructions. Spray both exposed skin and clothing with repellent.
- 4)Drain:** Mosquitos lay their eggs in stagnant water. Remove standing water in your yard and neighborhood. Old tires, flowerpots, clogged rain gutters, birdbaths and wading pools can be breeding sites for mosquitoes.

Travis County Sheriff's Office seeks tips in 2018 cold case homicide

Kristen Dark
Senior Public Information Officer

July 20 marks the anniversary of the death of Juan Carlos Gomez, who was gunned down on FM 969 as he drove home from running an errand.

Travis County Sheriff's Office (TCSO) detectives believe someone knows information that may lead to an arrest. Anyone who saw Gomez that evening or has knowledge of the events that took place leading up to his death is asked to call the TCSO Tip Line at 512-854-1444.

Tips may also be sent via email to MajorCrimesTips@traviscountytx.gov.

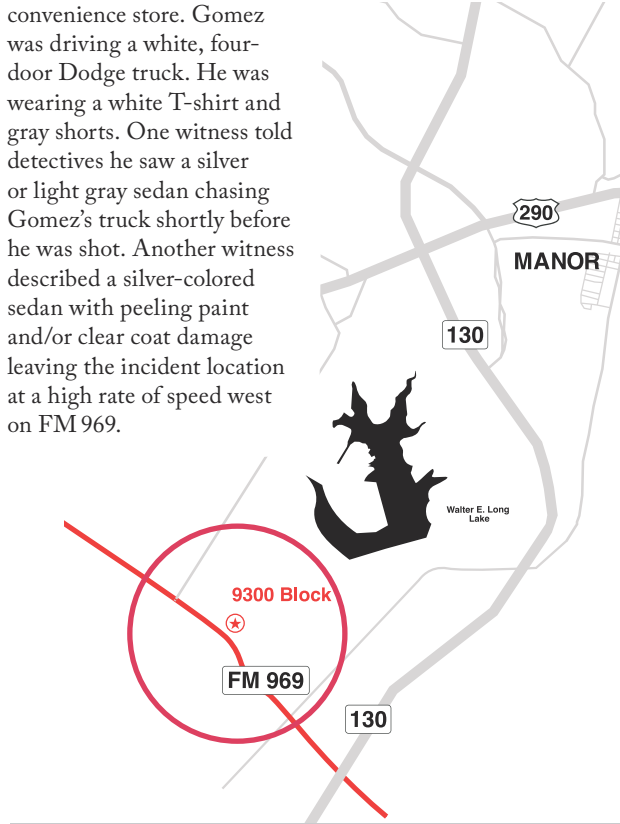
"Please help us bring justice to Juan Gomez's family. Sometimes a tiny detail that

does not seem important can be the key to solving a cold case. We want to hear from you. The Gomez family needs you to share what you know" stated Sheriff Sally Hernandez.

At 8:43 pm on July 20, 2018, deputies responded to a shooting at the entrance to a mobile home park in the 9300 block of FM 969. Upon arrival, they discovered a Hispanic male with a gunshot wound lying on the ground near his vehicle. The victim was transported to Dell Seton Medical Center and was pronounced dead at 10:13 pm. The victim was positively identified as Juane Carlos Gomez, 32, of Mexico.

Gomez had previously departed his residence at approximately 8 p.m. to purchase ice at a local

convenience store. Gomez was driving a white, four-door Dodge truck. He was wearing a white T-shirt and gray shorts. One witness told detectives he saw a silver or light gray sedan chasing Gomez's truck shortly before he was shot. Another witness described a silver-colored sedan with peeling paint and/or clear coat damage leaving the incident location at a high rate of speed west on FM 969.



There are no leads in the Juan Carlos Gomez homicide. Photo by Travis County Sheriff's Office.

Free Mental Health Class: Embracing Imperfection

Staff Report

Do you ever feel like you are not good enough or that you must be perfect all the time?

The Manor Wellness Alliance and Sin Miedo ("Fearless") Counseling have joined forces to sponsor a class for individuals sixteen years of age and older to learn how to embrace imperfections and improve their mental health.

The class will be held on Saturday, July 26 from 10 a.m. to 11:30 a.m. at St. Mary Magdalene Episcopal Church which is located at 12800 Lexington Street in Manor.

In the free workshop, therapists Natalia Alas Duran, LCSW-S and Lisa Batres, LCSW-S will discuss how to be kinder to yourself, create positive affirmations, and learn that it is okay to make mistakes. Their presentations will be made in both English and Spanish.

Free drinks and snacks will be served, and class attendees can also enter a free raffle for an HEB gift card.

About the Sponsors

The Manor Wellness Alliance is a 501 c 3 organization that is comprised of diverse community members serving Manor's health care needs. The Alliance sponsors the Supportative Pregnancy Care

Program, Hope in Action which focuses on community mental health and wellness, and the Manor Free Clinic which sponsors a free clinic on the first Saturday of each month for individuals who do not have health insurance.

Founded by two Latina therapists - Natalia Alas Duran, LCSW-S and Lisa Batres, LCSW-S - Sin Miedo ("Fearless") Counseling offers therapy that is affirming and culturally attuned to clients in person in Austin and online. Both therapists bring a wealth of personal and professional experience to their practice. As children of immigrants, they deeply resonate with the struggles

and triumphs of their clients, from breaking unhealthy cycles to finding ways to honor generational wisdom. Their mission is to empower individuals by equipping them with the tools, strategies, and language to make sense of their experience and to work towards healing. The practice offers individual counseling to teens and adults in Texas, Massachusetts, and Virginia.

To register.
Please use the Signup link:
bit.ly/ictions-2025



Social workers Natalia Alas Duran and Lisa Batres will conduct a self-awareness workshop on Saturday, July 26. Photo by Sin Miedo Counseling.

DENNIS SECURITY PROFESSIONAL SERVICES

Assets Protection Officers (armed and unarmed security officers)

Access Control/Video Security/Cloud Video Solutions/System Health Monitoring

Behavioral Threat Assessment and Management

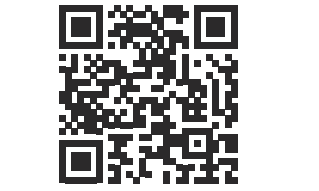
Security Management Consultation

www.dsaps.net

Fun Fact

In the early 1900s, female swimmers covered up completely at the beach. But by 1915, American women were wearing one-piece maillots to go swimming. A "two-piece" (a halter top with a bottom covering the navel, hips, and derriere) arrived in the '40s, worn by film stars and seen on American beaches. By the '60s, the bikini put more skin on display than ever.

Source: slate.com



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Sean Donnelly
Senior Vice President, Manor Market Manager

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MANOR MARKETPLACE

Salome's Stars

For the week of July 28th

ARIES (March 21 to April 19) Technology snafus tax your patience. But before you throw your computer or other bulky hardware into the trash, take a deep breath and call someone knowledgeable for help.

TAURUS (April 20 to May 20) Don't be too upset if your generosity goes unappreciated. These things happen, and rather than brood over it, you should move on. Meanwhile, a new friend could open up some exciting possibilities.

GEMINI (May 21 to June 20) A loved one helps you get through an especially difficult emotional situation. Afterward, spend the weekend immersed in the restorative powers of music and the other arts.

CANCER (June 21 to July 22) You are pretty much in charge of what you want to do this week. However, it might be a good idea to keep an open mind regarding suggestions from people you know you can trust.

LEO (July 23 to August 22) Another chance to shine (something always dear to the Lion's heart) might be resented by others. But you earned it, so enjoy it! The weekend brings news about a family member.

VIRGO (August 23 to September 22) A suggestion that never took off could become viable again. Dust it off, update it if necessary, and resubmit it. In your personal life, a new relationship takes an "interesting" turn.

LIBRA (September 23 to October 22) Confronting a new challenge to your stated position could work to your advantage. You can settle all doubts once you're able to present a solid defense that is backed up by equally solid facts.

SCORPIO (October 23 to November 21) You enjoy doing nice things for others, but this is a good time to do something nice for yourself as well. You might want to start by planning a super-special getaway weekend.

SAGITTARIUS (November 22 to December 21) Some changes you feel like you need to make might be reasonable and appropriate. But others might lead to new problems. Think things through carefully before you act.

CAPRICORN (December 22 to January 19) Good instincts usually keep the sure-footed Goat on the right path. What others might see as stubbornness on your part reflects your good sense of what is worth supporting.

AQUARIUS (January 20 to February 18) A period of introspection could lead to some surprising conclusions and equally surprising changes involving a number of your long-held positions on several issues.

PISCES (February 19 to March 20) The financially practical PISCES might want to take a sensible approach to spending as well as investing. Being prudent now pays off later. In other news, a romantic situation moves into another phase.

BORN THIS WEEK: Your sense of curiosity keeps you continually alert for what's new about people, places and things. You know how to stay on top of trends or even start them yourself.

HELP WANTED Advertising Manager

Are you energetic, outgoing, creative, and a self starter? We're looking for a good communicator and team player to join The Manor Journal. You will reach out to businesses in the Manor, TX area, handle incoming inquiries, ongoing ads and legal notifications. Pay is monthly and commensurate with sales.

RESPONSIBILITIES: Manage the sales of advertising space. Build and maintain relationships with advertisers. Coordinate advertising with the design and layout team. Develop effective ad campaigns. Attend monthly Manor Chamber of Commerce meetings for networking and staying abreast of the business community

SKILLS: Strong sales skills with the ability to negotiate and close contracts. Excellent verbal and written communication skills. Strong organizational skills to manage multiple campaigns and deadlines. Keen eye for detail to ensure accurate ad placement and content. Focus on customer satisfaction and building long-term relationships. Ability to analyze sales data to drive business decisions. Email your resume, references and why you feel you'd be a good fit for our team, to Publisher@ManorJournal.com

Paw's Corner

By Sam Mazzotta

Finding affordable pet care and pet products

DEAR PAW'S CORNER: I retired four years ago and thought I had enough to cover all my expenses, plus some. But the rise in prices for everything has really hit hard. I can't afford to take my two Dachshunds, "Kili" and "Fili," to the vet for their annual checkups and shots. And I'm terrified what will happen if one of them gets sick. Do you know of any way I can cut expenses for pet care? -- Dave M., Santa Monica, California

DEAR DAVE: I completely understand. These are difficult economic times, especially on a fixed income. But there are lower-cost pet care options available.

First, contact Kili and Fili's veterinarian and explain your situation. Ask if they offer any discounts or payment options for care, or if they have any recommendations for free or low-cost care. Vets will work with you to keep your dogs healthy.

Next, contact the local Humane Society or shelter and ask the same questions. Shelters want pets to stay with their owners and have resources and contacts to help make their care easier and more affordable.

Ask about low-cost or free pet vaccination events (often called shot clinics). These take place in many towns and cities at least once a year. For less than half the cost of a routine visit (and sometimes free), these clinics give pets their required vaccines and may offer additional services like physical exams and blood tests. These are frequently announced online, but you may be able to locate one by contacting your town office or the local shelter.

The most important advice I have for you is: Don't go it alone. Tell your vet, close friends and family members about your financial situation and the care your dogs need. People are there to help -- just reach out.

Send your tips, comments or questions to ask@pawscorner.com.

Pet Of The Week

Bastrop County Animal Shelter is located at 589 Cool Water Dr., Bastrop, TX.

Meet Molly!

MOLLY, a 6-year-old beautiful, yet totally silly, Pyrenees is a people lover through and through. When she spots you holding a leash, she breaks into a dance of anticipation—part excitement, part "potty time" celebration. Yes, she's seems potty trained, but the walks? Those are her jam! Nothing beats the joy of stretching your legs and sniffing the world like a true doggy connoisseur.

After the stroll, Molly loves to settle down on a bench for some quality chill time—talking (if you count tail wags and happy sighs) and maybe a little hair brushing—after all, a girl's gotta keep her gorgeous white fur and big snow-white fluffy tail model ready!

Searching for an adult pup to share some quiet love and silly laughter with? MOLLY is ready to dance her way right into your heart!



Bastrop County Animal Shelter
ANIMAL ID: BCAS-A-143080
BREED: Pyrenees
SEX: Female
WEIGHT: 60 lbs
AGE: 6 yrs

Adoption Information
 Adoption hours are Wednesday–Sunday from 11am–4pm. Give them a follow on Facebook! <https://tinyurl.com/mv3ds6w>

Newspaper advertising still remains to be one of the most effective tools for businesses to reach their clients. The Manor Journal

Just Like Cats & Dogs

by Dave T. Phipps

IN POKER I SAID IT'S OK TO BLUFF, BUT I'M PRETTY SURE USING "WOMEN'S INTUITION" IS UNFAIR.

TOP 10 movies

- Superman** (PG-13) David Corenswet, Rachel Brosnahan
- Jurassic World: Rebirth** (PG-13) Scarlett Johanson, Mahershala Ali
- F1: The Movie** (PG-13) Brad Pitt, Damson Idris
- How to Train Your Dragon** (PG) Mason Thames, Nico Parker
- Elio** (PG) Yonas Kibreab, Zoe Saldaviza
- 28 Years Later** (R) Jodie Comer,
- Lilo & Stitch** (PG) Maia Kealoha, Sydney Agudong
- Mission: Impossible - The Final Reckoning** (PG-13) Tom Cruise, Hayley Atwell
- M3GAN 2.0** (PG-13) Allison Williams, Ivanna Sakhno
- Materialists** (R) Dakota Johnson, Chris Evans

HOCUS - FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Cover is missing from waiter's tray. 2. Straw is missing. 3. Exit sign is lower. 4. Back of chair is different. 5. Apron is missing. 6. Stripe is added to sleeve.

Weekly SUDOKU

	3	6	4	1	7		5	2
5	4		2	9	8	3		
	8	2					4	7
		8						5
	1	5			2			3
	7			3	5	6		8
					3		6	9
8	5	9	6		1			
					7		1	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦ Moderate ♦♦♦ Challenging ♦♦♦ HOO BOY!

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King Crossword

ACROSS

- "Hold on ..."
- Low voice
- Pouch
- Dog's bowful
- Fascinated by
- FDR project
- Leeway
- Toe woe
- Have the flu
- Butte's kin
- Econ. measure
- Baby carriage
- Water-testing digit
- Equal (Pref.)
- Hue and cry
- Obligations
- "Give it —!"
- Report card data
- Overhauls
- Second childhood
- Italian article
- I-entertaining gp.
- Witticism
- Arched tennis shot
- Lab sci.
- Coffee vessel
- Bullets
- Hawaiian city
- Request
- Gershwin's "The — Love"
- Mid-month date
- 24 hours
- Black birds
- Chest muscles, briefly
- 20 Addictive snack
- 22 Like Cheerios
- 24 Japanese wrestlers
- 25 Former Mideast org. (Abbr.)
- 26 Opposite of "post-"
- 27 Flushed
- 29 Roth svgs. plan
- 30 Heart chart (Abbr.)
- 31 Away from NNW
- 35 Author Rushdie
- 36 NAACP co-founder W.E.B.
- 39 Campus area
- 40 Celestial bear
- 41 Jet-black
- 43 Hotel chain
- 45 Conceal
- 46 Power co. supply
- 47 Spanish —
- 49 Docs' org.

DOWN

- Friendly
- Lotion additive
- Wall Street debuts
- Grilled cheese go-with
- More imposing
- Soon, poetical-ly
- Inane
- Drunkard
- Rating unit
- Athletic shoe brand
- Tranquil



WHERE EVERYDAY IS
HAPPY HOUR!



Cheerz offers a wide range of alcoholic beverages, including spirits, cocktails, wine, and beer.

14001 ShadowGlen Blvd Manor, TX 78653 Mon – Wed 11am-12am | Th - Sat 11am-2am | Sun 12pm-12am

SMARTYPANTS

The Grand Canyon

Grand Canyon National Park is one of the most special places on Earth. Located in Northern Arizona in the United States it is not just spectacular to see as a tourist from the edge, but it is a living science museum. It is a record of time on this planet and is a home for a wide range of animals. Evidence of human life from the past can be found as well as dinosaur fossils. From the rim of the canyon, to the canyon floor, amazing discoveries wait to be found. There is a lot to explore because the Grand Canyon is 277 miles long and 18 miles wide. It is bigger than the entire state of Rhode Island. Today you can visit the park, hike trails, take a helicopter ride above the canyon or even ride a mule from the top to the Colorado River deep within the canyon walls.

ACROSS

- 2. All of the living and nonliving things in an area
- 5. An exciting and risky trip
- 8. Proof that shows something is true
- 9. Scientists who study archaeology
- 10. A pattern of behavior shared by a society
- 11. Animals that are part horse and part donkey
- 12. A dry area
- 13. Very impressive
- 17. The remains of ancient organisms
- 18. The largest flying bird in North America
- 19. A group of similar organisms

DOWN

- 1. Someone born or raised in a particular place
- 3. A small community of people
- 4. A long journey or voyage
- 5. Any object made by human beings
- 6. The Spanish word for conqueror
- 7. A person who sets out to discover something new
- 14. An ancient indian culture
- 15. A southwestern state in the U.S.
- 16. A deep river valley with steep sides



Solutions and more at smartyantsnews.com



SMARTYPANTS ACADEMY

More materials for parents and teachers!

VIDEOS!

Scan to watch these videos about the Colorado River and the Grand Canyon



SMARTYPANTS

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