

# The Bulletin

Weekly

May 13, 2025

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gets old*

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*There is something wondrous about walking  
between two giant cruise ships in port*

**Read about John and Sharon's latest cruising adventure on page 8**

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WEATHER HISTORY  
• ON THIS DAY •

**May 14, 1896** - The mercury plunged to 10 degrees below zero at Climax, CO. It was the lowest reading of record for the U.S. during the month of May.

**May 15, 1968** - A tornado touched down southwest of Anchorage, AK. It was the second of just three tornadoes reported in Alaska since 1950.

**May 16, 1989** - A tornado at Cleburne, TX., caused \$30 million dollars damage. A violent (F-4) tornado touched down near Brackettville, TX., and a strong (F-3) tornado killed one person and injured 28 others at Jarrell, TX.

**May 17, 1983** - A golfer playing the Fox Meadows Course in Memphis, TN., was struck by a bolt of lightning that went through his neck, down his spine, came out a pocket containing his keys and went into a nearby tree. Miraculously, he survived.

**May 18, 1980** - Mount Saint Helens (in Washington State) erupted, spewing ash and smoke 63 thousand feet into the air. Heavy ash covered the ground to the immediate northwest, and small particles were carried to the Atlantic coast.

**May 19, 1988** - Severe thunderstorms in southwest Texas produced hail as large as tennis balls around Midland, with the hail accumulating up to a foot deep.

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# The Bulletin

## 7-Day Local Forecast

May 14 Wednesday	May 15 Thursday	May 16 Friday	May 17 Saturday	May 18 Sunday	May 19 Monday	May 20 Tuesday
Mostly Sunny	Partly Cloudy	Partly Cloudy	Sunny	Mostly Sunny	Partly Cloudy	Sunny
87 / 74	89 / 75	90 / 78	89 / 76	93 / 81	94 / 80	92 / 81

### Local UV Index

0-2	3	4	5	6	7	8	9	10	11+
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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 . . . .	82/60	s	81/59	cl	82/61	cl	Odessa . . . . .
Beaumont . . .	86/75	s	88/76	pc	89/79	cl	San Antonio .
Dallas . . . . .	94/73	pc	93/72	mc	95/75	cl	Waco . . . . .
Houston . . . .	91/75	s	93/76	pc	94/78	mc	Wichita Falls .

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

### Weather Trivia

What is the difference between a hurricane watch and a hurricane warning?

**Answer:** In a watch, hurricane conditions are possible; in a warning, they are expected.

### Peak Fishing/Hunting Times This Week

Peak Times			Peak Times		
Day	AM	PM	Day	AM	PM
Wed	1:29-3:29	1:55-3:55	Sun	5:01-7:01	5:26-7:26
Thu	2:21-4:21	2:48-4:48	Mon	5:51-7:51	6:15-8:15
Fri	3:15-5:15	3:42-5:42	Tue	6:39-8:39	7:03-9:03
Sat	4:08-6:08	4:35-6:35			

### Weather History

**May 14, 1898** - A severe thunderstorm, with some hailstones up to 9.5 inches in circumference, pounded Kansas City, Mo. Windows were broken in nearly every house in central and eastern parts of the city, and several people were injured.

### Sun & Moon

Last	Day	Sunrise	Sunset	Moonrise	Moonset	First
5/20	Wednesday	6:30 a.m.	8:06 p.m.	10:21 p.m.	7:31 a.m.	6/2
	Thursday	6:29 a.m.	8:06 p.m.	11:15 p.m.	8:21 a.m.	
	Friday	6:29 a.m.	8:07 p.m.	Prev Day	9:16 a.m.	
	Saturday	6:28 a.m.	8:08 p.m.	12:04 a.m.	10:15 a.m.	
New	Sunday	6:28 a.m.	8:08 p.m.	12:48 a.m.	11:17 a.m.	Full
5/26	Monday	6:27 a.m.	8:09 p.m.	1:28 a.m.	12:20 p.m.	6/11
	Tuesday	6:27 a.m.	8:09 p.m.	2:03 a.m.	1:22 p.m.	

### Surfside Beach Tides

Day	High	Low	High	Low
5/14	7:11 a	10:42 p	None	None
5/15	8:04 a	11:24 p	None	None
5/16	9:06 a	None	None	None
5/17	9:57 a	12:08 a	None	None
5/18	10:34 a	12:53 a	None	None
5/19	11:02 a	1:46 a	None	None
5/20	11:22 a	2:53 a	9:26 p	7:22 p

### Local Almanac Last Week

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days			
5/1	NA	NA	81/64	0.00"	Date	Degree Days	Date	Degree Days
5/2	NA	NA	81/64	0.00"	5/1	0	5/5	0
5/3	NA	NA	81/64	0.00"	5/2	0	5/6	30
5/4	NA	NA	81/64	0.00"	5/3	0	5/7	28
5/5	NA	NA	82/65	0.00"	5/4	0		
5/6	83	76	82/65	0.00"	Growing degree days are calculated by subtracting the base temperature (50 degrees) from the day's average temperature.			
5/7	83	72	82/65	0.00"				

# Strange but True

By Bill Sones  
and Rich Sones, Ph.D.

## Racing cars and racing hearts

**Q. What do speeding race cars do to speeding hearts?**

A. Possibly push them beyond the speed limit, with loud noise, extreme conditions, high G-forces all being factors. When Championship Car driver Simon P. becomes nervous or excited behind the wheel, his racing team knows right away, thanks to an in-race heart monitor being tested by Cleveland Clinic cardiologist Jennifer Cummings, says Jodie Valade in "The Cleveland Plain Dealer."

"What just happened, Simon?" a voice crackles over the headset. Turns out, he was holding his breath to put all his strength into a difficult turn. "People think drivers aren't good athletes," says Simon, "but there are no other athletes I know of - except maybe cyclists - who maintain a heart rate of 180-200 (beats per minute) for two hours straight. It's tremendously physical."

The experimental monitors are stitched into the fireproof racing shirts, with wireless transmission hookup sensitive enough to accurately record heart activity. If,

for example, a driver is holding his breath, breathing classes might be recommended to learn to maintain a steady supply of oxygen to the heart.

Simon's heart rate once hit 197, not an everyday level to strive for, says Valade. His off-day workouts consist of the rowing machine and swimming, where he tries to maintain at 130-170 to simulate race conditions - and help put him in front of the pack.

## A frozen dessert with lots of names

**Q. Can you name the frozen dessert with so many spellings that listing them could take longer than eating a bowl of the fruity, milky treat?**

A. Is it sherbet or sherbert? The term entered English in the early 17th century, from an Ottoman Turkish word for "cold fruit drink," says Mark Davidson in "Right, Wrong, and Risky: A Dictionary of Today's American English Usage." Beginning with as many as 14 English spellings, it evolved two that reflected its principal pronunciations.

By the 18th century, sherbet had become dominant, though sherbert made a 20th-century comeback

and is now accepted as a second choice in some dictionaries. Still, "The Columbia Guide to Standard American English" cautions that you may encounter purists who will accept only "sherbet."

Interestingly, word historians have traced the fruit-flavored ice called "sorbet" to French, which obtained it from Italian, which obtained it from the same Turkish word that gave us "sherbet."

## Monkey tails and human fingerprints

**Q. What's on the tail of a New World monkey that we humans have as well, and essentially for the same biological reason, though for us their cultural function gets most of the attention.**

A. Fingerprints, a.k.a. friction ridges or dermatoglyphics (literally, finger writing), which appear on the palms of the hands and soles of the feet of many mammals, says Nina Jablonski in "Skin: A Natural History."

In humans, these tiny ridges display recognizable designs and patterns, such as whorls, loops, visible openings from the pores of sweat glands, plus end points, branch points, etc. Their unique places and orientations never change throughout life. Statistical analysis of these today virtually eliminates the chance of incorrectly identifying someone.

Zoologists know that the function of "fingerprints" in nature is to enhance friction and to promote a more secure grip. Among primates, dermatoglyphics appear not only on the palms and soles but also on the undersides of the prehensile tails of New World monkeys, serving as a sort of "fifth hand" for swinging from tree limb to tree limb.

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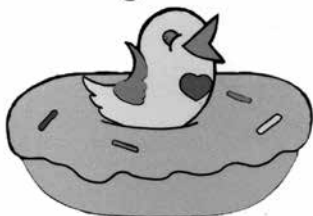
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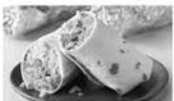
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## MIKE PINGREE'S THROUGH THE LOOKING GLASS



**YES MA'AM, WE'RE QUITE SURE IT ISN'T OUR BABY:** A mother in Horlesti, Romania, discovered that the newborn baby she brought home had been accidentally switched at the hospital. The woman had given birth to a girl, but, when she changed the child's diapers, she noticed a uniquely male characteristic.

**MOTHER OF THE YEAR:** Police arrested two young men who had broken into an Indianapolis home and started stealing everything in sight. One of the lads' mother was driving the getaway car.

**DO YOU SEE THE LITTLE LEVER NEAR THE DOOR HANDLE?** A woman in Oren, Utah, found herself locked inside her car when her battery died. She called the cops, when they came, she couldn't hear what they were saying because the windows were rolled up. They had to call her on her cellphone to explain how to unlock the car manually.

**I HAVE TO SAY, MA'AM, WE AGREE WITH YOUR SON:** A 73-year-old woman in Fort Worth,

Tex., got into a heated argument with her son, who lives with her, because he objected to her walking around the house undressed. Police involvement resulted.

**SO I ASSUME YOU'RE FAMILIAR WITH OUR ACCOMMODATIONS:** A 48-year-old man stole a can of beer from a convenience store in Portsmouth, N.H., and was held on \$10,000 bail because he had been arrested 152 times before. When the judge asked him if he had a lawyer, he replied, "I don't need a lawyer. I've been in this court more than you have."

**A BAD END TO AN OTHERWISE LOVELY EVENING:** A somewhat intoxicated airline pilot and stewardess walked into the woods in a small Pennsylvania town to engage in relations. Afterwards, they had trouble finding the road and became separated. The woman was caught after she entered the fire chief's car to find a flashlight, and the undressed pilot was arrested when he confronted a woman near her rural home and asked her for a pair of shorts.

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**I'VE GOT TO KNOW, WHAT GAVE ME AWAY?** A woman in Asheville, N.C., tried to claim a \$1 million North Carolina lottery prize with an altered ticket. She cut and pasted the winning numbers onto the forged ticket. It fooled no one.

**DUDE, JUST TAKE PART OF MY STASH ... OH, HELLO, OFFICER:** A man, high on marijuana, went into a gas station in Carterton, New Zealand, to buy candy bars and chips, then tried to pay with demon weed. Alas, a police officer happened to be standing in line right in back of him.

**UH, NO, OFFICER, I HAVE NO IDEA HOW IT GOT HERE:** Two thieves got a dolly and stole a Pepsi machine from outside a liquor store in Hughes, Ark., then walked it down a road to a home less than a mile away, leaving a clear set of tracks for the police to follow, which they did.

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## Are energy drinks good or bad for your health, heart?

Mayo Clinic News Network (TNS)

Energy drinks are a multibillion-dollar industry and are the most-consumed supplement not under the control of the Food and Drug Administration, other than multivitamins.

It's a bit like the "Wild West" in the sense that energy drinks and their stimulating ingredients are under no FDA regulation and are not classified as a food or a drug but as a supplement.

Energy drinks contain ingredients such as caffeine, taurine and guarana that affect the heart, the heart's electrical system and the heart's muscular pump. When our bodies react to these chemicals, the heart rate and blood pressure can change.

The heart's recharging of the electrical system can be affected by these chemicals. For most people with a healthy heart, the

consumption of an energy drink would have no serious impact on our health. However, if you have a genetic heart condition that predisposes you to sudden cardiac death, exposure to an energy drink may not be as harmless.

People with underlying genetic heart disease or adults with coronary artery disease or weaker heart pumps can be more vulnerable to the chemicals in energy drinks. A healthy heart can handle caffeine in moderation, but a fragile heart may not be able to.

In addition to heart risk, studies have suggested an increased risk of stroke with energy drink consumption.

Long-term exposure to these substances over time affects how the blood vessels and heart react to the chemicals.

For the 199 out of 200 people who have a healthy heart and who do not have a genetic heart disease, energy drink consumption in moderation is safe.

However, you might want to ask yourself: Can you go three days without it? If not, you may be experiencing some dependency on chemicals in energy drinks.

Overall, there is very little health value to energy drinks. Listen to your body: Are they making you feel shaky or causing you to experience withdrawals? Can you be satisfied with your morning coffee or tea instead?

— Michael Ackerman, M.D.,  
Ph.D., Cardiovascular Medicine,  
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# Despite political and financial turmoil, the American dream is still reachable, waiting for you

By Tom Purcell

Special to The Bulletin

A growing number of Americans think the American Dream is out of reach, but I think they are wrong.

According to a recent Wall Street Journal poll, only 36% of voters said the American Dream still exists, way fewer than the 53% who believed so in 2012.

Half of the poll's respondents believed that America's economic and political systems are "stacked against people like me."

These are troubling findings, but I think more of our native-born non-believers need to start dreaming - and acting - like American immigrants.

Many immigrants still believe hard work will help them get ahead in America and ensure that their kids will have the opportunity to really flourish in the land of the free.

I met many such wonderful people while living in Washington, D.C.

I knew one fellow, who came to America from a small Irish village to work as a butler. He married and started a family.

To improve his income, he began selling insurance. By his 40th birthday, he had raised enough capital to start his own highly successful Irish pub - one that afforded him a fantastic living.

I knew two brothers from India who owned a convenience store and sandwich shop. The older brother had been a professor at a technical school in his homeland.

But because his English was not yet strong, he had trouble finding similar academic work in America.

He didn't complain. He took whatever job he could - busboy, cook, janitor - and saved every penny. He used his savings to

bring his wife here, and then, one at a time, his five siblings.

He and his brother eventually saved enough to buy a convenience store, then a motel. He was in his late 50s when I met him. Last time I saw him a decade ago, he'd been offered \$6 million for the land upon which his convenience store sat.

But here's how he really achieved his American dream: Both of his American-born sons became doctors.

I rented an apartment from another fellow who had been born in Beirut, Lebanon, where his father had two businesses and his family was well off.

Then civil war tore their country apart. His family lived in a bombed-out building for three years before they were able to make their way to America.

We were the same age, and our childhoods could not have been more different. When we were both 14, I was enjoying long bike hikes in the quiet suburbs - and he was dragging dead bodies into a pile to burn them, because the stench was unbearable.

When his family was finally

able to escape to America, they were broke. He took a job as a janitor. His siblings took on menial work. The family saved \$20,000 and used the money to open a bakery. He is now the president of a bakery that, last I checked, employs more than 150 people.

Look, despite inflation, high interest rates and anti-entrepreneurial regulations, the American Dream is still alive and well for anyone willing to work for it.

In fact, the Washington Post says more Americans than ever are starting their own businesses.

I'm one of those dreamers,

who, at 61, just started another business creating humorous cybersecurity learning content. This is on top of another thriving business in the short-term apartment business and, of course, the column- and book-writing business.

Business is good. And my American Dream is alive and well.

(Purcell, creator of the infotainment site *ThurbersTail.com*, which features pet advice he's learning from his beloved Labrador, Thurber, is a Pittsburgh Tribune-Review humor columnist. Email him at Tom@TomPurcell.com.)



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## Are you ready to retire, or should you delay it a few years?

By Dori Zinn

Bankrate.com (TNS)

If you've been dreaming of retirement since you entered the workforce, you might have a certain idea of what it looks like.

But there's a chance you might not start retirement when you thought you would, perhaps due to circumstances beyond your control, or because you're simply not ready to exit the working world.

Amid a shifting economic landscape and the possibility of living longer than ever before, the traditional retirement age of 65 to 67 might not be the best plan for everyone.

For some, punching out for the last time may need to be pushed back a few years. (A financial adviser can help you run the numbers.)

**You give yourself more time to save and invest**

For many retirees, \$1 million is the magic savings number for

retirement, but most Americans are nowhere close to that figure. According to Vanguard's "How America Saves 2024" report, workers who were between 45 to 54 years old in Vanguard's retirement plans had a median of \$60,763 at the end of 2023. Those aged 55 to 64 had a median \$87,571 in their plan.

Delaying retirement gives you more time to save for your golden years and less time to live off your savings. Many retirees fear they will run out of money before they die, so the more time you spend saving, the less you'll depend on that nest egg when the time comes to stop working.

**You can delay Social Security for a bigger payout**

While you can file for Social Security benefits as early as age 62, the longer you put it off, the higher the amount you'll receive. Waiting until your full retirement age - or all the way until you hit

70 - significantly bumps up your benefits. For example, if your full retirement age is 67 and you delay filing until age 70, you'll get a 24 percent boost in your monthly Social Security check.

A financial planner can help you calculate the ins and outs of delaying Social Security to help you maximize lifetime benefits for both you and, if you're married, your spouse.

**You like what you do**

Not everyone enjoys their jobs, and many look forward to the day they don't have to go into the office anymore. But if your job brings you satisfaction, don't feel compelled to stop once you hit a certain age. Aside from income, working has numerous other benefits for emotional, psychological and mental health. Older workers needn't stop working at a certain age, especially if they enjoy it.

**You can capitalize on other work benefits**

While income is useful, a job typically provides valuable benefits beyond just a paycheck. For instance, your employer may help pad your retirement portfolio via an employer-matched 401(k) program. Access to workplace health care benefits can save you a lot of money if you don't qualify for Medicare yet and would otherwise have to pay out-of-pocket for coverage.

You might also want to stick around at your job to keep access to other perks, such as reimbursement for continuing education, gym memberships, reimbursement for some bills and more.

**You can wait out inflation**

Inflation may have cooled a bit since the summer of 2022, but if it picks up again, you might consider delaying retirement. It can make sense to wait out rising prices and ensure that

your finances are on a stable footing before you move on to the next stage. As you wait, use Bankrate's retirement calculator to figure out how long your money will last.

**Health insurance**

If you opt to retire before reaching the age of 65, the age at which you become eligible for Medicare, you will need to secure health insurance.

Remember, retiring early can significantly impact your health insurance options and associated costs, primarily because of the coverage gap before you

qualify for Medicare at 65.

**Continue to delay taxes**

Delaying retirement can also provide you with the opportunity to defer taxes on certain retirement accounts. If you continue to work past age 73, you will still need to take required minimum distributions (RMDs) from your traditional IRAs, regardless of your employment status.

However, if you are working and don't own more than 5 percent of the company you work for, you might have the option to delay RMDs from your current employer's 401(k) plan.

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# Cruising, sunshine and vitamin sea

Docking early morning in Cozumel, Mexico.

**By John Toth**  
*The Bulletin*

After my sixth cruise in two or three years, I am finding myself to be a guide to other cruisers not as seasoned.

In cruising years, my experience is minimal. I've come across people who have cruised more than 30 times.

In their eyes, I'm just a baby, still learning to walk. But in the eyes of first-time cruisers, I am now the equivalent of Professor Cruiser.

**O**n Royal Caribbean's Mariner of the Seas, on which we cruised recently, Sharon and I came across several first-timers and engaged them in conversations. I'm glad we did, because we were able to straighten out a few things for them.

One of the first things I mention is that when we get off the ship at a port, I love to walk between the massive ships.

That's the first time we can really see how our ship looks like on the outside.

Take a few minutes to snap a few photos of the ships and you," I usually recommend.

"You'll be glad you did."

**I**t is humbling to have the ships tower over us. To the people who work on cruise ships or ports, it's an everyday thing. To me, it is fascinating. It never gets old.

"I've heard that there will be 25 ships, each with 2,000 people in Cozumel," said one freshman cruiser during lunch or breakfast. "That's a lot of people."

We were on a 5-day cruise to the Western Caribbean, with port calls to Porta Maya and Cozumel, both in Mexico.

That number is a little off, I replied, and explained that at the most, four ships dock in Costa Maya.

As it turned out, there were three ships porting on the day we were there. Together, the total capacity of those ships was about 13,000 passengers.

**T**hat's still a lot for Costa Maya, where the port is packed even with only two ships. It's hard to get around. It's my least favorite port, so far. Many cruisers just stay on the ship there.

I explained all this to the

fellow cruiser, and still she insisted that there would be 25 ships there. I did not see her after the port stop, but I'd bet she was surprised to see only three ships.

"This is my first time cruising," said another woman at lunch. "I didn't know it would be this rocky."

The ship rocked for the first two days as we sailed through some rough seas in the Gulf of Mexico.

I was taking motion sickness pills on those days and felt fine. It was the rockiest two days I've experienced cruising.

"This is a smaller-class ship. Usually, it's smooth sailing," I said.

**W**e have been on a ship that sailed through a storm, which later became a hurricane. It was rocking, but not as much as Mariner. We walked in hallways looking like drunks. Those who bought the drink package didn't mind, though.

I have to give credit to the ice-skating cast on the ship for performing two shows when the ship rocked the most.

I missed those performances, but caught the later ones when the ship was completely still.

I can't imagine how a skater can do a double axle while the ship moves that much, but they did.

**W**e missed the ice-skating shows that day because we both fell asleep late afternoon and did not wake up until the next morning. Recovering from partying into the night takes a little longer as you get older. But it's still a lot of fun.

"I heard that in Mexico they only take pesos," said another newbie who was worried that she would have to convert dollars to pesos somewhere.

I was so glad that fate brought us together, because that is as wrong as 25 ships pulling into port on the same day.

"I have only paid in Mexican ports with American dollars. You don't need to buy pesos," I said.

Tourist businesses in Mexico in and outside the ports gladly take dollars. Most of the items are priced in dollars and pesos, (and they are probably marked up about 300 percent).

A street peddler in Cozumel,

whose booth has become a must stop for Sharon, only quoted us prices in dollars. After we hesitated, he quoted the price in fewer dollars. Sharon, my wife, co-publisher and travel editor, is a fan of aquatic-styled necklaces, and this booth is filled with them, starting at \$1. Of course, we had to buy one for \$10, but that's O.K. We were tourists. That's how vendors make their living.

**P**rofessor Cruiser did his duty on this cruise, all free of charge. It was actually a lot of fun.

I have jotted down some more observations while on this cruise and will expand on them in future columns.

Make sure you pick up The Bulletin weekly at your favorite place or read it online.

It is distributed on Tuesdays and Wednesdays four times a month. Drop us a call or email us if you can't find it. We'll direct you to the closest distribution spot.

You can also read us online at [www.brazoriacountybulletin.com](http://www.brazoriacountybulletin.com).



## Babette Fraser Hale headlines 'Evening with the Author'



The 13th annual "Evening with the Author", presented by the Brazoria County Library System Foundation on April 29, featured Babette Fraser Hale, the wife of the late Houston newspaper columnist Leon Hale.

The author of "This Familiar Heart", which is described as "an improbable love story" on its cover, talked about her late husband and their relationship, which included an eight-year courtship before their marriage due to his being "skittish" after two other marriages and the 25-year age gap between them.

The event, catered by Filipp's Cafe, took place at the Brazoria County Fairgrounds and was a fundraiser for the library system's "Color our World" free summer reading program.

After her presentation, Ms. Hale autographed copies of "This Familiar Heart" as well as another book of hers, "A Wall of Bright Dead Feathers", which was a 2022 winner of the debut fiction award from the Texas Institute of Letters.

But it was the book detailing her and Leon Hale's 40 years together and her dealing with the grief of losing her popular "country boy" husband after his death that was the main draw of those lining up to get their copies personally signed.

There also was a silent auction, and The Bulletin donated two pairs of tickets to the Galveston Historic Home Tour as door prizes, with the winners being selected by County Judge Matt Sebesta.



Brazoria County Judge Matt Sebesta draws winners of door prizes donated by The Bulletin.

## PACK THE PLAZA Summer Concert Series Doris Williams Civic Center

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**30 MAY** **TYLER WAYNE GRIFFITH BAND**  
COUNTRY | 7:30PM - 10:30PM

**6 JUNE** **TIMELESS HTX**  
VARIETY | 7:30PM - 10:30PM

**13 JUNE** **CHASE RICHBURG**  
COUNTRY | 7:30PM - 10:30PM

**20 JUNE** **CHECKERED PAST**  
VARIETY | 7:30PM - 10:30PM

**27 JUNE** **GIRL CAN'T HELP IT**  
JOURNEY TRIBUTE | 7:30PM - 10:30PM

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### What are Alzheimer's symptoms?

Alzheimer's disease is a progressive neurodegenerative disorder that primarily affects memory, thinking, and behavior. Common early signs include memory loss, difficulty with language, and problems with spatial orientation. Later stages can involve more severe memory loss, confusion, and changes in mood and behavior.

## Signs that someone may have Alzheimer's

- Early Signs:**
- Memory Loss: Forgetting recently learned information, names of people and places and familiar facts.
  - Language Difficulties: Trouble finding the right words, following conversations, and understanding complex language.
  - Spatial Orientation Problems: Difficulty judging distances, recognizing objects, or getting lost in familiar places.
  - Changes in Mood and Personality: Increased irritability, anxiety, depression, or withdrawal from social activities.
  - Difficulty with Problem-Solving and Planning: Trouble making decisions, managing finances, or following directions.
  - Misplacing Things: Losing belongings and being unable to remember where they were placed.

- Later Signs:**
- Severe Memory Loss: Difficulty recalling even basic facts or past events.
  - Confusion and Disorientation: Losing track of time and place, even in familiar surroundings.
  - Behavioral Changes: Agitation, restlessness, hallucinations and delusions.
  - Physical Changes: Difficulty walking, eating, or swallowing.
  - Loss of Awareness of Surroundings and Recent Experiences: Difficulty recognizing familiar people and places.
  - Increased Dependence on Others: Needing help with daily tasks and personal care.

**Important Considerations**

These are general signs and symptoms, and the experience of Alzheimer's can vary from person to person. If you or a loved one is experiencing any of these signs, it's important to consult with a healthcare professional for proper diagnosis and management. Early detection and intervention can help manage symptoms and improve quality of life for individuals with Alzheimer's and their caregivers.



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## Gathering Place presents Cole Degges, shoofly pie, apple pan dowdy

A Barn Dance and Benefit Thursday, July 10, at the KC Hall in Angleton will complete Gathering Place fundraising efforts in 2024-25 to transition the organization when Dale Libby steps down as CEO.

"I believe we have the money to hire someone, but we want to make sure we have enough for all of our programs to remain free," Libby explained. "We do not charge for any of our programs, and the conferences and courses are particularly expensive. Education is a critical part of our mission. We know that Alzheimer's is largely preventable, that it is a treatable disease, that onset can be delayed, and that progression can be slowed. The earlier that people start lowering risk factors and modifying risk, the

better off they will be. Being able to teach that – including the science behind it – gives people legitimate reason for hope.

"We are happy to have Cole Degges entertain us. Many of us can relate to Cole's story," Libby added. "He went to Nashville and met with success writing songs and making music. Kenny Chesney, Chris Janson, Andy Griggs and Tracy Byrd are singing his songs. Cole returned to Lake Jackson to help when his mother suffered from cancer, and he decided to stay when she passed away."

Chicken and sausage gumbo, red beans and rice, cornbread and potato salad will be cooked and served by the Catholic Daughters from Sacred Heart in Manvel. Nana Kay's in West

Columbia is providing the bread pudding with bourbon sauce, the shoofly pie and apple pan dowdy. Beer and set-ups are available from the Knights of Columbus.

Both live and silent auctions will have some great items available.

Doors will open at 5:45 p.m., and the program will commence at 6:30 p.m.

Individual tickets are available for \$40 each. Ringside tables for eight are \$300, and tables for 10 are \$325. Sponsorships are also available. Call (979) 308-4525 Monday – Thursday from 10 a.m. to 3 p.m. for tickets.

Brazoria County Gathering Place Interfaith Ministries, Inc. is located at 200 E. Mulberry in Angleton.

## Most common types of dementia

These conditions are the leading causes of dementia. People can also have mixed dementia, a combination of two or more types, such as Alzheimer's and vascular dementia.

**Alzheimer's disease.** Alzheimer's is characterized by amyloid plaques and tangled fibers in the brain and by a loss of connections between nerve cells.

**Vascular dementia.** The second-most-common type of dementia results from damage to the vessels that supply blood to the brain.

**Lewy body dementia.** Abnormal protein deposits in the brain, called Lewy bodies, interfere with brain chemistry and lead to problems with behavior, mood, movement and thinking.

**Frontotemporal disorders.** Degenerative damage to the brain's frontal and temporal lobes is the most common cause of dementia in people age 65 and younger. Symptoms might include apathy; difficulty communicating, walking or working; and emotional changes.

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**Thursday, May 15:** Sweet & sour meatballs, rice, peas, beets, pears, sliced bread, dessert.

**Friday, May 16:** Enchiladas, Spanish rice, hominy, carrots, jello salad, cornbread, dessert.

**Monday, May 19:** Spaghetti with meat sauce, corn, carrots, tossed salad, garlic sticks, dessert.

**Tuesday, May 20:** Chicken-fried chicken, gravy, baked beans, turnip greens, pears, biscuits, dessert.

**Wednesday, May 21:** Beef pot pie, fried okra, broccoli, spiced apples, pears, garlic toast, dessert.

# The old willow tree is gone, but we're not weeping

By Lori Borgman

Tribune News Service (TNS)

When the kids were growing up, we had a giant weeping willow tree in the backyard. It was a magnificent specimen with long, graceful branches that swayed in the breeze.

It was also a magnificent mess. Not only did it dance in the wind, it seemed the tree shed constantly - every day, every week, every month of the year. To add insult to injury, every wispy branch that didn't shed slapped you in the face with its serrated leaves when you passed by.

Being that the tree left a constant mess in the yard, when the kids were sassy or needed some consequences, we would send them outside to pick up willow branches. This would sometimes keep them busy for days and weeks at a time.

It was win-win, a very good system until the willow began to rot, and we had the tree taken down. The trunk and branches were even bigger on the ground than they were in the sky. We rented a wood splitter and our son split the salvageable wood.



This kept him busy the entire summer between his freshman and sophomore year in college.

A few years ago, we lost two maples due to age (theirs not ours). Needing more shade, we planted a Heritage River birch. Even though a river birch can sell itself on good looks and beautiful bark alone, the tag sealed the deal: "This charming tree attracts songbirds and butterflies, while its lush canopy offers cool shade, making it an excellent choice."

What the description neglected to say is that a river birch is merely a weeping willow in disguise.

The real problem now is that all the kids are grown and gone.

You don't tell your adult children, who are married and raising children of their own, to

get outside and pick up sticks.

We know because we tried.

The two of us are now the ones outside picking up twigs and sticks, bending from the waist, the knees, the left side and the right side, telling each other this qualifies as aerobics.

In a recent email exchange with a reader, she mentioned that her mother used to pay her kids a penny for every stick they picked up from her yard. She said her mother's yard was always full of grandkids trying to "make a buck" picking up sticks.

Interesting idea. But having filled another large trash bag with fallen birch twigs in under an hour, and calculating for inflation, we're not sure we have enough set aside for retirement to cover that amount.

Beauty comes with a price, and we're now the ones paying for it.

(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](mailto:lori@loriborgman.com).)

## Willow trees: From furniture, baskets to medicines

Willow trees are known for their fast growth and are popular for basket weaving and furniture making. They also played a role in traditional medicine, with their bark being used to treat fever, inflammation and pain, due to the presence of a compound similar to aspirin.

Willows are dioecious, meaning male and female reproductive organs are on separate trees, and they can easily reproduce from broken twigs or leaves.

Since the bark from some willow varieties was used in treating inflammation and fever, it is considered by many to be the predecessor to aspirin.

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## Willow trees deeply rooted in folklore

Willow trees are steeped in folklore and symbolism across various cultures, often associated with both positive and negative attributes.

They are linked to themes of grief, prophecy, witchcraft, and even walking at night in some traditions.

Willows are frequently associated with sadness, loss, and mourning, often depicted in art and literature. This is partly due to their weeping branches and the bitter taste of their bark, which is linked to the Psalm 137.

The willow's ability to bend but not break makes it a symbol of resilience and the ability to adapt to life's challenges.

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# Weekly Bulletin Horoscope

By Magi Helena  
Tribune Content Agency

**ARIES** (March 21-April 19): Remain confident because you might look better than you think. People may imagine that you possess special talents or additional capabilities. Don't disappoint anyone by promising more than you can actually commit to and deliver.

**TAURUS** (April 20-May 20): Embracing the elusive could give you an invitation to the best experiences this week. Instead of trying to control or define everything, enjoy the unpredictability. Like a butterfly, some things are more beautiful in motion than when captured.

**GEMINI** (May 21-June 20): Get super-clear on what is really real. You may look at everything through what you think are rose-colored glasses, but you might just see smog. It could be wise to pause signing contracts or borrowing money without some objective guidance.

**CANCER** (June 21-July 22): This week, your lofty thoughts could disconnect you from earthly matters. Take care not to overlook duties or unintentionally ruffle feathers. Consider getting feedback from trusted friends and advisors to keep your perspective grounded.

tionally ruffle feathers. Consider getting feedback from trusted friends and advisors to keep your perspective grounded.

**LEO** (July 23-Aug. 22): Some additional knowledge might put you on the road to prosperity. Although you may be concerned that someone is merely spinning their wheels and not making progress. It might be helpful to focus on facilitating joint efforts for positive results.

**VIRGO** (Aug. 23-Sept. 22): Gossip might carry useful insights this week so lean into the buzz around you for fresh news. Remember, you can't drink from the glass if you draw a short straw. You might need to set aside your pride to work as an integral part of a team.

**LIBRA** (Sept. 23-Oct. 22): Your pursuit of flawlessness and greatness could come off as nit-picking. As the week begins, you may feel driven to polish every detail of a project until it gleams with perfection. Someone close may have the vision to match your skillset.

**SCORPIO** (Oct. 23-Nov. 21): All that glitters is not gold, but sometimes, a less expensive but similar item might serve just as well. Researching what is adequate for your needs and long-term goals could lead you to making a smart purchase. Note your most imaginative ideas.

**SAGITTARIUS** (Nov. 22-Dec. 21): You might be called to read a book, listen to music, take an interest in current events, or find other ways to widen your horizons. This may be your chance to bring problems out in the open so they can act as a catalyst for future improvement.

**CAPRICORN** (Dec. 22-Jan. 19): Recognize what makes you unique. Remember that every little victory, no matter how small, adds to your confidence. A heart-to-heart talk with a loved one could lead to a higher level of mutual understanding, respect, and intimacy.

**AQUARIUS** (Jan. 20-Feb. 18): Great passions may engender great obligations. Like a squirrel saving for winter, maintain your financial balance by adhering to the budget even

when tempted by immediate desires. Watch out for the urge to try for validation from others.

**PISCES** (Feb. 19-March 20): Your inner vision might be as lovely as a painting. In the

coming days, your perspective may be overshadowed by wishful thinking rather than reality. You could benefit from seeking out honest input from trusted confidants to remain grounded.

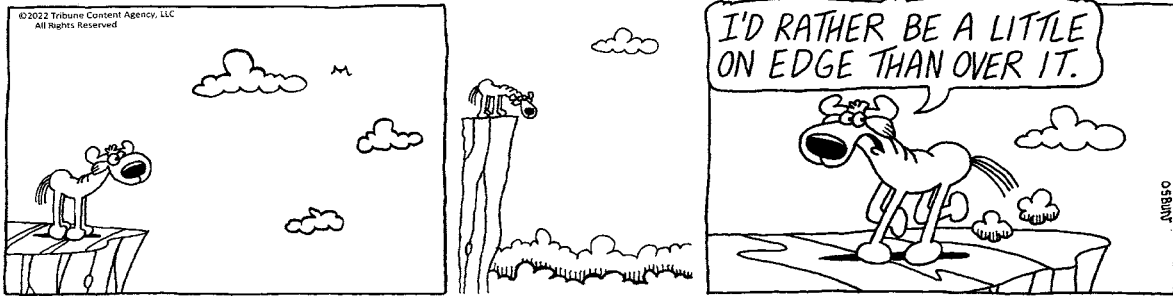
## BROOM HILDA

By Russel Myers



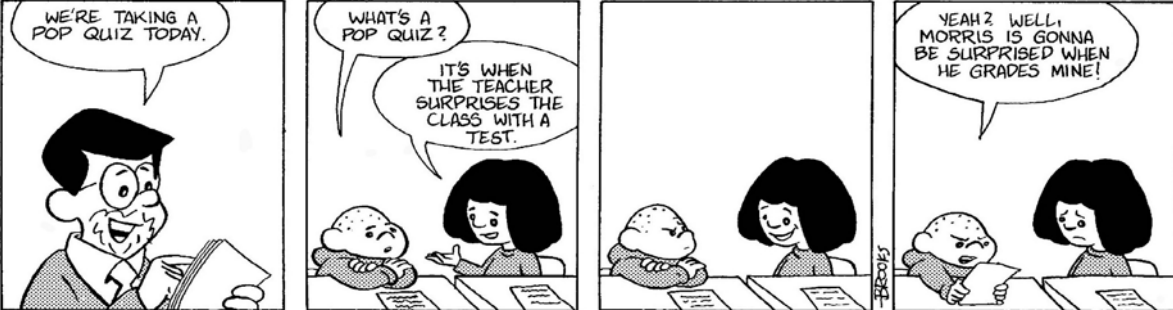
## ANIMAL CRACKERS

By Fred Wagner



## MR. MORRIS

By Rick Brooks



## CHARMY'S ARMY

By Davey Jones



## TEX AND CLEM

By Jim Cox



### Healthy Living

#### Health in a handful of seeds

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#### Taking their measure

How a serving of sunflower seeds stacks up against the recommended daily allowance (RDA) for vitamin E for adults

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RDA for vitamin E	15 mg

#### How to serve

- As a snack, sprinkled on top of salads, breads, vegetable dishes

Source: World's Healthiest Foods, Discovery Health, TNS Illustration Bank

THE MIDDLETONS

By Ralph Dunagin and Dana Summers



SOUR GRAPES

By Tim Jones



## On This Day In History

### MAY 14

1643 - Louis XIV became King of France at age 4 upon the death of his father, Louis XIII.

1796 - The first smallpox vaccination was given by Edward Jenner. He enoculated James Phipps using cowpox matter.

1878 - The name Vaseline was registered by Robert A. Chesebrough.

1998 - The final episode of the TV series, "Seinfeld", aired after nine years on NBC.

### MAY 15

1930 - Ellen Church became the first female flight attendant.

1940 - Nylon stockings went on sale for the first time in the U.S.

1941 - Joe DiMaggio began his historic major league baseball hitting streak of 56 games.

1970 - U.S. President Nixon appointed America's first two female generals.

1990 - Vincent Van Gogh's "Portrait of Doctor Gachet" was sold for \$82.5 million. The sale set a new world record.

### MAY 16

1770 - Marie Antoinette, at age 14, married the future King Louis XVI of France, who was 15.

1888 - The capitol of Texas was dedicated in Austin.

1946 - Jack Mullin showed the world the first magnetic tape recorder.

1963 - After 22 Earth orbits, Gordon Cooper returned to Earth, ending Project Mercury.

1985 - Michael Jordan was named Rookie of the Year in the NBA.

### MAY 17

1792 - The New York Stock Exchange was founded at 70 Wall Street by 24 brokers.

1939 - The first fashion to be shown on television was broadcast in New York from the Ritz-Carleton Hotel.

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.

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

### MAY 18

1896 - The U.S. Supreme court upheld the "separate but equal" policy in the Plessy vs. Ferguson decision. The ruling was overturned 58 years later with Brown vs. Board of Education.

1942 - New York ended night baseball games for the duration

of World War II.

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

### MAY 19

1536 - Anne Boleyn, the second wife of England's King Henry VIII, was beheaded after she was convicted of adultery.

1911 - The first American criminal conviction that was based on fingerprint evidence occurred in New York City.

1926 - Thomas Edison spoke on the radio for the first time.

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

### MAY 20

1873 - Levi Strauss began marketing blue jeans with copper rivets.

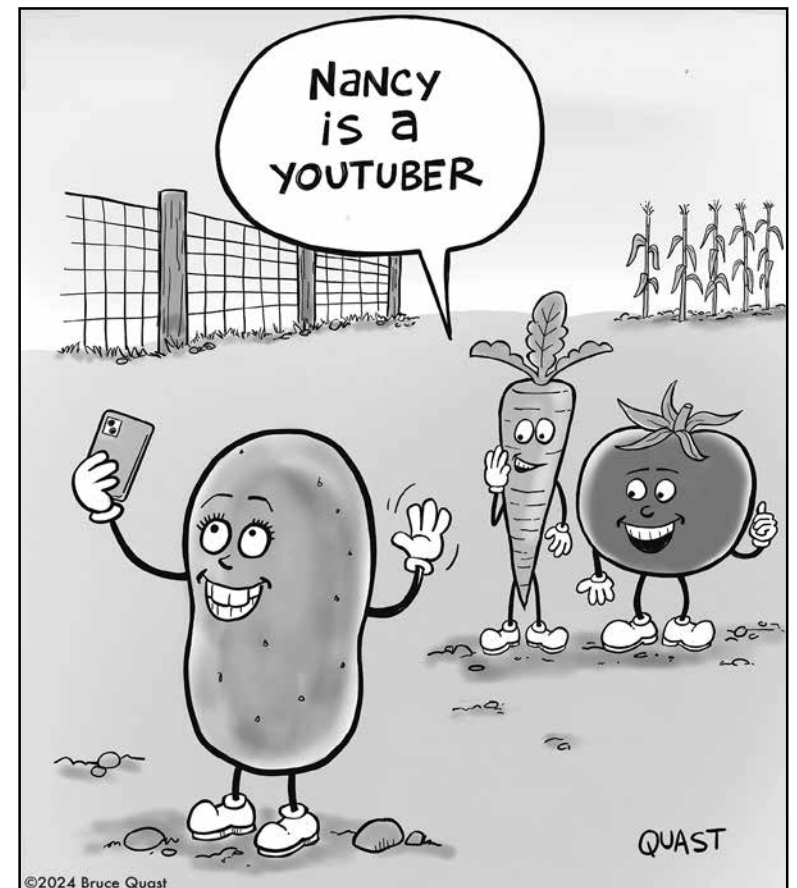
1916 - Norman Rockwell's first cover on "The Saturday Evening Post" appeared.

1927 - Charles Lindbergh took off from New York to cross the Atlantic for Paris aboard his airplane the "Spirit of St. Louis." The trip took 33 1/2 hours.

1932 - Amelia Earhart took off to fly solo across the Atlantic Ocean. She became the first woman to achieve the feat.

COMFORTABLY DUMB

By Bruce Quast



## JUMBLE

Unscramble these Jumbles, one letter to each square, to form four ordinary words.

WNDUE

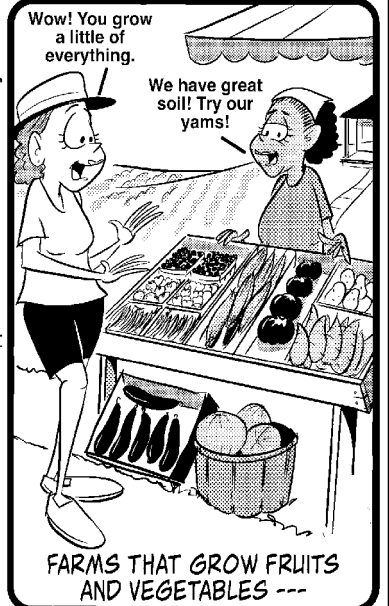
RUCOT

PRCOEP

PDXEUL

## THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

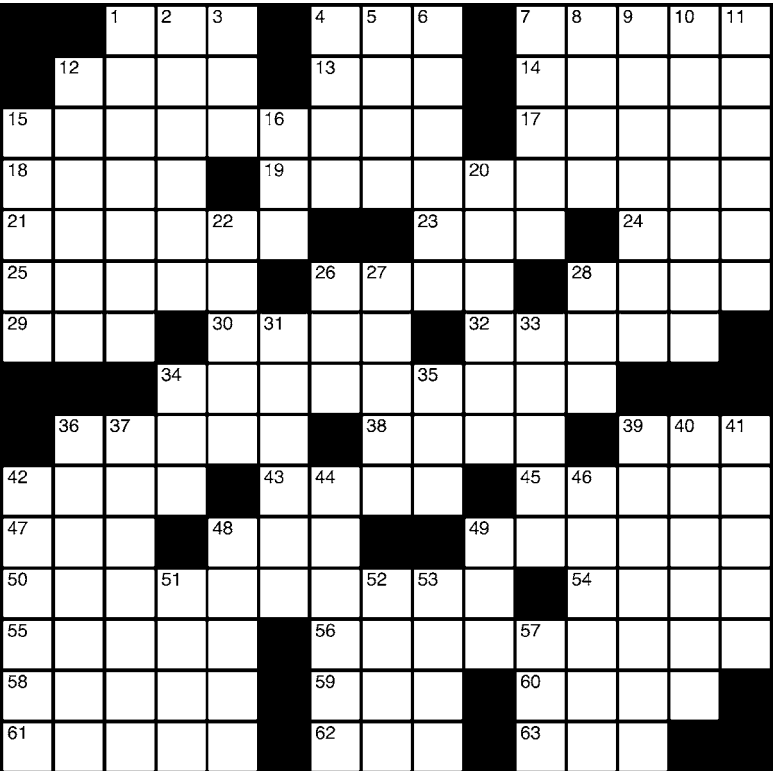


Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



Jumbles: UNWED COURT COPPER DUPLEX  
Answers: Farms that grow fruits and vegetables -- PRODUCE PRODUCE

Bulletin Crossword Puzzle of the Week



Solutions on the right side of this page

- ACROSS**

1 Ointment amount

4 PIN point

7 Prone to micromanage, perhaps

12 Napping racer of fable

13 "Vive le \_\_\_!"

14 Gas brand with a torch logo

15 Cleanliness is next to ... a minimalist approach?

17 More vast

18 Muppet who had a meltdown over
- a rock named Rocco

19 Going to hell in a ... damaged armored vehicle?

21 Nabisco wafer cookies

23 Like some receptions

24 Architect who designed air traffic control towers for the FAA in the 1960s

25 Squalid

26 As much as

28 Angry

29 Make a typo, say

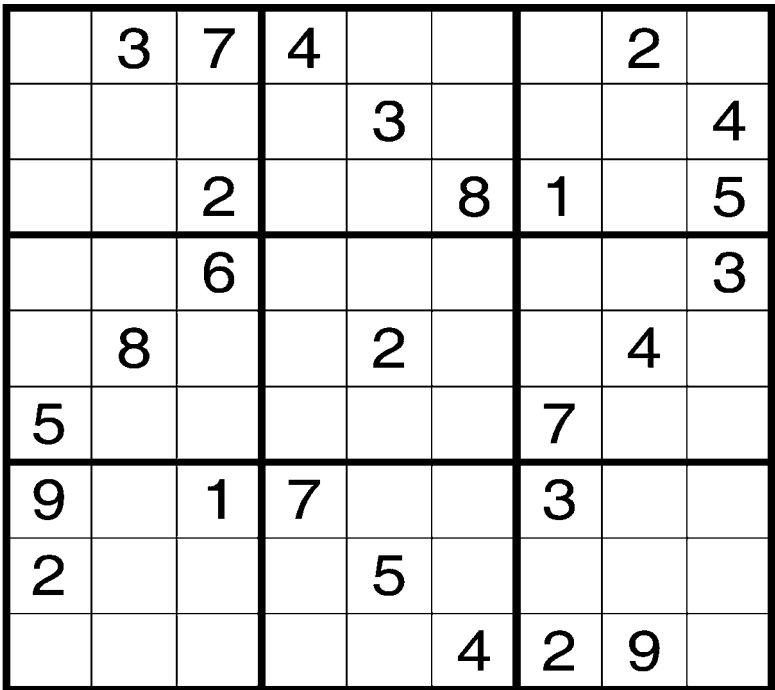
- 30 Genesis twin
- 32 Like an old mattress, maybe
- 34 Don't throw the baby out with the ... decorative Halloween ring?
- 36 Bart in the Pro Football Hall of Fame
- 38 Mongolian desert
- 39 Altar constellation
- 42 Arts and crafts bit
- 43 Not covered
- 45 Solitary sort
- 47 Urgent care ctrs.
- 48 MIT's domain
- 49 Grammatical gender
- 50 The only thing we have to fear is ... feeling better quickly?
- 54 Pad \_\_\_
- 55 Monteverdi work
- 56 Famous ... weapon that would dissolve in water?
- 58 Some Redfin transactions
- 59 Alter \_\_\_
- 60 Ont. neighbor
- 61 L'Oréal polish brand
- 62 Icarus, to Daedalus
- 63 Muddy pen

DOWN

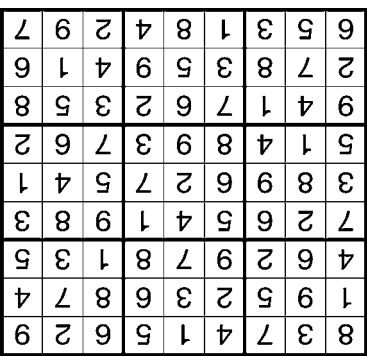
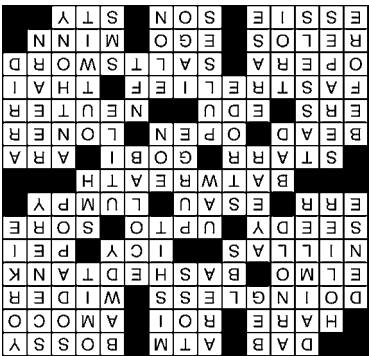
- 1 German auto pioneer
- 2 "Baked the Right Way" bread brand
- 3 Beseech
- 4 Turf
- 5 Throw
- 6 Out-of-bounds golf shot, e.g.
- 7 Ribald
- 8 Skip over
- 9 Diner drink
- 10 Tourist's diversion
- 11 Long-haired terrier, familiarly
- 12 More sacred
- 15 Thick
- 16 Birth announcement abbr.
- 20 Clean water company
- 22 Per annum
- 26 Detroit labor org.
- 27 Rid (of)
- 28 Texter's "How disappointing"
- 31 Went boldly
- 33 Practical
- 34 Base
- 35 Proterozoic, e.g.
- 36 Colorful shawls
- 37 Mortarboard attachments
- 39 Ramos of "In the Heights"
- 40 Gain again
- 41 Secret alternative
- 42 One side of a comparison ad
- 44 Signs of life
- 46 Dupe
- 48 Get rid of
- 49 Asset on a blockchain, for short
- 51 Starship Enterprise counselor
- 52 Othello advisor
- 53 Entrepreneur Musk
- 57 Texting letters
- TRIBUNE CONTENT AGENCY, LLC.



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](http://www.sudoku.org.uk).



Solutions



**VocabPower!**

If Adam's first words to Eve were "Madam, I'm Adam," could he have said the same thing backwards? A word or phrase that reads the same forwards or backwards is, of course, a palindrome. Have you befriended these "pal" words?

**1. palindrome** example...

A. car C. race car

B. horse D. race horse

**2. palliative**

A. of rivers C. befriending

B. of horses D. alleviating

**3. palatial**

A. scaly C. of a palace

B. arched D. expansive

**4. paleo** (prefix)

A. ancient C. dinosaur

B. stone D. bone

**5. pallid**

A. dead C. trembling

B. pale D. barren

**6. palette**

A. table C. assistant

B. pill D. art board

**7. palatable**

A. worthy C. defensible

B. definable D. OK for taste

**8. palaver**

A. cloak C. chatter

B. playboy D. cross-examine

**9. palpate**

A. excite C. massage

B. to calm D. touch exam

**10. palmerworm**

A. a fly C. caterpillar

B. machine D. night crawler

answers: 201 66 88 77 66 55 44 33 22 11 — Greg Wilkinson

**Boggle BrainBusters!**

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

21- 30 = Rookie

11- 20 = Amateur

0- 10 = Try again

**Boggle BrainBusters Bonus**

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

Find AT LEAST EIGHT LANGUAGES in the grid of letters.

**LAO THAI ITALIAN SWEDISH SPANISH**

## Study: Austin third-best large city to start business

WalletHub has released its report on 2025's Best Large Cities to Start a Business.

In order to help aspiring entrepreneurs maximize their chances for long-term prosperity, WalletHub compared 100 U.S. cities across 19 key indicators of startup viability.

The data set ranges from the five-year business-survival rate to labor costs to office-space affordability.

### Best large cities to start a business

1. Orlando, FL.
2. Tampa, FL.
3. **Austin, TX.**
4. Jacksonville, FL.
5. Miami, FL.
6. St. Petersburg, FL.
7. Boise, ID.
8. Atlanta, GA.
9. Raleigh, N.C.
10. Hialeah, FL.
11. **Fort Worth, TX.**
12. Durham, N.C.
13. Charlotte, N.C.
14. Scottsdale, AZ.
15. **Arlington, TX.**
16. **Dallas, TX.**

17. Chandler, AZ.
18. Glendale, AZ.
19. Aurora, CO.
20. Mesa, AZ.

Austin is the third-best large city to start a small business in, and it has some of the highest venture investment per capita in the country, which means that it's easy for a lot of different types of start-up businesses to grow. In addition, the city has some of the highest college-educated population in the country, which can provide a boost to new businesses by allowing them to hire qualified employees.

Businesses that are currently in Austin are thriving, as the city has a very high growth rate in the number of small businesses. It also has the best employment growth in the country, which makes it more likely that new businesses will be able to find employees.

### The worst large cities to start a business

100. Washington D.C.
99. San Jose, CA.

98. Honolulu, HI.
97. Fremont, CA.
96. New York, N.Y.
95. Virginia Beach, VA.
94. Seattle, WA.
93. Jersey City, N.J.
92. Lexington-Fayette, KY.
91. San Francisco, CA.
90. Chesapeake, VA.
89. Norfolk, VA.
88. Memphis, TN.
87. Anchorage, AK.
86. New Orleans, LA.
85. Oakland, CA.

### NOTICE TO CREDITORS

Notice is hereby given that Original Letters Testamentary for the Estate of **Cathy Ann Frey a/k/a Cathy Frey**, Deceased were issued on **May 6, 2025** in Docket No. PR45491 pending in the County Court At Law Number One (1) and the Probate Court of Brazoria County, Texas to: **Larry E. Frey** Independent Executor. The address of the Independent Executor is:

**Larry E. Frey, 3908 Littlebourne Lane, Pearland, Texas 77584**

All persons having claims against the Estate which is currently being administered are required to present them within the time and in the manner prescribed by law.

Dated: **May 6, 2025**  
**BOBBY DOVER**  
Attorney for Executor

### LEGAL NOTICE

**COLUMBIA-BRAZORIA ISD** is accepting competitive sealed proposals addressed to Julie Taylor, Chief Financial Officer, 520 South 16th Street, West Columbia, Texas, 77486, for water well project at Wild Peach Elementary. Specific construction information can be obtained from Justen Williams, Maintenance Director, 979-799-1800 (Departments/Business Services/Proposals). Proposals should be sealed and marked as "Wild Peach Elementary Water Well Proposal" on the outside to be received at the above address no later than **2:00 p.m. on May 16, 2025** at which time they will be opened. **Faxed or electronic proposals will NOT be accepted.** The Board of Trustees reserves the right to reject any and/or all proposals, to award for individual items as they may appear advantageous, and to waive all formalities in bidding.



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## Divine love enabled Christ to endure cross

*From the writings of the Rev. Billy Graham*

**Q:** "For God so loved the world," has become a rather accepted phrase – even in pop culture. Football players stamp it on shoes and faces, rock singers quote it, and branding companies use the reference (John 3:16) to sell products. I've found that most people aren't really offended by God's love. What's often offensive is people who credit God with allowing His own Son to die on a cross at the hands of man. If God loved His Son so little as to allow such a death, how can he love regular people more than that in order to give them life? Seems complex. – G.L.

**A:** It was God's love that enabled Jesus to become poor so that we might be made rich. It was divine love that enabled Christ to endure the cross. It was this same love that restrained Jesus when He was falsely accused of blasphemy and was led to Golgotha to die with common thieves, never raising a hand against His enemies.

It was love that kept Him from calling 12,000 angels to come to His rescue. It was that same love which made Him, in times of agonizing pain, pause and give life and hope to a repentant sinner dying beside Him, who cried, "Lord, remember me when You come into Your kingdom" (Luke 23:42, NKJV).

After terrible torture had been inflicted upon Him by degenerate man, it was love that caused Him to lift His voice and pray, "Father, forgive them, for they do not know what they do" (Luke 23:34, NKJV).

From Genesis to Revelation, from Earth's greatest tragedy to Earth's greatest triumph, the dramatic story of man's lowest depths and God's most sublime heights can be expressed in 25 tremendous words: "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16, KJV).

*Tribune Media Services*

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# Spring cleaning tips to help you get organized

To make your spring cleaning more efficient and effective, start by de-cluttering, then work from top to bottom and focus on areas like windows, floors and appliances.

Remember to clean your washing machine, ceiling fans and other high-traffic areas.

Here's a more detailed breakdown of spring-cleaning tips:

**Declutter and Organize**  
Start with a purge: Get rid of old clothes, broken items and outdated papers.

Sort and donate: Donate items you no longer need or want to charity.

Organize storage spaces: Declutter and organize closets, cabinets and drawers.

**Clean Room by Room**  
Ceilings and Walls: Dust and wipe down walls and ceiling fans, including removing cobwebs.

Windows and Mirrors: Clean windows and mirrors to let in the springtime light.

Floors: Vacuum or sweep floors, paying attention to carpets and rugs.

Appliances: Deep-clean the refrigerator, freezer, oven and microwave.


Bathrooms: Clean the toilet, shower, and sink, paying attention to grout lines.

Kitchen: Wipe down cabinet fronts and clean out pantry and cupboards.

**Don't Forget the Details**  
Wash and dry curtains and shower curtains. Vacuum cur-

tains and blinds.  
Clean and organize your home office space: Declutter and organize your desk and surrounding area. Wash baseboards.

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