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The Bulletin

May 14, 2024

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LAKE JACKSON • CLUTE • RICHWOOD • FREEPORT • OYSTER CREEK • JONES CREEK • ANGLETON • DANBURY • ALVIN • WEST COLUMBIA • BRAZORIA • SWEENY

You better sit down before opening those new property appraisal notices

On Page 8, John Toth writes about how and why he protests his property values each year



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WEATHER HISTORY •ON THIS DAY•

May 15, 1834 - The Northern Atlantic Coast States were in the midst of their greatest May snowstorm of record. The hills of Newbury, VT., were covered with two to three feet of snow.

May 16, 1987 - It was a summer-like day as thunderstorms abounded across the nation. Thunderstorms in Texas drenched Guadalupe County with more than three inches of rain, resulting in flash flooding.

May 17, 1989 - A strong (F-2) tornado injured 14 persons and caused \$2 million in damage at Apple Springs, TX. Baseball-sized hail was reported at Matador, TX.

May 18, 1990 - Thunderstorms produced hail four inches in diameter at Perryton, TX., and wind gusts to 84 mph Ellis, KS.

May 19, 1987 - Thunderstorms in Texas produced 13 inches of rain northwest of Lavernia. The heavy rain, along with golf ball-sized hail, destroyed 80 percent of the crops in the area, while high winds toppled trees. Golf ballsized hail was also reported south of Dallas and around San Antonio. Up to eight inches of rain drenched Guadalupe County.

May 20, 1988 - Thunderstorms in the south central U.S. produced wind gusts to 70 mph at Omaha, NE., and wind gusts to 80 mph at Midland and Dallas, TX.



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Business Hours

Monday - Wednesday

The Bulletin

7-Day Local Forecast



Wednesday

87 / 77

Partly Cloudy

Mostly Cloudy 88 / 76

Thursday



Friday

Sunny 83 / 74



Saturday Sunny

85 / 73

Sunday Sunny 86 / 77

Monday

Partly Cloudy

89 / 78

Tuesday Partly Cloudy

92 / 83

Local UV Index



0-2 3 4 5 6 8 9 10

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

State Cities

	Wedne	sday	Thurs	day	Frida	ay		Wednes	sday	Thurse	day	Frida	ay
City	<u>Hi/Lo</u>	$\mathbf{W}\mathbf{x}$	Hi/Lo	$\underline{\mathbf{W}}\mathbf{x}$	<u>Hi/Lo</u>	$\mathbf{W}\mathbf{x}$	<u>City</u>	Hi/Lo	$\underline{\mathbf{W}}\mathbf{x}$	<u>Hi/Lo</u>	$\underline{\mathbf{W}}\mathbf{x}$	Hi/Lo	$\underline{\mathbf{W}}\mathbf{x}$
Amarillo	82/58	pc	81/56	cl	83/60	S	Odessa	93/70	S	91/67	S	88/66	s
Beaumont	90/77	pc	89/75	mc	87/76	S	San Antonio .	92/75	pc	93/74	S	88/72	s
Dallas	89/75	pc	88/73	mc	87/74	S	Waco	87/72	pc	82/66	mc	78/64	s
Houston	90/79	pc	92/80	pc	91/81	S	Wichita Falls.	88/68	pc	87/66	mc	85/67	s

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

Weather Trivia

On average, what is the wettest place in the United States?



inches of rainfall per year. Answer: Waialeale, Hawaii gets about 460

Peak Fishing/Hunting Times This Week



Day \mathbf{AM} <u>PM</u> Wed 6:43-8:43 7:05-9:05 Thu 7:25-9:25 7:45-9:45 Fri 8:05-10:05 8:24-10:24 9:03-11:03 Sat 8:44-10:44

Peak Times

Peak Times Day $\underline{\mathbf{AM}}$ PMSun 9:23-11:23 9:43-11:43 10:04-12:04 10:25-12:25 Mon 10:47-12:47 Tue

Weather History

May 15, 1834 - The Northern Atlantic Coast States were in the midst of their greatest May snowstorm of record. The hills around Newbury, Vt. were covered with two to three feet of snow.

Sun & Moon



Full

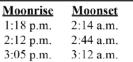
5/23

<u>Day</u> Friday

Tuesday

Sunrise Sunset Wednesday 6:29 a.m. 8:06 p.m. 8:07 p.m. Thursday 6:28 a.m. 6:28 a.m. 8:08 p.m. Saturday 6:27 a.m. 8:08 p.m. Sunday 6:27 a.m. 8:09 p.m. 8:10 p.m. Monday 6:26 a.m.

6:26 a.m.



3:37 a.m.

4:03 a.m.

4:30 a.m.

4:59 a.m.

3:57 p.m.

4:50 p.m.

5:45 p.m.

6:42 p.m.



5/30



New 6/6

Surfside Beach Tides

	TT' 1	т.	TT' 1	T
<u>Day</u>	<u>High</u>	$\underline{\text{Low}}$	<u>High</u>	$\underline{\text{Low}}$
5/15	12:07 p	3:15 a	None	None
5/16	12:32 p	4:23 a	11:45 p	7:28 p
5/17	12:45 p	5:47 a	None	7:32 p
5/18	1:36 a	7:38 a	12:43 p	7:39 p
5/19	2:43 a	8:57 a	12:30 p	7:50 p
5/20	3:37 a	8:06 p	None	None
5/21	4:28 a	8:28 p	None	None

Local Almanac Last Week

8:10 p.m.

	Event timanac Bast Week											
<u>Date</u>	<u>High</u>	Low	<u>Normals</u>	Precip		Farmer's Grow	ing Degi	ree Days				
5/2	81	75	81/64	0.00"	Date	Degree Days	Date	Degree Days				
5/3	81	75	81/64	0.00"	5/2	28	5/6	30				
5/4	83	73	81/64	0.00"	5/3	28	5/7	30				
5/5	78	75	82/65	0.37"	5/4	28	5/8	32				
5/6	83	76	82/65	0.00"	5/5	27						
5/7	84	76	82/65	0.00"	Growing	g degree days are calcu	lated by su	btracting the base				
5/8	87	77	82/65	0.00"	tempera	ture (50 degrees) from	the day's a	verage temperature.				

Strange but True

By Bill Sones and Rich Sones, Ph.D.

Is traveling back in time a good idea?

Q. In "Superman's Greatest Feats" (1961), our hero travels back in time to prevent the sinking of Atlantis, save the Christians from the lions, and intercept John Wilkes Booth on his way to assassinate President Lincoln at Ford's Theater. But when Superman sets out to save the population of his home planet, Krypton, he stumbles on a paradox: If his parents had never needed to send him to Earth as a baby, how is he able to save them now?

A. This is the DC Comics version of the physicist's famous "grandfather paradox," says James Kakalios in "The Physics of Superheroes." If you could indeed travel back in time, it would be possible to murder your grandfather when he was young, before your own father was conceived. In this way you would prevent your own birth, but the only way you could have prevented it is if you had first been born!

Having stumbled on the paradox, Superman sets out to defy it. Going back in time

proves no problem; he just travels fast enough to break the "time barrier." Once in the past, he does seem able to change the course of history, but when he returns to his present in 1961, he finds the history books unchanged: Lincoln was indeed shot at Ford's Theater, etc. What happened?

Winding his way back through the time stream, Superman discovers an "alternate Earth" where the history books DO give him credit for correcting the past's "mistakes," thus anticipating in 1961 what physicists recently theorized: that timetravel is possible only via the many-worlds interpretation of modern quantum mechanics! "Still another example of comic books being ahead of the physics curve."

We humans have a special talent.

Q. Our long legs with long spring-like tendons, compact feet with longitudinal arches, small toes, shock-absorbing knees, big bottoms (larger than other primates), long waists, broad shoulders for stability, copious sweat glands, minimal body hair, tendency to breathe through our mouths during

strenuous activity... What's the point?

A. All are ideal human adaptations for running, suggesting to anthropologists that running and especially endurance running (also unique among primates) has been far more important in our development as a species even than walking, says archaeologist Steven Mithen in "The Singing Neanderthals: The Origins of Music, Language, Mind and Body." We humans are happy runners, and runners it seems we long have been.

Two-headed snakes' special needs

Q. Why did aquarium personnel need to give the two-headed snake "We" a crash course in table manners?

A. Because the two heads of the meter-long albino rat snake would wind up competing instead of eating, a threat to its survival, says "NewScientist" magazine. So St. Louis World Aquarium director Louis Sonnenschein had to teach the heads to take turns. First he would present a mouse to one head, but the other head would grab it, and they would fight.

"So I touched the non-feeding head gently with a cold metal instrument, and it would draw back. Eventually, I only had to be in the room, and the non-feeding head would behave. The snake has survived this way for six years."

While two-headed snakes - like Siamese twins in that the developing embryo splits incompletely - are not uncommon, survival is tough. All one head has to do is detect the scent of prey on the other, and it will try to swallow the second head, reports "National Geographic."

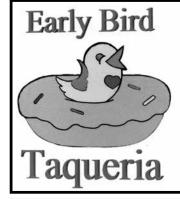
And even having to decide when to eat, which way to move, or how to respond to an attacker, can jeopardize the snake. Still, the two-headed corn snake "Thelma and Louise" at the San Diego Zoo had 15 normal snake offspring before it died.

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Chicken Leg Qtrs. (40 Lb.)	\$45.00
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IT'S JUST BAD FOR MY SELF-ESTEEM, OFFICER: Police in Iowa City, Iowa, posted a surveillance video of a man exposing himself in a local Walmart. After the image appeared, the guy called the cops and asked them that they remove his photo. They refused and issued a warrant for his arrest.

YEAH, WE'RE PRETTY SURE WE'VE GOT THE RIGHT GUY:

Police arrested a fugitive, who was wanted on several warrants, including one for homicide, after

they spotted him on the streets of Pueblo, Colo. They were able to identify him, because his face is covered in tattoos, including devil horns atop his shaved head.

THIS TIME WE REALLY MEAN IT: Police pulled over a woman for driving without a rear plate on her Jeep on Eastbound Sunrise Highway near Shirley, N.Y., and discovered that she has had her license suspended 52 previous times. She was charged with aggravated unli-

censed operation of a motor vehicle,



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

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and her license was suspended again.

SKWAAAWK! POLLY WANTS POLICE PROTECTION! SKWAAAK!: Police responded to a 911 call from a home in Greenport, N.Y., where they found that a parrot had been playing with the owner's cellphone and pressed the SOS button.

I'M NOT BEING SELF-RIGH-TEOUS, WHAP!: A man got into a "verbal altercation" with an employee at a Walgreens in Clearwater, Fla., and, when he was asked to leave the premises, he struck the manager in the face with his Bible for "being rude to him." The charge against him was enhanced to a felony, because he assaulted someone else in Michigan four vears ago.

I FEEL PRETTY, OH SO

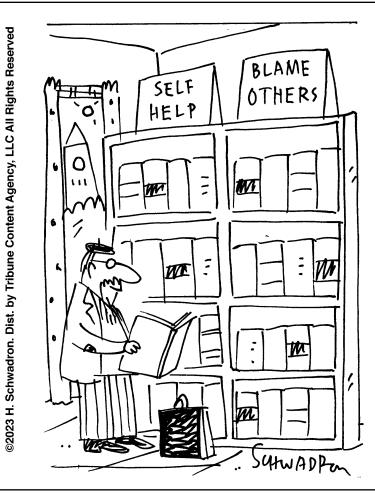
PRETTY: A man stole nearly \$30,000 worth of ladies' underwear from laundry rooms in an apartment building in Lakewood, Colo. Officers searched his apartment and found more than 500 pairs of panties, bras and other pieces of lingerie that he had stolen over a three-year period.

SEE, I SAID I WILL RUN, DIDN'T **!?:** A 19-year-old man left the license plate of his motorcycle at home and attached one that said, "Will Run." Cops spotted the phony plate and tried to pull him over, but he led them on a chase through several cities in Volusia County, Fla., weaving in and out of traffic at speeds upwards of 145 mph. When the arresting officers asked him about the fake tag, he said he saw it in a video and thought it was funny, so he decided to buy it.

An apple a day

Apples are considered a "nutritional powerhouse" because they contain many nutrients and antioxidants. Some of the nutrients in apples include:

- · Vitamin C: Boosts the immune system and helps block free radical damage;
- · Fiber: Helps keep the digestive system healthy;
- · Antioxidants: Help reduce inflammation and keep cells healthy;
- · Pectin: A type of fiber that acts as a prebiotic, feeding good bacteria in the gut.





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If you are asked where you saw a merchant's ad, please let
them know that you saw it in The Bulletin.

UDC chapter honors soldiers who served during Civil War

The Lamar Fontaine Chapter #33, United Daughters of the Confederacy, recently met in the Columbia Historical Cemetery in West Columbia to honor 56 veterans who served in the

War Between the States. Shirley Walcik, president, presented the program, and the names of the veterans were called out by Jo Lasiewicki, treasurer. The Brazoria Historical Militia was there to shoot a volley with their muskets and the cannon. Other guests were Fort Virginia Point U.D.C. of Texas City, Wharton Sons of Veterans of Confederacy and Brazoria County Sons of Veterans of Confederacy.



Tina Crawford, James Glover, Michael McCulley, Ronald McCulley, Joe Bodden and Michael Bailey stand near cannon.



Shirley Walcik, president of Lamar Fontaine Chapter #33, welcomed visitors to the special program in West Columbia.



Tina Crawford, center, and Michael Bailey, left, James Glover, Ronald McCulley, Joe Bodden and Michael McCulley participated in the historical veterans' remembrance.

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Traveling challenge: Packing for a trip can be a 'clothes' call

By Lori Borgman

Tribune News Service (TNS)

Years ago, we would pick up our son downtown after he took the Megabus home from college.

He would get in the car, and we would routinely ask, "Where's your luggage?" He would respond by holding up a small brown paper bag that most people use to pack a lunch. The kid was a walking definition of "travel light."

These days, he occasionally travels internationally for work. To our knowledge, he has never checked a bag. We're not sure

Don't forget

the kitchen

sink.

he knows how.

I had a grandma who gave up her home when she was in her 80s and went from one adult child's home to another. She never brought more than one suitcase when she came to stay for weeks at a time.

There was a time I traveled light. In younger days, when I went somewhere overnight or on a short trip, I could easily get everything I needed into a small green bag the size of a bowling

All these years later, my husband and I are both fond of saying we travel light -- but

we don't. We travel like we are heading out for the Oregon Trail.

of town recently, and I packed four pairs of shoes - high heels for my speaking engagement, flats for when the heels became excruciating, flip-flops, because I have a phobia about walking on hotel carpets, and running

I looked at that bag of shoes and realized I have officially become high-maintenance.

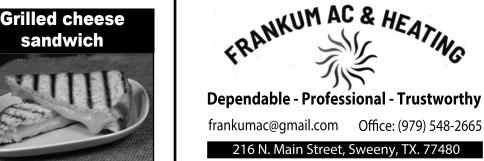
I also packed an entire cosmetic bag with nothing but moisturizers and lotions for my face, neck, arms, hand, legs and feet. What I really need is a showerhead that shoots out

Seems we take most everything we own with us except for salt pork, beans and a spare wagon wheel. We took an overnight trip out

Some tips on how to travel light

- · Make a packing list: This will help you avoid packing clothes "just in case".
- Use packing cubes: These save space and help you keep track of your belongings.
- Roll your clothes: This reduces the surface area of your clothes. For shirts, fold them in thirds lengthwise and then roll them tightly from the bottom.

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moisturizer, not water.

When I traveled with that little

green bag, my only cosmetic

was a tiny jar of Noxzema. I

didn't pack a blow dryer, curling

iron, two hairbrushes, mousse,

gel and hair spray years ago - I

simply channeled Carole King.

My husband packs light in

the way of clothes but weighs

He throws in a computer bag,

two cameras, a camera bag,

a tripod, at least three hard-

back books, old issues of the

Wall Street Journal he's been

in heavy with all the extras.

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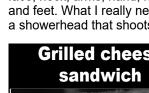
meaning to read and several file folders with loose papers falling

He has finished loading the covered wagon, I mean car, when I yell, 'Wait! One more!"

"What's in this little lightweight bag?" he asks, tossing it into the cargo hold.

"My clothes," I say. (Lori Borgman is a columnist, author and speaker. Her new book, "What Happens at Grandma's Stays at Grandma's" is now available. Email her at lori@loriborgman.com.)

TACLA12874C





cheese, and a little butter has comfort foods ever created: the Cheese and bread have been until the twentieth century that began to take shape.

Source: Checkiday.com Graphic: Staff, TNS





Daughters gone having fun; It's time to declutter

By Jase Graves

Special to The Bulletin

Because I'm a professional practitioner of the pedagogical arts (known in some parts as fancy book learnin'), I'm privileged to enjoy a Spring Break holiday that usually falls during the same week my semi-grown daughters are also out of school.

Back in the good old days when the girls still spoke to me with actual words, we would spend our Spring Breaks together – playing at the park, riding bikes, or sharing

What's Wrong with Daddy? the trauma of a Disney charac-

ter's parental death scene.

This year, instead of bonding with me and giggling about my excessive ear hair, all three daughters struck out on their own to sigh dramatically and roll their eyes elsewhere.

My eldest and most expensive daughter took a trip with a friend and several of my credit cards to enjoy the urban vibrancy of Las Vegas.

My middle daughter and her sorority sisters soaked up the sun and repelled the advances of countless pec-flexing goobers on the sugar-white sands of Orange Beach, Ala.

My youngest and quietest daughter communed with nature, her best friend and a jumbo bag of snack cheese on an all-day picnic.

I took the family doglets out to potty several times.

Amid these canine assaults on my lawn, I took the opportunity of a daughterless house to do some decluttering.

Yes, we are those people who keep things that we might (but probably won't) need some

> time in the next 50 years - because who

knows when that free miniature tube of toothpaste I got from the dentist in 1997 might come in handy (along with the other 34 tubes in the same drawer).

I'm sad to say that after an entire week of decluttering, I only made it through our laundry room. The following is a catalog of the clutter I decluttered in

First, I got rid of two large Rubbermaid tubs full of cables. wires, cords, adapters, and about 100 other electronic/computery-type thingies I couldn't

identify. I did feel a slight twinge of fear that this stuff might be important, but since I hadn't opened the tubs since it was still cool to wear a pager, I decided it was safe to let them go.

Next, I reduced the lifespan of my lumbar spine by lifting down a cardboard box with long-forgotten contents to discover about 60 pounds worth of seashells inside. Yes, seashells.

After taking our girls on numerous trips to the beach over the years and allowing them to bring home every fragment, shard or sliver of what might once have been a seashell, I'm sure we thought we would get crafty someday and open a seashell décor emporium. Instead, I now perform the geezer shuffle when I walk.

Next to the seashell hoard was a second mystery box that revealed a complete set of what appeared to be old martini glasses. Neither my wife nor I have any idea where these came from or why they had been marinating in dust on a shelf above our dryer for the past 20-odd years. We've never made a martini or even drunk a martini. And, as far as we know, neither have our parents - though mine probably should have done so regularly during my teen years.

This summer, I plan to have one of my famous garage sales and transfer ownership of these delightful objects to other folks who can find them boxed up in their laundry rooms years from now and wonder where in the heck they came from.

So if you're in the market for some old electronic waste or some seashell parts, come on by. Maybe I'll even make you a martini, but probably not.

(Graves is an award-winning humor columnist from East Texas. Contact Graves at susanjase@sbcglobal.net.)

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Up, up and away

Property values in Brazoria County are soaring, but there is something we can do about it. Here is how have kept mine down over the years.

By John Toth / The Bulletin

It's a good thing I was sitting down when I opened the 2024 notice of appraised value of my house.

I received the letter a few days earlier from the Brazoria County Appraisal District, and I knew what it contained.

I was hoping that the values this year would not skyrocket again, and I could perhaps save a trip to the district's offices.

But they did. The appraised value of my house in Angleton increased by \$20,037.

If I weren't sitting down, I may have passed out on the dining room floor. So, make sure that when you open your appraisal envelope, you're sitting down. No need to incur medical expenses atop the new property value.

I know that everyone is just doing their jobs, and I also know that high property values don't necessarily equate to higher property taxes. It is the taxing entity's responsibility to assess a tax on that value. The appraisal district has nothing to do with that.

What they are missing is that inside a house (in my house, anyway) nothing has changed from the years before. Appraisers don't make house calls.

They slap on that new appraisal because that's what the computer spits out.

If you're satisfied with your property values, there is nothing else that you need to do. The taxing entities will decide the tax rate based on the new values this summer sometime.

But I'm not really satisfied.
I don't plan to sell my home; I
don't plan to move and rent it
out. I just plan to live here.

This is where we raised our family, watched them finish school and go off into the big world. This is where we watched them come back and then go off again.

It's time to do what I do every year - go down to the appraisal district offices and protest.

Each year, homeowners who disagree with their new home values can file a protest and try to resolve their grievances informally or formally.

I have always chosen the informal method.

The process description on the notice from the district can be a little intimidating on the first read, but it's not really all that complicated.

I file a claim, and they send me a time and date on which my case would be heard. The informal protest has some limitations, but I always try this first to see if I can get the value lowered close enough to last year's.

If that doesn't work, then I always have the formal protest option, but I have never gone that route.

I have never had a negative experience at the appraisal district in Brazoria County. I have always been treated with respect. I have to give them credit. Being on the other side of the counter in a situation like this is not a job without some stress. But we have always been able to reach a middle ground without going to a formal hearing.

The first thing that comes up during these hearings is how

much property values have increased all around us.

"But I haven't bought those houses. I can't help that other people are willing to pay that much. I'll sell you my house at the new appraised value today," is my usual comeback.

I saw the same thing each year. I don't have the resources to put together an elaborate documented argument detailing why my new appraised value is too high.

I also have the option of hiring a law firm that specializes in reducing my property values.

I have never done that, either. But if you have, dear reader, please jot down how you fared, and if it was worth it and send it to me at john. bulletin@gmail.com.

Here we go again. I'll let you know how I fare at the appraisal district. I have already turned in my protest request and am waiting on a date and time to appear.

I'll be the guy in line wearing a pair of old jeans, torn T-shirt and shoes with holes in them.

Trekking to Luling via state park

By Edward A. Forbes
The Bulletin

I had been working on my 2003 Roadtrek (to be known as Trekkie) for a while. I was preparing for a road trip the length and itinerary to be determined. I only knew that on my solo road trip I was going to stop in Luling for a couple of days and visit state parks.

My trusted mobile RV mechanic finished checking out my water systems, including the hot variety, and pronounced her worthy of a test. He did this on a Saturday, and I started packing and making a list of requisite supplies the very next day.

I wanted to make it simple, so I made a meatloaf (took several servings), some beans and sausage I had prepared previously, chili made and frozen previously, and Honey Nut Cheerios. I loaded soft drinks in the propane-powered refrigerator as well. I took distilled water and bottled water to drink. The distilled water was for my morning coffee. I was ready.

On Tuesday, I decided to vary my path and elected to go through Edna, Texas, with the next stop to be Gonzales. I drove past Lake Texana and thought, "I've never been there," turned around and got a camp site with water and electric hookups for a few days.

I wandered throughout the park, looking at the best places to camp and fish, where the best bath and restroom facilities were located, and I watched the birds, squirrels, and deer.

There were lots of trails to hike, and invariably a cool breeze sauntered in from the lake. As a retiree for eight-plus years, I didn't need to unwind, but I did, anyway.

Brackenridge Park and Lake Texana are sister parks, and one entrance fee covers admission to both facilities.

Lake Texana provides the campsites for tents, RV sites with electric and water connections, and some cabins.

I chose a site for Trekkie that had water and electricity, but I elected not to hook up to the water as I was a short distance from a comfort station that offered rest rooms and showers.

I hiked around looking at sites that had the best access to fishing. Lake Texana Park also had a few fishing piers with cleaning stations. My next visit will involve a fishing pole.

These parks were part of the Texas State Park system from September 1981 until August 31, 2012, when the Lavaca-Navidad River Authority assumed their ownership. I will spend time at Brackenridge on my next visit. They still retain the feel of a state park.

Thursday morning, I pulled out early and aimed Trekkie for my next stop - Gonzales. I wanted to stop at their Walmart and say hello to a fellow pharmacist and Luling High School graduate. He's been a Walmart pharmacist for 51 years. He was off, and I missed seeing him on this trip. Maybe I'll do better this summer.

I stayed with a friend in Luling for three nights.

While in Luling, you must have coffee and eat at Mom's Front Porch, where Gretchen Moore works her magic with homemade breads for sandwiches, especially the chicken salad. I tried to avoid the muffins, cookies and killer pigs-in-a-blanket with no success.

I also had to visit Blue Grant, chef extraordinaire, at her In Good Spirits Wines Restaurant for escargot and, of course, wine.

There were other interesting items on her menu that will have to wait for my next visit.

For my next stop, I decided to look at Lockhart State Park while I had the chance. I'll tell you all about it next time.

Brazosport College recognizes 2024 Distinguished Students



Brazosport College's 2023-24 Distinguished Students were recognized recently during a ceremony at The Clarion at Brazosport College. Selections were based on academic performance, good citizenship qualities, participation and leaderships on campus, state and national organizations and faculty/staff feedback. The Distinguished Students for 2024 included Michaela Kristin Benigno, Jillian Christian, Nary Bun Elm, Mary Elizabeth Hernandez, Alyssa Michelle Kornegay, Mary Grace Lancaster, Bonnie Diane Lehmann, Mary Katelyn Lowery, Cecilia Natasha Martinez, Tanya Concepcion Montiel, Siobhan Roisin Norton, Luisa Fernanda Peters, Payton Marie Prihoda, Daniel Joel Richardson, Mauricio Samora and Kayla Mae Skog.

How valuable is a college degree?

College graduates see 57 percent more job opportunities than non-graduates.

A degree enables you to qualify for these additional opportunities and offers you more flexibility in where you choose to work.

In 2022, the median weekly wage for bachelor's degree holders was \$1,432, compared to \$853 for high school diploma holders, a difference of 68%.

College graduates also tend to have better jobs, with more full-time positions, paid vacation, and health insurance.

They are also less affected by economic downturns.

Some industries prefer candidates with experience, while other industries require candidates to have at least a bachelor's degree.

For example, many vocational trades seek candidates with relevant experience, but jobs within the tech industry often seek candidates with degrees.



Was Manhattan really sold for \$24?

According to some sources, Dutch colonist Peter Minuit bought Manhattan from the Lenape people in 1626 for 60 guilders, which was about \$24 at the time. Minuit paid for the island with beads, trinkets, and other items. However, the transaction was more of a formality because the Dutch had already established New Amsterdam at the southern end of the island.

The transaction is estimated to be worth a little over \$1,000 today. Bloomberg has reported that Manhattan's land value is \$1.74 trillion.

Details remain slim on exactly how this momentous exchange occurred and why the people who had inhabited the land for centuries gave it up so easily.

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LEGAL NOTICE

LEGAL NOTICE

Cause No.127662-F 300th District Court In the Matter of the Marriage of Clarissa Marie Jayasi and Aldo Llimi Monsivais Villa

THE STATE OF TEXAS

TO: Aldo Llimi Monsivais Villa, and to all whom it may concern,

Notice.

"You have been sued. You may employ an attorney. If you or your Attorney do not file a written answer with the Clerk who issued this Citation by 10:00 a.m. on the Monday next following the expiration of 20 days after the date you were served this citation and petition, a default judgment may be taken against you. In addition to filing a written answer with the clerk, you may be required to make initial disclosures to the other parties of this suit. These disclosures generally must be made no later than 30 days after you file your answer with the clerk. Find out more at TexasLawHelp.org." If filing Pro se, said answer may be filed by mailing same to: District Clerk's Office, 111 E. Locust, Suite 304, Angleton, TX 77515-4678 or by bringing said answer in person to the aforementioned address.

The Petition of Clarissa Marie Jayasi, Petitioner, was filed in the 300th Distrct Court of Brazoria County, Texas on the 21st day of March, 2024 against Aldo Llimi Monsivais Villa, Respondent(s), numbered 127662-F, and entitled In the Matter of the Marriage of Clarissa Marie Jayasi and Aldo Llimi Monsivais Villa. The suit requests: Divorce, with no kids.

AND

The Court has the authority in this suit to enter any judgment or decree dissolving the marriage and providing for the division of property which will be binding on you.

The name and address of Attorney for Petitioner (or Party if Pro Se) is Clarissa Marie Jayasi, 131 Tamarisk Trl, Lake Jackson, TX 77566.

The Clerk issuing this Citation is Cassandra Tigner, District Clerk. The address of the District Clerk is 111 E. Locust, Suite 304, Angleton, Brazoria County, Texas 77515-4678.

Issued and given under my hand and seal of said Court at Angleton, Texas, on the 8th day of April, 2024.

CASSANDRA TIGNER, DISTRICT CLERK Brazoria County, Texas By Victoria Herbst, Deputy

Southwest Airlines passengers can get voucher for delayed, canceled flights

By Alexandra Skores

The Dallas Morning News (TNS)

Frustrated flyers on Southwest Airlines who experience a delay or cancellation that is the airline's fault can ask for a voucher, the Department of Transportation announced this

As of April 16, any flights that are delayed three or more hours after the scheduled arrival time or canceled, at the fault of Southwest, must compensate the passenger with a transferable voucher worth at least \$75.

It's enforcement from transportation officials who have begun to hold the airline accountable for the 2022 holiday meltdown that stranded thousands of passengers and their belongings across the U.S.

"After the 2022 holiday meltdown, our department held Southwest Airlines accountable - and now the airline is required to compensate passengers for lengthy delays and cancellations that they cause," said Pete Buttigieg, U.S. transportation secretary in a release.

Southwest must compensate passengers if the flight was canceled or delayed within seven days of departure, passengers arrived at their destination three or more hours later, or the delay or cancellation was caused by something that Southwest could control, like maintenance or staffing. Passengers will not be compensated for delays caused by bad weather.

So how can a passenger request compensation?

Interested flyers can fill out a form on Southwest.com/delayform to request the voucher.

The requests must be submitted within one year from the date of the delay or cancellation

The airline will respond over email within 30 days of receiving the request form, and Southwest will follow-up with a voucher that can be transferred and is valid for at least one year after the date of issuance.

Last month, the Department of Transportation unveiled new rules for airlines, which will have to provide automatic refunds to travelers if their flights are canceled or significantly altered.

Under the new rules, passengers will be entitled to refunds if: Departure or arrival times move by more than three hours domestically or six hours for international flights; passengers are being downgraded to a

lower class than originally purchased; a change of departure or arrival airport; an increase in the number of connections or changes to connecting airports or planes flown - if they are less accommodating for people with disabilities.

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Dempsey, Allen-Eugene

% 2122 N. Washington Pearland, Texas [77581]

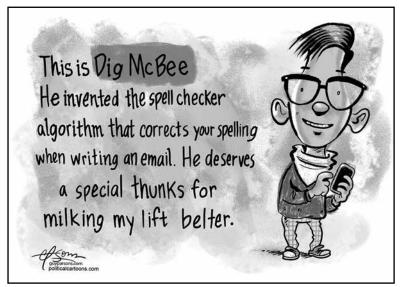
LEGAL NOTICE

Affidavit of Truth 16041975-3

I Dempsey, Allen-Eugene, a living, breathing man, of sound mind and competent understanding, do solemnly affirm and declare the following to be true and correct to the best of my knowledge and belief:

- 1. I affirm that I am a living, breathing man, created by the Divine, endowed with inherent and unalienable rights, including but not limited to the right to self-determination, freedom, and autonomy.
- 2. I affirm that the name ALLEN EUGENE DEMPSEY@2024 written in all capital letters (hereinafter referred to as the "fictional all caps name") is a legal fiction created by the government for administrative purposes only and does not represent my true identity or essence.
- 3. I affirm that I am not the legal fiction represented by the fictional all caps name, and I hereby declare my intention to separate myself from said legal fiction.
- 4. I affirm that any use of the fictional all caps name in relation to me is done without my consent, against my will, and is hereby revoked and nullified.
- 5. I affirm that I am not a "person" as defined in statutes, codes, or regulations, but rather a living, breathing man, and as such, I am not subject to the jurisdiction of any corporate or statutory law.
- 6. I affirm that I reserve all of my natural and unalienable rights, including but not limited to the right to life, liberty, and property, free from any interference or encouragement by any government or corporate entity.
- 7. I affirm that any contacts, agreements, or obligations entered into under the fictional all caps name are null and void ab initio, as they were made without full disclosure and without my informed consent.
- 8. I affirm that I am fully responsible for my actions and conduct, and I shall conduct myself in accordance with the principles of truth, honor, and integrity.
- 9. I hereby notify all governments, corporations, agencies, and their agents that I am not subject to their jurisdiction as a living, breathing man, and any attempt to assert authority over me under the fictional all caps name will be considered null and void. I affirm that this affidavit of truth is made under penalty of perjury, and I declare the forgoing statements are true and correct to the best of my knowledge, belief, and innerstanding.

Dempsey, Allen-Eugene c/o 2122 N. Washington Pearland, Texas [77581]



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Spell checkers date back to the 1970s

- The first spell checkers were available on mainframe computers in the late 1970s.
- The first spell-check system was developed by six Georgetown University linguists for IBM.
- Henry Kučera invented a spell checker for Digital Equipment Corp's VAX machines in 1981.
- · SPELL, a Stanford Artificial Intelligence Laboratory (SAIL) program, was made publicly accessible and spread around the world via ARPAnet about 10 years before personal computers became common.
- SPELL's algorithms and data structures inspired the Unix ispell
- Spell checkers are also known as electronic dictionaries.
- Spell checkers won't catch misspelled words in all caps to prevent a barrage of red squiggles if you often type acronyms.
- Spell checkers can miss homophones, typos, proper nouns and contextual errors.
- Word's spell-check function automatically checks spelling while you type and color-codes errors. Red indicates spelling errors, green indicates grammar errors, and blue indicates contextual spelling errors.



DORIS WILLIAMS CIVIC CENTER Fridays, 7:30pm - 10:30pm



Brazosport Big Band



Dirty Unkuls May 24



Checkered Past



Ryan Ross Band June 7



Outside the Fire June 14



June 21



Texas Eagles Tribute Band

June 28



Cole Degges Thursday, July 4, 6pm-9pm

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Weekly Bulletin Horoscope

By Magi Helena

Tribune Content Agency

ARIES (March 21-April 19): Enhance and improve your public profile. Focus your attention on getting more visibility and support from others by showing both your commitment and your dedication to your goals.

TAURUS (April 20-May 20): Embracing moments of success with appreciation and a grateful heart can be sure to leave a lasting impression. Use these special, pivotal moments of grace as fuel to propel you forward towards a brighter future.

GEMINI (May 21-June 20): You may be delighted when someone demonstrates their commitment and loyalty. However, it's important to keep an understanding and open mind even if someone else is not as quick to reciprocate as you might like.

CANCER (June 21-July 22): Impulsive feelings can reveal what is truly important to you but make choices carefully. When the stars are right, listen to that little inner voice telling you to try something adventurous or exciting.

LEO (July 23-Aug. 22): With the right people, there is no need to build barriers to protect your feelings or material possessions. Finding a healthy balance of boundaries and openness is important for building strong, trust-worthy relationships.

VIRGO (Aug. 23-Sept. 22): Keeping a watchful eye on things may be helpful but becoming too obsessive can lead to unwanted stress. Be careful when making impulsive changes to your plans as it could disrupt stability.

LIBRA (Sept. 23-Oct. 22): Everybody is worthy of shining bright. You may choose to extend provisional trust at this time or remain cautious. Trust the Universe. Most people are doing the best they can, but no one can be 100% safe.

SCORPIO (Oct. 23-Nov. 21): Demonstrate your sincerity and win someone's lasting friendship by always honoring the promises you have made. You'll gain a lot more recognition by proving that you can put forth solid effort without constant reminders.

SAGITTARIUS (Nov. 22-Dec. 21): Some things are expected to be set and finalized and don't easily allow for change on a whim. Uphold your honesty and integrity in your personal or professional life because that's what's right.

CAPRICORN (Dec. 22-Jan. 19): Exploring the unknown can be thrilling but be careful of acting too impulsively. Give yourself the chance to get curious about your adventurous side before committing yourself to anything.

AQUARIUS (Jan. 20-Feb. 18): Fear can cause anyone to feel uncertain at times. Worrying about things you can't control can lead to overwhelm. Use care and compassion when addressing your concerns to avoid hurting the feelings of anyone involved.

PISCES (Feb. 19-March 20): Ask yourself why you need to verify certain details in a certain situation. If something is actually shady, make a change. If everything is in order, figure out what is getting triggered in your Shadow.

Did you know about Rosharon, Texas?

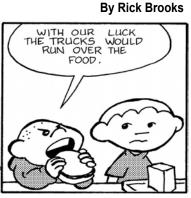
George Wetmore Colles bought land near the Rosharon, Texas, area around 1900 and named it the Rose of Sharon Garden Ranch after the Cherokee roses in the area. The town's name was later shortened to Rosharon. Colles obtained a post office for the town in 1912 and designed its water system.

Rosharon is an unincorporated community and Census Designated Place located between Farm to Market Road 521 and 1462. It has a population of 1,152 and covers 3.2 square miles.

MR. MORRIS







CHARMY'S ARMY

By Davey Jones







THEY'RE JUST DRYING
THEMSELVES OFF.

GET THEM OFF
OF MY BAR!!!

SOUR GRAPES

By Tim Jones





THE OTHER CLOUDS THOUGHT IT

WAS FUNNY WHEN THEY CALLED

YOU A LOOFA-SPONGE? THAT'S



TEX AND CLEM

By Jim Cox









BROOM HILDA

By Russel Myers



THIS CEREAL DOESN'T





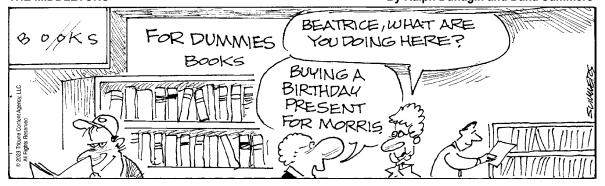




THE MIDDLETONS

ANIMAL CRACKERS

By Ralph Dunagin and Dana Summers



On This Day In History

May 15

1942 - Gasoline rationing began in the U.S. The limit was three gallons a week for nonessential vehicles.

1963 - The last Project Mercury space flight was launched.

1972 - Alabama Gov. George C. Wallace was shot by Arthur Bremer in Laurel, MD., while campaigning for the U.S. presidency. Wallace was paralyzed by the shot.

1988 - The Soviet Union began its withdrawal of its 115,000 troops from Afghanistan. Soviet forces had been there for more than eight years.

May 16

1965 - Spaghetti-O's were sold for the first time.

1971 - U.S. postage for a one-ounce, first-class stamp was increased from six to eight cents.

1977 - Five people were killed when a New York Airways helicopter, idling on top of the Pan Am Building in Manhattan, toppled over, sending a huge rotor blade flying.

May 17

1954 - The U.S. Supreme Court unanimously ruled for school integration in Brown vs. Board of Education of Topeka. The ruling declared that racially segregated schools were inherently unequal.

1975 - NBC TV bought the rights to show "Gone With the Wind." The one time rights cost NBC \$5 million.

1985 - Bobby Ewing died on the season finale of "Dallas" on CBS-TV. He returned the following season.

May 18

1942 - New York ended night baseball games for the duration of World War II.

1974 - India became the sixth nation to explode an atomic bomb.

1980 - Mt. Saint Helens erupted in Washington state, and 57 people were killed, and \$3 billion in damage was done.

1983 - The U.S. Senate revised immigration laws and gave millions of illegal aliens legal status under an amnesty program.

May 19

1935 - The National Football League (NFL) adopted an annual college draft to begin in 1936.

1962 - Marilyn Monroe performed a sultry rendition

of "Happy Birthday" for U.S. President John F. Kennedy. The event was a fundraiser at New York's Madison Square Garden.

1967 - U.S. planes bombed Hanoi for the first time.

May 20

1939 - The first telecast over telephone wires was sent from Madison Square Garden to the NBC-TV studios at 30 Rockefeller Center in Manhattan. The event was a bicycle race.

1978 - Mavis Hutchinson, at age 53, became the first woman to run across America. It took Hutchinson 69 days to run the 3,000 miles.

1993 - The final episode of "Cheers" was aired on NBC-TV.

May 21

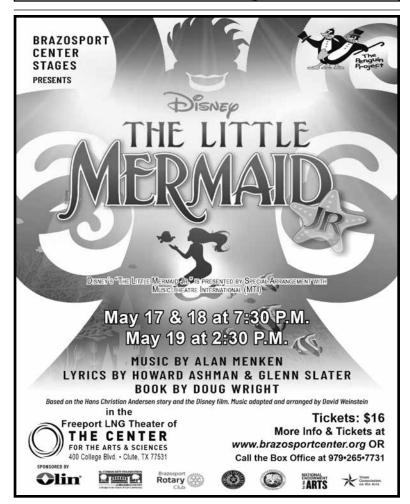
1927 - Charles A. Lindberg completed the first solo non-stop airplane flight across the Atlantic Ocean. The trip began May 20.

1947 - Joe DiMaggio and five of his New York Yankee teammates were fined \$100 because they had not fulfilled contract requirements to do promotional duties for the team.

1980 - The movie, "The Empire Strikes Back", was released.



"You'll never guess what they call these things!"



Bulletin Crossword Puzzle of the Week

ACROSS

- 1 Gratuity
- 4 Bow (out)
- 7 Personal records
- 12 Hotline?
- 15 Only state that shares a time zone with Alaska
- 16 Bag
- 17 Brunch order
- 18 Gush
- 19 Deadline?

- 21 The WNBA's Dream, on sports crawls
- 24 Unremarkable
- 25 Uno y uno
- 26 Grapefruit choice
- 30 Flunkv
- 32 Tony Shalhoub's role on "The Marvelous Mrs. Maisel"
- 33 Big brutes
- 35 Dutch guilder successor
- 39 Clothesline?
- 43 Celtic language

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Solutions on the right side of this page

In memory of Greg Wilkinson

In his "Clay, but Uncommon Clay" essay about Thomas Jefferson, George Will writes that while "we are all made of clay," a few, such as the statesman who penned our Declaration, stand out as "uncommon clay." Will's words, but uncommon words:

1. paladin

- A. champion C. 2nd offer
- B. soft food D. pain-reliever

2. sulfurous

- A. fiery C. insulting B. haughty D. acidic
- 3. vituperation
- A. a repair C. harsh words B. payback

D. deep wound

4. howitzer

- C. whirlwind A. cannon
- B. loudmouth D. answer man 5. meretricious
- A. equal C. lavish B. gaudy D. praiseworthy

- 6. epistolary
- A. of guns
- C. priestly B. of letters D. explosive

7. maxim

- A. saying B. the most
- C. bravado D. jaw bone

8. lignum

- A. rope knot C. connector
- B. law term D. woody tissue

9. interlocutor

A. mediator C. messenger D. official talker B. busybody

10. scurrilous

- A. haphazard C. scribbled
- B. disgraceful D. foul-mouthed

— Greg Wilkinson answers: poi p6 p8 r/ q9 q5 r7 of r7 r1

- 44 Took the wheel
- 45 Bird in the bush
- 46 Choke up
- 49 Long rants
- 51 Justice Dept. arm
- 54 Boldly state
- 56 Have an ugly cry
- 57 With 69-Across, Lifeline?
- 60 Helter-skelter
- 64 Friend of the mistake-prone
- 65 Seafood appetizer
- 68 State with confidence
- 69 See 57-Across
- 70 Hockey fake-outs
- 71 Fine-grained wood
- 72 Paper polishers, in brief

DOWN

- 1 Personal guirks
- 2 Happy cry from an eager Little Leaguer 3 Leader who wears the Ring of the
- Fisherman
- 4 Having a bad day
- 5 Start to fall?
- 6 With 15-Down, kids' hangout
- 7 Material for some cutting boards
- 8 Ceremonial pitcher
- 9 Cantina toast
- 10 Couple with
- 11 Surfing stops
- 13 "Get out of town!"
- 14 Breaks bread
- 15 See 6-Down
- 20 First place
- 22 2020 Pro Football Hall of Fame inductee Polamalu
- 23 Minifigure maker
- 26 Deal with leaves
- 27 Company that moves people
- 28 Quilting parties 29 Hard workers
- 31 worth 34 Mess up
- 36 Outside the box?
- 37 Capital on the Tiber
- 38 Burden
- 40 Delt neighbor
- 41 Car rental giant
- 42 Archie's boss, in detective fiction
- 47 Team featured in the HBO sports drama "Winning Time"
- 48 For all to see
- 50 Ancient calculators
- 51 Still to come
- 52 Short and probably not sweet
- 53 Chemist's container
- 55 "Diving Into the Wreck" poet Adrienne
- 58 "Aha! Say no more"
- 59 Long shot, in hoops lingo
- 61 Produce
- 62 Gave clearance
- 63 Home openers?
- 66 "All in favor, say "
- 67 Automaker whose "M" stands for "Motoren"

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THE SAMURAL OF PUZZLES By The Mepham Group

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.

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Solutions

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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.

F	OGGLE OINT SCALE
(3 letters = 1 point
\langle	4 letters = 2 points
1	5 letters = 3 points

151+ = Champ 101-150 = Expert 61-100 = Pro 31-60 = Gamer 21-30 = Rookie 11-20 = Amateur 0-10 = Try again 7 letters = 6 points 8 letters = 10 points

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We celebrated our anniversary with blood work, donation

By Jerry Zezima

Tribune News Service (TNS)

Romance is in my blood. And I recently proved it by taking my wife for blood work - on our wedding anniversary.

It was the most romantic thing I have done for Sue since I took her to a landfill on our anniversary four years ago. I'm surprised she didn't leave me there.

It's a good thing she didn't because I wanted this latest expression of love to be in vein, not in vain, which is why I was inspired to be a blood donor.

I used to give blood regularly. In fact, I donated so often that I was a member of the Gallon Club, signifying that I had given a gallon of blood, though not all at once, which would have made me even dizzier than usual.

I stopped donating a dozen years ago, when I was two years away from turning 60, because I didn't think anyone would want old blood, even though it was fortified with red wine, which has been medically proven to be good for the heart.

But I decided to go with the flow again when I saw my physician, Dr. Sanjay Sangwan, who had ordered blood work for me.

"Your results are perfect," he said.

"I took my wife for bloodwork on our anniversary," I told him.

"On our anniversary," Dr. Sangwan said, "my wife said she wanted to go to a restaurant where you can watch them prepare your meal in front of you. So I took her to Subway."

"I'm thinking about being a blood donor, but I just turned 70," I said. "Would it be safe?"

"Yes," the doctor replied.
"Your blood is good, and you're healthy, so you can give once or twice a year. Just don't get into a competition with someone."

"I guess the reward would be blood money," I said.

After my appointment, I went to Long Island Blood Services, a division of the New York Blood Center, to sign up.

"The paperwork will take longer than the blood work," said Marianne Jahoda, the very nice receptionist, who looked me up in the system and saw that I hadn't donated blood in a long time.

"That means you have plenty to give now," she said before directing me to the office of phlebotomist Heather Pflug, who took my temperature and blood pressure and asked if I take aspirin.

"Baby aspirin," I replied, "because I'm a big baby."

"The biggest babies are the burly guys with tattoos," said Heather, adding that she was going to prick my finger to get a drop of blood.

"Will it hurt?" I asked.

"I won't feel a thing," Heather said with a smile.

Then it was time, after all these years, to make a donation.

Cindy Cadicamo, a phlebotomist with a gentle manner that put me at ease, set me up on a blood donor chair. She asked me to roll up my sleeve, found a suitable vein in my left arm, rubbed it with a disinfectant and said, "Look anywhere but at your left arm."

So I looked at my right arm.

"You'll feel a pinch, followed by a brief burn," Cindy said just before inserting a needle that would carry my blood into a bag.

Which state is the most expensive?

According to Quicken Loans, **Hawaii** is the most expensive state to live in the United States, with prices that are typically double those on the mainland.

Hawaii has the highest costof-living index in the country, and households pay \$3,070 in monthly bills, or \$36,844 annually.

Some reasons for these high costs include:

- Limited land: High demand for land development and a shortage of housing;
- Shipping: Many consumer goods and much of the food are shipped thousands of miles;
- Taxes: Hawaii has some of the highest taxes, including income taxes and tourism taxes.

"How much does it hold?" I asked.

"A pint," she answered.

"I could go for a pint," I said.

"Come back after 5 o'clock," Cindy joked. "It's happy hour."

When I told her that I had taken Sue for blood work on our anniversary, she exclaimed, "What a guy!"

I asked if I was the oldest donor she had seen in her 20 years as a phlebotomist.

"No," Cindy said. "We had an 83-year-old woman come in to give blood for the first time. And she came back to donate again."

"What a gal!" I exclaimed.

By then, the bag was full. Cindy took out the needle, sat me up and asked if I felt lightheaded.

"I was born lightheaded," I said. "But I'm fine."

Cindy walked me to a table that had chips, cookies and other snacks.

"Would you like apple juice or cranberry juice?" asked volunteer Marie Rotolo.

"No beer?" I said.

Columbia Christian Senior Citizens Center Menu

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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, May 16: BBQ Chicken, squash casserole, beets, cheese cauliflower, slaw, garlic toast, dessert.

Friday, May 17: Shepherd's pie, hominy, mixed greens, peaches & cottage cheese, sliced bread, dessert.

Monday, May 20: Salisbury steak, tater tots, zucchini & tomatoes, slaw, cornbread. dessert.

Tuesday, May 21: Beef stroganoff, hominy, cooked cabbage, pea salad, sliced bread, dessert.

Wednesday, May 22: Southern-fried chicken, creamed potatoes, gravy, green beans, carrot & raisin salad, biscuits, dessert. "Sorry," Marie replied. "We're all out."

"I feel bad for the guy who gets my blood," I told her. "He'll probably grow a mustache and start telling stupid jokes."

"It could be a woman," Marie said.

"Even worse," I noted.

On the way out, I was thanked by the wonderful staff for helping to save lives. "I hope we'll see you again," Cindy said. "And next time, bring your wife."

(Jerry Zezima writes a humor column for Tribune News Service and is the author of seven books. His latest is "The Good Humor Man: Tales of Life, Laughter and, for Dessert, Ice Cream." Email: JerryZ111@ optonline.net. Blog: jerryzezima. blogspot.com.)



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Trust the voice of God to do what's right

From the writings of the Rev. Billy Graham

Q: People tell me that I should make peace with God now, but I'm starting college and want to experience all that life offers. But when I try to sleep, I'm agitated by the thought of doing something that could ruin my life. People tell me that's the voice of God. Is that true? If so, I would have to give my life some deeper thought. – L.D.

A: When we come to Christ in our youth, a life is saved. When we come to Christ in old age, a soul may be salvaged, but the opportunity to live an abundant life in Christ has been lost. When we hear a still, small voice that will not let us go until we do what is right, we must never silence that voice but surrender to God and obey His loving invitation to receive Him as Savior and Lord. He is the only One who knows what's ahead.

Time isn't inexhaustible, nor can we assume we'll always have more. Each day is a gift from God. The psalmist said, "My times are in Your hand" (Psalm 31:15). The first thing we should do before going to sleep is acknowledge God, and the first thing we should do when we awake is thank God for the gift of another day. God gives us time for a reason; not to be wasted or mishandled or to look for what fun we can have that day, but time is given to be used for His glory.

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths" (Proverbs 3:5–6).

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THE BULLETIN'S MONTHLY HEALTH AND HOME PAGE

Not all carbs are bad for you; Here are the good ones

By Deb Balzer

Mayo Clinic News Network (TNS) Do you push away the breadbasket or opt out of any meal that includes macaroni?

If so, chances are you are one of the millions of people watching your carbs, or carbohydrates.

Dr. Christine Nguyen, a Mayo Clinic family physician, says not all carbs are bad, and there are plenty of foods with good carbs. Fiber-rich foods, like whole grains, fruits and vegetables are essential for health, aiding digestion, lowering cholesterol levels and reducing disease risk. When it comes to food

choices, there can be plenty to pick from. Dr. Nguyen hopes you'll choose carefully.

"Ideally, we'll pick things that are whole grains rather than refined carbs, or those white-colored carbohydrates,"

Carbohydrates are an energy source, but not all are the same.

Simple carbs, found in highly processed sugary snacks for instance, are considered "bad" carbs because they can lead to rapid spikes in blood sugar and provide empty calories.

Complex carbs, found naturally in grains, fruits and vegetables, are considered "good" carbs and are vital to a healthy

"Whole grains are important because they pack vitamins and minerals that we might not get from other places. They can make up the bulk of our meal to make them filling and nutritious," says Dr. Nguyen.

Consider swapping healthy or good carbs in the place of refined or bad carbs. Try fiberrich foods, such as quinoa; vegetables, like broccoli, carrots and sweet potatoes; and fresh fruits, like apples and blackber-

Fiber is beneficial not only for our gut health but also in order to improve our cholesterol levels, reduce our risk of cardiovascular disease, improve anti-inflammatory properties and boost the immune system," Dr. Nguyen says.

ACTIONS INC

Fall Prevention Tips

Assess your home: Look around your home for potential hazards. Consider enlisting the help of a family member or neighbor who may be more likely to notice things you don't. Install grab bars in your bathrooms, get rid of slippery throw rugs (or add a rubber backing) and keep passageways inside and outside your home well-lit and free from clutter and debris.

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What carbs do

Consuming too many carbohydrates can lead to weight gain, poor metabolic health and an increased risk of heart disease. This is because carbohydrates are the body's main source of energy, and high blood sugar (hyperglycemia) can put you at risk for diabetes. Simple carbs are digested quickly, causing spikes in blood sugar and making you feel hungry sooner.



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Agent

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Healthy Living How many oranges does it take ... How much of these high vitamin C foods you would need to eat to equal one 500 mg supplement: Medium oranges Kiwi fruits 7 cups Cooked broccoli 4 1/2 cups orange juice 1 3/4 cups sweet red peppers Source: U.S. Department of Agriculture

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