

East Texas Review

Students shine

High achieving students from both high schools in the Tyler Independent School District recently received special recognition. They shared the spotlight with some extraordinary teachers during the event.

For the fourth year in a row, the Tyler ISD Foundation has sponsored "A Night of Shining Stars," dedicated to honoring top students from John Tyler High School and Robert E. Lee High School.



Wilbanks Clinton of Robert E. Lee High School, son of Pattie and Geoffrey Wilbanks plans to major in political science.



Taylor Waters of Robert E. Lee High School, daughter of Deanna and Erik Waters, plans to major in mechanical engineering at Mississippi State University.



Raya Staley of John Tyler High School, daughter of Barbara and Raymond Staley, plans to major in paralegal studies at Tyler Junior College and Texas Tech University.



Stacey Spitz of Robert E. Lee High School, daughter of Kara Spitz and Dale Spitz, plans to major in communication design at Texas Tech University.



Luis Tierrablanca of John Tyler High School, son of Laura Tierrablanca and Javier Tierrablanca, plans to major in computer engineering at The University of Texas at Austin



Kristina Reagins of John Tyler High School, daughter of Jennifer and Robert Reagins, plans to major in fashion design at either the Academy of Art University of the Savannah College of Art and Design.

SEE STUDENTS PAGE 4

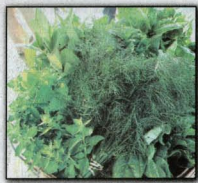
Verse of the week

You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He will give you. These things I command you, that you love one another.

John 15: 16-17



Jesse Rickman of Robert E. Lee See STUDENTS Below



Longview's Historic Farmers' Market See EATING Below



Gorman Brown and Natalie Rabicoff at Healthy Woman seminar See Page 8

Eating, living well

Story and photos by Joycelyne Fadojutimi



Farmers' Market President Lowell Tanksley discusses healthy living. Danielle Hoard, Artemis in the City, LLC founder, buys vegetables.

SEE EATING PAGE 4

UT Tyler students selected



Two students at The University of Texas at Tyler were among area students who

were selected to join Tyler's Rotary Young Citizens Club. Dr. Howard Patterson, vice president for student affairs, announced.

Graduate student Marc Randle of Edgewood and junior Ciera Ward of Tyler were chosen to represent the university in the club, which is a local part of Rotary International. To be named an outstanding young citizen, students should be exceptional in the practices of citizenship, cleanliness, thriftiness, loyalty, courtesy, honesty, service, dependability, sportsmanship, scholarship and leadership.

SEE UT PAGE 2

Akin and Ingram tennis courts close for renovation

Beginning Tuesday, May 18, 2010, the tennis courts located at Akin Park, 414 Delwood Dr., and at Ingram Park, 1300 N. 10th St., will be closed for renovation work. It is anticipated that these closures will remain in effect until July or August 2010. The closure of the tennis courts will not affect other areas of the parks.

SEE AKIN PAGE 2

Longview nurse wins acclaim

Contributing Writer Kelly Bell

The management of Longview Regional Medical Center (LRMC) never expected to receive so many responses when it asked patients to point out nurses whose performances are above and beyond the call of duty.

SEE LONGVIEW PAGE 2

Mother, daughter retreated scheduled July 30

FEAR Staff Report



Bethel Temple of Longview's Caleb Ministry is inviting women to an upcoming retreat dubbed "God's Precious Stones." According to Kinya Loyd-Austin, the organizer, this is the year of the diamond consequently the retreat is a weekend getaway for mothers and their daughters. The time spent together at the retreat will enhance their relationship taking it to another level.

SEE MOTHER PAGE 2

T&H Pharmacy: Helping you keep stress at bay

By Annie Stuart

Your 16-year-old just crashed the family car. You got turned down for the job you really wanted.

And, you're trying to figure out how to keep your mother who has Alzheimer's from wandering around the neighborhood.

Now, if that's not a clear recipe for stress, I don't know what is — and stress with a cap-

ital S. Of course, we all experience stress to one degree or another.

Called fight-or-flight, the stress response is an ancient adaptation to threats.

The body releases stress-related hormones that provide a burst of energy, along with other changes that make it easier to fight or flee.

SEE T&H PAGE 5

BAD ADVICE:

Texas AG ignores legislative history By Rob D'Amico

Recently, Texas Attorney General Greg Abbott issued an advisory opinion taking the novel stance that current state law prohibits the longstanding practice of payroll deduction of voluntary contributions from school employees to their organization's political action committee.

SEE AT&T PAGE 5

Save Money on appliances

If your old refrigerator eats money or your washing machine loses more energy than socks, you could be wasting hundreds of dollars in energy each year and should take advantage of the third-annual Texas ENERGY STAR® Sales Tax Holiday.

SEE SAVE PAGE 2

Complimentary Medicine

By Dr. Stephen E. Lewis

Childhood Obesity

"Our food is not as nutritious as it was years ago. We need to have our children eat more fruits and vegetables even knowing they are less nutrient dense than before."

SEE COMPLIMENTARY PAGE 5

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