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Weekly

September 27, 2022
Our 29th Year of Publishing

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Inflation reports remind me of 'Mack the Knifed'

How an investigative story about supermarket pricing got editor in his publisher's cross hair

By Ernie Williamson

The Bulletin

When hearing talk of inflation, most folks probably think of spiraling prices for gas, food and electricity.

I think of those things, too, but after spending 45 years as a news-

The View from My Seat

paper editor, I also am reminded of Darrell Mack, a Texas newspaperman who became a legend in journalism circles during the inflationary years of the '70s.

Darrell's story is one of a journalist doing the right thing by reporting important consumer information despite knowing that he himself would probably pay a real cost.

If you think inflation is bad now, you should have seen the '70s. From the beginning of 1966 through 1981, the Consumer Price Index rose, on average, by more than 7% per year, peaking at over 13% in 1980.

Things were so bad Richard Nixon
(See MACK on Page 8)



I'm 'quiet quitting' as I write this column, counting words

By Greg Schwem

Tribune Content Agency

Every other week I sit in front of a blank computer screen, faced with the stressful task of writing a humor column approximately 650 words in length. This week will be no different except for a few modifications:

The column will be EXACTLY

650 words.

If my editor wants changes, I will politely but firmly decline. Let her do it.

I will not even THINK about my next column until it is time to produce it two weeks from now.

I am "quiet quitting."

For a more detailed explanation of this work phenomenon, search

the phrase on TikTok. Because, you know, where else would you go for career advice? Scores of Gen Z workers, some of whose career histories can be measured in months, not years, have taken to the social media platform to explain to the rest of us dolts that quiet quitting is not when one quits a job, but chooses

(See QUIET QUIT on Page 16)

Football legend Halas almost became a Yankee outfielder

By Joe Guzzardi

Special to The Bulletin

The National Football League has started its second century as the gridiron world's highest achievable professional level.

Formed in 1920 as the American Professional Football Association (APFA), it rebranded itself in 1922 as the NFL.

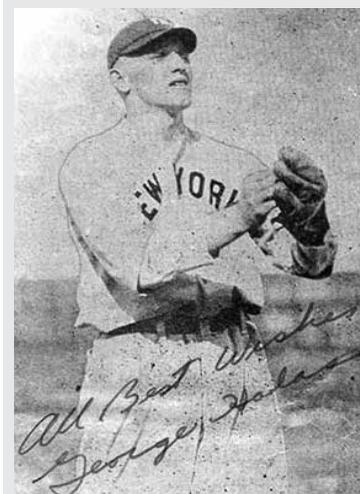
Going back to the APFA's birth, George Halas has been football's most prominent and creative head coach. Moreover, had George Herman "Babe" Ruth not been slamming baseballs into outer space, Halas might have been the

New York Yankees' regular right fielder.

Halas' success as a head coach began in 1921 when he led the Chicago Staleys to a 10-7 victory over the Buffalo All-Americans in an end-of-season league championship contest. For the next half-century, Halas was a player, head coach, owner and front office executive.

Most well-known for leading the Chicago Bears, the "Monsters of the Midway," to eight NFL titles, Halas also took credit for renaming his team. Halas had

(See HALAS on Page 16)



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Latest news
from Brazoria
County parks

SEE PAGES 14-15

Gathering Place
rolls out Brain
Camp VI Oct. 3

SEE PAGE 19

Food, party, food, shows, food, good company, food...

The basic ingredients of a cruising vacation

By John Toth

The Bulletin

I found out one thing quickly about cruising - there are more activities than time and more places to eat than possible on one trip.

Being new to cruising, I researched what to expect, but even at that, reality blew my expectations right out of the water.

I ran Sharon ragged, rushing from comedy show to theater production

John's Ramblings

to late night rock and roll. Then back to our cabin, dead tired, just to repeat again the next day.

Our excursion to the Mayan ruins in Cozumel was also packed with activities, including snorkeling, lunch and a tequila and chocolate tasting.

I thought that this would be one of those cushy assignments where the most work I would do is to fill out my expense account sheet. It was long.

We had to work hard each day to get the feel for the ship, including going to a near-empty gym. I don't know why they even put gyms on ships. People on a cruise care about how much food and beverages they can consume, not how much progress they have made on the elliptical.

The Carnival Breeze has a great gym. Too bad that only a handful of us saw it. Many more parked themselves on the pool deck and participated in the many daytime activities there. I would have joined in the hula-hoop contest, but I didn't want to embarrass all those young-

(See CRUISE on Page 6)

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WEATHER HISTORY ON THIS DAY

Sept. 28, 1917 - A hurricane hit Pensacola, FL. Winds gusted to 95 mph, and the barometric pressure dipped to 28.50 inches. Winds at Mobile, AL, gusted to 75 mph.

Sept. 29, 1988 - High pressure brought freezing temperatures to parts of Vermont and New York State. Burlington, VT. dipped to 30F, and Binghamton, N.Y. reported a record low of 34F.

Sept. 30, 1977 - The temperature at Wichita Falls, TX., soared to 108F to establish a record for September.

Oct. 1, 1752 - The second severe hurricane in two weeks hit the Carolinas. The Onslow County Courthouse was destroyed along with all its records, and Beacon Island disappeared.

Oct. 2, 1882 - An early season windstorm over Oregon and northern California blew down thousands of trees and caused great crop damage in the Sacramento Valley.

Oct. 3, 1964 - Hurricane Hilda struck Louisiana spawning many tornadoes, and claimed 22 lives.

Oct. 3, 1979 The first killer tornado of record in October in Connecticut destroyed 16 vintage aircraft at the Bradley Air Museum in Windsor Locks.

Oct. 4, 1987 - Southern California continued to "shake and bake". An earthquake was reported during the morning, the second in a matter of days, and during the afternoon, temperatures soared well above 100F.

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The Bulletin

7-Day Local Forecast

SEPTEMBER 28 Wednesday	SEPTEMBER 29 Thursday	SEPTEMBER 30 Friday	OCTOBER 1 Saturday	OCTOBER 2 Sunday	OCTOBER 3 Monday	OCTOBER 4 Tuesday
Sunny	Sunny	Mostly Cloudy	Cloudy	Cloudy	Mostly Cloudy	Cloudy
88 / 65	87 / 64	89 / 67	87 / 63	86 / 64	91 / 67	93 / 71

Local UV Index

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

State Cities

City	Wednesday		Thursday		Friday		City	Wednesday		Thursday		Friday	
	Hi/Lo	Wx	Hi/Lo	Wx	Hi/Lo	Wx		Hi/Lo	Wx	Hi/Lo	Wx	Hi/Lo	Wx
Amarillo	86/67	s	90/70	s	89/71	s	Odessa	86/65	s	85/64	s	87/67	s
Beaumont	87/67	s	86/66	s	87/68	mc	San Antonio	91/68	s	92/67	s	91/69	s
Dallas	87/68	s	88/67	s	89/70	s	Waco	88/62	s	90/63	s	89/64	s
Houston	88/71	s	91/73	s	92/76	mc	Wichita Falls	89/62	s	90/61	s	93/67	s

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

Weather Trivia

What is ombrophobia?

Answer: Ombrophobia is the fear of rain.

Peak Fishing/Hunting Times This Week

Day	Peak Times		Day	Peak Times	
	AM	PM		AM	PM
Wed	2:05-4:05	2:29-4:29	Sun	5:48-7:48	6:19-8:19
Thu	2:55-4:55	3:21-5:21	Mon	6:50-8:50	7:21-9:21
Fri	3:48-5:48	4:17-6:17	Tue	7:51-9:51	8:20-10:20
Sat	4:46-6:46	5:17-7:17			

Weather History

Sept. 28, 1987 - Thunderstorms produced up to ten inches of rain in southern Kansas and north central Oklahoma overnight. The Chikaskia River rose 2.5 feet above flood stage at Blackwell, Okla. during the day, causing flooding in Kay and Grant counties of Oklahoma.

Sun & Moon

First	Day	Sunrise	Sunset	Moonrise	Moonset	Last
10/2	Wednesday	7:13 a.m.	7:10 p.m.	9:51 a.m.	9:02 p.m.	10/17
	Thursday	7:13 a.m.	7:09 p.m.	10:55 a.m.	9:42 p.m.	
	Friday	7:14 a.m.	7:08 p.m.	12:02 p.m.	10:28 p.m.	
	Saturday	7:14 a.m.	7:07 p.m.	1:09 p.m.	11:22 p.m.	
Full	Sunday	7:15 a.m.	7:06 p.m.	2:14 p.m.	Next Day	New
10/9	Monday	7:16 a.m.	7:04 p.m.	3:13 p.m.	12:24 a.m.	10/25
	Tuesday	7:16 a.m.	7:03 p.m.	4:05 p.m.	1:31 a.m.	

Surfside Beach Tides

Day	High	Low	High	Low
9/28	4:32 a	12:05 a	6:50 p	11:14 a
9/29	4:30 a	1:36 a	8:14 p	11:52 a
9/30	9:58 p	12:36 p	None	None
10/1	11:20 p	1:30 p	None	None
10/2	None	2:40 p	None	None
10/3	12:38 a	3:56 p	None	None
10/4	1:36 a	5:13 p	None	None

Local Almanac Last Week

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days			
Date	Degree Days	Date	Degree Days					
9/15	88	74	88/69	0.14"	9/15	31	9/19	32
9/16	89	72	88/69	0.02"	9/16	31	9/20	33
9/17	90	72	88/69	0.00"	9/17	31	9/21	31
9/18	92	72	88/69	0.00"	9/18	32		
9/19	90	73	87/68	0.05"				
9/20	92	73	87/68	0.00"				
9/21	92	69	87/68	0.00"				

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

Strange but True

By Bill Sones
and Rich Sones, Ph.D.

Why doesn't my snoring wake me up?

Q. From a Peoria, Illinois reader: "Why does my buzz-saw snoring wake up my wife but not me?"

A. Just as army infantrymen can sleep next to an 8-inch howitzer all night, the big guns booming out at 100-140decibels (dB), yet an enemy rifle at 80 dB instantly awakens them, the snorer simply "tunes out" his own sound, says University of California-Irvine otolaryngologist and sleep disorders specialist Roger L. Crumley. Also, the snoring is often directed right at the spouse's ear, while the snorer's ears are behind the sound.

And since snoring occurs during a stage of deep, restful sleep, the sleeper's mind tags the sound as an "allowed intrusion," permitting him to keep on sleeping. No such benefit works on behalf of the spouse. Worse, after several nights, her affronted auditory system and nerves begin to "tune in" to the sound, much as a bothersome rooster or highway becomes almost impossible to ignore.

Maybe most important, says Crumley, two-thirds of loud snorers have sleep apnea, becoming chronically sleep deprived. "They need rest so badly that in early sleep

stages a train could come through the bedroom without derailing their snoring."

How do blind people see the rest of us?

Q. Do the blind 'picture' the people they meet but have never seen?

A. It is well-established that people who lose their sight through disease or accident after ages 5 to 7 continue to conjure up visual images of familiar people, things and events, says University of California psychologist G. William Domhoff in "The Scientific Study of Dreams." They also continue to "see" in their dreams, and amazingly, form visual dream images of people they met AFTER becoming blind!

This supports the idea that the blind have a system of imagery INDEPENDENT of any perceptual capabilities. "On the other hand, people who become blind before ages 5 to 7 do not have waking visual imagery or visual dreams."

Among the congenitally blind, a high percentage of their dreams have sound, taste, smell or touch, and similar to sighted dreamers, a story line. One thematic difference is a concern about locomotion/ transportation, such as one blind dreamer finding himself on hands and knees with ear to the ground

listening for traffic at a crosswalk, and a woman who dreamed about getting lost with her guide dog.

Wind-chill dangers at low temperatures

Q. Where did "wind-chill" originate, and how dramatic are its effects?

A. While in Antarctica in 1941, U.S. explorer Paul Siple coined the term to describe wind-driven heat loss, says Frances Ashcroft in "Life at the Extremes: The Science of Survival." He found that in still air at -29C there is little danger for a properly clothed person, but with a wind of just 10 mph, the -29C acts more like -44C (-41C by a newer formula), and skin freezes within minutes.

When the thermometer drops really low, hands and feet may get sacrificed to freezing as the central body tries to stay warm for survival, says Ashcroft. Icy winds on the face may freeze the surface of the eyes and the lids. Most of the body can be protected by clothing, but cold and dryness and the air can destroy the cells of the respiratory tract, causing them to slough off and bring on suffocation.

In 1936, surgeon T.H. Somervell, who climbed Everest, described having a coughing fit that dislodged something in his throat, which stuck, making it impossible to breathe: "I made one or two attempts," he said, "but nothing happened. Finally, I pressed my chest with both hands, gave one last almighty push - and the obstruction came up."

Healthy Living

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Researchers have found that middle aged people who ate a vegetable rich diet had lower blood pressure than those who ate fewer vegetables.

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Source: Archives of Internal Medicine, TNS Photo Service

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

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MIKE PINGREE'S THROUGH THE LOOKING GLASS



I'VE GOT A VERY BAD FEELING ABOUT THIS:

A woman, who was detained in the back of a police cruiser on I-75 in Florida while they searched her car, was well aware that they were going to find the 26 pounds of cocaine that she had hidden in the vehicle. But she apparently didn't realize that she was being filmed as she made a call on her cell phone, in which she said, in Spanish, "They haven't found it yet, but they will. I'm not getting out of this one."

THIS DOESN'T LOOK

RIGHT TO ME: Pennsylvania state troopers pulled over a man at 3:57 a.m., and charged him with having a forged inspection sticker he made by drawing it on a Post-It Note with a Magic Marker.

THEY KEPT MOSTLY TO

THEMSELVES: A family that was planning to move from Washington State to a newly-built home in Montana had asked an aunt to keep an eye on the place until they got there. She failed to do so, and a handful of cows, seeking shelter from a storm, found their way into the house and lived there for about a month.

WE JUST HIT IT OFF RIGHT

AWAY: A 71-year-old woman and a 54-year-old man engaged in a close encounter in the back seat of a 2002 Buick Regal in a shopping center parking lot in Farmington, Mich. Arresting officers said the couple's courtship was a brief one. They had met while drinking at a nearby bar earlier that night, and neither of them knew the other's name.

OTHER THAN THAT, A

LOVELY SERVICE: A brother and sister, who did not get along, got into a heated argument at their mother's funeral in Richmond, Calif., which escalated into an all-out brawl, involving up to 20 family members. It started when the sister's boyfriend encouraged her to walk away. The brother attacked him, got into his car and tried to run over his sister. He hit another woman instead, knocked over headstones, broke a water main that flooded the funeral plot and knocked over the casket.

THAT'S NEWS TO US, SIR:

Police caught a man smoking meth in an alleyway in St. Petersburg, Fla., at 3:50 in the morning. As they

were taking him into custody, he said, "Meth is legal now."

HEH, HEH, THEY'LL NEVER

FIND ME: A teenager, who was wanted for motor vehicle theft in Manchester, England, was caught hiding from police in a giant stuffed teddy bear.

HE'S KIND OF MY IDOL: A 50-year-old woman, facing methamphetamine possession charges, was arrested in Wetumpka, Ala., wearing a T-shirt featuring a picture

of Walter White, the teacher-turned-meth kingpin portrayed by Bryan Cranston in the TV series "Breaking Bad."

WHAT CAN I SAY; I

NEEDED A RIDE: A man, who rear-ended another car in Clearwater, Fla., was arrested for drunken driving and locked up in the Pinellas County jail. When he made bail, he went out into the parking lot and tried to break into three vehicles belonging to the sheriff's office.

DID YOU KNOW ABOUT HEADACHES?

- Even children get headaches, some well before the age of 10.
- Before puberty, headaches are more common in boys.
- Adult women get headaches four times more often than men, and these are linked to hormonal fluctuations.
- The severity and frequency of headaches decline with advancing years in both men and women.
- Chemical activity in your brain, the nerves or blood vessels surrounding your skull, or the muscles of your head and neck (or some combination of these factors) can play a role in primary headaches.
- Tension headaches are the most common type of headache. Symptoms usually include moderate pain on or around both sides of the head.



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A lucky Brazosport College student is going to win a new car

Brazosport College's popular Strive 2 Drive campaign is back for its fifth year.

With an announcement from BC President Dr. Vincent Solis during a kickoff event recently, the College officially launched its 2022-23 Strive 2 Drive student success initiative.

Through the Strive 2 Drive incentive program, Brazosport College will be awarding a new Honda Civic automobile to one lucky student.

To be eligible for the grand prize, students must be enrolled at Brazosport College for a minimum of six semester credit hours for both the Fall 2022 and Spring 2023 terms, maintain a cumulative 2.0 GPA, remain in good standing at the College and pay all outstanding debts to the College.

During the campaign's kickoff event, students were treated to hot

dogs, drinks and other snacks, while learning more about the Strive 2 Drive initiative. A drawing for gift cards was also held during the campaign launch.

The kickoff also recognized the six sponsors that have made this year's initiative possible. The 2022-23 Strive 2 Drive sponsors are Honda of Lake Jackson, The Dow Chemical Company - Texas Operations, Freeport LNG, BASF, TDECU and Vernor Material & Equipment.

The Strive 2 Drive program is based on participation in activities both in and out of the classroom and operates on a defined point system. Points are assigned based on the length, importance and educational value of the activities.

Through this point system, students accumulating the most points each month during the Fall and

Spring semesters will win prizes. The highest point earner at the end of the academic year will earn an additional prize.

Every participating student will be entered into a drawing for the grand prize, a new Honda Civic.

The Strive 2 Drive campaign began in 2018, with BC student Ashley Lundy winning the car in the inaugural event.

She was followed in the Winner's Circle by Gwyneth Sidney in 2019, Rhena Latiolais in 2020 and Jesus Ramirez in 2021.

More details about Brazosport College's Strive 2 Drive initiative can be found at www.brazosport.edu/strive2drive/.



Brazosport College President Dr. Vincent Solis talks about the 2022-23 Strive 2 Drive student success initiative during a kickoff event at the College's Bonnen Central Building main entrance.

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CRUISE

(From Page 1)

sters on the deck. I also didn't want to throw out my lower back again.

The karaoke challenge was also tempting. I would have liked to blurt out the words to "Smoke on the

Water" by Deep Purple and educate the younger generation about what good rock and roll sounds like. But I decided to pass and not risk turning off all those youngsters to my generation's music.

I heard some of the participants. I

made the right decision.

I also noticed very quickly that Carnival makes loads of money in its casino, where smoking is allowed only if you also gamble. That's unfair to non-smokers, who must put up with that or go to a lower deck to a smaller smoke-free casino to lose all their money.

Either way, the casinos were packed most of the day and night. I observed one gentleman smoking away at one of the slot machines when we went to an early evening show. He was still there when we passed through the casino on our way back from a late-night show.

He was still playing the same machine. I hope he won some money, but according to my research, the odds are in the ship's favor even more than in Vegas.

My problem with these new-fangled slot machines is that they are very glitzy and complicated. I liked the old ones. All I had to keep track of was how the fruits lined up.

I didn't win playing those either, though, and I passed on playing these modern ones. I'm not much of a gambler. It's not a gamble that I'll lose all the money with which I gamble. I saw a technician fixing one of the machines. It must have paid out. (Just kidding, Carnival.)

The first stand-up comedy show was excellent. The best part was when the comedian griped about how little he is getting paid. Then he

tried to sell his CD comedy album. I was probably one of the few people who knew what he was talking about when he said CD, although I don't have a CD player anymore.

All the acts and shows we saw were top quality. I'm just pointing out things about them that stuck out in my mind.

My biggest surprise was the service on board. I have never received better service anywhere. The cabin steward, the waiting staff, and everyone we met were polite and helpful.

There was a different towel animal on our bed each morning. Little details like this made the cruise extra pleasurable.

The middle pool deck, where all the activities took place during the day, was packed, but there were plenty of areas on the ship to hide from the crowd.

Taking the stairs rather than the

elevator helped work off some of the extra pounds of food that I inhaled.

Our shore excursion in Cozumel gave us the better part of a day on dry land before we headed back to the ship, but more on that later.

Your amateur cruiser found ship vacation life so great that he thought about stowing away on the ship while everyone else debarked. We will be back to do research on another cruise. It's a tough assignment, but someone has to do it.

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

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NWS meteorologist shares hurricane insights at seminar at BC

A large crowd of students, staff, faculty and community members recently visited the Brazosport College Library recently to hear a hurricane preparedness seminar by Dan Reilly from the National Weather Service in Houston.

Reilly's informative presentation, titled "Should I Stay, or Should I Go," provided background on the formation and destructive power of hurricanes, as well as historical references to storms that have come ashore near the greater-Houston area.

Most importantly, Reilly shared his expertise on how the local community should prepare for the potential of a hurricane hitting this area.

Reilly is the Warning Coordination Meteorologist with the NWS in Houston and has more than 27 years of experience in the field.

The event was co-sponsored by the Brazosport College Library and the Brazosport College Police

Department. For more information about Brazosport College, call (979) 230-3000 or visit Brazosport.edu.



National Weather Service Meteorologist Dan Reilly provides some background history on Hurricane Ike, which came ashore in 2008 near Galveston, during a hurricane preparedness seminar at the Brazosport College Library.

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Quality Award

MACK

(From Page 1)

unsuccessfully tried freezing prices; Gerald Ford introduced Whip Inflation Now buttons; and the price of meat was so expensive that Archie Bunker ate meatless spaghetti.

Enter Darrell Mack.

Having served as the Houston bureau chief for UPI, Darrell was

already a respected journalist when he became executive editor of the morning Enterprise and evening Journal in Beaumont in the mid-70s.

By all accounts, he turned the lackluster papers into hard-hitting dailies. According to a Texas Monthly from those years, Mack hired a crack labor reporter, an editorial cartoonist, a full-time religion

editor and a professional librarian.

He also named a woman as city editor and hired a woman sports reporter, opened an East Texas Bureau and raised salaries, attracting some of the best talent in the state.

But when a new publisher was named, Darrell clashed with his boss. The new publisher was con-

servative and believed "the newspaper should reflect my point of view." He often yanked editorials.

Darrell was more liberal, and at 6'4" with a thunderous voice, he didn't mind making his views known.

Storm clouds were forming.

The last straw came over an important story on rising food prices. A young reporter had written a lengthy article based on a meticulous comparison of pricing at 19 local supermarkets.

Mack knew the article was a minefield for him. The reporting showed that poor neighborhoods had some of the most expensive stores and one of the paper's biggest advertisers had among the highest prices.

Believing in the accuracy of the story and not wanting to throw out the months of work from an enterprising reporter, Mack went ahead and published the article despite

the risk of angering his boss and a major advertiser.

Several advertisers complained. But none quit.

There was a casualty, however.

The publisher fired Mack and dispatched a memo to the news department warning that stories with a potential economic impact on the paper had to be cleared through him.

Darrell's fate was widely reported in trade journals. A headline in Texas Monthly read "Mack the Knifed."

Darrell became a bit of a hero.

Darrell worked for me years later at the Houston Post, but I haven't seen or heard from him in years.

No matter. After all this time, Darrell's story remains fresh in my mind.

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

Asleep at the Wheel returns to The Clarion after 23 years

The Clarion at Brazosport College is gearing up for its 16th year of presenting some of the world's top performance artists with another all-star lineup of concerts.

For the 2022-23 performance season, the Clarion is taking audi-

ences on a trip back to the roots of American music, bringing in some of the best country artists in the industry.

Highlighting this year's lineup is the return of cornerstone roots artist, Asleep at the Wheel. Led by

legendary singer/songwriter Ray Benson, Asleep at the Wheel had local audiences wanting more after their previous performance at the Clarion in 2009. On Oct. 21, the Western swing band will be back for a long-awaited encore performance.

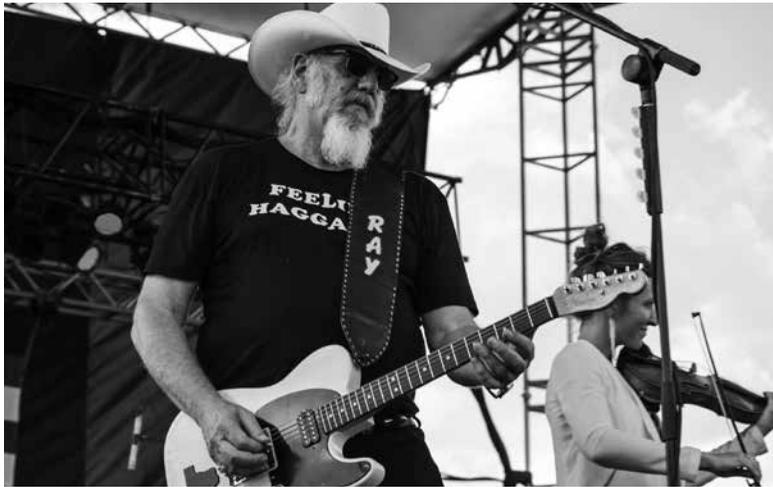
This is only the first musical performance in a season full of outstanding artists. Also making appearances this season will be platinum recording artist Lorrie Morgan (Jan. 27, 2023), breakout singer Tony Jackson (Feb. 17, 2023) and country chart-topper Lonestar (March 24, 2023).

While the 2022-23 season is sure to satisfy the tastes of local country music fans, it has plenty to offer connoisseurs of other styles of music, as well.

On Dec. 9, pop music icon Tiffany will be on the Clarion stage singing many of her well-known hits, such as the 1987 smash, "I Think We're Alone Now." Rounding out the Clarion's musical performances will be the jazz rhythms of Sammy Miller and the Congregation (Nov. 18) and Delfeayo Marsalis (Jan. 21, 2023), the unique classical sound of Vision Duo (Feb. 6, 2023), and the high-energy Latin-American grooves of Gina Chavez (May 19, 2023).

Additionally, the Clarion is bringing in two performances that expand beyond the musical realm. On Sept. 30, local audiences can share a supernatural evening with ghost hunter Amy Bruni. Then, in one of the final shows of the year on March 28, 2023, "Rising Tide: The Crossroads Project" uses a series of vignettes to create a thoughtful fusion of science, imagery and music.

Full season and individual tickets are available, as well as an option to pick four shows. Call the Clarion box office at (979) 230-3156 or log on to clarion.brazosport.edu to learn more.



Asleep at the Wheel will be in concert at The Clarion on Oct. 21.

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THE PINK PAGES

October is Breast Cancer Awareness Month

Special Section of The Bulletin

Pages 9-13



What are the factors of someone getting breast cancer?

From the CDC

Studies have shown that your risk for breast cancer is due to a combination of factors. The main factors that influence your risk include being a woman and getting older.

Most breast cancers are found in women who are 50 years old or older. Some women will get breast cancer even without any other risk factors that they know of.

Having a risk factor does not mean you will get the disease, and not all risk factors have the same effect. Most women have some risk

factors, but most women do not get breast cancer.

If you have breast cancer risk factors like the ones below, talk with your doctor about ways you can lower your risk and about screening for breast cancer.

Getting older: The risk for breast cancer increases with age; most breast cancers are diagnosed after age 50.

Genetic mutations: Inherited changes (mutations) to certain genes, such as BRCA1 and BRCA2. Women who have inherited these

genetic changes are at higher risk of breast and ovarian cancer.

Reproductive history: Early menstrual periods before age 12 and starting menopause after age 55 expose women to hormones longer, raising their risk of getting breast cancer.

Having dense breasts: Dense breasts have more connective tissue than fatty tissue, which can sometimes make it hard to see tumors on a mammogram.

Women with dense breasts are more likely to get breast cancer.

Personal history of breast cancer or certain non-cancerous breast diseases: Women who have had breast cancer are more likely to get breast cancer a second time.

Some non-cancerous breast diseases, such as atypical hyperplasia or lobular carcinoma in situ, are associated with a higher risk of getting breast cancer.

Family history of breast or ovarian cancer: A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple family members on either her mother's or father's side of the family who have had breast or ovarian cancer.

Having a first-degree male relative with breast cancer also raises a woman's risk.

There are risk factors that you can change your lifestyle in order to decrease your risk of getting breast cancer.

Not being physically active: Women who are not phys-

ically active have a higher risk of getting breast cancer.

Being overweight or obese after menopause: Older women who are overweight or obese have a higher risk of getting breast cancer than those at a normal weight.

Taking hormones: Some forms of hormone replacement therapy (those that include both estrogen and progesterone) taken during menopause can raise risk for breast cancer when taken for more than five years.

Reproductive history: Having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy can raise breast cancer risk.

Drinking alcohol: Studies show that a woman's risk for breast cancer increases with the more alcohol she drinks.

4 Steps Mothers & Daughters Can Take Together to Reduce Breast Cancer Risk

1 Reduce your use of products with phthalates

Chemicals in some detergents, storage containers, toys, and personal care products (like fragrance, nail polish, deodorant, hair care, and body lotion). Phthalates are indicated by a number 3 in the recycling triangle.

2 Reduce your use of products with BPA

A chemical in some plastic bottles and plastic containers, and in the lining of some cans. BPA is indicated by a number 7 in the recycling triangle.

3 Make healthy choices

When possible choose to use more fragrance-free products; use glass containers for cooking, serving, and storing foods and drinks; microwave food in glass containers, not plastic containers or plastic wrap; and add fresh or frozen fruits and vegetables to your family's meals, instead of using canned foods.

4 Live a healthy, active lifestyle and make it something you and your children do together

Include whole grains and beans, including soy, in your children's diet and reduce your use of foods with high amounts of animal fat (like beef, pork, or chicken fat; butter, cream, or cheese) when you shop, cook, or eat out.

BASF Corporation

During Breast Cancer Awareness Month, BASF wants to remind you that early detection - of all cancers - saves lives.

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Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before a lump is large enough to feel or cause symptoms.

Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all.

Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

Keep in mind that these symptoms can happen with other conditions that are not cancer.

If you have any signs or symptoms that worry you, be sure to see your doctor right away.

What Is a Normal Breast?

No breast is typical. What is normal for you may not be normal for another woman. Most women say their breasts feel lumpy or uneven.

The way your breasts look and feel can be affected by getting your period, having children, losing or gaining weight and taking certain medications. Breasts also tend to change as you age.

For more information, see the National Cancer Institute's Breast Changes and Conditions.

What Do Lumps in My Breast Mean?

Many conditions can cause lumps in the breast, including cancer. But most breast lumps are caused by other medical conditions.

The two most common causes of breast lumps are fibrocystic breast condition and cysts.

Fibrocystic condition causes noncancerous changes in the breast that can make them lumpy, tender and sore.

Cysts are small fluid-filled sacs that can develop in the breast.

For mammogram screenings, the magic number is 40

From The Mayo Clinic
Mayo Clinic supports screening beginning at age 40 because screening mammograms can detect breast cancer early. Findings from randomized trials of women in their 40s and 50s have demonstrated that screening mammograms reduce the risk of dying of breast cancer.

Doctors can't tell which breast

cancers will spread beyond the breast and which cancers will remain confined to the breast. So annual mammograms remain the best option for detecting cancer early, providing a greater chance for a cure and reducing the risk of death from breast cancer.

In certain situations, you may need to undergo a biopsy procedure to remove a sample of breast tissue

for testing. Often, having a biopsy that confirms there isn't any cancer present is reassuring and doesn't increase anxiety.

If you're concerned about when to start mammograms and how often to repeat them, work with your doctor to make an informed decision. Together, you can decide what's best for you based on your personal preferences.

It's about taking care of you: Learn these 8 breast cancer facts

Early detection is about knowing, and knowing is everything.

99% Women who receive a diagnosis of localized breast cancer have a **99% 5-year survival rate.**

Mammograms can find cancer in the **early stages** before you can feel a lump.

1. Lung Cancer
2. Breast Cancer
3. Colorectal Cancer

Breast cancer is the **second leading cause** of cancer deaths in women.

1 in 8 women will be diagnosed with breast cancer during her lifetime.

Women with dense breasts are **1.5-2x more likely** to develop breast cancer than those with average breast density.

3.8 million women in the U.S. are breast cancer survivors.

85% of breast cancer cases occur in women who have no family history of breast cancer.

Breast cancer risk **increases with age**, but a diagnosis can happen at any age.

Reproductive history can affect your **risk of breast cancer. This includes:**

- Starting your period before age 12
- Not having children or having your first child after age 30
- Not breastfeeding
- Undergoing hormone therapy

The **earlier breast cancer is detected**, the more likely it is to be localized, which can give patients more treatment options and a better prognosis.

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BREAST CANCER SYMPTOMS

Early diagnosis of cancer generally increases the chances for successful treatment.

Nipples changes

Bloody discharge

Lump in the breast

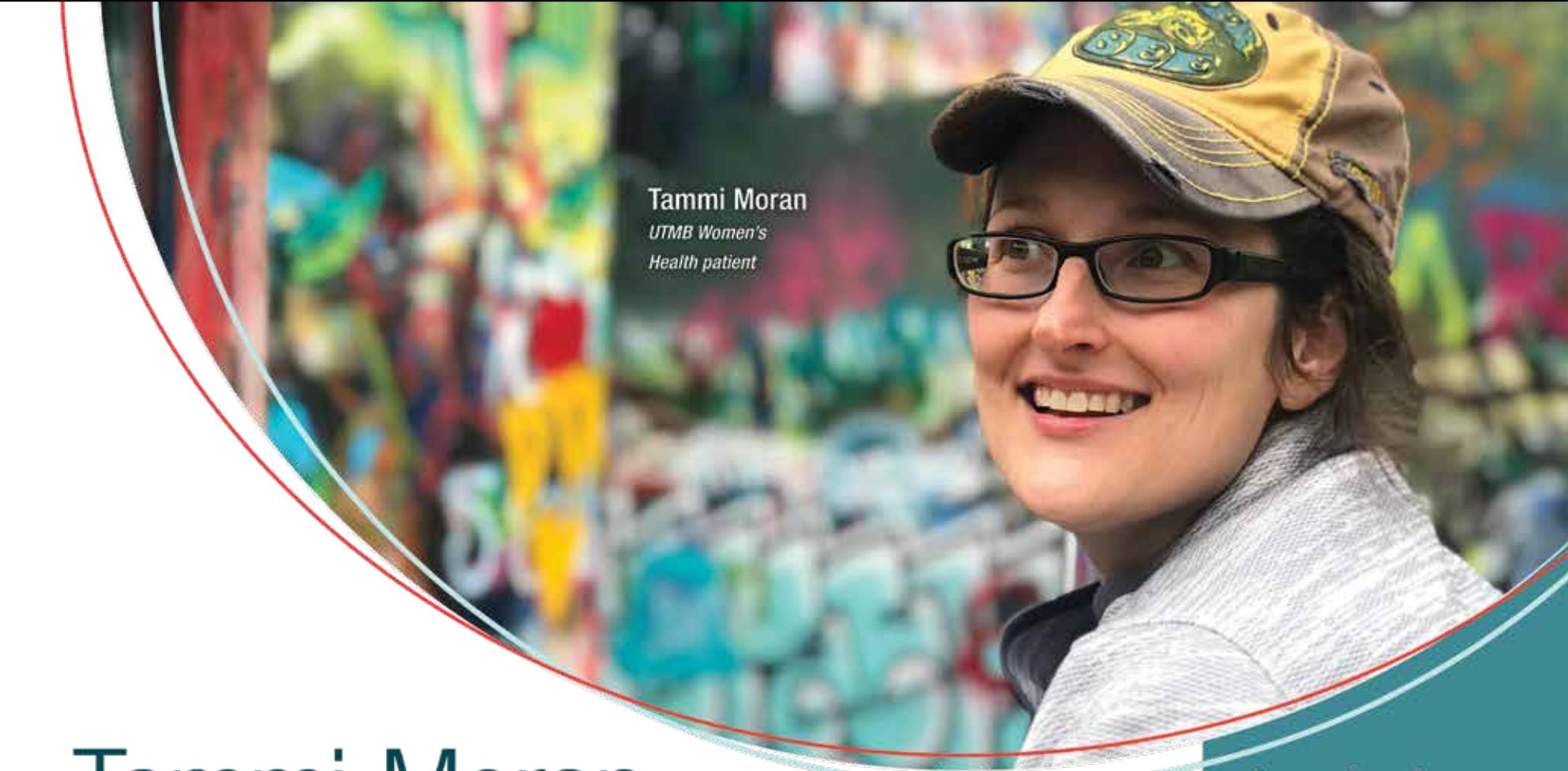
Change in breast color

Pitting of the breast skin

Breast or nipple pain

#Cancer

World Health Organization



Tammi Moran
UTMB Women's
Health patient

Tammi Moran

UTMB Health *knew* what to do when a breast cancer diagnosis required Tammi to have a double mastectomy and hysterectomy before the age of 30.



When you're looking for a women's health specialist who can care for your complex needs, **UTMB Health** has you covered. **Scan the QR** to learn more about Tammi's story and other UTMB Women's Health patients.

To schedule an appointment with UTMB Women's Health, call **(800) 917-8906** or visit our website at [utmbhealth.com/womens](https://www.utmbhealth.com/womens).

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The difference between invasive and non-invasive breast cancers

From breastcancer.org

Breast cancer usually begins either in the cells of the lobules, which are milk-producing glands, or the ducts, the passages that drain milk from the lobules to the nipple.

The pathology report will tell you whether or not the cancer has spread outside the milk ducts or lobules of the breast where it started.

Non-invasive cancers stay within the milk ducts or lobules in the breast. They do not grow into or invade normal tissues within or beyond the breast. Non-invasive cancers are sometimes called carcinoma in situ ("in the same place") or pre-cancers.

Invasive cancers do grow into normal, healthy tissues. Most breast

cancers are invasive.

Whether the cancer is non-invasive or invasive will determine your treatment choices and how you might respond to the treatments you receive.

In some cases, a breast cancer may be both invasive and non-invasive. This means that part of the cancer has grown into normal tissue

and part of the cancer has stayed inside the milk ducts or milk lobules. It would be treated as an invasive cancer.

A breast cancer also may be a "mixed tumor," meaning that it contains a mixture of cancerous ductal cells and lobular cells. This type of cancer is also called "invasive mammary breast cancer" or "infiltrating mammary carcinoma." It would be treated as a ductal carcinoma.

If there is more than one tumor in the breast, the breast cancer is described as either multifocal or multicentric.

In multifocal breast cancer, all of the tumors arise from the original tumor, and they are usually in the same section of the breast.

If the cancer is multicentric, it means that all of the tumors formed separately, and they are often in different areas of the breast

Questions to ask your doctor if diagnosed with breast cancer

- Is this breast cancer invasive, non-invasive, or both invasive and non-invasive?

- Is the breast cancer more aggressive or less aggressive?

- Are the surgical margins negative or positive?

- Are there any cancer cells present in lymph channels or blood vessels?

- What do the hormone receptor tests show? Am I a candidate for medicine that lowers or blocks the effects of estrogen?

- Which of these HER2 tests was performed on the tissue?

IHC (ImmunoHistoChemistry) test

FISH (Fluorescence In Situ Hybridization) test; SPoT-Light HER2 CISH (Subtraction Probe Technology Chromogenic In Situ

Questions to ask your doctor after being diagnosed with breast cancer Hybridization) test: Inform HER2 Dual ISH (Inform Dual In Situ Hybridization) test.

- Is the HER2 test positive, negative, or borderline? Am I a candidate for HER2-targeted therapy?

- Is there cancer in any lymph nodes? If so, how many lymph nodes are involved?

- Am I eligible for a genomic assay such as Oncotype DX, Mam-

maPrint, or Mammostrat?

- If any of my test results were unclear, would you recommend testing the tissue again?

- Is any further surgery recommended based on my results?

- Which treatments are most likely to work for this specific cancer, based on my pathology report results?

Five-year survival rate for breast cancer

The relative five-year survival rate for breast cancer is 92%. This means that those who have breast cancer are, on average, 92% as likely as those who don't have the disease to live for at least 5 years after their diagnosis. The survival rate is an estimate across the population, and an individual's chance of survival is dependent on their specific characteristics and the nature of the tumor.

The five-year survival rate for Stage 1 (early) breast cancer is, on average, 100% and Stage 2 is 95%. For Stage 3 the survival rate is 81%. For Stage 4 (metastatic breast cancer), it is significantly lower at 32%.

Taking place annually throughout the month of October, Breast Cancer Awareness Month aims to raise awareness about the disease and raise funds for research into its cause, prevention, diagnosis, treatment and cure.



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We also thank the many volunteers who help clean the beaches, stake out trees, do sand fencing, lend a hand with programs and add so much to the county's parks and to our communities. To become a sponsor, or to volunteer in our programs, call (979) 864-1541, or email Mike Mullenweg at mikem@brazoria-county.com.

UIL cross country held at Resoft Park

Clear Creek Independent School District held the annual UIL Cross-Country Invitational Meet recently at Resoft County Park in Alvin.

Hundreds of participants from 27 teams from all over the Houston Metro area participated, including Brazoria County schools, such as

Alvin High School, Shadow Creek High School, and Angleton High School. Students trekked 2.25 miles of scenic lake trails found throughout Resoft's footprint. This is the third consecutive year Clear Creek ISD has hosted a cross-country meet at Resoft Park.



The buses that lined the trail at Resoft County Park for the annual Cross Country UIL meet. There were 27 teams from all over the Houston-metro.



Runners from all different schools competed in the UIL meet in Alvin.

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Thank you, Brazoria County lifeguards

Having just completed the Labor Day holiday, Brazoria County would like to recognize its inaugural class of coastal lifeguards, all of whom enabled our county to comply with House Bill 3807 (the Je'Sani Smith Act), which mandates that municipalities in Texas provide lifeguards at all jetties and piers that protrude into the Gulf of Mexico during reasonable daylight hours, from Memorial Day through Labor Day.

Coastal Lifeguards attended numerous / rigorous training classes at the Galveston Academy, in order to appropriately patrol Brazoria County beaches located at Surfside Jetty Park, Quintana Beach Jetty and the Quintana Beach fishing pier.

The Village of Surfside and Town of Quintana partnered with Brazoria County to help fund this lifeguard program.

This dedicated group of nine individuals often worked 50-plus hours per week to ensure that all shifts were covered, especially during holiday weekends.

All of these lifeguards showed tenacity to perform their duties in most all types of weather conditions seven days per week and demonstrated courage to assist beachgoers with all manner of information, safety, injuries and emergencies - from treating jellyfish and sting-ray injuries, to assisting with lost / missing children, beach evacuation during emergencies (such as the LNG explosion) to routine safety protocols.

Despite that, for many of these

lifeguards, it was their first full-time employment following their recent high school graduation this past spring; each showed willingness to put their own safety at risk to help others.

Brazoria County owes each of these individuals a debt of gratitude for serving our county and state, protecting our beach visitors and for blazing a trail for any such future endeavors.

We proudly recognize the 2022 Brazoria County Class of Coastal Lifeguards:

**Michelle Hobbs (lead);
Peter Whitely (lead);
Thomas Brannon;
Hannah Charles;
Trina Dominguez;
Nathaneal White;
Jacob Buckley;
Sophia Sigafoose;
Ty Rathkamp**

It is of particular note that Sophia Sigafoose also performed a life-saving rescue this past summer when on Aug. 13 a group of young children were unsuspectingly swept out in a strong rip current at Surfside Jetty beach.

With disregard for her own safety, Sophia swam into the rip current and returned the children safely to shore and their grateful parents.

Without the swift actions of Sophia, as well as our other Brazoria County Coastal Lifeguards during countless other situations, the wellbeing of thousands of beachgoers would have been less secure.



Thank you to the lifeguards that helped at county beaches this summer.

Don't miss Kids' Fishfest Oct. 15 in Pearland

There's nothing quite like a brisk fall day here in Southeast Texas.

The angling-passionate staff behind the Brazoria County Parks Department, alongside Texas Parks and Wildlife and Bass Pro Shops, plan to provide local children with a penchant for fishing a day to enjoy the great outdoors, practically from their own backyard.

On Oct. 15, from 10 a.m.- 2 p.m., participants of all ages are invited to visit the stocked pond at Bass Pro Shops Pearland to try their luck at some Saturday morning fishing.

Poles and bait will be provided while supplies last, but registrants are welcome to bring gear from

home if they wish.

Knowledgeable volunteers from Texas Parks and Wildlife will be on hand to provide angler education and encouragement to our young participants.

The intention of this kids' fishing event is to arrange a day of outdoor and wildlife appreciation and to inspire young enthusiasts to hone their nature skills, all the while making a few friends along the way.

Register for the Kids' Fishfest by contacting the Program Coordinator for the Brazoria County Parks Department, Mike Mullenweg, at (979) 864-1152, or by emailing him at mikem@brazoria-county.com.



BRAZORIA COUNTY PRESENTS **KID'S FISHFEST**
 October 15, 2022
 Bass Pro Shops Pearland
 1000 Bass Pro Drive
 Pearland, TX 77047

Schedule of Events

Sunday, October 2, 2 p.m.

– **Historical Militia/Volunteer Meeting:** A monthly Living History volunteer meeting which we discuss upcoming events and go over various trainings. Anyone with an interest in history or reenacting is welcome to come, (979) 849-5965.

Saturday, Oct. 15, 10 a.m. – 2 p.m. **Kids' Fishfest:** Brazoria County Parks is proud to host the Kids' Fishfest Event at Bass Pro Shops in Pearland. Come for a great time learning to fish and trying your luck in the stocked pond. Poles will be provided while supplies last, or you can bring your own. Bass Pro Shops will provide the bait, and Texas Parks and Wildlife will provide the Angler Education. For information call (979) 864-1152 or email mikem@brazoria-county.net

Sunday, Oct. 16, 2 p.m. – **Marion Society – The Female Warrior:** A monthly program in which we discuss different aspects of the lives of women in early Texas. Come and learn what is fact and what is fiction in the tale of Leonora Siddons, who joined the Texas Army and escaped a Mexican prison during

the revolution, (979) 849-5965.

Sunday, Oct. 16, Time TBD – **Quintana Beach County Park Xeriscape Park Ribbon Cutting:** Join us in celebrating the partnership between the Town of Quintana and Quintana Park as we assume management of the Xeriscape Park on Quintana Island.

Located directly across the street from the campground, QBCP Xeriscape Park is a wildlife sanctuary featuring hiking trails that wind through wildlife habitat.

This property, along with the Quintana Neotropical Bird Sanctuary, is a prime stop-over for birds during the spring and fall migration. EarthQuest with Steve Hoddy and Phil Huxford will present their Birds of Prey program featuring free-flying raptors at 1 p.m. in the field adjacent to the playground at Quintana Park. More information to follow, or for questions, call (979) 233-1461.

Saturday, Nov., 5, 10 a.m. – noon **Discover Archery:** Native Americans had to become very skilled at archery to be able to survive. The staff at Camp Mohawk County Park will show you how modern-day bows and arrows are used to have a great time. Topics covered will be safety, equipment,

shooting skills and shooting practice. After the class, you try out your skill on our archery range. Bows and arrows will be provided. For more information or to register, call the park's interpreter at (979) 864-1152 or email him at mikem@brazoria-county.com

Thursday, Nov. 17, 8 a.m. – noon **Volunteer Trails Workday:** Brazoria County Parks is excited to be adding miles of new multipurpose trails to the area. Join the Park's Trail Coordinator on the third Thursday of each month to build and maintain trails in the parks.

Activities include clearing brush, leveling the surface and painting and planting signs. Make sure to wear sturdy work clothes. For more information and to sign up, contact Mike at mikem@brazoria-county.com or (979) 864-1152.

Saturday, Nov. 19, 9 a.m. – noon – **Fall Paddling Event:** Come join the Small Watercraft Club at a waterway in Brazoria County. Bring your own boat or borrow one. For information or reservations, call (979) 864-1152 or email mikem@brazoria-county.com

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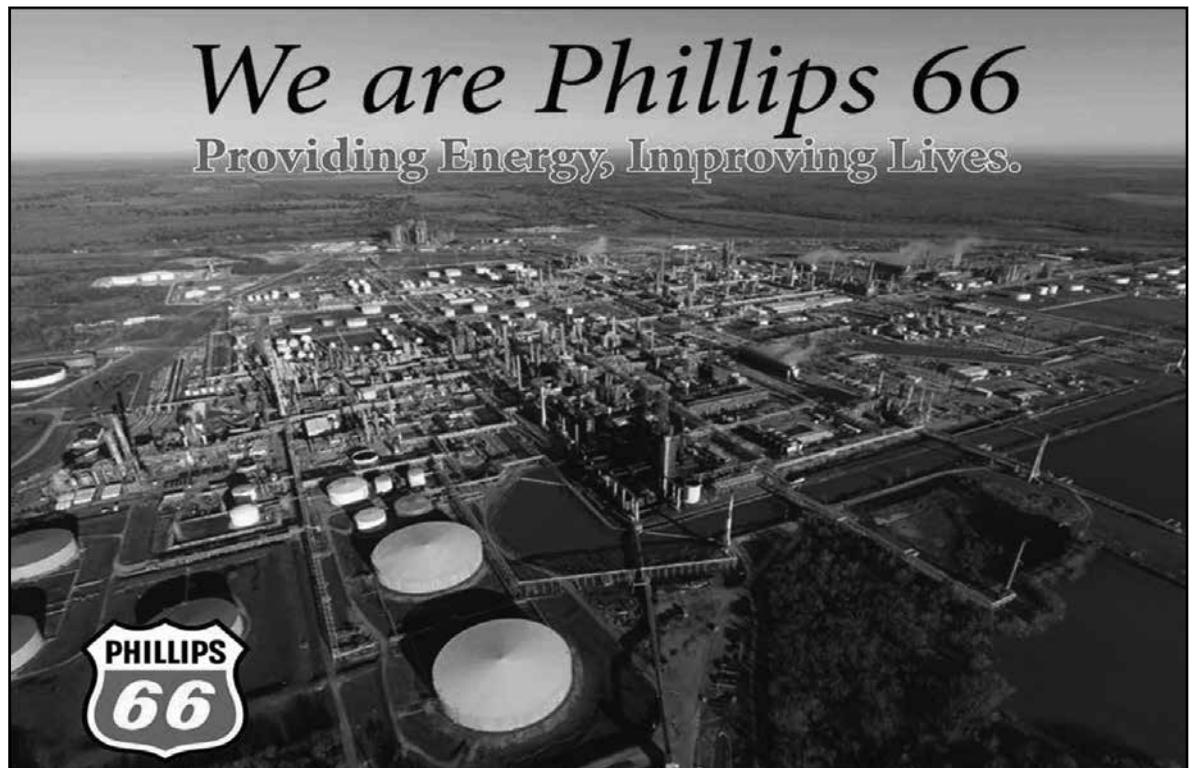
Clyde Neal Jr. AAI

Enjoy the great outdoors and our Brazoria County Parks

979-849-5779
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Daughter dives right into top loading washing machine

By Lori Borgman

Tribune News Service (TNS)

If you have a newer top-load washing machine, you know that it helps to have the height of an NBA player to reach in and retrieve the clothes.

You're at a serious disadvantage if you're on the short side. I

can reach clothes in the bottom of our washing machine with the toes on my left foot still touching the ground, but barely, and I frequently bruise my rib cage.

On the upside, I'm now 1 inch taller than when we had a front-load washing machine. Even more impressive is that my right arm,

the one I stretch to reach the wet clothes, now hangs 1 foot longer than my left arm.

I was at one of our daughter's homes the other day when she told her youngest to move the laundry from the washer to the dryer. Their machine is a newer top-load also, but even bigger, with a deeper tub, because they do a greater volume of laundry.

I watched carefully to see if she had a technique I could implement.

The first thing she did was kick a step stool to the front of the washer. I'd considered a step stool, but I also considered that my center of gravity could tilt, I could fall into the machine and not be found until the next load of dirty clothes.

She gingerly jumped up on the stool (I don't do anything gingerly anymore), hoisted herself up on the washing machine (I do still jump onto the counter tops), balanced her midsection on the rim of the machine, teetered a bit,

steadied herself, then went for it.

She dove headfirst. Her legs shot up at a perfect 45-degree angle. It was fantastic form and should probably be incorporated into a domestic Olympics: The Top-Load Washing Machine Deep Dive, the When-Your-Hands-Are-Full Refrigerator Door Kick and Speed Competition For Unloading The Dishwasher.

Five seconds later, she popped out of the machine cradling an enormous load of wet towels to her chest and grinning from ear to ear. I jumped to my feet, cheering, clapping and yelling, "Go for the Gold, sister! Go for the Gold!"

She dove in two more times and emptied the machine. The girl has moxie.

Barbecue tongs and a grabber have failed me, but this child has given me hope. Sometimes you're just so proud of your family, you could cry.

(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.)

QUIET QUIT

(From Page 1)

to put mental health before career goals.

It is the opposite of "hustle culture," the belief that one needs to work as hard as possible to achieve that promotion, that raise or that corner office with the amazing Manhattan skyline view.

Quiet quitters would rather knock off precisely at 5 p.m., and spend their evenings and weekends doing whatever it takes to better themselves, be that mountain biking, Pilates class, sleeping in late or anything else that makes them ready to seize the following work week at 9 a.m., and not a minute before.

They feel they should be praised for this mentality, despite rumblings among older co-workers that the correct term for quiet quitters is "slackers."

They are also undeterred by detractors such as Denzel Washington who, in a 2017 speech at the NAACP Image Awards, said, "Ease is a greater threat to progress than hardship." Incidentally, I found the speech during the TikTok "quiet quitting" search.

"...keep moving, keep growing, keep learning. See you at work," he concluded.

I'm currently at 330 words. More than halfway done. Take that, Denzel!

Since the pandemic thrust an entire nation of workers and alleged workers into their homes, the definition of work has been turned upside down. Remote work led all of us to realize we were burned out.

Actually, I'm not sure all of us realized that; it may have been one guy from Cleveland who realized it and posted his thoughts on TikTok, where it immediately went viral.

Suddenly, companies were seriously discussing four-day work weeks, "Show Us Your Emotional Support Parakeet" Zoom meetings

and unlimited vacation days.

Fast-forward to present time, where those same companies are laying off workers in droves, perhaps keeping only those who don't subscribe to quiet quitting.

Hey, I'm all for positive mental health and work/life balance. I'm also pretty experienced at working from home, having done so since 1989 when I quit my job to pursue stand-up comedy.

I am writing this column on a Friday and, as soon as I have written precisely 650 words and hit "send," I am pondering whether to visit the gym or mow my lawn. I will return in the afternoon to write some jokes and check email.

However, if one of those emails necessitates me submitting a proposal to a client or creating a video on the fly, I will cancel my Friday evening plans and do it.

Does that make me a victim of hustle culture? Or am I just someone who feels income, which supports my family, takes precedence over my wine tasting group?

My advice to quiet quitters is to also embrace a "quiet resume update" and a "quiet job search," as I feel you will soon need both. Unless you can live off the fortunes you made in the cryptocurrency... wait, never mind.

That's it. That's my advice. I'd offer more, but I'm almost at my 650-word limit.

I think this column is really, really, really good.

(Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at www.gregschwem.com.)

HALAS

(From Page 1)

a close personal relationship with Chicago Cubs owner Philip Wrigley. In rebranding the Staleys, Halas concluded that since football players are much bigger than baseball's Cubs, they must be "Bears."

But Halas' long run as NFL icon may never have happened - or would have been delayed by a decade or so - if he had won a New York Yankees' starting outfield slot. The Yankees had been following Halas' baseball career since his junior year at the University of Illinois.

A three-major-sports star, Halas played end on the football team, could shoot a basketball and starred on the baseball team, where he hit average, knew his way around the base paths and excelled in the outfield.

Halas hit .350 during his sophomore season, good enough to impress Yankees' scout Bob Connery, who invited him to join the Yankees at spring training. Halas declined, but he promised to keep in touch after he earned his university engineering degree. Then, World War I intervened, and Halas

enlisted in the Navy.

After the war, Halas honored his pledge to Connery, signing with the Yankees for a \$500 bonus and a \$400 monthly salary. Earlier, Illinois awarded Halas his diploma as a tribute for his war service. His college education completed, in the spring of 1919, Halas reported to the Yankees where he made an immediate impression.

The New York Times scouting report: "He is swift afoot and is a heady and proficient base runner. He covers a lot of ground in the outfield, and best of all, he is a world of enthusiasm for the game."

But from the outset, Halas had cursed luck. In a spring training game, batting against the Brooklyn Dodgers, Hall of Famer Rube Marquard, Halas, trying to stretch a double into a triple, injured his hip sliding hard into third, which put him out of commission for the season's first few months.

As Halas recalled: "That slide was the beginning of the end of my baseball career." Halas' bum hip slowly healed. In May 1919, he led off against the Philadelphia A's and connected for his first hit, one of only two singles in his brief MLB

Columbia Christian Senior Citizens Center Menu

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

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

Thursday, Sept. 29: Pulled pork sandwich, pinto beans, spiced apples, watermelon, hamburger buns, dessert.

Friday, Sept. 30: Enchiladas, Spanish rice, red beans, carrots, slaw, cornbread, dessert.

Monday, Oct. 3: Fish sticks, tater tots, beets, corn, pears & cottage cheese, cornbread, dessert.

Tuesday, Oct. 4: HAPPY BIRTHDAY! Baked Chicken, dressing/gravy, creamed potatoes, green beans, carrot & raisin salad, rolls, birthday cake.

Wednesday, Oct. 5: Mexican casserole, pinto beans, cheese broccoli, slaw, cornbread, dessert.

career.

In 22 at-bats, Halas hit .091 and was demoted to the AAA St. Paul Saints. By 1920, Ruth, a blossoming superstar, was a Yankee, and Halas was embroiled in a contract dispute with the Saints. Halas then accepted an offer from the A.E. Staley Co. to form football's best semi-pro team.

Halas lived a rich and rewarding life. Not only did Halas co-create the NFL, but he also compiled a .671 professional coaching record and was named an All-Pro end. He served in World Wars I and II, earned the rank of Captain and was awarded a Bronze Star.

With his unique T-formation, Halas' 1940 Bears trounced the Washington Redskins 73-0 in history's most-lopsided NFL Championship game. And, briefly, Halas proudly wore a Yankees' uniform.

In 1983, at age 88, "Papa Bear," as Halas was lovingly called, died after a brief battle with pancreatic cancer, one of his few losing fights.

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

Weekly Bulletin horoscope

By Magi Helena

Tribune Content Agency

ARIES (March 21-April 19): Make sure you are always trustworthy. You might not always get your way in the week ahead, but few will doubt your sincerity. Side-step occasional misunderstandings; don't get pulled in to someone else's circus.

TAURUS (April 20-May 20): As you speed your way to the top in the week ahead, be careful not to trample on anyone's toes. Consider whether what you are doing gives you real pleasure or is just something you doing for validation.

GEMINI (May 21-June 20): Crank up your enthusiasm and a competitive spirit without letting it stress you out. Remain level-headed and don't let your emotions dictate your actions as the week

progresses. Focus on using your common sense.

CANCER (June 21-July 22): Weigh out price versus value with care. It might be necessary to spend a little more to get something more satisfying in the week ahead. Concentrate on generosity to guarantee long-term security.

LEO (July 23-Aug. 22): Put sound business tactics and strategies into action in the week to come. An adversary or loved one may not feel that some of the rules are fair or equitable. However, your gentle approach should convince them otherwise.

VIRGO (Aug. 23-Sept. 22): Your inbox may be flooded with invitations in the upcoming week. Keep in close contact with neighbors and follow up on or social obligations. Real friends want you for more than

your money and influence.

LIBRA (Sept. 23-Oct. 22): You might realize that you enjoy a change of pace and become intensely involved in something new and exciting. When necessary, you can ask for forgiveness but don't take anything or anyone for granted in the week ahead.

SCORPIO (Oct. 23-Nov. 21): Use willpower to overcome obstacles and sincerity to instill trust. Someone who is suspicious of your motives could be reassured in the week ahead. Always be wise enough to acknowledge the things you do not know.

SAGITTARIUS (Nov. 22-Dec. 21): Use skillful chess moves to take command of your side of the board. Since you likely have good judgment and a vision of what can be accomplished, this is a good

week to focus on creating lasting financial security.

CAPRICORN (Dec. 22-Jan. 19): Work hard to increase your awareness, so you don't overlook any mistakes or be blind to your own social blunders in the week to come. You might be inspired by a great piece of information.

AQUARIUS (Jan. 20-Feb. 18): One trick to overcoming obstacles is patience and self-discipline. Focus

on using organizational skills and diligence to become more efficient. Do not hesitate to grant someone a favor in the upcoming week.

PISCES (Feb. 19-March 20): A partner or loved one can provide the means that help you achieve your ends. As the week unfolds, there may be times you are not on the same wavelength. Wait until any distracting problem has been dealt with.

History of the World On This Day

September 28

1789 - In the U.S., the first Federal Congress passed a resolution that asked President George Washington to recommend to the nation a day of thanksgiving. Several days later Washington issued a proclamation that named Thursday, November 26, 1789 as a "Day of Publick Thanksgiving." The fixed-date for Thanksgiving Day, the fourth Thursday of November, was established on December 26, 1941.

1924 - The first around-the-world flight was completed by two U.S. Army planes when they landed in Seattle, WA. The trip took 175 days.

September 29

1951 - The first network football game was televised by CBS-TV in color. The game was between the University of California and the University of Pennsylvania.

1953 - "Make Room for Daddy" premiered on ABC-TV.
1960 - "My Three Sons" debuted on ABC-TV.

September 30

1927 - George Herman "Babe" Ruth hit his 60th homerun of the season. He broke his own record with the homerun. The record stood until 1961 when Roger Maris broke the record.

1949 - The Berlin Airlift came to

an end. The airlift had taken 2.3 million tons of food into the western sector despite the Soviet blockade.

1982 - "Cheers" began an 11-year run on NBC-TV.

1984 - Mike Witt became only the 11th pitcher to throw a perfect game in major league baseball.

October 1

1880 - Thomas Edison began the commercial production of electric lamps at Edison Lamp Works in Menlo Park.

1908 - The Model T automobile was introduced by Henry Ford. The purchase price of the car was \$850.

1946 - The first baseball play-off game for a league championship was played. The St. Louis Cardinals defeated the Brooklyn Dodgers, 4-2.

1949 - Mao Tse-tung raised the first flag of the People's Republic of China when the communist forces had defeated the Nationalists. The Nationalist forces fled to Taiwan.

October 2

1870 - Rome was made the capital of Italy.

1876 - The Agricultural and Mechanical College of Texas opened. It was the state's first venture into public higher education. The school was formally dedicated two days later by Texas Gov. Richard Coke.

1908 - Addie Joss of Cleveland pitched the fourth perfect game in major league baseball history.

1920 - The Cincinnati Reds and the Pittsburgh Pirates played the only triple-header in baseball history. The Reds won 2 of the 3 games.

October 3

1901 - The Victor Talking Machine Company was incorporated. After a merger with Radio Corporation of America the company became RCA-Victor.

1954 - "Father Knows Best" began airing on CBS-TV.

1955 - "Captain Kangaroo" premiered on CBS-TV.
1955 - "The Mickey Mouse Club" premiered on ABC-TV.

October 4

1957 - "Leave it to Beaver" debuted on CBS-TV.

1959 - The first World Series to be played west of St. Louis began in Los Angeles, CA.

1976 - Barbara Walters joined Harry Reasoner at the anchor desk of the "ABC Evening News" for the first time.

1987 - NFL owners used replacement personnel to play games despite the players' strike.

1990 - The German parliament had its first meeting since reunification.

'Roughneck Blowout' set for Oct. 1

The Columbia Heritage Foundation will be holding its "Roughneck Blowout" scheduled on Saturday, Oct. 1, at Heritage Hall in West Columbia.

The annual Columbia High School multi-class reunion at Heritage Hall, 508 East Bernard Street, will begin at 5 p.m. Anyone who attended Columbia High School is welcome, regardless of the year they graduated.

Tickets are now on sale at Chesney's Jewelry, Madeline's Melange and Barta Lumber Yard in West Columbia, and they can also be purchased online at columbiaheritage.org. Tickets are \$45 each.

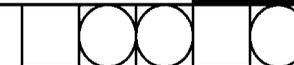
Proceeds from this event benefit Columbia Heritage Foundation's scholarship fund and the continuing restoration of the old West Columbia High School/Junior High School campus.

The "Roughneck Blowout" will feature a catered meal, dance and auction. For more information, call Karen Mostyn at (512) 787-4144.

JUMBLE

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

NANLU



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BKALE



AGAMDE

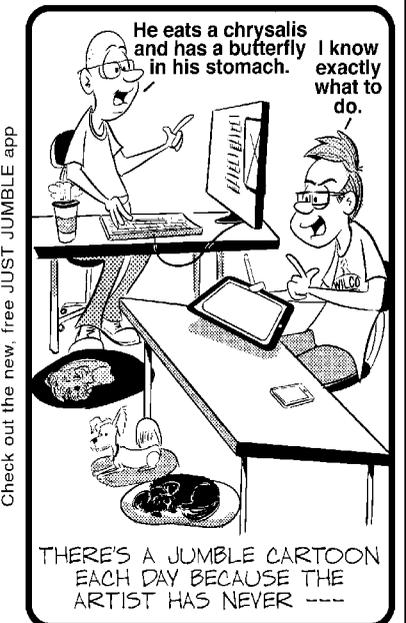


CYWRES



THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



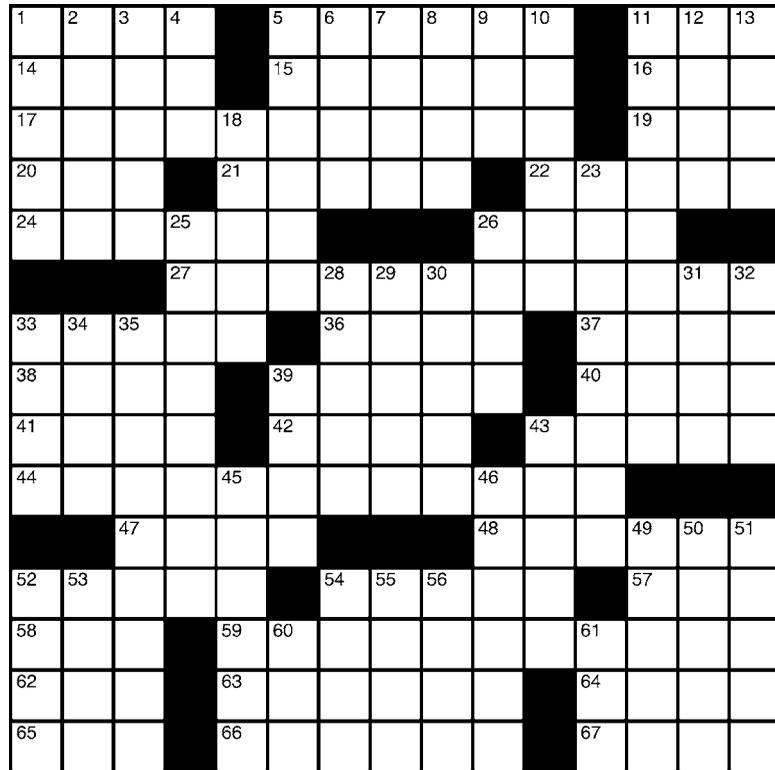
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Jumbles: ANNUL BLEAK DAMAGE SCREWY
Answers: There's a Jumble cartoon each day because the artist has never -- DRAWN A BLANK

ADVERTISING DOES NOT HAVE TO BE EXPENSIVE. CALL US AT (979) 849-5407, AND WE'LL WORK OUT A PLAN TO SUIT YOUR BUDGET.

Bulletin Crossword Puzzle of the Week

- Across**
- 1 Slim advantage
 - 5 Embraces
 - 11 Intel seeker
 - 14 Many a character on HBO's "Euphoria"
 - 15 Warhol's "Campbell's Soup Cans," e.g.
 - 16 Vientiane people
 - 17 *Generous reward
 - 19 __ al-Fitr: end-of-Ramadan feast
 - 20 Skater Midori
 - 21 Author's representative
 - 22 Northeast Corridor express train
 - 24 Gliding ballet step
 - 26 Cut loose
 - 27 *"I sussed that out a while ago"
 - 33 One-named "Body Party" singer
 - 36 Sicilian peak
 - 37 Cut off
 - 38 Chewy Hershey candy
 - 39 Like some serious flaws



Solutions on the right side of this page

In memory of Greg Wilkinson

VocabPower!

Many Bible readers study the Scriptures in different versions for a fresh slant on the familiar. For its richness and readability, even Protestants would do well to include the scholarly Catholic *Jerusalem Bible* in their library. From the NT of the *JB*:

- | | |
|----------------------|--------------------------|
| 1. promulgate | 6. sophistry |
| A. announce | A. wizardry |
| B. boast | B. deceit |
| C. condemn | C. fallacy |
| D. define | D. expertise |
| 2. daub | 7. licentiousness |
| A. apply | A. gossip |
| B. moisten | B. freedom |
| C. anoint | C. permission |
| D. dip into | D. immorality |
| 3. fidelity | 8. affectation |
| A. service | A. result |
| B. justice | B. ability |
| C. faithfulness | C. pretense |
| D. legalism | D. compassion |
| 4. encroach | 9. oblation |
| A. harm | A. offering |
| B. impinge | B. idolatry |
| C. slander | C. responsibility |
| D. disrupt | D. urgency |
| 5. elemental | 10. scrupulous |
| A. required | A. thrifty |
| B. basic | B. selfish |
| C. wretched | C. conniving |
| D. layered | D. painstaking |

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

- 40 Christmas candle scent
- 41 "___ cost you!"
- 42 Old Roman road
- 43 Put in a bibliography
- 44 *Family dinner reservation request, perhaps
- 47 Designer Saarinen
- 48 Like Camembert
- 52 Back in style
- 54 Quickness
- 57 Romance
- 58 Dept. phone number
- 59 Retreated on the same trail ... and what each answer to a starred clue has?
- 62 Grow older
- 63 Aerie newborn
- 64 Tennis icon Arthur
- 65 Former space station
- 66 Renaissance fair rides
- 67 "Watch ___ space"

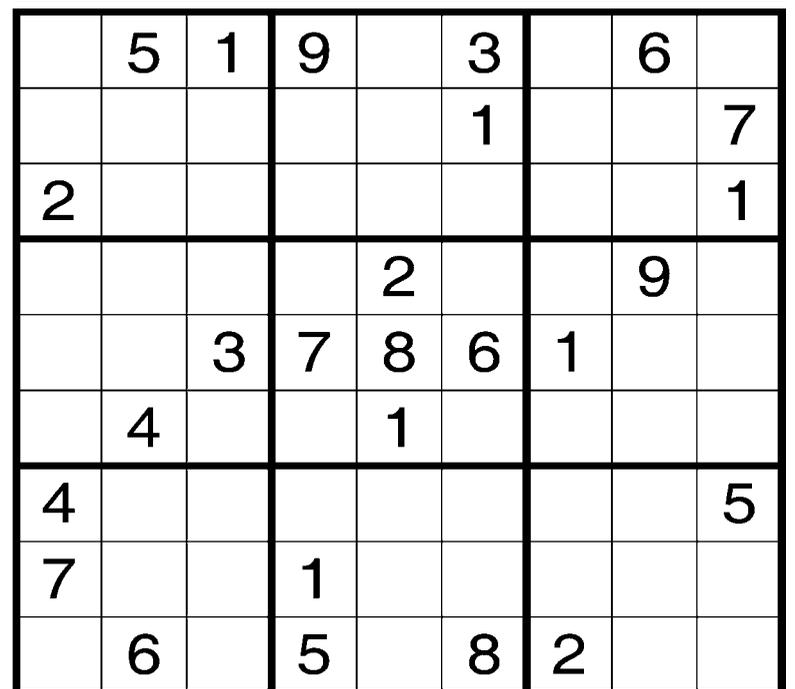
Down

- 1 Work __: moral belief
- 2 "Murder by __": 1976 Neil Simon spoof film
- 3 Salami choice
- 4 Pierre's "fin," to Peter
- 5 Highest point in an orbit
- 6 Taj Mahal feature
- 7 Receptive
- 8 "What's ___ is prologue": "The Tempest"
- 9 __ TV: reality channel
- 10 Namesake of a Venice basilica
- 11 "You can give me an answer tomorrow"
- 12 Sand transporter
- 13 Jedi Grand Master
- 18 Obama daughter
- 23 Plot
- 25 Park carriage, or one pushing it
- 26 Agreement
- 28 "I like it"
- 29 Mammal at an aquarium
- 30 Eat (up)
- 31 Bistro pour
- 32 Didn't dillydally
- 33 Lit __
- 34 Scintilla
- 35 Assurance after putting a Band-Aid on a boo-boo
- 39 Inventory tracking method for a CPA
- 43 Like corned beef
- 45 Wears down
- 46 Large jazz combos
- 49 Knee-deep (in)
- 50 Sweet Japanese rice cake
- 51 Farm fittings
- 52 Paper package
- 53 VFW member
- 54 Bigger than big
- 55 Qualified
- 56 Winter coaster
- 60 Breakfast grain
- 61 Club that may be flipped with joy

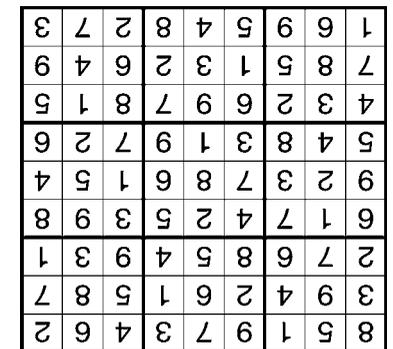
SUDOKU

THE SAMURAI 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.



Solutions

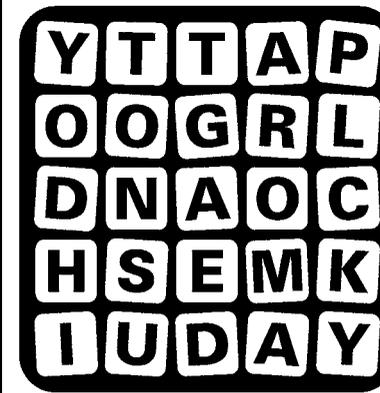


INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.

- 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

By David L. Hoyt and Jeff Knurek



Boggle BrainBusters Bonus

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

Find AT LEAST SEVEN "BEST PICTURE" FILMS in the grid of letters.

ARGO CRASH ROCKY PATTON GANDHI MAHADEUS PLATOON

Brain Camp Kicks Off 11th Year Oct. 3 with Version 6

The sixth version of Brain Camp, a 4-week Alzheimer's prevention course that meets two hours a week, will roll out Mon., Oct. 3, in Angleton. The course has been very popular with healthcare professionals, including three retired primary care physicians.

In Brain Camp, adult students learn how to build "cognitive reserve," creating extra neural pathways by lowering risk factors for Alzheimer's. The lifestyle that creates new neurons and synapses provides resilience to Alzheimer's pathology, delaying or preventing

symptoms of the disease.

In the fall of 2012, retired educator Erika Longoria enrolled in a senior continuing education program at Brazosport College. "One of my classes was the original version of Brain Camp taught by the author and researcher, Brenda Maust. The classes changed my life, a comment many Brain Camp students make. I came out of that course feeling powerful, hopeful, and understanding that the quality of the rest of my life was my responsibility."

"After my first Brain Camp class, I attended the next two at the College, and I became a trainer. In 2014, I became the Gathering Place Education Coordinator. I schedule Meta Camps and Brain Camps, arranging for the venues, and exercise leaders. A few years ago, Dennis Hastings, a retired respiratory therapist, became our trainer because we needed a healthcare professional to answer questions."

"More than a thousand people have attended Brain Camps, which we teach in small groups. Some have attended as many as four times. Occasionally, I see a magazine headline about a new risk factor discovered for Alzheimer's, and I'll think: we've been teaching that in the last three Brain Camps!"

"The seriousness of the subject suggests it might be dull, but it's not. We know adults learn best when they are having fun, so we make Brain Camp interactive and enjoy-

Did you know about Michael Phelps?



Michael Fred Phelps II is an American former competitive swimmer. He is the most successful and most decorated Olympian of all time with a total of 28 medals.

Phelps also holds the all-time records for Olympic gold medals, Olympic gold medals in individual events, and Olympic medals in individual events.

He was born June 30, 1985 in Baltimore, MD.

Phelps has won 23 gold Olympic medals, three silver and two bronze.

able," Erika continued. "Because 90% of people do not regularly exercise, the last 30 minutes of each two-hour Brain Camp class features different types of exercise. Students will try out four different regimens during the four-week course."

Brain Camp VI will meet Mondays Oct. 3, 10, 17, and 24 from 9 to 11

a.m. at First Presbyterian Church, 130 S. Arcola in Angleton. It will be taught in Alvin beginning Feb. 2 and will be offered in Angleton again beginning April 5. Classes are free, but there is a materials fee of \$25 for first-time students. Returning students pay no fees.

Class size is limited, and RSVP is required. Call Erika, (979)235-9195.

Apocalypse can be counteracted with God

Based on the writings of the Rev. Billy Graham

Q: *Watching the movie "A Quiet Place" has me asking a lot of questions about the apocalypse, and it's disturbing because it isn't about a quiet place, but full of terror and death. It made me feel frantic. What is the truth about the meaning of apocalypse? - E.T.*

A: "Apocalypse" is often used when describing a catastrophic event. In Scripture, it literally means an uncovering, a disclosure, or revelation of knowledge. This is described in the last book of the Bible: The Revelation of Jesus Christ.

Artisan weavers hundreds of years ago read Revelation 6 and artistically interpreted the scenes portrayed. In London's Victoria and Albert Museum, there is a painted reproduction of a series of seven tapestries woven in the fourteenth century that depict the Apostle John's vision of the Apocalypse.

While the world may acknowledge this future event, if the population truly believed it, they'd live differently in light of its truth. Death's an accomplished master of destruction.

This is evident when we consider abortion, abuse, addiction, adultery, brutality, conflict, disease, hatred, idolatry, irreverence, jealousy, lies, lust, murder, pestilence, rape, rebellion, revenge, stealing, suicide, violence, and war.

These are Satan's calling cards; his record of achievement swells with each passing year.

Many ask why God would allow Satan to have such a reign on mankind. The answer is found in Jeremiah 17:9: "The heart is deceitful above all things, and desperately wicked." But, the Lord doesn't turn His back on mankind. Instead, because of His great and mighty love, He provides a way of escape.

Jesus Christ came to this Earth to seek and to save the lost (Luke 19:10). The Lord has revealed what was once a mystery; He has made known His plan for creation, and we're given every opportunity to come to the salvation that He freely offers. He desires that people everywhere repent and come to Him.

Tribune Media Services

(Send your queries to "My Answer," c/o Billy Graham, Billy Graham Evangelistic Association, 1 Billy Graham Parkway, Charlotte, N.C., 28201; call 1-(877) 2-GRAHAM, or visit the Web site for the Billy Graham Evangelistic Association: www.billygraham.org.)

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979-235-9195

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The Gathering place

Junior feeling a little under the weather? Maybe he should stay home

By Alex Osiadacz

Mayo Clinic News Network (TNS)

Some parents and caregivers are asked, "Can I stay home from school?" by children on a daily basis, but knowing what's best in each case takes knowing the child, their symptoms and the situation.

Dr. Tina Ardon, a Mayo Clinic family medicine physician, explains some of things to consider before sending your child to school or keeping them home.

Whether physically apparent

"A fever is always a reason to keep your child home. Symptoms like vomiting or diarrhea are certainly reasons to keep your children home," says Dr. Ardon.

Or more subtle signs

"I also ask parents and families just to think about their child and how they're behaving. We don't want to send our kids to school either, if they're just not going to be able to participate fully," she says.

For some children, symptoms, like headaches or stomachaches, may not be something that they need to see a doctor for on an immediate basis, but could indicate something else, like anxiety.

"Parents and families are always encouraged to keep an eye on the overall picture with their kids so that we can determine if there's a larger issue at play with those symptoms," she says.

Dr. Ardon says err on the side of caution. If your child isn't feeling well, try to find the root cause before sending him or her off to school.

"Be thoughtful for the families and the kids around us. So it does help our kids stay healthier overall in the school year, if we're being thoughtful about keeping our children home until they're better to help reduce the spread of infectious disease," she says.

'Fall' is only in America

The season was originally just called harvest, and autumn came around much later in the 1300s, according to CNN. When English poets started using the phrase "the fall of leaves," it became very fashionable to call the season fall. But by the mid-1800s, after the split of the colonies from England led to language change, England reverted back to autumn and the American upstarts retained fall.

Falling in love in fall

Does cold weather make you want to cuddle with someone? You are far from alone. According to Redbook, the cooler weather in fall makes people want to get closer to others and not be alone for the winter. So, get ready to snuggle in the fall - or autumn.



5

safety tips for HALLOWEEN

Remove tripping hazards to keep your home safe for visiting trick-or-treaters

Only go to homes with a porch light on

Use a flashlight or glow stick instead of a candle to light your pumpkin

Examine all candy before consuming

Bring a flashlight or wear reflective gear

Things to do before fall officially begins

1. Clean, or possibly replace, your gutters.

Real talk: You're so used to your gutters working properly — and draining thousands of gallons of water from your roof yearly. If they're clogged, you can end up with a mess.

2. Check for drafts.

Heat loss through windows is responsible for 25-30 percent of heating energy use, according to the U.S. Department of Energy. But it doesn't have to be that way, because weatherstripping is simple and very cost effective.

3. Drain your outdoor faucets.

Drain and disconnect all garden hoses from outside spigots to prevent any water freezing.

6. Change your filters.

If your filters are clogged, it's

harder to keep your home at the temperature you want it, which will increase your heating bills.

7. Fertilize your lawn.

If you want to keep your lawn looking good in the spring and summer, you need to prep it for the fall and winter. Roots are still active when the grass isn't growing, so applying fertilizer will prevent winter damage.

9. Change your batteries.

Yearly, you should be checking to make sure all smoke detectors and carbon monoxide devices are working.

5. Fix any cracks in your driveway.

When water gets into cracks, it freezes, expands, and can make the crack even bigger. It will eventually lead to a pothole.

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