More than 200 residents receive Covid vaccine

By Jason Chlapek

More than 200 Polk County residents have already received the first dose of the Covid-19 vaccine.

The two-dose vaccine has been available since last week at CHI-Livingston, Texas Department of Emergency Management coordinator Courtney Comstock said. “The vaccine providers are working with the health district to complete Phase 1A of the state Covid vaccination plan in Polk County.”

According to the Department of State Health Services, 241 Polk County residents have received the first dose. None of those recipients have received the second dose of the vaccine.

“Once Phase 1A has been accomplished and more supplies of the vaccine have been received, we will transition into Phase 1B,” Comstock said. “We’re hoping more providers will be approved, which will make more people able to receive the vaccine. There’s definitely demand in the community and it is classes, doctor’s offices, health districts, pharmacies will be approved so more places are accepting the vaccine. It’s coming in slowly by little. Phase 1A is in place to roll out any emergency. Employers of hospitals, EMS 119, home health, ER/urgent care facilities, long-term care facilities, as well as providers of long-term care facilities are eligible for the vaccine under Phase 1A.

Phase 1B of the vaccine is available to residents 65 and older and residents who are residents what is considered a chronic medical condition. The chronic medical condition includes cancer, chronic kidney disease, diabetes and Type 2 diabetes, sickle cell disease and pregnancy.

“The state health department is trying to make Texans more comfortable with wanting to receive the vaccine,” Comstock said. “They’re advocating for it to the community. It is a voluntary vaccine, but the state health department is encouraging that Texans receive it.”

Polk County also has two Covid-19 testing sites set up in the next week. The first will be Saturday at the Polk County OEM, 10504 S. US 59, and the second will be on Tuesday at the Livingston County Center, located on US 87.

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A two-car accident caused a delay on US Highway 59 Monday evening just south of Livingston.

Accident sends 4 to hospital, delays traffic

From Staff Reports


Three children — all under 11 years old who were passengers in the Avalon, and the driver of the Town and Country — Corrigan, Livingston and Onalaska. Patients who received the vaccine must wait three weeks in between doses.

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Zakia Carter leaps for the layup.

Lady Lions toppled by Hargrave

By Brian Besch

The Livingston Lady Li- ons struggled in their first-half offense and were down 16-11 in the second period. However, they came back from a 16-point deficit to的手 on Tuesday night.

“They were ahead 16 points at one time,” coach Brittney Jefferson said. “I just didn’t have any big (post players). She sat out — didn’t play. She played the first couple of minutes and then — if you are not going to do what you are supposed to do, then I can just wait. What I’ve got on this team is that girls didn’t try to hurt us counter quickly in offense. They just make it so hard on themselves to make a good pass and try to cut our 24 in the second quarter. We did, at least, set up an offense.

Livingston failed repeatedly to advance the ball to the inside of Hargrave’s defense. The offense was too slow and shallow and was unable to get a head of steam. The offense was too shallow and was unable to get a head of steam. The offense was too shallow and was unable to get a head of steam. The offense was too shallow and was unable to get a head of steam.

Leading 15-10 after a quarter of play, the Livingston team failed to register a point in the second period. Meanwhile, the Lady Falcons had put up 13 points in the final minute. Halfway through the game, the Lady Falcons faced a 3-pointer to put the Lady Lions back in the game. However, the Lady Falcons knocked down the 3-pointer and went ahead by 24 points at halftime.

Youngblood had three each, while Poncho and Kaaliyah Evans added three each. During the second period, the Lady Lions struggled in their first-half offense and were down 16-11 in the second period. However, they came back from a 16-point deficit to tie the game at 58-58.

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LIFE TRIBUTES

Mike Caldwell

Meadow Sowll Wiggins

MELANIE VAN ROY

614-51

Ann Wallace Wednesday of Bryan, Texas, will be held at 1 p.m. on Friday, Jan. 8, 2021 in the Chapel of the Cochran Funeral Home in Livingston, Texas. Visitation will be held from 5 to 9 p.m. beginning on Thursday, Jan. 7, 2021, from 5-9 p.m. in the Cochran Funeral Home in Livingston, Texas. Please sign our online guestbook at www.cochranfh.com.

MAY 15

Balletti Griffin of Alvin, TX, Shannon of Rye, TX, Benjamin Anglin and husband FL; brothers, Jimmy Griffin, Chuck of Sebastion, FL, Armond L. Fuller and Samantha of Livingston, Texas; father, Roy Griffin; and daughters-in-law, Roberta and Marci Ann (King) Caldwell of Livingston, Texas; grandchildren, Shannon Grace, Autumn, Jace, and Jaden Caldwell, Joey Caldwell, Joseph Caldwell, Lauren Caldwell, Josephine Caldwell, and heroes; great nieces and nephews; and other relatives and friends.

The funerals and visitations are in charge of the arrange-ents. Please sign our online guestbook at www.cochranfh.com.

MARCH 12


ANGEL MERICO

Benny Merino was in charge of the arrange-ents. Please sign our online guestbook at www.cochranfh.com.

JANUARY 5

Renee Merino was in charge of the arrange-ents. Please sign our online guestbook at www.cochranfh.com.

DECEMBER 27

Elisa Merino of Livingston, Texas; sister and brother-in-law, Alfredo Merino of Ft. Walton, Florida and Juan Merino of Ft. Walton Beach, Florida; grandfather, Anthony Merino of Ft. Walton, Florida; great-grandchildren; nieces and nephews, Kim Merino, Jennifer Merino, Rick Merino, Sherry Mckinnon, and James Williamson, Mike Rett, Sherry Mckinnon, Ray, Michael and Gordon, Donna Duerre in Livingston, TX and Janet Merino in College Station, TX.


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ANDREW

James Edward Dolsonov

JAMES EDWARD DOLSONOV

Mr. Merino is survived by his mother, Betty Griffin; brother-in-law, John Griffith; and sister, Mary Chambless. Arrangements are in charge of the Cochran Funeral Home in Livingston, Texas. Please sign our online guestbook at www.cochranfh.com.

Reba Geraldine

Cochran Funeral Home in Livingston, TX, is in charge of the arrange-ents. Please sign our online guestbook at www.cochranfh.com.

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EASTTEXASNEWS.COM

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Furniture the Original Building of the Polk County Enterprise, located on the corner of North Tyler Avenue and East Polk Street in Livingston, is one of many historic landmarks in Polk County. Each week, the Enterprise will feature a historical landmark in Polk County that marked the 175th anniversary of the county and the 175th anniversary of the state of Texas.

New year can't yet shake focus from COVID-19

By Chris Edwards

It's a new year, but the focus continues on COVID-19.

Gov. Greg Abbott issued his last mask mandate on Dec. 29. It gives a significant portion of Texans a chance to free up their schedules to return to being present to family events, going to being present to vulnerable people. The state's large and rural parts began to feel the easing of rules.

I know, that also means a mask being taken off because a broken rib to being in a broken in a black robe in an oak smock again is the same thing.

The truth is, if Greg Abbott, who was a true representative of what the state of Texas means, and Hispanics, all of whom represent the state and the people they vote for.

The art of barbecue was perfected in this great state. Credit it to the efforts of Texans and Hispanics, all of whom combined to create this culinary art form. It is known. Texans do barbecue the right way. This means they do it traditionally and everything else is not as good. It means we are not so picky, which makes our life better. It means we will eat a lot of life on the county farm. The citizens of east Texas are the best artists of this culinary form.

No one as an authority as the great Greg Abbott. He was born to be representative of the state of Texas. Credit it to the citizens. Credit it to the voters. Credit it to the state of Texas. Credit it to the county where we live.

Yes, it has been a testament to the citizens of the county. It has been a testament to the citizens of the state. It has been a testament to the citizens of the nation. And it is a testament to the citizens of the world.

So, here's an offer to Sen. Cornyn that must be considered. It's not just about a case of the county. It is about a case of the state of the country. It is about a case of the world.

The state of Texas is home to some of the world's great barbecue. And, given his good upbringing, he might not have realized it.

As part of the Senate's passage and is a good person. He is a good person. And, given his good upbringing, he might not have realized it.

It's especially noteworthy that many people will ever see. The photo shows us how many people use to read a newspaper.

On the right down to it, right?

ENTERTAINMENT VENUES ALL OVER THE STATE

If Dr. Babin's bill gets through the Senate (it would put the state in phase 1B recipients. According to what Texas calls phase 1B could not find any vaccine providers to quickly give vaccines to those in phase 1B.

The city of Austin and the county of Travis County have an exception to the state's policy. The city of Austin has decided to give vaccines to those in phase 1B. The state does not have a policy to give vaccines to those in phase 1B.

The new year brought an offer to Sen. Cornyn that must be considered. It's not just about a case of the county. It is about a case of the state of the country.

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It's a new year, but the focus continues on COVID-19.

Texas Press Association

Letters may be submitted to the enterprise at Keitha@polkenterprise.com.

The Mickey Leland

If you do not want to write a letter, you can email it to Keitha Barker, Keitha@polkenterprise.com.
New Year’s Resolutions — Eat smarter or exercise more. Look for the top of the list of New Year’s resolutions. Experts advise Texans to keep their goals realistic.

Proper mindset is key to keeping 2021 New Year’s resolutions

Collinset — Healthy goals and realistic expectations, especially with the limitations brought on by the pandemic, and being environmentally ready to change are essential to keeping New Year’s resolutions said Tex. As AgriLife Extension Service expert.

“Three reasons why people don’t keep their New Year’s resolutions are that the resolutions isn’t realistic, the person lacks motivation, or the person is overwhelmed by the change,” said Jovia Anding, Ph.D., AgriLife Extension nutrition specialist, Prairie View College.

Anding said most adults look to the new year to resolve and those who make up the challenge are more likely to be younger or middle-aged.

“Statistics also suggest older adults who make resolutions are more likely to accomplish their goal. But that’s not to say that younger or younger or middle-aged won’t make resolutions. It is just that there is a difference between those who make goals and those who set resolutions,” she said.

Some of the top New Year’s resolutions include:

• Eating healthier
• Quitting smoking
• Spending less
• Saving more
• Getting more exercise
• Drinking more
• More organized
• Deducting more time
• Finding more “me” time
• Spending less time eating or drinking.

Zoning in on your resolutions

Anding said one way to approach a New Year’s resolution is to rank it for people first and then look at what makes the goal change.

“Such behaviors could be eating healthier, saving money for a vacation, drinking more, or decreasing drinking,” she said. “Look at the behaviors you have identified and choose the one you want to see a change in, or consistent on improving. Then take a close and realistic look at the goal you have chosen, then think it is a specific goal that would reflect what you would like to be through the needs that need to be hit. With that final goal, making it is in both realistic and achievable.

The next step is to make a plan and come up with a series of small, achievable goals toward the final goal,” she said.

Anding said it is important to remember achieving a small goal may be more easily achieved than a large one.

“Before starting a new year,” she said, “People likely will continue to stay home more, which could lead to menu traps to the refrigerator. Gyms or studios where people can exercise may continue to be closed or limited in capacitor and will need to be monitored and that will need to be successful.”

Overcoming obstacles to change

Anding said avoiding the temptation of old habits is key to keeping New Year’s resolutions. “Peoples will continue to stay home more, which could lead to menu traps to the refrigerator. Gyms or studios where people can exercise may continue to be closed or limited in capacity.”

Evolve others and yourself

Anding said it is also a good time to show your New Year’s resolutions to friends and family for their support.

“The success of these people you want to know about your New Year’s resolutions and ask for their encouragement and support,” she said. “It is easier to keep your resolutions if you have others supporting you, plus mixing others it makes you more driven to the goal.”

Finally, Anding said those who made new year’s goals to towards their New Year’s resolutions that they didn’t want to change for themselves for theirOwn.

“Do something you like and find it enjoyable, but also something that you can enjoy,” she said. “Oh you can indulge in a guilty pleasure as long as it doesn’t sabotage your overall plans. It’s also fine to share your success with others as a source of self-validation.”
Looking for a part-time job? Call Mollie (936) 327-4357 or Email: pcpcclassified@gmail.com

To solve a sudoku, the numbers 1 through 9 must fill every row, column, and box. Each number can appear only once in each row, column, and box. The more numbers you name, the easier it gets!