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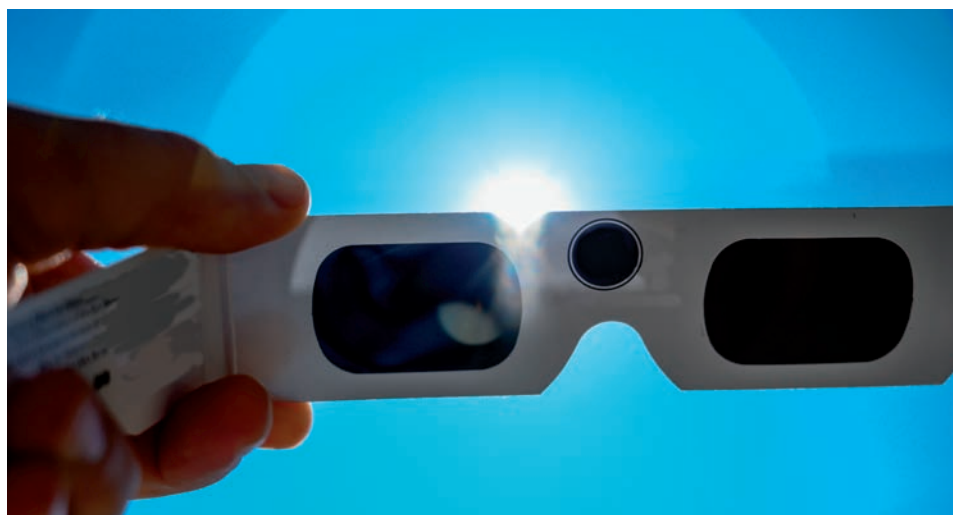


Thursday, Oct. 12, 2023

Vol. 95, No. 41

1 Section, 12 pages

50¢



October is Breast Cancer Awareness Month — a time when the disease affecting hundreds of thousands of American women each year gets renewed attention.

American women have a one in eight chance (12.9%) of developing breast cancer during their lifetimes, while American men have a one in 800 chance (0.13%), according to the National Institutes of Health's National Cancer Institute.

Each year about 264,000 women are diagnosed with breast cancer, and approximately 42,000 women die of the disease, the Centers for Disease Control and Prevention (CDC) reports. (About 2,400 men are diagnosed with breast cancer each year and some 500 men die from it annually, CDC data shows.)

Since breast cancer is more commonly found in women aged 40 and up, medical professionals and organizations recommend routine breast cancer screenings for middle-aged and senior women. This includes mammograms — a breast cancer screening method that's led to age-based debate among experts.

There are also important breast cancer risk factors to note, say experts.

"Having one first-degree relative with breast cancer doubles a woman's risk," said Dr. Kathleen Kieran Harnden, director of breast oncology at the Inova Schar Cancer Institute in Annandale, Virginia.

Other high-risk factors include a family history of breast cancer, a known genetic mutation or a previous breast biopsy, according to Harnden.

Given this, Harnden said there are key questions all women should ask themselves before they request a mammogram consultation or appointment:

1. Do I have an increased risk of breast cancer and how can I reduce my risk for breast cancer?
3. Will my mammogram be three-dimensional (3D) or two-dimensional (2D)?

Harnden recommends 3D mammography over 2D because multiple images are taken from different angles, which may make breast tissue analysis clearer.

Here's a deeper dive into these topics.

What is breast cancer? Breast cancer is a disease that occurs in breast tissue when cells in the breast "change and grow out of control," according to MedlinePlus, an online health information service produced by the U.S. National Library of Medicine.

The cells that cause breast cancer usually form a tumor — an abnormal mass of tissue.

Cancer cells and cancerous tumors (malignant) are dangerous because they can disrupt organ functions and kill healthy cells if left to spread, which can cause serious harm or death if left untreated, according to a report from MedicalNewsToday, a medical news website owned by Healthline Media.

Breast cancer is the second most common cancer in women after skin cancer, says the National Cancer Institute.

Breast cancer diagnoses are extremely rare in teens. Teen girls between ages 15 and 19 have an incidence rate of 0.2 per 100,000, the CDC indicates.

Girls younger than 15 don't have a calculated breast cancer incidence rate because the CDC suppresses data when there are fewer than 16 cases, which the agency notes on its "United States Cancer Statistics: Data Visualizations" webpage.

First of two solar eclipses this Saturday

Come this Saturday and next April, the best place to be will be deep in the heart of Texas. That's where the brightest star of all will be at the center of two celestial phenomenons.

Within a span of six months, Texas will be the only state to witness not one, but two solar eclipses: an annular solar eclipse on Oct. 14, 2023, and—the one many are eagerly awaiting—the total solar eclipse on April 8, 2024. Whether you're an astronomy buff or just have a passing interest in celestial events, don't be left in the dark.

The annular solar eclipse on Oct. 14 will be at least partially visible from all of the Lower 48 states as well as parts of Mexico and Canada.

Here's everything you need to know about the event, also called a "ring of fire."

An annular solar eclipse depends on where the moon is located. When it's at or near its farthest point from Earth, the moon looks smaller. That phenomenon is what creates the fiery orange circle at the peak of the eclipse, rather than blocking out the sun completely.

The ring of fire's path over the U.S. starts in Oregon at 9:13 a.m. local time, or 12:13 p.m. EDT. It will then move southeast across parts of Cali-

fornia, Nevada, Utah, Arizona, Colorado and New Mexico to the Texas Gulf Coast. The farther you are in either direction, the less you'll see. NASA has an interactive map that can tell you exactly when you'll see the eclipse in your location, what to expect it to look like and for how long.

It's a little too early to say for sure what the weather will be, but generally fall is favorable in many areas along the ring of fire's path.

"For parts of the Southwest, it's a typically drier time of year, which means odds lean toward clearer skies in mid-October vs. other times of year like winter when storm systems track through the region and summer when the monsoon is active," senior weather.com digital meteorologist Chris Dolce.

It's really important to protect your eyes. No one should ever look directly at the sun, and an eclipse is no different. Experts recommend using special glasses or viewers. Make sure they are from a reputable source and meet the safety standard for sun viewing.

This eclipse will pass over a part of Texas that will be treated to a total solar eclipse on April 8. The April event will also be at least partially visible from all the Lower 48.

City, Union Pacific finalize land deal

It's been a long time in the works, but after about four years of back-and-forth with Union Pacific Railroad, the City of Gladewater is just shy of acquiring property south of the railroad tracks in the center of downtown.

It means officials now have to choose how they'll fence the stretch, and they're working toward a community-funded monument-style fenceline to enhance the overall aesthetic.

"The paperwork is still not fully-signed," Mayor Scott Owens said, "but it's laying on somebody's desk to be signed."

According to City Manager Charlie Smith, the city will wire \$86,000 to Union Pacific as soon as the deal is set.

"We had been leasing that property over there for years and years and years," he said. Previously, when Union Pacific opted to increase the lease costs, the city attempted to acquire the land through Eminent Domain, exercising its legal authority to take private property for public use. "It got into a lawsuit and one thing after another.

After four years and lots of dialogue, "They came up with an agreement that the city would buy that southern part for \$86,000."

The City of Gladewater will continue its upkeep of the remaining property held by UP.

"We are leasing the property on the north side... with the lease payment being on us to maintain mowing and trimming of the bushes," Owens noted. Meanwhile, "We purchased four different blocks of property on the south side of the railroad tracks.

"We are required on the south side at the 50-foot line to put up a fence. That fence is designed then to push people to the intersections for any



crossing when we have events downtown —instead of them crossing in the middle and maybe getting stuck on the track."

Continued on Page 3

FOOTBALL

WEEK 8

IT'S GAME TIME!



Gladewater vs Sabine
7:00 p.m. Friday at Sabine



White Oak vs Tatum
7:00 p.m. Friday at White Oak



The City of Gladewater will sponsor a free "City-Wide Clean-Up Day" to its residents this Saturday, Oct. 14, 8 a.m. to noon.

Dumpsters will be positioned by the railroad track beside East Commerce Street. City workers will be on hand to help unload items.

The following are items that are NOT allowed in the downtown dumpsters:

- Tires
- Construction materials
- Roofing Materials
- Any materials resulting from contractual work or commercially related activities
- Hazardous Materials

- Paint
- Batteries
- Motor Oil
- Refrigerant containing items (Refrigerators, freezers, air conditioning units, etc.)

Please note—Refrigerant units may be collected, but only if they have been tagged by a certified technician to be free of CFC's.

If you miss this event, the city also has a recycle receptacle at the end of the City Hall parking lot for residents.

Residents are asked to not leave items or trash outside of the receptacle. Place the items inside the recycling bin.

OPINION/COMMENTARY

This day'

Cancer, in any of its forms is a frightening diagnosis. Every single reader has dealt with this disease in some form. Some families get an unfair helping of the dreaded disease. Some are shocked to find that exposure to carcinogens in ways they couldn't have imagined have brought the disease to their lives.

I have watched some face the fight with a smile and determination. I have seen some let the disease take them without raising a fist to fight because it came at a time that it was just too much to bear. We have all seen the fight and the surrender too many times to count.

So here comes October with all of its reminders about breast cancer awareness in cheery pink. And certainly the focus has led to saved lives and earlier treatment and that is definitely something to celebrate. And we do. We have come a long way. So, I too, will be breaking out my pink shirts.

My grandmother was diagnosed in the days of brutalizing surgery and chemo. She surrendered when the disease metastasized. She had lived a loving and relatively long life. Yet as she waited to leave this earth one of her heartbreaking cries to me was "why can't I just die?" I didn't know the answer to her question but I encouraged her to be at peace and be with us until she wasn't.

My joyful aunt raised her fist and fought the disease with energy and fierce dedication and she lived to be 85. She died of

The Best of Suzanne Bardwell



our family's most feared ailment...stroke. One of my best friends fought cancer in her early 40s just as fiercely only to embrace the inevitable and say goodbye to her 11-year old son. My husband's beloved Granny fought it with the help of her family as long as she could and had seven years more of life, but died far too soon and far too young.

Medicine has come a long way. Treatments for cancer are better than ever. But that doesn't change the fear of the unknown that comes with the diagnosis. So we keep fighting as long as we can. And we keep supporting those we love as long as we can.

Until there is no more time.

Today is all we have. Today, this moment, is our life. Let's try to live it as fully, as joyfully, as courageously, and as kindly as we can.

Because we can.

That is the gift we have before us...this day. I pray that your gift of life, today, is filled with much laughter and love. And memories. Sweet and precious memories.

THE FIRST AMENDMENT: Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of all the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

EX-SPEAKER MCCARTHY PRESENTS

"IT'S A MAD, MAD, MAD, MAD HOUSE"



THE ECONOMIST

By Dr. M. Ray Perryman

ARPA-H ...

Texas has been selected as the site of a major new federal initiative aimed at improving health. The Advanced Research Projects Agency for Health (ARPA-H) is tasked with supporting biomedical and health breakthroughs. The agency has chosen three hubs (Texas, Cambridge, and Washington DC). Dallas will host the Customer Experience Hub, with



Austin, Houston, and San Antonio also heavily involved. A collaboration among these cities and a wide array of business and community leaders across the state provided the impetus for Texas to secure this vital project. I was pleased to be involved in the process, and my firm generated underlying data and analysis to support the effort.

ARPA-H will fund pathbreaking research with high potential to be impactful, but not well suited to typical science or commercial routes. Private sector resources are essential, but publicly funded research can be broader and bolder, complementing corporate efforts more focused on market outcomes. The federal government funds such basic research in other arenas, and discoveries enabled by agencies ranging from NASA to the National Science Foundation have profoundly enhanced quality of life and economic potential. Similarly, ARPA-H will tackle our most complex health issues.

The role of the Customer Experience Hub is to drive user testing, adoption, and access for ARPA-H projects; enhance clinical trials; reach representative patient populations; and capture outcomes data. The goal is to ensure that new discoveries are implemented in the most beneficial ways. Texas' diverse patient population will aid in crafting treatments, devices, and services that are accessible and easily adopted.

The location is a "win-win," benefiting both Texas and the ARPA-H mission. The state's world-class health care institutions, research universities and organizations, and medical schools figured prominently in the decision. Although not traditionally a life sciences powerhouse like some of the competing states, Texas is growing faster than any of these areas in key industries such as medical equipment and supplies and pharmaceuticals. This demonstrated capacity to attract capital investment can expedite the transition from laboratories to new treatments, supporting growth in related manufacturing. The more effectively new discoveries are deployed, the better the health outcomes.

Having ARPA-H in Texas will also lead to substantial economic benefits. The state is already on a notable upswing in bioscience activity, with other emerging initiatives (including the proposed multi-billion-dollar Texas Research Quarter at the iconic EDS campus in Plano). ARPA-H will generate significant spillover benefits throughout the economy.

On rare occasions, locations occur which fundamentally expand and redefine the prospects for an area. I have been privileged to be involved in several such initiatives dating back to the early 1980s (I was very young at the time). The ARPA-H selection provides Texas with just such an accelerator. Stay safe!

Texas employment at historic high, but jobless rate is up

For the 30th consecutive month Texas showed job growth, reaching just under 14 million jobs and outpacing the nation in its annual rate of employment growth, according to the Texas Workforce Commission.

"Our world-class Texas workforce has grown by more than 400,000 jobs over the last year, thanks largely to the energizing job creation by our private-sector employers," said TWC commissioner Aaron Demerson. "This continued growth highlights TWC's unwavering commitment to fostering collaboration and building partnerships with Texas employers across the state."

At the same time, the state's unemployment rate is tied for fifth-worst in the country at 4.1%, which is below the national average of 3.8%, the Texas Tribune reported. The jobless rate still has not returned to pre-pandemic levels, according to data from the Federal Reserve Bank of Dallas.

The higher jobless rate reflects a growing labor force due to increased population growth and fewer workers leaving the state, according to economic experts.

"Very tight labor markets, like what we've seen at the national level, are actually detrimental to matching workers to jobs because it's so hard for employers to hire," said Pia Orrenius, with the Dallas Federal Reserve office.

Hegar: Texas economy chugging along

Comptroller Glenn Hegar says lawmakers are likely to have billions of dollars more than anticipated to spend as they go into another special session, The Dallas Morning News reported. However, though he has increased his revenue projection for the state by nearly \$5 billion over earlier projections, he warns that there are "dangers to the economic outlook."

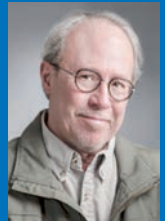
Hegar said his economic outlook does not assume a recession is imminent, but that possibility is "very real." His current forecast indicates the state will finish the two-year budget cycle with \$18.5 billion in unspent discretionary funds.

Lawmakers entered their third special session on Monday to consider Gov. Greg Abbott's proposal for school choice, widely known as vouchers, and increased border security. Other topics may be added later.

ERCOT seeking to regulate new industrial consumers

The Electric Reliability Council of Texas is seeking to require

Gary Borders Capital Highlights



large electric consumers to get its approval before connecting to its grid, The News reported. Opponents of the proposal say it is unprecedented and could damage the state's ability to attract large new businesses to the state.

Under ERCOT's proposal, any new facility that consumes an average peak of 75 megawatts would need its OK before getting power from the grid. That is enough electricity to power 15,000 homes, according to The News.

The proposed regulation, which is months away from final approval, comes due to the influx of large data centers, including cryptocurrency mining facilities that gobble up electricity from a grid that has become increasingly strained during both winter storms such as Uri in 2021 and last summer's intense heat wave.

Cryptominers and data centers differ from traditional power users in that they can turn power on and off almost immediately to take advantage of fluctuations in power prices. Some crypto centers made millions of dollars over the summer by voluntarily cutting usage when the grid is approaching peak levels.

"Many large loads that have connected to the system within the past two years are capable of going from full consumption to no consumption (or the reverse) in five minutes or less," ERCOT spokeswoman Trudi Webster said in an email to The News.

Historic funding for Texas seaports

The Texas Transportation Commission has approved \$200 million for Texas seaports, the first funding of its kind in the state. The funding comes from a bill passed in the last full legislative session and is intended for port development and infrastructure projects.

The funding goes toward 31 projects recommended by the Port Authority Advisory Committee, a nine-member body that represents the Texas port industry.

"Texas ports are a crucial link in the supply chain," said Texas Transportation Commissioner Steven Alvis. "With the expansion of the Panama Canal, and under the governor's direction, improving these port facilities along the Texas Gulf Coast helps support this key economic driver for our state and the nation."

The state has two of the three largest ports in the country based on tonnage and drive \$450 billion in economic activity annually, according to TxDOT.

DSHS recommends getting flu vaccines

All eligible Texans are urged by the Texas Department of State Health Services to get a flu shot as soon as possible. It takes about two weeks for the vaccination to be effective, experts say.

"Seasonal influenza presents a real public health threat to Texans, and immunization remains our best defense against serious flu illness," said DSHS Commissioner Jennifer Shuford.

It is also both possible and safe to get a flu vaccine and an updated COVID-19 vaccine at the same time if one is due for both.

Approximately 36,000 Americans die each year from flu-related illness, according to the Centers for Disease Control and Prevention.

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THE DOCTRINE OF SALVATION BY FAITH ONLY # 5

This week we will conclude our series of short messages in which we have been looking at what the Bible teaches about people being saved by faith. We have sought to show, that though people ARE saved "by faith," they ARE NOT saved by "faith only!"

I want to illustrate that salvation is not by "faith only" by looking at Jas. 2: 19-20. "You believe that there is one God. You do well. Even the demons believe and tremble! But do you want to know, O foolish man, that faith without works is dead? We learn that some men do not believe in God, but the devils sure do! But the problem is: although the demons believe in God that's all they do! They have faith ONLY and "faith only" will not save them. Thus, the devils are an illustration of faith "Without works" equals faith "without salvation."

But someone might object and say: "James 2: 19 is not talking about people but about demons." Well, that's true, but please remember this part of the Bible that talks about the faith of the devils that will not save was WRITTEN TO PEOPLE, and it uses the faith of the devils that will not save to show PEOPLE how worthless "faith only" is. Thus, to argue that faith by itself is sufficient when unaccompanied by works (obedience, actions) is to be a "vain or foolish" man! (v. 20). Why? Because it is "dead" or "useless." According to James "saving faith is never ALONE! The only way faith can show or prove itself is to demonstrate itself!

I will remind you once again: Don't be misled into thinking all you have to do to be saved is just believe there is a God. Yes, believing in God and in Jesus Christ the Son of God is indispensable. But just believing in God, and not obeying God, is the kind of faith the devils have, and their faith is worthless because it is DEAD! Again, I say, your comments are appreciated. Think on these things.

Dennis C. Abernathy-White Oak Church of Christ
P. O. Box 454 - White Oak, Texas 75693- 903-736-1822-dennis.abernathy845@gmail.com.

OBITUARIES

KRISTI LYN PLASCHKE MCBRIDE

It is with heavy hearts that we announce the passing of Kristi Lyn Plaschke McBride who left this world on the morning of September 21 st at the age of 66.



Born in Longview and raised in Hallsville by Robert Milton Plaschke and Betty Lou Hobbs, Kristi was a testament to a loving family that provided her with a strong foundation of values and compassion.

At Hallsville High School, Kristi was a twirler as well as the best darn piccolo player - except for the one away football game when she forgot her piccolo at home. In 1975, Kristi graduated from Hallsville HS with a bright future ahead of her and continued her education at Kilgore College, where she became a respected member of the Kilgore College Rangerettes. Kristi was a woman of unwavering strength. This determination was seen in everything she did. She raised her children so that they knew no challenge was insurmountable and instilled in them the characteristic of stubbornness that continues in them to this day.

Kristi was preceded in death by her parents, Robert and Betty Lou Plaschke, her sister Patti Carol Plaschke, and several loving aunts and uncles.

Kristi is survived by her loving husband, David McBride and her cherished children, Nicole and Robert Tung and Brinson and Ginger Burks, who were the light of her life.

Kristi's legacy extends to her adoring grandchildren, Jackson and Cody Burks, who will forever carry her love in their hearts. She leaves behind her dear brothers Mark Plaschke, Randy and Debbie Plaschke and their families. Please join us in remembering and honoring the life of a truly remarkable woman. Kristi will forever remain in our hearts as a source of strength, kindness, and love.

BONNIE MASON FERGUSON

Funeral services and visitation for Bonnie Mason Ferguson will be at First Baptist Church in Gladewater Oct. 13 at 10 a.m. and 11 a.m. with burial immediately following at Rosedale Cemetery.

Born May 26, 1924, in Flaton, TX, Bonnie died Oct. 9, 2023, in Dallas, TX.

City, Union Pacific finalize land deal

Continued from Page 1

For that fence, council member Kevin Clark recommends Gladewater take a page out of the City of Terrell's book and bring the community together to invest in a quality, sturdy, aesthetically-pleasing fence. He referenced a Terrell's cemetery's effective and attractive monument-fence that includes family names of those present in the cemetery.

After a bit of discussion, the working plan for Gladewater is to recruit local donors to underwrite sections of the new railroad adjacent fence.

"It's one of the first questions that came up when we realized we had to build a fence on the south side of the tracks," Clark said. "The last thing we want is an eyesore up in the middle of town."

Collect donations, he suggested, and give community members a chance to put their name to an enduring landmark. "It may last every bit of our lifetime-plus."

Smith agrees - it will be a central fixture for the town.

"I don't think a chain link fence down there would look worth a darn," Smith said. "I'm not sure we want a wood fence."

Instead, he provided sample photos of various styles of wrought-iron fencing.

"I think this is the best idea. I personally like the flat top on the fence better than I do the pokey ones," he quipped. "I think it would really dress up that area well."

That style of fencing runs about \$150 a linear foot, he noted, available in panels of not less than 8-feet, with seven panels to one section. The initial plan aims for a 6-foot-tall fence.

Before pursuing the idea further, "I wanted to get some ideas from the council on which way to go. I think this is the best idea. We would start out trying to do donations on this - I know a donor already that wants to do this."

"That would be me," Clark replied. An eight-foot panel would cost an estimated \$1,200. "That would be your family panel."

It's a fair price, per councilman Teddy Sorrells: "I'm in on that."

Finishing the figures on the initial, rough price point, Clark noted a full section would cost about \$8,400 for every 56 feet of fencing.

"Hopefully we can get enough donations where we can knock out a good chunk of that," he added.

"I don't think we'll have a problem," councilwoman Brandy Flanagan said.

Granted, there might not be enough donations to cover the entire project, Owens said, but the sections that are community-funded would note the donor on a hefty (i.e. hard-to-remove) plaque.

"My idea here would be that we'd want to start at the major intersections," Smith noted.

A discussion item-only, the council took no action on the idea during the September meeting. Follow the *Gladewater Mirror* for updates on the developing project.

Read Local

Local company.
Local journalists.
Local stories.



Manna House needs donations as holiday season approaches

The local Manna House is always in need of food so they can help our neighbors, but with the holiday only a month away they need your help even more.

So please continue your weekly donations of jelly and cereal, along with bread and canned fruit. But if you're able to help here are some more food items Manna House needs: loaves of bread, pasta sauce, eggs, butter, celery, apples, oranges and bananas. Also needed is: dry beans, flour, corn meal, rice, sugar, instant potatoes, cake mixes, cranberry sauce, sweet potatoes, corn, black eye peas, green beans sweet peas, spaghetti and stove top stuffing.

So, when you are grocery shopping, consider picking up a few extra items for Manna House, so they can keep helping others. Drop off the non-perishable items at 519 E Broadway Ave. or at the *Gladewater Mirror* at 211 N. Main. Got questions, call (903) 845-3128.

Jury seated in capital murder trial

By Phillip Williams

A jury was selected in Gilmer on Monday for the capital murder trial of Carlton Lamar Grant, one of two suspects who were arrested in connection with the 2018 slaying of a Longview woman.

The trial's testimony phase was scheduled to begin at 9 a.m. Tuesday (Oct. 10) in 115th District Court at the Upshur County Justice Center. A 7-man, 5-woman jury was seated at the Gilmer Civic Center, said Upshur County District Attorney Billy Byrd.

Byrd said he isn't seeking the death penalty for Grant. Under state law, the only sentences for capital murder are lethal injection or life imprisonment without parole.

Grant, 42, of the Dallas-

Ft. Worth area is charged with strangling Rachel Ann Rhoads, 24, on or about March 29, 2018. He and the female co-defendant, Lindsey Jo McFadden, 34, of Longview, were arrested April 5, 2018, in Fort Worth, and remain jailed, authorities said.

115th District Judge Dean Fowler told jury panelists the trial might long as long as through Friday. Byrd is leading the prosecution, while Longview attorneys Kevin Settle and Tom Tibiletti represent Grant, who wasn't present during at least part of the jury selection process.

Grant and McFadden remained in Upshur County Jail at Gilmer on Monday under \$5 million bond apiece on the capital murder

charges, said sheriff's Chief Deputy David Hazel.

Grant was also being held on a \$50,000 bond on a Tarrant County charge of aggravated robbery, while McFadden was being held without bond on a Gregg County charge of abandoning or endangering a child--criminal negligence, Hazel added.

The charge of capital murder against Grant resulted from his allegedly being in the course of kidnapping or attempting to kidnap Rhoads when she was killed.

Under Texas law, murdering someone while in the course of committing another felony is considered capital murder, as opposed to murder, which isn't punishable by death.

Rhoads' body was discov-

ered on Easter Sunday, April 1, 2018, near Diana.

At the time, Upshur County Sheriff Larry Webb's office said some individuals who were recreationally riding in a vehicle found the remains just off a pipeline right-of-way on FM 726, just north of Texas 154. The site is about three miles west of Diana.

In a speech last month to Cherokee Rose Republican Women, Byrd implied the trial of the 5-year-old case had been delayed due to the COVID-19 outbreak of 2020-21.

He said the pandemic interrupted laboratory testing, and that his office thus "got some of the evidence just last year," so "don't think we were just playing dominoes and sitting around."

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WHAT'S HAPPENING

Summer Shoe drive underway

The Darla's Angels charity outreach is kicking off a Christmas in July effort this weekend – the 2023 Summertime Shoe Drive is looking for locals who are ready to step up for students.

Throughout July, four businesses in Gladewater will be collecting donations of new pairs of shoes and socks for boys and girls in a variety of sizes. The four donation locations include Citizens Bank, the Gladewater Mirror, Penny's Food & Fuel and City National Bank. Shoes sizes range from toddler through youth and adult. Socks will be greatly appreciated, says organizer Darla Ferguson.

For more information, contact Darla at the *Mirror* at 903-845-2235.

5K run on tap

Caring Hearts of Gladewater's latest 5K Run/Walk returns to Lake Gladewater Saturday, Oct. 14.

The annual event is being co-sponsored by Gym 101 and benefits Longview Cancer Center.

"During this event, the Christus Health Mammogram bus will be available for on-site screenings for local women who have either never had a mammogram or need one," organizers announced. "They are offering screening vouchers of \$99 per person to complete this process.

Registration for the Run/Walk begins at 7 a.m. Oct. 14 and will wrap up at 7:45 a.m. before the event's official 8 o'clock start.

It's \$10 to participate for children and \$20 for adults. Checks should be made out to Caring Hearts at P.O. Box

1404 in Gladewater.

Countywide dumping set for Oct. 28

The Upshur County government will host one of its two annual County-Wide Cleanups, where county residents can dump certain items free of charge, Saturday, Oct. 28.

It is set from 8 a.m. to 3:30 p.m. (while dumpster space is available) at the county pug mill site, 1426 Cottonwood Road in Pritchett community. The road intersects with FM 1404.

County library hosts storytime Thursday

A Gilmer firefighter will read two children's books about his profession to youngsters at both of the Upshur County Library's weekly "Storytime" sessions in that city Thursday (Oct. 12)

To be presented at the 10 a.m. and 4:15 p.m. gatherings are "Fire Engine No. 9" by Mike Austin, and "Five Little Firefighters" by Tom Graham, said library spokeswoman Kari Dunn. Josh Kessler will probably be the firefighter who reads them, said Fire Chief Jerry Taylor.

A craft will follow each Storytime at the library, 702 W. Tyler (which is also Texas 154).

While the events are free to the public, children under 12 must be accompanied by an adult.

For more information, contact the library at (903) 843-5001 or visit its website at www.youseemore.com/upshur.

Yamtime in Gilmer

The 86th annual East Texas Yamboree festival, which features a variety of events and draws thou-



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- Captain, Emma Langford



sands to Gilmer, is scheduled Wednesday, Oct. 18-Saturday with its first-ever female president.

Abigail (Abby) Stewart, who reigned as "queen yam" of the festival in 1997, is president over the annual event, in which Addison Jane Young will be crowned as the new queen yam.

Young, daughter of Marty and Megan Young, will be crowned in two performances of the annual coronation (pageant) Oct. 18 and 19. Both are set for 7:30 p.m. at the Gilmer Civic Center on U.S. 271.

The queen-elect won the honor in June in a ticket-selling contest with six other young women nominated by various civic organizations. (The contestants sell tickets to certain Yamboree events.) The Bluebonnet Literary Club nominated Young.

Another highlight of this year's celebration is the Oct. 21 barn dance, with Kolby Cooper as main attraction and two supporting artists,

Mason Dawson and Bobby Irwin.

It is scheduled for 7 p.m. at the Yamboree Event Center at 181 Bob Glaze Drive (near Walmart and the civic center).

Other attractions at this year's festival include the Oct. 20 School/Youth Parade and Oct. 21 Queen's Parade, both at 11 a.m. They start on Titus Street and proceed southward into downtown.

The Crabtree Amusements carnival will be downtown all four days. In addition, the All-Service Club Luncheon (open to the general public) is set for 11:45 a.m. Oct. 19 at the Yamboree Event Center.

Several other activities, ranging from exhibits and fiddlers' contest to a livestock show, among others, are planned.

For more information, visit www.yamboree.com, email office@yamboree.com, or call the Gilmer Area Chamber of Commerce at 903-843-2413.

No limits livestock show set for Oct. 13

The Goudarzi and Young law firm will sponsor the fourth annual "No Limits Livestock Show" for special needs youngsters at the Yamboree grounds in Gilmer on Friday, Oct. 13.

Entrants must be either in a 4-H Club, or an Upshur County school district's special needs program, said show chairman and co-founder Katie Nugent.

Though funded by the law firm, the East Texas Yamboree Association, of which Nugent is a board member, and the Upshur County office of Texas A&M AgriLife Extension are putting on the show.

Aspects of the event, scheduled for about 9 a.m. to about 1 p.m., include bottle-feeding and petting calves, hayrides, and a new activity this year allowing students to "actually show a goat," said Nugent.

The event will be held

before the actual Yamboree since attendance is better when it is scheduled prior to the festival, she added.

Students volunteer to help with the event, and the Upshur County Shared Services agency helps coordinate it, Nugent said. Lunch is provided the entrants.

For more information, call the extension office in Gilmer at 903-843-4019.

New assistant state fire marshal

Capt. Chuck Allen is the new assistant state fire marshal at the State Fire Marshal's Office.

Allen has been an inspector since 2016. He was promoted to lieutenant in 2018 and captain in 2019.

He has more than 30 years of public safety experience. He was a criminal investigator and patrol supervisor for the Van Zandt County Sheriff's Office and a fire marshal and emergency management coordinator for Van Zandt County.

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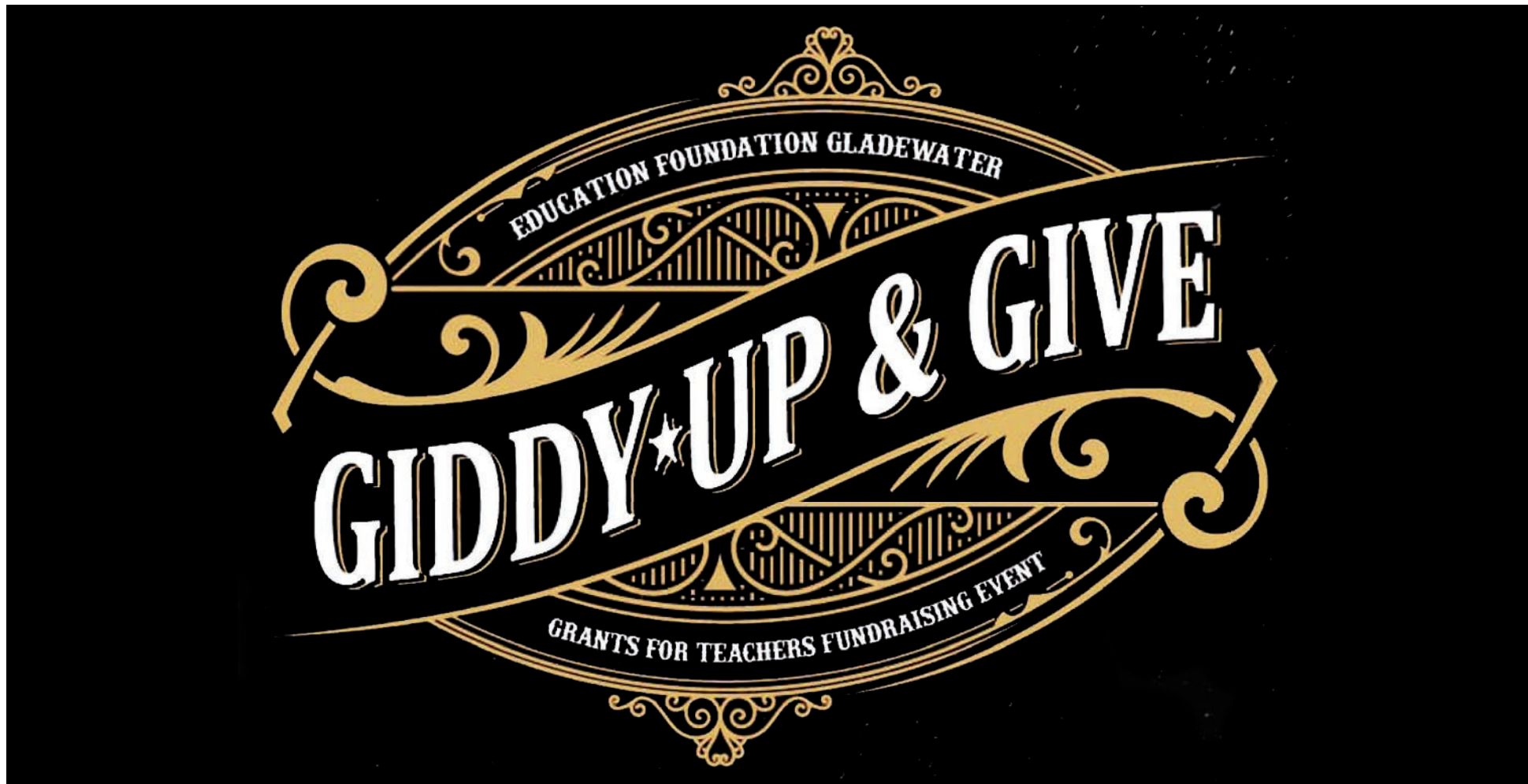
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ACROSS

1 "box" south of the border

5 computer operator

6 TXism: "___ your tongue" (shut up)

7 "Father of Texas" (init.)

8 old XIT Ranch was in parts of ___ Panhandle counties

9 TX poet Naomi ___ Nye

15 TXism: "___ by" (saves money)

16 Russian counterpart to TX Alan Bean or Neil Armstrong

19 William Faulkner manuscript kept at UT

21 basketballer Radisav Curcic's Italian home before Dallas

22 words ending in "ly"

27 TXism: "sticks out like a ___ thumb"

28 TXism: "tame ___ dog"

29 Iceland "dinero" (plural)

30 eastern Texas region: "Post ___"

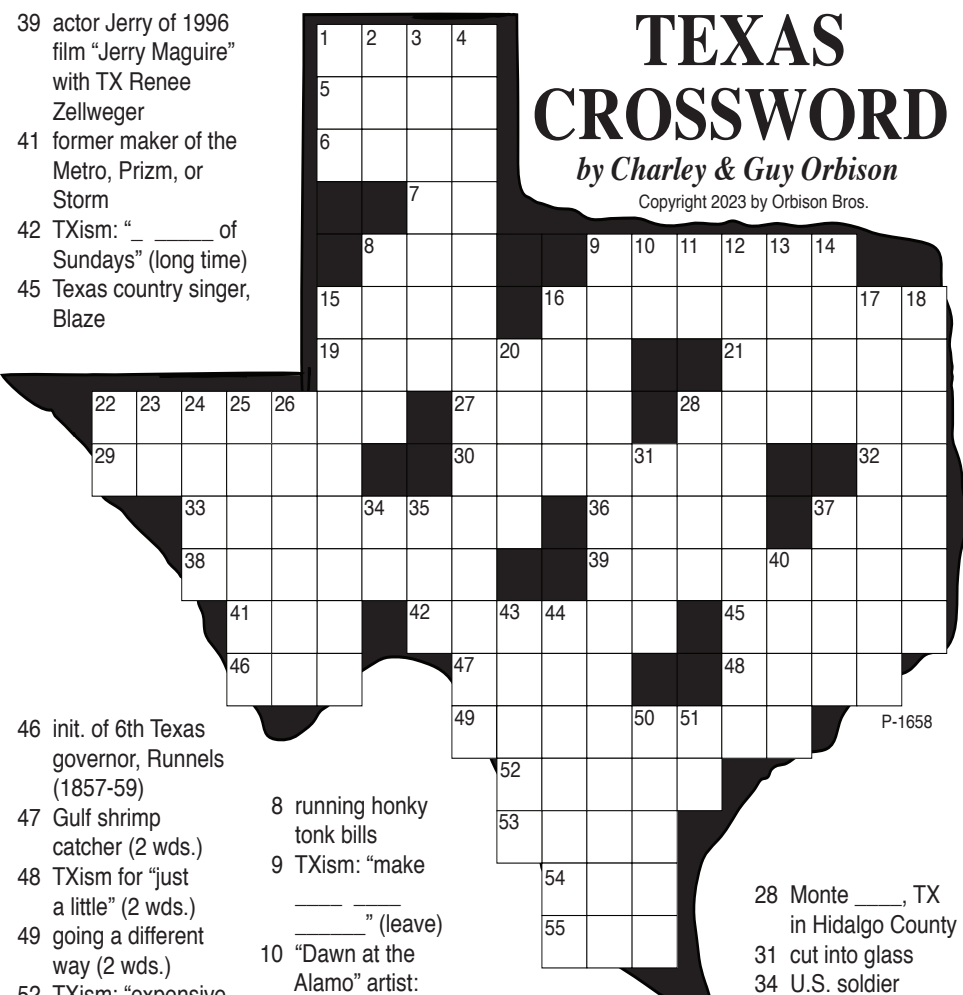
32 most Texans who fought in WW ___ are deceased

33 victorious a second time (2 wds.)

36 this Preminger directed TX Gene Tierney in "Laura"

37 hallucinogenic drug

38 shadow clock



39 actor Jerry of 1996 film "Jerry Maguire" with TX Renee Zellweger

41 former maker of the Metro, Prizm, or Storm

42 TXism: "___ of Sundays" (long time)

45 Texas country singer, Blaze

46 init. of 6th Texas governor, Runnels (1857-59)

47 Gulf shrimp catcher (2 wds.)

48 TXism for "just a little" (2 wds.)

49 going a different way (2 wds.)

52 TXism: "expensive ___ created by a dead man"

53 LBJ daughter ___ Baines Johnson

54 TXism: "___ pilot" (preacher)

55 TXism: "fit ___ fiddle"

DOWN

1 coffee mug

2 TXism: "naked ___ jaybird"

3 football shirts

4 Jerry Jones before Dallas (2 wds.)

8 running honky tonk bills

9 TXism: "make ___" (leave)

10 "Dawn at the Alamo" artist: ___ McArdle

11 TX Ernest Tubbs' "___ Walking the Floor Over You"

12 early name: "___ Stock Show"

13 TXism: "a day late ___ dollar short"

14 TXism: "jump ___" (escape)

15 retriever type

16 TXism: "a real ___ puller" (drinker)

17 seats without a passageway?

18 lukewarmly

20 what you might take out for a car

22 Russian assault rifle: ___-47

23 created in Texas: ___ Pepper

24 wedding pledges

25 TXism: "sour ___ to pucker a pig"

26 former Dallas Olympian, Michael Johnson

28 Monte ____, TX in Hidalgo County

31 cut into glass

34 U.S. soldier

35 Whitesboro High class

37 mother of TX Ginger Rogers

40 informal letter

43 this pro basketball star, Shaquille, went to high school in San Antonio

44 Texas publication: "Minority Business ___"

50 a language in India

51 "Bevo's" univer. in Austin

See Answers On This Page

Fall fest set for Oct. 28

Get the costumes and candy baskets ready: the community's annual Emergency Services Fall Fest is set for 5 p.m. to 7:30 p.m. Saturday, Oct. 28, at the Broadway Elementary School Playground.

At just \$1 per person, organizers at Gladewater Fire Department are crafting a wide variety of events and activities for the spooky soiree, from games and contests to hot dogs and other snacks, of course, sweets and treats for the turnout.

"Bring the whole family and don't forget to dress up."

TRTA monthly meeting Oct 26

The monthly Oil Patch TRTA Teacher meeting is set for 1:30 p.m. Thursday, Oct. 26, at First Methodist Church at 217 Quitman Ave. in Gladewater.

Gladewater Fire Chief Mike Simmons will be group's special guest this month: "We're thrilled to have the fire chief as our guest speaker, sharing crucial insights on fire safety in honor of Fire Safety Month. Let's prioritize safety together!"

The group will also hear highlights from their Fall conference along with refreshments and door prizes: "Bring a friend for extra entries. See ya there!"

'Settin' on the Woodbine' making return to stage

A group of Gladewater High School students will bring the city's oil boom days back to life early next month.

The GHS Theater Department is poised to present "Settin' on the Woodbine," spotlighting Gladewater history as part of the community-wide celebration of the city's 150-year heritage.

The play includes original text by Jerry Kates, Molly Aberrombie, Brenda Kaster and Glen Goza. It's directed and edited by Jessica Smith with musical direction from Darren Richardson.

The production's Opening Night event Thursday, Nov. 2, includes a chicken spaghetti dinner for \$12 per person in the high school cafeteria. Tickets will be sold at the door for the cash-only event.

Regular tickets for performances are \$5 per son - for evening showtimes Nov. 2, 6, and 7, doors open at 1:30 p.m. and the show begins at 7 p.m. One matinee performance Sunday, Nov. 5, has doors opening at 1:30 p.m. before the 2 p.m. performance.

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SPORTS

“Coot’s Corner” By Coot Putley

By Tyler Sutton

The Gladewater Bears began the second half of the 2023 season on Friday night at Jack V. Murphy stadium as they began district play as they hosted the Tatum Eagles. In what was a back and forth offensive showcase in the 1st half, the Eagles pulled away late and defeated the Bears 41-21.

Tatum’s offense got off to a quick start as quarterback Cole Watson broke free for a 20 yard run and got deep into Gladewater territory and then runningback Jamari Gipson broke off a big 3rd down run. The opening drive was capped off when Watson called his own number and ran it in for a 9 yard touchdown. The extra point was no good and Tatum’s lead stood at 6-0.

Gladewater answered right back as Brayson Woods lined up in the wildcat formation and took it in the endzone for a 9 yard touchdown and gave the Bears a 7-6 lead late in the 1st quarter. The Eagles quickly got back going on offense as Watson found wide receiver Jordan Chambers for a 18 yard touchdown pass to give the Eagles a 13-7 lead in the 2nd quarter/ But Gladewater would continue to fight back as this time Brayson Woods again took a direct snap and went untouched up the middle for a 36 yard touchdown run and gave the Bears a 14-13 lead.

Then the wildness began.

On the next offensive series, the Eagles fumbled and it was recovered by the Bears. But on the very next play, Gladewater fumbled and it was scooped up by Tatum’s Carson Gonzalez and returned 76 yards for a touchdown to give the Eagles the lead back at 20-14.

Then on the ensuing kickoff, the Bears fumbled again and it was picked up and returned by Eagles kicker Giani Garza for a touchdown and suddenly it was 27-14 Tatum. But the Bears offense went back to work late in the 2nd quarter as quarterback Hunter Brown found Kyrion Wilson for a beautiful 44 yard touchdown pass that cut the Tatum lead to 27-21. But on the ensuing kickoff, Tatum’s Jamarion Butler took the kickoff back 75 yards for a touchdown and a 34-21 Eagles lead at the half

The second half was mainly a defensive battle as only 7



points were scored between both teams and that belonged to Tatum as Watson punched it in from 1 yard to ice the game late in the 3rd quarter.

“I feel we improved a lot on the offensive side of the ball tonight. But just not enough stops on defense. We gotta get all sides of the ball to be on the same page to be successful,” said coach Louvier.

The Bears drop to 0-6 on the season and 0-1 in district play. Gladewater will make the short trip to Sabine on Friday, October 13th

Bulldogs run over Roughnecks, 71-18

By Aidan Keller Lott

Kicking off week one of District play, the Roughnecks traveled to Jefferson to take on the heavily-favored Bulldogs and lost the game, 71-18.

Heading into the game, the Roughnecks were 62-point underdogs and were expected to be held scoreless because Jefferson has shut out all but one of the first four teams they’ve played: 2A-1 top-ranked Timpson Bears.

“It’s a pretty big accomplishment to score three times against one of the best defenses in East Texas, but I don’t get too caught up in that because winning is more important to me,” returning senior Gavin Sipes said. “I just kept thinking that on any given play we could get in the endzone and shift the momentum to our favor.”

White Oak needed this change in momentum because even though the Roughnecks scored all their points in the first half, they didn’t see success immediately. The team threw two interceptions to junior defensive back and quarterback Tihmyus Taylor before any of their three touchdown passes

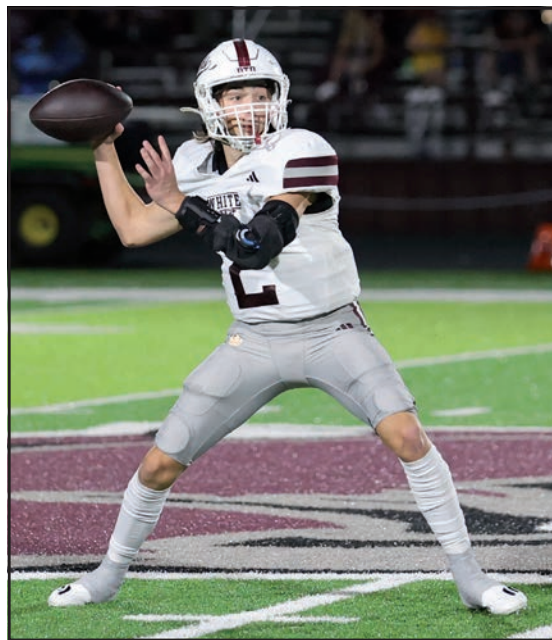
to junior Logan Ladwig and Sipes.

“I’ve seen a lot of improvement over the past couple weeks,” Ladwig said. “I’ve improved by understanding how to use my speed to my advantage, and I think the rest of the season we’ll all be able to improve because we understand these little changes we need to make.”

Although the Roughnecks had a good offensive first half, their defense didn’t help the team out as they allowed 10 Bulldog touchdowns. Jefferson’s junior Kamran Williams found the endzone five times on the ground to go along with Taylor’s five passing touchdowns to juniors Chris Love and Jakyrie Johnson and freshmen Travis Gray Jr. and Jermaine Hopkins.

“I think we played a lot more relaxed than we have in the past,” Sipes said. “We’ve struggled with looking nervous at points this season, but I think if we can continue building on what we have, continue getting healthier and continue trusting the process we can pick up momentum moving into the rest of our district games.”

White Oak will face the Tatum Eagles Friday at home.



Roughneck QB Jaxsen Ludlow passed for 3 touchdowns in a losing effort to the Jefferson Bulldogs by the score of 71-18. Ludlow connected with Logan Ladwig for 2 TDs of 29 and 11 yards and one with Gavin Sipes for 11 yards. The Roughnecks face the Tatum Eagles in this weeks contest.

Photos by Mike Peery



Union Grove Lion Judson George takes the ball up field for a Lion first down Friday, Oct 6, as the the Lions came up on the short end of the stick to Harleton by a score of 28-7. The Lions are 4-3 on the season and will have a bye week this Friday.

Photo by Kim Hill

Plays and Players ...

This week we’ll remember more fun times from those Little League games in the early sixties. As I’ve stated previously, I don’t even remember what teams won the championship in any of those years, much less the scores of any of the games, but there are some things that have stuck with me.

The first time I ever saw John he had his cap pulled so low that he had to tilt his head back at a 45 angle to see anything in front of him. To this day when I see him around town, I still picture him wearing that cap blocking his vision. And there was Jimmy, who was a good hitter but not too gifted in math. One night when I was the on-deck batter he called me over to the fence and asked me to figure his batting average. (It was .400!)

I remember the right fielder who didn’t bother to field a ball that rolled past him because he was so distracted by the train passing by on the tracks that ran right behind the field. And we could never forget seeing the Red Sox pitcher throwing a wild pitch that hit the press box over the backstop. When his brother relieved him, guess where the next pitch went? Same spot! Aces wild. The batter was a little reluctant to stand up to the plate after that.

The most outstanding individual performance I witnessed was the night our pitcher struck out seventeen in a six-inning game. The other out was a weak grounder back to the pitcher. The rest of us could have been sitting in lawn chairs. After the game my dad joked that there was a scout in the stands who wanted to sign the kid who didn’t strike out. On another occasion our third baseman caught a line drive with the bases loaded. He stepped on the base for the next out, then ran to tag the runner between second and third. An unassisted triple play! Brooks Robinson would have been proud.

My most memorable accomplishment made me a hero for a night. There was a sign on the fence in centerfield that said, “Hit it here – the team wins free milkshakes from the Dairy Queen”. When I hit that sign, everyone cheered as though we had just won the World Series. After our game everyone piled in the back of two pickups and headed to DQ to claim our reward. I’ll guarantee no team’s victory champagne ever tasted as good as those milkshakes.

In six decades since then, I have enjoyed hundreds of baseball games at all levels. I’ve been blessed to see many great players and many terrific plays, but I can honestly say there were no better games than the ones played in my hometown Little League.

That’s one man’s opinion – what’s yours?

Volleyball roundup ...

In volleyball action both the Gladewater Lady Bears and White Oak LadyNecks were in district action this past week. Gladewater went 1-1 during the week. Knocking off Daingerfield on Tuesday, October 3rd 3-0 and fell to New Diana on Friday, October 6th 3-0. The Lady Bears now sit at 6-24 and 1-4 in district play. The will be in action again this week for 2 games as they will host both Sabine (October 10th) and Hughes Springs (October 13th). The White Oak LadyNecks kept their perfect district schedule in tact as they went 2-0 with wins over Sabine (3-1) and Daingerfield (3-0) White now has a 22-14 record and a perfect 5-0 district record. They will also be in action for 2 games this week. They will host Hughes Springs (October 10th) and travel to New Diana (October 13th)

October 14th, 2023 | 8-12

Gladewater FALL FREE CITY-WIDE CLEAN UP DAY

GLADEWATER RESIDENTS may deposit bulky, household garbage and items into dumpsters located along E. Commerce St, downtown Gladewater. 8AM - Noon.

Prohibited items include paint, roofing materials, tires, construction materials, chemicals, refrigeration items, batteries, oils, and commercial or contractual work waste. These Items will not be accepted.

The City of Gladewater will provide curbside pick-up for any disabled and senior citizens, as available. To schedule this complimentary service please call: Gladewater Public Works: 903-845-2586 by Friday, October 13th during regular business hours.



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GEDCO investing in enhanced website

By James Draper

As they continue pursuing strategic plan goals, Gladewater Economic Development Corporation's board checked off a major box last week in signing up with the government website developers of Revize for a major overhaul of GladewaterEDC.com.

According to GEDCO Executive Director Michelle Palmer, the organization's current site has served its purpose, helping to reach this point. Moving into the next phase of developing an online presence, she said the goal is to benefit from the specialization available through Revize – the company is lauded by communities for its economic development portals.

"I have waited, because I know this is a big expense," she told her board Oct. 6, but Revize is also an investment: "Considering our budget, considering our needs and considering the feedback from other EDCs, they seem like the best option."

In particular, the firm offers an extensive track record of sites exactly like what GEDCO needs to move forward. While the current site has been an effective placeholder, Palmer said, it's time to incorporate uncommon content and other resources that will help the organization strategically achieve its economic development targets.

"I am not a content manager. That's just not some-

thing that's not in my scope of knowledge," whereas Revize's custom sites are tailored to connect with site selectors, entrepreneurs and other business developers in GEDCO's target audience: "What they're doing is giving us the content and the support to keep that content up-to-date."

According to longtime economic development specialist Amanda Nobles, Revize incorporates features that are simply unavailable outside of an extensive online redesign. Proprietary maps, for example, and real estate inventories are essential tools that can't simply be developed on the fly.

"That's what your site needs to have," the consultant told the local EDC board last week. They're necessities if Gladewater wants fair consideration from developers: "Site selection people that research communities, if it's not at their fingertips, they're gone. They're looking for reasons to cut you out. They're looking for the ones that rise to the top."

"They want the easiest way and the quickest way. It's an expense, but it's a necessary expense if you're going to expect you're community to get any attention."

According to board member Danny Darden, the developing site will reach business people where they are, elevating Gladewater's profile and, hopefully, sparking new opportunities.

"Here's what we've got

to think about: We don't communicate person-to-person anymore in this society. We communicate between people electronically," he added. "People looking for a home, people looking for a place where they want to invest... We have to think about all the different things we want to communicate to all the people we want to communicate with."

GEDCO board member Mark Carpenter expressed his concerns about the ongoing expenses tied to the website overhaul.

"I'm always about return on investment, so how do we measure that?" he said. By the same token, "I'm all for using the money we have to get jobs and companies."

GEDCO's current website provider has done the best he can with the content available, Palmer said, but specialization is key at this point.

"I think this is the minimum you need to do," Nobles agreed. "This enables you to be out there in the marketplace."

"It also sells more than EDC. It sells the community. It shows more than just industrial and business. It becomes a whole city message."

With a \$5800 annual outlay, Revize will craft, update and maintain a new site for GEDCO. The plan includes a built-in website refresh in year four of the five-year commitment.

"I think it will be a big asset for you."

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Breast cancer frequently asked questions

The World Health Organization reports that roughly 2.3 million women were diagnosed with breast cancer

in 2020. By the end of that year, there were nearly eight million women alive who had been diagnosed with

the disease in the previous half decade.

A breast cancer diagnosis inevitably leads to questions

about the disease. The bulk of those questions undoubtedly are asked by the millions of women who are diagnosed with breast cancer. But millions more individuals, including friends and family members of recently diagnosed women, may have their own questions. Women can discuss the specifics of their diagnosis with their physicians. In the meantime, the following are some frequently asked questions and answers that can help anyone better understand this potentially deadly disease.

What is breast cancer?

Cancer is a disease marked by the abnormal growth of cells that invade healthy cells in the body. Breast cancer is a form of the disease that begins in the cells of the breast. The National Breast Cancer

Foundation notes that the cancer can then invade surrounding tissues or spread to other areas of the body.

Can exercise help to reduce my breast cancer risk?

The NBCF notes that exercise strengthens the immune system and women who commit to as little as three hours of physical activity per week can begin to reduce their risk for breast cancer. However, even routine exercise does not completely eliminate a woman's risk of developing breast cancer.

Is there a link between diet and breast cancer?

The organization Susan G. Komen®, a nonprofit source of funding for the fight against breast cancer, reports that studies have

shown eating fruits and vegetables may be linked to a lower risk for breast cancer, while consuming alcohol is linked to an increased risk for the disease. In addition, the NBCF reports that a high-fat diet increases breast cancer risk because fat triggers estrogen production that can fuel tumor growth.

Is there a link between oral contraceptives and breast cancer?

The NBCF reports that women who have been using birth control pills for more than five years are at an increased risk of developing breast cancer. However, the organization notes that risk is very small because modern birth control pills contain low amounts of hormones.

Can breastfeeding reduce breast cancer risk?

Breastfeeding and breast cancer are linked, though the NBCF notes that the role breastfeeding plays in lowering cancer risk depends on how long a woman breastfeeds. The World Cancer Research Fund International notes that evidence indicates that the greater number of months women continue breastfeeding, the greater the protection they have against breast cancer.

Is there a connection between stress and breast cancer?

The NBCF notes that researchers have found that traumatic events and losses can alter how the immune system functions, which can provide an opportunity for cancer cells to establish themselves within a person's body. The NBCF urges women to identify ways to keep their stress levels in check.

WOISD thanks principals

October is National Principal's Month, and the White Oak ISD School Board took time to #ThankAPrincipal during their monthly meeting Monday evening.

Meanwhile, all staffers employed with the district as of Nov. 1 will receive a \$1000 retention bonus in November following board approval Oct. 9.

Each principal was given a certificate of appreciation alongside recognition of the district's teachers and students of the month.

In addition to reviewing campus improvement plans, in his follow-up board summary Dr. William Paul noted, "The board certified the 2023 tax rolls which look to be about \$4.2 million to the district."

The trustees also approved the 4H Extracurricular status with Upshur County 4H and heard a presentation from Communities in Schools.

As usual, the board ended their public meeting and adjourned into closed session, permitted under the Texas Open Meetings Act for a wide variety of reasons. Monday's agenda noted a discussion of security as well as discussion of real property alongside standard exceptions for consultation with their attorney, personnel and student discipline.



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How to approach work after a breast cancer diagnosis

A breast cancer diagnosis affects every facet of a woman's life. While women and their families must prioritize treatment, a host of additional variables, including work, also merit consideration after a breast cancer diagnosis.

Work is an important part of life, so it's understandable if women are concerned about how a breast cancer diagnosis will affect their careers. With that in mind, women can consider these tips as they share news of their diagnosis with their employers.

- Prioritize your own comfort when speaking to an employer about your diagnosis. Breastcancer.org notes that a woman's comfort level is the most important factor when sharing news of a breast cancer diagnosis with an employer. Some women may want to inform only a few coworkers they're close with, while others may find it easier to let everyone know. There's no wrong or right way to share a diagnosis, so women should prioritize their own comfort when choosing which way to go. To ensure things go smoothly and your wishes are honored, consider first breaking the news to a supervisor in a private face-to-face meeting or Zoom call.

- Decide what you want to share. The Australia-based Cancer Council notes that individuals must decide what they want to share regarding their diagnosis. Women can speak to their physicians to determine how long they will continue working, if their ability to work full-time will be affected by treatment and the projected length of treatment. Answers to these questions can help women decide how much to share with their employers. If treatment will be lengthy and require time off to recover, then sharing such information can help employers arrange to cover your responsibilities.

- Take additional measures to overcome side effects of treatment. Breastcancer.org notes that treatment can produce cognitive side effects such as memory loss or difficulty concentrating. Successful professionals will undoubtedly want to maintain the standard they have established for themselves, and that can be done by taking a few simple steps to overcome any cognitive issues that may arise during treatment. Record Zoom calls so you can go back and view them, if necessary. Take copious notes during strategizing sessions. Begin using a planner so you can stay on top of deadlines. These simple measures are easy to employ and can ensure women don't miss a beat during treatment.



- Take time off, if necessary. Time off should always be a consideration during cancer treatment. Breastcancer.org notes that various programs can help women meet their financial obligations if they're no longer earning income. Some employers may pay full salaries during treatment and not count time off as vacation or personal time, while others may grant short-term disability benefits that can provide some income during extended time off. Explore all of your options with the human resources staff at your firm.

A breast cancer diagnosis may require women to alter their work habits and schedules. Even the simplest tweaks can have a profound impact and allow women to direct much of their energy and focus on their treatment.

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What distinguishes the different types of breast cancer?

Individuals can experience a whirlwind of emotion upon being diagnosed with cancer. No one ever expects to receive such a diagnosis, so the moment a physician delivers such news can be emotional and compromise a person's ability to focus. Once those emotions settle down and individuals resolve to overcome the disease, they typically have a lot of questions.

One of the questions doctors will attempt to answer is which subtype of cancer a person has. For example, when doctors initially deliver a breast cancer diagnosis, they may explain that further testing will be necessary to determine precisely which type of breast cancer an individual has. Identifying the subtype of breast cancer helps doctors choose the most effective course of treatment, but it's understandable if patients and their families become confused during the process. The following rundown can help breast cancer patients understand this crucial next step after diagnosis.

How is breast cancer type determined?

The American Cancer Society notes that breast



cancer type is determined by the specific cells in the breast that become cancer. The Mayo Clinic reports that a medical team will use a tissue sample from a patient's breast biopsy or, for patients who have already undergone surgery, the tumor to identify the cancer type.

What are the types of breast cancer I might be diagnosed with?

There are many types of breast cancer, but some are more common than others. Invasive and non-invasive (also referred to as "carcinoma in situ") are the two main subtypes of breast cancer.

According to the University of Pittsburgh Medical Center, the most common types of invasive breast cancer are invasive ductal carcinoma, which affects the inner lining of the milk ducts, and invasive lobular carcinoma, which originates from the glands that produce milk.

The UPMC reports that the most common in situ types are ductal carcinoma in situ, which is cancer that remains within the milk ducts, and lobular carcinoma in situ, which does not often develop into breast cancer though it is considered a risk factor for an invasive form of the disease.


The ACS notes that triple-negative breast cancer is an aggressive form of breast cancer that accounts for roughly 15 percent of all breast cancers. Triple-negative breast cancer can be difficult to treat.

Less common types of breast cancer, each of which account for between 1 and 3 percent of diagnoses in a given year, include Paget disease of the breast, angiosarcoma and phyllodes tumor.

A breast cancer diagnosis marks the beginning of a sometimes lengthy but often successful journey that has ended in full recovery for millions of women across the globe.

More information about the various types of breast cancer can be found at cancer.org.

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