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The Bulletin

Weekly

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Expensive groceries shift county food banks into high gear

By Ernie Williamson

The Bulletin

You've seen the statistics.

Over the past 12 months, the consumer price index in our area has spiked 10.2%, matching 1981's increase.

But those are just numbers. Behind the numbers are people struggling to make ends meet and feed their families. They are lining up at food pantries asking for assistance.

The View from My Seat

Rebecca Zipperer, client services manager at the Brazoria County Dream Center in Clute, recounts the type of story she hears all too often these days.

A young working mom: "I need to put gas in my car for work, which leaves me no money left for groceries."

An older man: "The Dream Center helps with the food, so I can eat and pay my bills."

Both Terri Willis of the Dream Center and Lisa Owsley, executive director of the Interfaith Food Bank, are seeing increases in the number of people needing food.

(See **HUNGER** on Page 6)

INSIDE THIS ISSUE


Memories of the Brazoria Heritage ball

SEE PAGES 8-9

Summer health tips, activities for seniors

SEE PAGES 10-11

Drive-In theaters are back in style



By Tom Purcell
Special to The Bulletin

I'm going to the drive-in this weekend – for the first time in 42 years.

You see, the COVID pandemic has disrupted and rearranged our lives forever, but it has also given birth to some wonderful trends, such as the comeback of the drive-in movie theater.

According to CNN Business, the drive-in has made a rebound in the past few years, and it is a trend that "looks like it's here to stay."

During 2019, drive-ins accounted for just 2.9% of total box office revenue.

But during the summer of 2020, thanks to the COVID lock-downs, drive-in theaters generated as much as 95% of North American box office revenue.

15 Drive-in movie theaters to explore in Texas
www.aceable.com/blog/15-texas-drive-in-movie-theaters/

(See **DRIVE-IN** on Page 5)

The All-Star Game few saw and even fewer remember

By Joe Guzzardi

Special to The Bulletin

In 1963, an All-Star game was played that few fans watched, and 59 years later, nobody remembers.

The game, comprised exclusively of Latino players from the American and National Leagues, took place at the New York Giants' historic Polo Grounds - the last game played at Coogan's Bluff.

The exhibition game, played before 14,235 fans, was a charity event to benefit a new Latin American Hall of Fame.

The Polo Grounds, temporary home to the New York Mets

(See **GAME** on Page 9)



The historic Polo Grounds was the site of a little-known All-Star game.

Anatomy of my first colonoscopy

By Jase Graves

Special to The Bulletin

There have been countless jokes, comedy routines and humorous articles written about

colonoscopies, but I'm a firm believer that, like Mexican food restaurants, there can never be too many. Besides, we now live in a world where each individual colon has the right to assert its own unique identity that can't be categorized based on society's stereotyped definitions of a large intestine. So, here goes.

Ever since I turned 50, and my stylist started charging extra to brush my ear hair, several of my friends and loved ones have encouraged me to schedule a colonoscopy. At first, I was reluctant, maybe because the procedure conjured images of alien abductions involving bodily

(See **COLONOSCOPY** on Page 8)

'Boosted' again

By John Toth

The Bulletin

We were the only ones at the Brazoria County Health Department.

What a difference between now and when we got our first and second Covid-19 vaccines.

The first time Sharon and I came here for the shot was on Jan. 20, 2021. The place was packed. We had to make a reservation and fill out long forms. Then, for the big event, we went into the room where the nurse administered the shot.

It was memorable mostly because, at the time, we thought it would protect us from this potentially deadly virus. We were getting restless, ready to break out of our Covid isolation cocoon.

John's Ramblings

It was psychologically a big relief, even though the Internet was filled with scary anecdotes, and the shot itself was well politicized here and worldwide.

The second shot was memorable because we got it on Feb. 17, 2021, in the middle of the big Texas freeze. It wasn't enough that we didn't have water or electricity while it was well below freezing; we had to further complicate things by getting the second shot.

We would not have done it if the Health Department was closed. But among all the pipes bursting and power outages, the clinic somehow retained power and kept the vaccination appointments, so we went in and stayed on the shot schedule.

We were in a warm place for at least a little while. The nurse who administered the shots mentioned that her living room ceiling fell in because of a burst pipe. Why are you here instead of taking care of that, I asked.

"It's warmer here," she joked.

By the time we got back to the

(See **BOOSTED** on Page 7)

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WEATHER HISTORY ON THIS DAY

Aug. 3, 1970 - Hurricane Celia struck the coast of Texas, producing wind gusts to 161 mph at Corpus Christi and estimated wind gusts of 180 mph at Arkansas Pass. The hurricane was the most destructive of record along the Texas coast, causing \$454 million in damage and also claiming 11 lives.

Aug. 4, 1930 - The temperature at Moorefield, W.V. soared to 112F to establish a state record, having reached 110F the previous day.

Aug. 5, 1961 - The temperature at Ice Harbor Dam, WA., soared to 118F to equal the state record established at Wahluke on July 24, 1928.

Aug. 6, The temperature soared to an all-time record high of 106F at Washington, D.C., and Cumberland and Keedysville hit 109F to establish a state record for Maryland.

Aug. 7, Forty cities in the central U.S. reported record low temperatures for the date, including Valentine, NE., with a reading of 40F, and Belcourt, N.D., with a low of 37F. Martin, S.D. was the cold spot in the nation, with a morning low of 30F.

Aug. 8, 1882 - An August snowstorm was reported by a ship on Lake Michigan. A thick cloud reportedly burst on the decks, covering them with snow and slush six inches deep.

Aug. 9, Lake Charles, LA. equaled its record for August with a low of 61F. Canaan Valley, W.V. was the cold spot in the nation with a low of 32F.

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The Bulletin

7-Day Local Forecast

AUGUST 3 Wednesday	AUGUST 4 Thursday	AUGUST 5 Friday	AUGUST 6 Saturday	AUGUST 7 Sunday	AUGUST 8 Monday	AUGUST 9 Tuesday
Partly Cloudy	Partly Cloudy	Partly Cloudy	Chance Showers	Partly Cloudy	Cloudy	Few Showers
95 / 78	100 / 82	96 / 80	99 / 81	100 / 83	101 / 82	97 / 81

Local UV Index

0 - 2	3	4	5	6	7	8	9	10	11+
-------	---	---	---	---	---	---	---	----	-----

0-2: Low, 3-5: Moderate, 6-7: High, 8-10: Very High, 11+: Extreme Exposure

State Cities

	Wednesday	Thursday	Friday		Wednesday	Thursday	Friday
City	Hi/Lo	Wx	Hi/Lo	Wx	Hi/Lo	Wx	Hi/Lo
Amarillo	98/76	s	96/73	mc	95/74	mc	Odessa
Beaumont . . .	95/80	s	94/79	s	93/80	mc	San Antonio . .
Dallas	103/83	s	102/82	mc	100/81	cl	Waco
Houston	98/81	pc	102/84	pc	97/81	pc	Wichita Falls .

Weather (Wx): cl/cloudy; mc/mostly cloudy; pc/partly cloudy; r/rain; s/sunny; sh/showers; t/thunderstorms

Peak Fishing/Hunting Times This Week

	Day	AM	PM		Day	AM	PM
	Wed	4:37-6:37	5:00-7:00		Sun	8:00-10:00	8:31-10:31
	Thu	5:22-7:22	5:46-7:46		Mon	9:03-11:03	9:36-11:36
	Fri	6:10-8:10	6:36-8:36		Tue	10:08-12:08	10:41-12:41
	Sat	7:03-9:03	7:31-9:31				

Weather History

Aug. 3, 1970 - Hurricane Celia struck the coast of Texas producing wind gusts to 161 mph at Corpus Christi. The hurricane was the most destructive of record along the Texas coast causing 454 million dollars in damage and claiming 11 lives.

Surfside Beach Tides

Day	High	Low	High	Low
8/3	7:40 a	12:57 a	9:19 p	2:53 p
8/4	7:45 a	1:59 a	11:18 p	3:20 p
8/5	7:18 a	4:31 a	None	3:59 p
8/6	1:06 a	4:45 p	None	None
8/7	2:12 a	5:40 p	None	None
8/8	3:03 a	6:41 p	None	None
8/9	3:53 a	7:40 p	None	None

Sun & Moon

First	Day	Sunrise	Sunset	Moonrise	Moonset	Last
	Wednesday	6:43 a.m.	8:11 p.m.	12:02 p.m.	11:51 p.m.	
	Thursday	6:44 a.m.	8:11 p.m.	1:01 p.m.	Next Day	
	Friday	6:44 a.m.	8:10 p.m.	2:04 p.m.	12:24 a.m.	
	Saturday	6:45 a.m.	8:09 p.m.	3:11 p.m.	1:02 a.m.	
	Sunday	6:45 a.m.	8:08 p.m.	4:20 p.m.	1:47 a.m.	
	Monday	6:46 a.m.	8:07 p.m.	5:29 p.m.	2:40 a.m.	
	Tuesday	6:46 a.m.	8:07 p.m.	6:33 p.m.	3:42 a.m.	

Local Almanac Last Week

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days
7/21	96	76	91/73	0.00"	Date Degree Days
7/22	96	77	91/73	0.00"	7/21 36
7/23	96	77	91/73	0.00"	7/22 37
7/24	96	80	91/73	0.00"	7/23 37
7/25	96	76	91/73	0.00"	7/24 38
7/26	95	75	91/73	0.00"	
7/27	94	78	92/73	0.20"	

Growing degree days are calculated by subtracting the base temperature (50 degrees) from the day's average temperature.

Strange but True

By Bill Sones
and Rich Sones, Ph.D.

Compulsive numbers

Q. People who can't stop checking to see if doors are locked, or wash their hands repeatedly, or won't step on sidewalk cracks, suffer from obsessive-compulsive disorder (OCD). What about someone who demands precisely 18 clean towels every day?

A. The great scientist and "arithmomaniac" Nikola Tesla did just that, saying that 18 is a multiple of 3, reports Clifford A. Pickover in "Wonders of Numbers: Adventures in Mathematics, Mind, and Meaning." Also, he often felt compelled to walk around the block 3 times, would stay in room 207 (3 x 69) at the hotel and kept a stack of 18 napkins nearby when dining.

Many others are similarly afflicted with this form of OCD: Case 1. A 13-year-old girl must knock 3 times on a window before entering; Case 2. A teen suddenly starts repeating "6, 6, 6, 6" or "8, 8, 8, 8," reporting: "I have no control over these numbers. They have a mind of their own - MY mind." Another boy must turn around exactly 8 times to calm himself, a 7-year-old girl must count to 50 in between reading or writing each word.

Evidence is mounting, says Pickover, that OCD runs in families, that

the cause is physical (medicines help) and correlates with movement disorders, such as facial tics.

Ghost words

Q. Do you have any idea what a "ghost word" is? Clue: "Dord" is a classic example.

A. It's a word that never existed in real life, but nevertheless turns up in a dictionary, says David Crystal in "The Cambridge Encyclopedia of the English Language."

Errors by lexicographers in typing, copying, programming or filing are the cause. "Dord," for example, got listed as a word in Webster's (1934) when office workers took an ABBREVIATION file labeled "D or d" for density and mistakenly created the WORD "Dord" as a synonym for density. The new word stuck, appearing in other dictionaries as well.

Fictitious forms are certainly not rare. Is there such a word as "antiparliamentarianism"? The Oxford English Dictionary cites only "antiparliamentarian."

Medical terms are especially susceptible: someone with serious pronunciation difficulties might be described as manifesting "an articulation disorder," "articulatory handicap," "misarticulation" or a dozen others. "Dictionaries of speech pathology don't agree on the term," says Crystal, "and there is

no guarantee that the terms a dictionary selects are the most commonly used ones, or indeed, whether there is anyone out there using them at all."

Thorough shuffle

Q. How many ordinary, home-style shuffles does it take to mix a 52-card deck? How many perfect shuffles to do it?

A. Seven ordinarily will suffice, and beyond this you get little gain; but most people only shuffle three or four times, leaving many of the cards in their original sequence, says Sharon Bertsch McGrayne in "365 Surprising Scientific Facts, Breakthroughs and Discoveries."

"Magicians and card cheats use this fact to improve their odds of winning." For two decks, it takes nine shuffles, for six decks, 12 shuffles. And you can't assume that half the number of shuffles will mix the cards about half as well: Shuffling is not linear, as much of the mixing occurs in the last few shuffles.

Will perfect shuffles do the job faster? No, randomization is the goal of shuffling.

A perfect shuffle involves cutting the deck in half then perfectly interlacing the two halves, with one card coming from one hand, then one from the other hand, then one from the first hand, says JimLoy.Com.

But this sort of shuffle (in-shuffles and out-shuffles differ) retains much of the deck's sequencing. "It has been shown that eight perfect out-shuffles return the 52-card deck to its original order. So, perfect shuffles do not randomize a deck, far from it."

Ergo, the sloppier the shuffle, the fairer for the players, so long as the shuffler keeps at it for a while.

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If you have any questions, please call (979) 849-5407, or email us at stephanie.bulletin@gmail.com.

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MIKE PINGREE'S

THROUGH THE LOOKING GLASS



I'M SURE I FORGOT SOMETHING, BUT WHAT?:

A man broke into a home in St. Petersburg, Fla., and threatened the resident with a Samurai sword and ordered him to bring a clothes hamper, that he had filled with stolen items, outside. The burglar then put it into to the resident's truck and drove away. However, he left behind his cell phone, which contained photos and videos of him. He was soon arrested.

O.K., BUT PROMISE YOU WON'T ARREST ME:

Police in Garden City, Idaho, have found a fanny pack filled with all kind of drugs and have issued a call for the owner to come down to the station and claim it.

VERY UNUSUAL BIRD

BEHAVIOR: A British tourist, visiting the Orkney Islands north of Scotland, picked up a GPS bird-tracking device that had apparently fallen off of an oystercatcher, a black and white bird with a long, red-orange beak for breaking through shellfish. Researchers realized this when they saw that the device visited a pizza shop, then

flew from Edinburgh to England and is now at a home on a residential street in west London.

SHE MUST BE VERY GOOD

AT HER JOB: A stripper at a gentleman's club in Maidenhead, England, became enraged when a generous client that she had tried to entertain ended up showering another stripper with piles of cash, so she and her lover attacked her on her way to the subway and stole her night's take of \$11,000 in tips.

HOW DID YOU EXPECT TO GET AWAY WITH THAT?:

A brazen trio of reckless drivers performed burnouts right in front of the police station in Dearborn, Mich., with security cameras dotting the perimeter. The police chief ran out to confront the miscreants, who were hanging out the window, taunting him and anyone within range. Officers quickly tracked them down, arrested the drivers and impounded all three vehicles.

THEY SHOULD BE EXPELLED FROM THE CRIMINAL BROTHERHOOD:

Two groups of young men got into a verbal altercation in front of a

liquor store in Oshtemo, Mich., at 10 o'clock at night, drew their guns and fired about 40 shots at each other. No one was hit.

OTHER THAN THAT,

SHE WAS FINE: Police, who responded to a call about a half-naked woman in the elevator at a bar in Nashville, said she reeked of alcohol, was unsure what happened to her pants, who she was with, or where she was staying.

IS THERE A PROBLEM,

OFFICER?: A man was arrested after Indiana state troopers spotted him on Interstate Highway 265, riding an electronic Walmart cart

and pushing a construction barrel at 5 o'clock in the morning.

JUST TRYING TO BE HELPFUL, OFFICER!: A man stole a sheriff's patrol vehicle in Teller County, Colo., and then went to the location of a domestic violence call just before 3:30 in the morning that was broadcast on the police channel.

The people at the home said he appeared to be intoxicated. Deputies pursued him in a high-speed chase about two hours, later hitting speeds of up to 110 mph until he crashed and ran into the woods, where they caught him.

DID YOU KNOW?

- During Eminem's sentencing for a weapons charge in 2001, the judge said, "Mr. Mathers. Now is the time for you to please stand up."
- Green and black tea come from the same plant.
- Norway allows students from anywhere in the world to study at their public universities free of charge.
- New York City's area code is 212 because it was the fastest number to dial on a rotary phone.



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DRIVE-IN

(From Page 1)

Even as people begin trickling back to brick-and-mortar cinemas, drive-ins are still doing significantly more business than they did prior to COVID.

"Through the first 30 weeks of 2021," reports CNN Business, they were "still gobbling up a greater share of box office revenue than they did pre-pandemic: averaging 6.2% of weekend box office dollars this year versus nearly 1.9% for the first 30 weeks of 2019."

I'm very fond of the American drive-in theater in part because its creation is unique to America.

According to Kerry Segrave, author of "Drive-in Theaters: A History from Their Inception in 1933," only two other countries, Canada and Australia, were able to come close to America's "intense love affair with drive-ins."

He writes that before drive-ins could spring up all over America during the post-World War II boom, a unique mix of conditions had to exist.

First, there had to be an abundance of relatively inexpensive land.

Second, families needed to be able to afford comfortable automobiles, such as our family's wood-paneled Starship Enterprise station wagon.

Third, drive-ins needed lots of kids, and the Baby Boom era produced plenty of those.

My family certainly took full advantage of this affordable entertainment option every summer.

And so I have many vivid memories of my father driving the station wagon around to several parking spots before finding a window speaker that worked.

He'd open the tail gate and set cheese curls and chips and ice-cold

soda pop on it - one of the rare times we could devour these treats with abandon.

Soon, the blue sky fell dark, the film projector began rattling, and black and white numbers — "5, 4, 3, 2, 1..." — flashed onto the screen.

Next came yellowed 1950s footage advertising hot dogs, popcorn and other concession items we could never get our father to buy. The feature film, "The Love Bug," would finally play, and our family event was under way.

I think the last time I went to the drive-in theater was my senior year of high school in 1980 - we were a bunch of would-be "American Graffiti" knuckleheads.

We went in my friend Gigs' Plymouth because it had a trunk large enough for two or three of us to hide in.

Our ploy of getting past the theater owner and only having to pay for one ticket never worked - we always got caught, but it was great fun trying.

I won't be hiding in my friend's trunk, but I'm going to the drive-in theater this weekend.

We'll go in my convertible with the top all the way down.

We'll enjoy cheese curls and ice-cold orange soda, as we forget our worries for a little while, whiling the night away and enjoying the rebirth of the American drive-in theater.

(Copyright 2022 Tom Purcell. Tom Purcell, creator of the infotainment site *ThurbersTail.com*, is a Pittsburgh Tribune-Review humor columnist. Email him at Tom@TomPurcell.com.)

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HUNGER (From Page 1)

Willis says more families are feeling squeezed by higher prices of gas, rent and food. "Something has to go," she says.

Willis says in both April and May the center served 1,400 different Brazoria Countians. In June, that number spiked to 1,800.

The number of visits from families who have never been to the Dream Center has increased from 51 in

January to 83 in June.

At the Interfaith Food Bank, also known as The Food Basket in Clute, Owsley says on one Saturday alone 12 new families came in needing help.

Both Willis and Owsley say that at the very time people need food assistance, getting donations has become more challenging.

Willis says corporate contributors are cutting back because of the slowing economy, and Owsley says

some retail suppliers are still experiencing supply chain disruptions

Although concerned, Owsley says "God will provide."

The Interfaith Food Bank reduces its supply and cost challenges by growing fruit from its own orchard and vegetables from a two-acre garden.

The organization has 60 volunteers doing everything from gardening to scavenging for food donations.

Founded in 2002 with a mission of "Feeding the Sheep," the organization primarily serves the southern part of the county, but it will take any county resident.

Although Owsley has people coming from other parts of the county looking for help, she advises them to save on gas by going somewhere close to home.

To qualify for food assistance at the Interfaith Food Bank, applicants need to bring information about their income and expenses, proof of residency and identification for members of the family.

Andie Moore, an AmeriCorps member working at the Dream Center, tells this story.

"I was helping a lady in the Dream Pantry, and she said it was her first time here and started crying. She was overwhelmed with BCDC's generosity. She also shared that they can't afford rent and utilities, and her husband is retiring at year's end, so they are trying to cut back as much as possible. The food that she receives from the pantry helps them to stretch their budget for rent and utilities."

As I started doing research on this column, I thought about a recent lunch with my daughter and a granddaughter.

The bill came to \$55 with tip.

That's ridiculous, I thought at the time.

Now, I can only wonder what the people at the food pantry would think about spending \$55 for two BLT's, a tuna sandwich and a couple of soft drinks.

(Contact Ernie at williamsonernie@gmail.com. Or, send letters in care of The Bulletin, PO Box 2426, Angleton, TX. 77516)

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- 3) Email it all to john.bulletin@gmail.com



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BOOSTED

(From Page 1)

house, it was warm there also. The power came back on.

"Let's cook up the food that is soft in the freezer before the power goes off again," I suggested to Sharon.

We had reactions both times to the shot - chills, joint pain, headache, the works. But we were glad to get the second shot and be protected. We didn't know that all these variances would pop up.

We stopped at UTMB for our first booster shot in November. There was no major disaster, man-made or natural, associated with that shot. But, the reaction was the same as the first two times. We knew to leave the next couple of days free to recover.

"Where is everyone?" I asked nobody in particular as we entered the waiting room, ready for our second booster shot at the county Health Department. "It wasn't like this the last time we were here."

"Sharon and John," called out the nurse. I looked around the waiting

area. That must be us. It was the same nurse who administered our second shot during the freeze.

Of course, we had to go over what happened back then and what has changed. We had a nice visit. The 15 minutes of mandatory waiting to see if we had a reaction to the shot became a 45 minute chat.

I realize that some of our readers have not gotten the shots, and I am not writing this to try to convince anyone. I'm simply chronicling what we decided. I posted it on Facebook, and I was surprised how many of my friends also got the second booster and shared their experiences. (Three weeks after the booster, my grandson tested positive for Covid while we visited. We have had no symptoms as of this writing.)

As for the second booster reaction. I was ready, but not much happened - just a little tiredness.

(Send comments to john.bulletin@gmail.com. Or write to: The Bulletin, PO Box 2426, Angleton, Tx. 77516.)



DID YOU KNOW?

- A mountain lion, puma, cougar, and panther are all the same animal.

- Plants don't die from cancer because, unlike animal cells, almost all plant cells can create new cells of whatever kind the plant needs; they can replace cells and tissues more quickly.

Most plant life survived the nuclear disaster at Chernobyl.

- Chadwick Boseman was the first and only person considered for the role of T'Challa in "Black Panther." When Chadwick's name came up in a creative story meeting, Marvel immediately settled on him.

- In the 1940s, Kodak accidentally discovered that the U.S. government was secretly testing nuclear bombs after customers started complaining about black spots on their photos.

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Memories of the Santa Anna Ball in Brazoria



The Santa Anna Ball was hosted by the Brazoria Heritage Foundation (BHF) at its civic center in July. Shown above are former County Commissioner Larry Stanley, left, and other ball guests, including Bill and Scha Fondren.

COLONOSCOPY (From Page 1)

probing devices the size of Russian intercontinental ballistic missiles. Or perhaps I was just afraid of what the gastroenterologist might discover based on my long history of devouring pretty much anything that the FDA has deemed semi-edible.

My worries were so profound that for the first couple of years of my 50s, I resorted to the cumbersome, awkward and potentially disastrous take-home colon-cancer screening kits. But as my friend's gastroenterologist once warned him, "There's really no graceful way to catch a stool."

And, sure enough, when I attempted to use the kits, my juggling performance usually resulted in a call for back-up from an emergency hazmat team.

But this year, motivated by the fear that I might not live long enough to become a financial and psychological burden on my three daughters, I decided to take the plunge (or the prod) and schedule a full-blown colonoscopy with all the trimmings.

As most of you know, a proper colonoscopy begins with the preparatory process of fasting and ingesting a regimen of military-grade laxatives designed to transform you into a human fire hose nozzle

set to Armageddon strength. For me, though, the prep wasn't as traumatic as I anticipated. Rather than having to set up a campsite next to the toilet, I was actually able to do some yard work – with the slight inconvenience of occasionally performing a penguin sprint to the bathroom.

By the end of the day, though, I understood what one of my friends meant when he advised that, instead of toilet paper, I should have a snow cone handy.

After a full day of fasting and counting enchiladas to get to sleep the night before, I was anxious to get the procedure over with in the morning so I could resume my steady diet of Tex-Mex and Andy's Frozen Custard. I'm happy to say that the entire medical staff at the clinic was extremely cordial and accommodating, even though I couldn't help thinking that they were all trying not to laugh – along with my wife.

I have to admit that I was a little nervous since this was the first time I'd ever been put to sleep (when not listening to a sermon in church), but the nurse anesthetist told me that it would be like taking a really good nap – while basically on the same drugs that killed Michael Jackson.

When I woke up, I expected to feel like I had been on the receiving

end of a Build a Bear Workshop stuffing station. Instead, I felt surprisingly refreshed, well-rested and oddly ventilated.

I'm pleased to report that the doctor found my colon extremely boring and said that he wasn't interested in seeing it again for 10 years. I did request the bowel portrait family value package with two 8x10s, three 5x7s and eight wallets. He didn't laugh.

Following the procedure, my wife drove me to the closest Mexican restaurant, and I experienced a great sense of satisfaction and relief that I had overcome my anxieties and done what was best for my health – while consuming an obscene amount of chips and salsa.

So, if you've been putting off your own colonoscopy, let me encourage you to get it done. You'll have a great sleep. You can gorge guilt-free on your favorite food when it's over, and it just might help you live long enough to become a financial and psychological burden on those you love the most.

(Copyright 2022 Jase Graves distributed exclusively by Cagle Cartoons newspaper syndicate. Graves is an award-winning humor columnist from East Texas. Contact Graves at susanjase@sbcglobal.net.)



County Commissioner Dude Payne and wife Deborah attended.



Melissa Ebner, BHF publicity chair, dressed in period costume.



County Commissioner David Linder sat with his wife, Mollie, left, and daughter-in-law/Justice of the Peace Sarah Linder, and his son, Justin.



Justice of the Peace Jack Brown and wife Tonia Brown talked about how much they enjoyed their recent trip to see their children and grandchildren.



Sandra Barnett and former newspaper editor Jim Barnett of Freeport were among those coming from around the county to attend the annual fundraiser.

Below, Pam and Ravi Singhania enjoyed the Santa Anna Ball. Center, Michael Bailey, curator of the Brazoria County Historical Museum, was impressively dressed in historical apparel. Right, One of the younger Brazoria County residents attending came with her mother and was happy to show off her butterfly face paint design. On the River catered the event, which had a big turnout. David Jordan is president of the Brazoria Heritage Foundation.



GAME

(From Page 1)

during their first two seasons, 1962 and 1963, had showcased some of baseball's greatest players - 373-game-winning pitcher Christie Mathewson; right fielder Mel Ott, who came up as a rookie at age 17 and retired as a Giant - 22 years and 511 home runs later; and Willie Mays, the "Say Hey Kid."

Baseball's most dramatic moment - Bobby Thompson's 1951 "Shot Heard 'Round the World" - thrilled Polo Grounds' bugs.

Nearly six decades ago, on that warm and sunny October 13th day, a week after the Los Angeles Dodgers swept the New York Yankees in the World Series, the lineups were filled with Latin American and Caribbean nations' players - Cuba, Puerto Rico, the Dominican Republic, Venezuela, Panama and Mexico. Black or multiracial, they endured the same bigotry as African Americans.

Among them were future Hall of Famers' Juan Marichal, Orlando Cepeda, Roberto Clemente and Luis Aparicio. Others honored included a Minnesota Twins' future three-time batting champion Tony Oliva, and his teammates MVP Zoilo Versalles and Vic Power, San Francisco Giants star outfielder

and future manager Felipe Alou, the Washington Senators' Minnie Minoso and the New York Yankees' Hector Lopez, coming off his fourth straight World Series appearance.

Unlike the 2022 All-Star Game, the Latinos played their game in obscurity - no television, no media hoopla and no promotional advertisement. Three of Latin music's big talents performed - bandleaders Tito Puente and Tito Rodriguez and a Cuban singer - before the game.

For the Latin stars, the game was emotionally charged. Marichal, the "Dominican Dandy," remembered: "There was a lot of emotion among all the players, and you could tell the fans were excited about it, too."

Manny Mota, a Dominican and Pittsburgh Pirates outfielder then in his second major league season, stressed how proud the players were to represent their countries - "prestige and pride" were his words.

For all its historical importance, the game was a snoozer with the NL, which had won the official 1963 All-Star Game in Cleveland 5-3, pulled away by the ninth inning, 5-0. Alou Mota, the St. Louis Cardinals' shortstop Julian Javier, and the Pirates' Alvin O'Neal McBean contributed the winning RBIs. Alou's single came off the Twin's losing

pitcher, the Cuban Pedro Ramos.

Giants ace Marichal, a 25-game winner in 1963, hurled four innings of shutout ball, allowing just two hits, no walks and fanning six.

But the win went to McBean, who followed Marichal to the mound with four shutout innings of his own. After the game, the players lined up in the clubhouse to collect their \$175 stipend, a far cry from what today's ASG participants receive.

While not paid in folding green, the 2022 All-Stars get six free tickets to the game and to the Home Run Derby, free first-class airfare and hotel, the daily \$117.50 MLB meal stipend and a swag bag. Don't forget that the crème de la crème ASG players have negotiated into their contract's bonuses for up to \$500,000 just for being chosen.

But at least three of the Latin players had the last laugh. Cepeda, Clemente and Power were such unfamiliar faces that after getting paid the first time, they went to the back of the line, and unrecognized, collected a second time. Said Cepeda, "The guy never realized he paid us twice."

(Joe Guzzardi is a Society for American Baseball Research and Internet Baseball Writers Association member. Contact him at guzzjoe@yahoo.com.)

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Senior Focus

10

SUMMER HEALTH TIPS
for Older Adults

As the calendar tips into the month of August, almost all 50 states are enjoying the warmth of summer months. But as temperatures soar higher, there are unique health risks to bear in mind.

Below are 10 tips to help you stay safe
(and cool) in the hot weather

- 1

Avoid Heat Stroke
Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.¹


- 2

Stay Hydrated
Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.²


- 3

Drink Plenty of Water
Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).³


- 4

Manage Caffeine Intake
Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water: A good rule of thumb is at least a glass of water for each caffeinated beverage.⁴


- 5

Exercise Smart
Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).


- 6

Plan Your Exercise Time
If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.


- 7

Keep Cool Inside
Close blinds and curtains to help keep the heat out of your home during daytime hours.⁵


- 8

Stay Cool
If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches – investing in one good night's sleep can be the respite you need to beat the heat.


- 9

Apply Sunblock
When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: [Click Here](#)⁶


- 10

Cool Down
Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.⁷



Seniors with prediabetes should eat better, get moving, but not fret too much about diabetes

Kaiser Health News (TNS)

Almost half of older adults - more than 26 million people 65 and older - have prediabetes, according to the Centers for Disease Control and Prevention. How concerned should they be?

Not very, say some experts. Prediabetes - a term that refers to above-normal but not extremely high blood sugar levels - isn't a disease, and it doesn't imply that older adults who have it will inevitably develop Type 2 diabetes, they note.

"For most older patients, the chance of progressing from prediabetes to diabetes is not that high," said Dr. Robert Lash, chief

medical officer of the Endocrine Society, commenting on recent research. "Yet, labeling people with prediabetes may make them worried and anxious."

Other experts believe it's important to identify prediabetes, especially if this inspires older adults to get more physical activity, lose weight, and eat healthier diets to help bring blood sugar under control.

Study results show that obese older adults with prediabetes were at significantly heightened risk of developing diabetes.

Also at risk were black seniors, those with a family history of diabetes and low-income seniors.



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Senior Focus

SAVE THIS PAGE • ENJOY THESE ACTIVITIES

Many organized senior activities planned for Aug.



Lake Jackson Civic Center Fun-Timers took a boat ride in Galveston to search for dolphins in July, one of several organized activities last month for seniors in Brazoria County.

By Sharon Toth

The Bulletin

Area senior centers and programs have a flurry of events planned to beat the heat in August.

Indoor fun, such as bingo, potluck lunches and movies, will help to pass time during the hot days of summer and to celebrate National Senior Day, which will be Aug. 18.

Alvin Senior Center will host a potluck lunch bingo on Wednesday, Aug. 10, at 11 a.m. Participants are encouraged to

bring an appetizer, chips and dip or dessert to share. Cost is \$2.

All events where food is provided need a registration of at least two days before the date of the event to provide a proper head-count for meals. Trips also require registration, and space may be limited.

Then, on Thursday, Aug. 11, registered seniors will leave the center at 10 a.m. to visit Sea Center Texas in Lake Jackson and have lunch at China Star Buffet there. Please bring payment for lunch.

Mega Bingo will be held Thurs-

day, Aug. 18, at the senior center to celebrate National Senior Day.

On Monday, Aug. 22, through Thursday, Aug. 25, an Alvin Senior Citizens Police Academy will be hosted from 1:30 to 3:30 p.m. on the west side of the center. Seniors are invited to participate for free.

Burgers & Bingo add up to fun on Tuesday, Aug. 30, at 11 a.m. Burgers will be served 11:30 to 12:30 p.m. Cost is \$4.

It will be "All Aboard" for a trip to the Rosenberg Railroad Museum on Wednesday, Aug. 31. Make reservations early for a chance to visit the museum, which has park-like grounds, various scale layouts, rail artifacts, an 1800s Bath house, Tower 17, a MoPac caboose and "The Quebec," a fully restored 1879 business rail car. Lunch follows at a railroad-themed cafe, so please bring payment for it.

Lake Jackson is offering transportation to the Wednesday, Aug. 3, Houston Astros 1:10 p.m. game with a ticket for seating in a field box together for \$70 per person. Group leaves the civic center at 10:30 a.m. Pre-registration is required.

Lake Jackson Parks & Recreation will offer a trip for the monthly Lunch Bunch in August to Fadi's (Mediterranean) restaurant in Meyerland. Cost is \$10 per person plus cost of meal. In September, the group will travel to A Cup of Tea in Houston. For more information, and to reserve your spot since

space is limited, contact the Lake Jackson Recreation Center soon.

Angleton's Silver Hearts program is offering transportation to Schulman's Movie Grill in Bay City to see a movie on Wednesday, Aug. 10, and then have lunch in the guest room there. The van is leaving Angleton Recreation Center at 8:15 a.m. and returning around 3 p.m. The cost is \$12.50 per person. Please register early.

Angleton also has organized a potluck lunch on Tuesday, Aug. 26.

All seniors are invited to bring a dish to share with each other while enjoying having a meal with others in the air-conditioned comfort of the recreation center.

Check back in next month's Senior Focus in The Bulletin to learn about more senior programs and fun in Brazoria County, and we want to encourage everyone to stay cool, stay hydrated and stay safe this summer!

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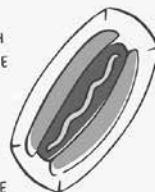
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Angleton City Manager Chris Whittaker joined a group of Angleton seniors on a recent Thursday morning for a weekly coffee chat held at Angleton Recreation Center Recreation.



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Weekly Bulletin horoscope

By Magi Helena

Tribune Content Agency

ARIES (March 21-April 19): Show off your best ideas but do not spend time defending them to anyone committed to misunderstanding. Put extra money in a savings account. The week ahead offers you a chance to improve your home or be generous toward family.

TAURUS (April 20-May 20): Avoid arguments, but if they occur, rest assured that there may be a time later in the week ahead to rectify the situation and put things right. Intense and passionate choices may earn a high-five from an avid admirer.

GEMINI (May 21-June 20): Extravagance of thought and deed isn't enough to fulfill your heart. Don't put your signature on any documents until later in the week. Your hard-earned cash is much too precious to squander on emotional purchases.

CANCER (June 21-July 22): An astute mind sees opportunities, not obstacles. You can find resourceful ways to turn a profit and negotiate better terms. Money might burn a hole in your pocket today, but love could burn in your heart as the week passes.

LEO (July 23-Aug. 22): Every hour moves you closer to the culmination of your dreams. Be smart when wisdom is required and enthusiastic when passion is needed in the week to come. Be on the alert for opportunities and offers.

VIRGO (Aug. 23-Sept. 22): Do something that shows off your ability to work well with others. You likely are a strong, but fair and kindhearted competitor. There might be moments in the coming week when your timing and thoughtfulness is impeccable.

LIBRA (Sept. 23-Oct. 22): You may not find the word "impossible" in your dictionary during the week ahead. Avoid friction with your friends by being especially tolerant and open-minded. Spread joy to make your dreams come true.

SCORPIO (Oct. 23-Nov. 21): To make money you must be practical; love and relationships are not so predictable. In the week ahead use discernment to handle purchases but banish preconceived expectations when spending time with a partner.

SAGITTARIUS (Nov. 22-Dec. 21): Be patient because the person you love is doing the best they can. By the end of the week, your judgment may be much improved, and you might very well be given an opportunity to make your dreams come true.

CAPRICORN (Dec. 22-Jan. 19): A partner or loved ones could be overly emotional at times, but you will likely be gratified by their loyalty. It might be wise to investigate your options for retirement funds or insurance protection as the week unfolds.

AQUARIUS (Jan. 20-Feb. 18): Pledge to achieve at least one of your goals and you should be able to accomplish it. By the end of the week, you could be in a much better position to ask the boss for a promotion or ask for a favor from a friend.

PISCES (Feb. 19-March 20): If you work hard and focus on sensible plans and clever strategies, your expectations should be met. Consult with a professional adviser such as an accountant or doctor nearer the end of the week if needed.

DID YOU KNOW?

- In 2015, a man named Bud Weiser was arrested for trespassing at a Budweiser brewery.
- In 2007 a robber drove a \$280k Porsche through the window of a Malaysian car showroom, then abandoned the car nearby because its gas tank was empty. The robber kept the keys, brought a tank of gas to the police station, where the car was impounded, and stole it a second time.
- Smarter people tend to be happier with fewer friends, according to research published in the British Journal of Psychology.

HELLOOOO!

IT FIGURES.

HE NEVER RETURNS ANY OF MY CALLS.

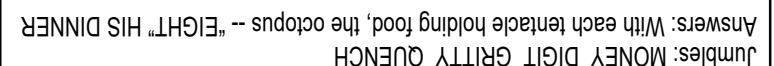
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OSBUN

I KNOW MY YARD NEEDS TO BE CLEANED UP, BUT I HATE TO GET RID OF MY BUICK, FORD, CHEVY, OLDSMOBILE AND TOYOTA.

YEAH, IT SURE IS A UNIQUE CAR.

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Bulletin Crossword Puzzle of the Week

- Across**
 1 Pours to the brim
 6 Fit together
 10 __-porter: ready-to-wear
 14 Cellphone bill statistic
 15 Baseball's Moises
 16 Resign, in chess
 17 "Make yourself comfortable"
 20 Editor's "Don't change that"
 21 Lubricate
 22 Start a journey
- 23 Sine __ non: essential
 25 Quick bite
 26 Personal connections
 29 "Don't be a stranger!"
 35 Maple tree fluid
 36 Backless sofa
 37 "Cheers" actress Perlman
 38 Olympics venue
 40 It tops a king
 41 Riyadh resident
 42 Pooh's Hundred __ Wood

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17					18					19				
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42						43			44			45		
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			50						51		52			
53	54	55					56	57			58	59	60	61
62						63				64				
65						66				67				
68						69				70				

Solutions on the right side of this page

In memory of Greg Wilkinson

VocabPower!

The *Snow White and the Seven Dwarfs* book that I read to my grandchildren aptly gives the name Maleficent to the wicked queen. Along with her name, how many dwarf names appear as answers below? (See #10 for that answer.)

1. maleficent
 A. sickly
 B. evil
 C. envious
 D. conniving

6. somnolent
 A. sleepy
 B. bashful
 C. grumpy
 D. sullen

2. mal- (prefix)
 A. ill
 B. bad
 C. dark
 D. deformed

7. fatuous
 A. dumpy
 B. bashful
 C. happy
 D. dopey

3. blithe
 A. happy
 B. grumpy
 C. bashful
 D. sleepy

8. GP
 A. doc
 B. queen
 C. dwarf
 D. princess

4. diffident
 A. dopey
 B. jolly
 C. grumpy
 D. bashful

9. sternutation
 A. poison
 B. sleeping
 C. a whistle
 D. a sneeze

5. curmudgeonly
 A. sleepy
 B. happy
 C. grumpy
 D. dopey

10. hexa (comb.form)
 A. four
 B. five
 C. six
 D. seven

answers: 1b 2b 3a 4a 4d 5c 6a 7d 8a 9d 10c

— Greg Wilkinson

- 43 Show gratitude to
 45 Squealer
 46 Regardless of how things go
 49 Phoenix MLB team, on score-boards
 50 New Look designer
 51 U.S. Presidents, so far
 53 Deprived (of)
 56 Broke bread
 58 Machu Picchu builder
 62 Where a puppy may learn the starts of 17-, 29- and 46-Across
 65 Stretched tight
 66 Capital of Peru
 67 2000s "American Idol" judge Abdul
 68 Syringe, briefly
 69 Throwaway part of a cherry
 70 Annual Tournament of __ Parade

- Down**
 1 Commotion
 2 " __ any wonder?"
 3 Out past curfew
 4 Pride parade letters
 5 Caribbean, e.g.
 6 Sushi roll type
 7 Airline to Tel Aviv
 8 Luke, to Darth
 9 Big Apple river
 10 Large amount
 11 Chocolate-caramel candy brand
 12 Jacob's twin
 13 Modern message
 18 Raccoon relative
 19 Sabbath activity
 24 Meat safety agcy.
 25 Hr. when many workdays begin
 26 Writer Asimov
 27 DEA agent
 28 Type of whale
 30 Picture next to a username
 31 Luxury vessel
 32 "Star Trek" lieutenant
 33 Fragrant wood
 34 One side of Hispaniola
 39 Had no choice
 41 Breed of terrier
 44 Monikers
 47 Coffeehouse amenity
 48 Tripadvisor listings
 52 Mandarin greeting
 53 "Ice cream or cake?" response, perhaps
 54 Online auction venue
 55 Enlist again
 56 Highest point
 57 "There's no 'I' in __"
 59 Entre __: between us
 60 Either of two "Unforgettable" singers
 61 Wistful word
 63 Tiny complaint
 64 Bit of EMT expertise



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.

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

Solutions

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

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

By David L. Hoyt and Jeff Knurek

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

BOGGLE POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE RATING

151+ = Champ
 101-150 = Expert
 61-100 = Pro
 31-60 = Gamer
 11-30 = Rookie
 1-20 = Amateur
 0-10 = Try again

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We put special brain-busting words into the puzzle grid. Can you find them?

Find AT LEAST EIGHT MAMMALS ENDING WITH "E" in the grid of letters.

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APE MOLE MULE HARE MOOSE MOUSE HORSE GAZELLE

Dog days of summer got me thinking about the dog part

By Shirley Prihoda
The Bulletin

Growing up on a sharecropper farm didn't offer a great deal of diversions during the hot days of summer.

Mainly, it was working in the fields or playing under the house, where the temperature cooled to a balmy 95 degrees. My mother could be found in the kitchen, cooking over a wood-burning stove while fanning herself with an apron, swatting at flies and soulfully sighing about the "Dog days of summer."

I never understood what a dog had to do with the sweltering heat but was quite sure it couldn't be good.

Sometimes separating the truth from the tale can prove hazardous to one's health, since deep East Texas people are not unlike Appalachian people. Both are "clannish" and reflect the clan structure of their Scotland and Ireland origins and created a society that is extremely difficult to penetrate. When being questioned, they often close ranks and revert to their own dialect of English that appears unsophisticated but is actually remarkably close to the original in their homelands.

As the years passed, and the smell of the outhouse during those long hot days of summer finally receded into the places where memories go, I began to ponder about the dog's connection to the heat.

What dog started this in the first place? Was it a coon dog or a hound dog? Was that where Elvis got his inspiration for "You ain't nothing but a hound dog?" Or was this just one in a passel of tales so common among the backwoods

people in East Texas? Finding myself too tall to play under

the house and forced into wearing shoes - every day - I began to look outside the unknown of "if grandma and grandpa didn't talk about it, then it ain't so" to find the origin of how a dog could change weather.

With a Diet Coke in one hand and Rabbi Google on the computer, my quest began. It seems the exact dates of the Dog Days are traditionally tied to the rising of Sirius - not the radio station you play on your iPhone as you twist and turn, trying to find the right position so the sun doesn't blackout the screen - but the period of time that usually begins around July 3 and lasts to Aug 11.

I discovered that Sirius is one star in a group of stars forming the constellation Canis Major, meaning "Greater Dog." It's no surprise, then, that the nickname of this big, bold star became "the Dog Star." I was relieved to find Elvis and his hound dog were safe from accusations and liabilities.

With that and my youth laid to rest, when the dog days hit, I don't head under the house to cool off. I sit inside and read. Just don't question the titles of what I've read, since I would be forced to be truthful. That's expected of preachers. If questioned, I would have to respond that my book reading is mostly - Facebook.

Don't get your underwear in a wad, as my mother would say. I may have 10 friends on Facebook, and nine of them never post. Don't jump to the conclusion that I am "unfrienable". It's just that my posts are about food, since I am a wanna-be chef who loves to read and try recipes. This would be a suitable time to ask for prayer for my hus-

band. He is my official taste tester and believe me, some of my dishes require a lot of love on his part.

When not cooking, or running to the store to buy ingredients, I stay indoors where my laziness finds respectability. Other than church, my only other venture out in the sweltering heat is to the Lord's craft store, Hobby Lobby, to see the Christmas decorations. I've found the trek across the steaming parking lot to be a valid excuse for my excessive sweating.

Once back home, I sit in my La-Z-Boy and longingly wait for the official last day of summer, when I can stop shaving my legs, while resisting the inclination for shame for not getting into shape this summer.

My Favorite Chicken Spaghetti

1.5 pounds chicken breast,
cooked and shredded
16 ounces spaghetti, broken into
2-inch pieces
2 10.75-ounce cans of condensed
cream of chicken soup
10 ounces Ro-Tel diced tomatoes
& green chilies
6 ounces cream cheese

Columbia Christian Senior Citizens Center Menu

629 E. Bernard, West
Columbia, TX, (979) 345-5955

Meals served at 11:30 a.m. Menu
subject to change. Meals-on-wheels
available - call before 9:30 a.m. Low
salt/low sugar meals available - call
before 8 a.m. Take-out orders also
available, call by 10:30 a.m. for pick-up
at 11 a.m. Transportation to the center
available - call by 8:30 a.m.

Thursday, Aug. 4: Meatballs
& gravy, rice, lima beans, mustard
greens, watermelon, biscuits, dessert.

Friday, Aug. 5: Steak fingers,
gravy, beets, corn, slaw, garlic toast,
dessert.

Monday, Aug. 8: Beef stroganoff,
broccoli, hominy, watermelon, sliced
bread, dessert.

Tuesday, Aug. 9: Chicken pot pie,
zucchini & tomatoes, turnip greens,
tossed salad, garlic toast, dessert.

Wednesday, Aug. 10: BBQ sau-
sage, rice broccoli casserole, cooked
cabbage, spiced apples, potato salad,
cornbread, dessert.

3 cups Cheddar cheese shredded
- divided

1/4 cup heavy cream or milk
1/2 cup green peppers, chopped
1/2 cup onion, chopped.

Sauté the onions and peppers
until soft and set aside. Break the
spaghetti into 2-inch pieces and
cook until tender in boiling, salted
water. Drain and set aside.

Mix the soup, Ro-Tel and cream
cheese in a microwave safe dish.
Heat, stirring every minute, until
the mixture is smooth and creamy.
Stir in 2 cups of the cheese until
smooth. Add the chicken, onions
and peppers and pasta into the
cheese mixture.

Spoon into a greased casserole
dish. Top with remaining 1 cup
of cheese. Bake at 350F for 25
minutes or until heated through, and
the cheese has melted. Allow the
dish to rest for 10 minutes before
serving.

(To contact Shirley, please send
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or write to The Bulletin, PO Box
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God's love is everywhere, unconditional

Based on the writings of the Rev. Billy Graham

Q: Is it true that God's love is
different from what most people
think of as love? - M.L.

A: The Bible says, "Let us love
one another, for love is of God...
for God is love. In this, the love
of God was manifested toward
us, that God has sent His only
begotten Son into the world, that
we might live through Him....
He loved us and sent His Son
to be the [sacrifice] for our sins"
(1 John 4:7-10). Until the Good
News of Jesus Christ burst onto
the human scene, the word love
was understood mostly in terms of
seeking one's own advantage. A
loving God reaching down to sinful
humans was unthinkable.

The greatest act of love a
person can ever perform for
people is to tell them about God's
love for them in Jesus. God is the
source of love; He is the demon-
stration of love, wrapped up in His
righteousness, judgment, mercy,
and grace. From the beginning
of time, God has sent out His
message of love. To receive it, we
must be willing to listen and obey
His Word.

It is also important to under-

stand that true love - God's love
- is unchangeable; He knows
exactly what we are and loves
us anyway. It was God's love
that knew mankind was inca-
pable of obeying His law, and
it was His love that promised a
Redeemer, a Savior, who would
save His people from their sins
and empower them to live for Him.
True love is an act of the will - and
anyone who receives Christ as
Savior does the will of the Father
in Heaven.

Tribune Media Services

(Send your queries to "My Answer,"
c/o Billy Graham, Billy Graham Evange-
listic Association, 1 Billy Graham Park-
way, Charlotte, N.C., 28201; call 1-(877)
2-GRAHAM, or visit the Web site for the
Billy Graham Evangelistic Association:
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On hot days, hydration is the name of the game

Mayo Clinic News Network (TNS)

Staying hydrated during exercise is important. You can become dehydrated if you take in too little fluid, especially during the hot summer months.

Conversely, consuming too much fluid can be problematic. Some people are known to experience what is known as exercise-induced low sodium, or hyponatremia. Finding a balance is important.

The purpose of drinking fluid - whether water or electrolyte-containing beverages - is to rehydrate the body and put fluid back into your system so your

organs can function properly.

How much to drink and when depends on your situation. Generally, it's recommended that you should consume at least two liters of water or other beverages per day.

The general rule of thumb among health care professionals is to drink to thirst. Although guidelines speak to hydration before, during and after exercise, I always tell people to look and listen to your body as the best indicator when you need hydration. That said, thirst isn't always a helpful indicator of hydration status, particularly when exercising. If you're exercising and thirsty, you

are already well on your way to becoming dehydrated, compared to if you were resting and thirsty.

You will need to take in more fluid than usual at times. During the summer months, for instance, when weather is hotter and more humid, it is important to drink more fluid, especially if you are exercising outdoors.

As far as what to drink, for most people, water is the best place to start. Depending on how extensively you exercise, having a beverage that includes electrolytes also is important to replace nutrients and electrolytes lost during sweating, such as sodium and chloride.

Sodium is important because it helps you absorb glucose and water. Aim for about 450 milligrams of sodium per 24 ounces of sports drink. Avoid salt tablets, as they do not include all the electrolytes you need, and you can easily use too much. You also can look for a drink with some carbohydrates, since they provide fuel for your working muscles.

It is best to consume about half your fluid intake in water and half in a beverage that contains electrolytes. Mind the amount of sugar intake, though. While sugar is important, especially for endurance athletes, too much sugar can cause gastrointestinal issues, including bloating, cramping or diarrhea.

One recommendation is to keep sugar below 30 grams per 24 ounces of a sports drink.

The best rule of thumb is when you exercise, drink to thirst, and hydrate your body with plain water and, as needed, a sports beverage. In the summer, also be mindful

about how you feel as you exercise.

I find that many people do not drink enough water daily, so they may feel better after increasing hydration, no matter the source. In addition, avoid drinking alcohol when you are outdoors because

alcohol is a diuretic. This means alcohol will cause your body to lose water, leading to dehydration much faster.

As you spend time outdoors, be aware of symptoms of dehydration, which can include:

- Extreme thirst.
- Less frequent urination.

- Dark-colored urine.
- Fatigue.
- Dizziness.
- Confusion.

Also, if you experience cramps or headache while exercising, it is best to stop, hydrate and potentially seek medical attention. It is important to rule out other warm-weather issues, including heat exhaustion.



Grow food in small spaces with fish poop and recycled water

By Jeanette Marantos

Los Angeles Times (TNS)

If your yard is tiny, or even just a balcony, Jordan Karambelas has a suggestion for growing food organically: a good-looking aquaponics system that uses recycled water enriched by fish poop to irrigate vegetables planted above.

Karambelas, a junior at Mira Costa High School in Manhattan Beach, California, is a longtime Girl Scout who was looking for a Gold Award project, the organization's culminating achievement.

She started a Permaculture Club at the school this year to make her fellow students more aware of ways to grow food "in harmony with nature," and chose the aquaponics project as a way to promote that message.

Her work was inspired by Mike Garcia, a South Bay landscape contractor and "certified permaculturist" with EnviroScape LA, who has spent decades working on water conservation and recycling methods.

With Garcia's help, they completed the project in a weekend, building a handsome two-tiered, 4-by-8-foot redwood structure in one of the school's courtyards that would easily fit in a front yard,

patio or even a balcony.

"Most people don't have that much land to recycle water (using storage tanks), but something like this can be put together in a relatively short amount of time," Garcia said.

Many of the materials were donated, Karambelas said, but it

The lower box is covered with pond liner, filled with water and the little fish. Garcia helped install the pump, which pushes the water from the fish tier to the peppers, chard, eggplant, tomatoes and other vegetables planted in Smart Gravel above.

The constantly recycling water drenches the planting boxes, and the runoff drips back into the fish tank, keeping the water aerated.

If the water level gets too low in the fish tank, the pump automatically draws from the city water, and as an added bonus, the sound of running water is a balm in the dry courtyard outside a row of classrooms.

Student response has been positive, Karambelas said, and she's hoping it creates enough interest to swell membership in her new club next year.

Karambelas has big plans to rebuild the broken greenhouse and neglected raised beds in the courtyard - left over from now-defunct clubs at the school - and replant them all using recycled water.

This summer will be the test to see how much water her aquaponics system requires, but she plans to visit frequently and expects a good organic crop.



Jordan Karambelas, 17, created a raised redwood vegetable bed that is watered by an attached fish pond underneath.

would have cost her about \$1,500 to build the structure at full price. The materials included 26 redwood boards, pond liner, Arqlite Smart Gravel - lightweight nuggets made from recycled food-safe plastics - PVC pipe, 40 small goldfish and an Oase AquaMax Eco Classic 3600 pump, which Garcia recommended because of its low energy use.



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