...West of 98

(Continued from previous page) When that sale is complete, it will have a positive impact on my mental well-being. I will still practice law, but I can spend more time working on things that give me peace and bring me joy. I plan to write more. Our garden will expand, because I want to grow more food to sell or give to others. If that sounds like a "crunchy" hippie turn at age 40, well, your mileage may vary, but I know what will be healthy for me and good for our community.

Mental health advocacy requires leading from the front and being honest about your own mental health. As such, I am being deeply honest with you and sharing my story. I will continue to share my story. I want you to share your stories too. You need not share them with me (but you are welcome to do so), but I do want you to share them with your people who need to hear them. If you are not sure who needs to hear it, just start a general conversation about mental health with friends and family. You might be surprised to learn who else is struggling and who feels a sense of relief that you brought up the topic.

Mental health conversations are no good if they never move beyond pondering into real action. I have been thinking about that for the last two weeks. When I write about suicide prevention and then a person shares with me about a family member's suicide attempt, it guts me to the core. It shows the urgency of this work. How do we engage with mental health struggles in our communities? How do our churches and community organizations discuss the topic and adequately counsel people who are struggling? How do our first responders handle situations when they are asked to intervene in a mental health crisis? Are we equipped and prepared as a community to respond in a healthy and helpful way?

As Mayor of Stamford, I am going to ask our community those very questions. I want to convene some meetings and listening sessions. I think our people need more training in mental health crisis response. I think EVERYBODY in America needs more training, but I can only control my actions within our community. My essays are read by a decent number of folks across America, so I hope that it will inspire them to do the same in their own communities.

Suicide is an epidemic in America. Suicide rates have increased by 36% in America since 2000. Suicide is the second leading cause of death for people ages 10 to 14 and 25 to 34. Let that statistic sink in before you read on. Suicide is in the top 9 causes of death for all people from ages 10 to 64. Suicide rates are even higher for veterans, rural populations, and people who work in dangerous jobs. Those are our people. Our people are struggling every day. Too many of our people are dying by their own hand or having those thoughts. We cannot achieve our potential as a community until we reckon with the struggle of our family, friends, and neighbors. "Love your neighbor" is the second greatest commandment for a reason. We have got to love our neighbors. Their lives literally depend on it. Let us step up and step forward with our own struggles,

link arms, and lead one another to a better place. It is the very point of life together within a community. P.S. If you feel led to share your story or your coping mechanisms, please feel free to do so. P.P.S. If you are struggling, call or text 988 or visit the Suicide please seek help. If you do not and Crisis Lifeline at https:// have a safe outlet for help, then 988lifeline.org/

NOTICE OF SPECIAL ELECTION (COUNTY) AVISO DE ELECCIÓN ESPECIAL (CONDADO)

To the registered voters of the County of Coke, Texas:

(A los votantes registrados del Condado de Coke , Texas)

Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to 7:00 p.m., <u>Nov. 5, 2024</u> for voting in a special election to elect:

PROPOSITION CONFIRMING THE CREATION OF COKE COUNTY EMERGENCY SERVICES DISTR (Notifiquese por la presente, que los sitios de votación citadas abajo se abrirán desde las 7:00 a.m. hasta las 7:00 p.m. el Nov. 5, 2024 para votar en la elección especial para elegir:

PROPUESTA CONFIRMANDO LA CREACIÓN DEL DISTRITO DE SERVICIOS DE EMERGENCIA

On Election Day, voters must vote in the precinct where registered to vote, unless the countywide polling place program is being used in the election. (El Día de Elección, los votantes deberán votar en el precinto donde están inscritos para votar, a menos que el programa de sitios de votación del condado se está utilizando en la elección.)

Location of Election Day Polling Places	Precinct Number(s)	
Include Name of Building and Address	(Número de precinto)	
(Sitios de votación el Día de Elección)		
(Incluir Nombre del Edificio y Dirección)		
Robert Lee Recreation Hall, 150 County Rd, Robert Lee, TX	Precinct 1	
Bronte Recreation Hall, 350 E Park Rd., Bronte, TX	Precinct 2	
Coke County Courthouse, 13 E 7th Street, Robert Lee, TX	Precinct 3	
First Baptist Church, 424 S. Washington St., Bronte, TX	Precinct 4	
	×	

During early voting, a voter may vote at any of the locations listed below: (Durante Votación Adelantada, los votantes podrán votar en cualquiera de los sitios de votación nombradas abajo.)

Location of Main Early Voting Polling Place	Days and Hours of Operation				
Include Name of Building and Address (Sitio	Días y Horas Hábiles				
principal de votación adelantada) (Incluir					
Nombre del Edificio y Dirección)					
County Courthouse 13 E 7th Street, Robert Lee, TX	Mon Oct 21-Fri Oct 25 8am-5pm				
County Courthouse 13 E 7th Street, Robert Lee, TX	Sat Oct 26 7am-7pm				
County Courthouse 13 E 7th Street, Robert Lee, TX	Sun Oct 27 9am-3pm				
County Courthouse 13 E 7th Street, Robert Lee, TX	Mon Oct 28-Fri Nov 1 7am-7pm				

Days and Hours of Operation	
Días y Horas Hábiles	

	Applications for ballot by mail shall be mailed to: (Las solicitudes para boletas que se votarán adelantada por correo deberán enviarse a:)					
		Jennifer Burdett				
		Name of Early Voting Cle (Nombre del Secretario/a				
	13 E 7th Street					
	Address (Dirección)					
		Robert Lee	ТХ			
		City (Ciudad)	Zip Code (Código Postal)			
		325-453-2631				
		Telephone Number (Núr				
		jennifer.burdett@co.coke				
	Email Address <i>(Dirección de Correo Electrónico)</i> https://www.co.coke.tx.us/page/coke.Elections					
Early Voting Clerk's Website (Sitio web del Secretario/a de Vot			a de Votación Adelantada)			

Applications for Ballots by Mail (ABBMs) must be received no later than the close of business on: (Las solicitudes para boletas que se votarán adelantada por correo deberán recibirse no más tardar

de las noras de negocio el:)

10 / 25 / 2024 (date)*(fecha)*

Federal Post Card Applications (FPCAs) must be received no later than the close of business on: (La Tarjeta Federal Postal de Solicitud deberán recibirse no más tardar de las horas de negocio el:) <u>10 / 25 / 2024</u> (date)(fecha)

