

A surprising diagnosis and a simple cure

By Ernie Williamson

The Bulletin

I hadn't felt mentally sharp for days.

I was becoming easily confused and had trouble concentrating. I struggled with the daily Wordle.

Fearing I might have suffered a mini-stroke, my wife and I decided one evening to call 911.

I was nervous. I am already a 75-year-old paraplegic in a wheelchair due to a rare neurological

The View from My Seat

disorder. I didn't need another health problem.

I was rushed to the emergency room at the closest hospital where the testing began.

A brain scan showed nothing abnormal.

Same with tests on lungs and kidneys. What was going on?

After several hours, a doctor said they had pinpointed a diagnosis: My blood test showed an extremely low level of sodium, a condition called hyponatremia.

I wasn't familiar with hyponatremia, but it sounded ominous. So,

(See **SODIUM** on Page 7)

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Farm Bureau latest news and happenings

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Clarion unpacks its new concert lineup

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Good bye summer; It's been fun

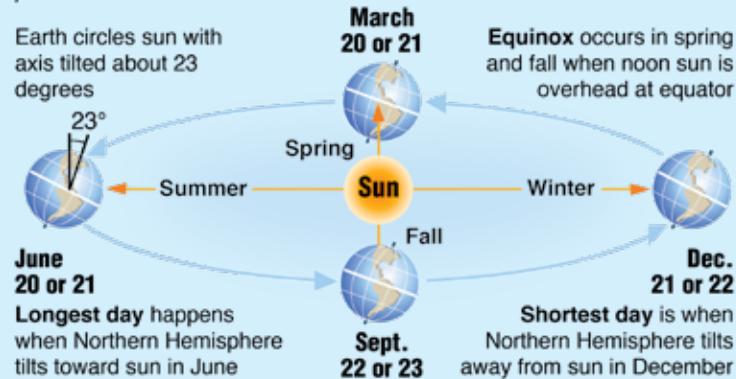
Nothing lasts forever, including summer. The nice thing is that it will be back again next year.

On Sept. 22, summer comes to a close, and we will officially be in the fall season. However, there won't be all that many changes. Maybe it will be a little cooler, maybe a front will give us a taste of cool mornings, but for the most part, the beginning of fall is about the same as summer around here.

It has been hot, but other than that, this has been a great summer - plenty of sunshine, plenty of rain and no hurricane. That is probably the biggest plus this summer. Enjoy the fall, dear reader, and the cooler weather it brings.

Autumnal equinox

Fall begins on Sept. 22 in the Northern Hemisphere with the autumnal equinox at 8:03 p.m. Central Time. During the equinox, the sun is exactly above the equator and day and night are roughly equal in length across the planet.



Source: NOAA, almanac.com
Graphic: Staff, TNS

Buying clothes used to be a lot easier when I was younger

By Jase Graves

Special to The Bulletin

Now that my eldest and middle daughters are off at college dashing my prospects for retirement, and my youngest daughter has started navigating the challenges of high school, I can turn to more important matters - namely, pants.

Yes, we've reached the time of year when, to the relief of my friends and family, I'm back to wearing trousers on a semi-regular basis. And since I hadn't updated my professional wardrobe since the second Bush administration, I recently decided to throw caution (and several pair of worn-out pleated slacks with expandable waistband) to the wind and start over.

Unfortunately, for a dude who is steadily losing the dad-bod battle, though, seemingly every men's fashion designer now feels compelled to trigger me by advertising their garments as "slim fitting." I haven't squeezed my girth into anything described as "slim" since

(See **CLOTHES** on Page 13)



This long cool woman's in a bad nest

By Greg Schwem

Tribune Content Agency

I consider myself "a closet rock star," meaning I belt out songs at the top of my lungs, but am too ashamed to do so publicly, even at a karaoke bar.

Part of my fear stems from knowing I am botching the lyrics to most

songs on my fantasy set list. In college, a frat brother, between fits of laughter, stuck his head into my shower stall to inform me the lyric to the Jimi Hendrix classic "Purple Haze" was "Scuse me, while I kiss the sky."

It was NOT "Scuse me, while I

(See **LYRICS** on Page 11)

First impression of cruising the high Gulf seas

By John Toth

The Bulletin

The big day had arrived. We were packed and ready to go on our first cruise ever. It was raining.

After all these weeks of dryness, it had to rain on our embarkation day. But I did not let it rain on my parade. Onward, to the ship.

My greater concern was a tropical system or two developing in the Atlantic. Why not? I was more concerned about this than our luggage getting wet.

We decided to take the first cruise of our lives near the peak of

John's Ramblings

Hurricane Season, so this was not that surprising. I calculated that we'd be able to finish the cruise and still have plenty of time to evacuate, should things become too stormy.

Parking at the Galveston Terminal was a little tricky for us first-timers. We finally found our express parking lot, but from there we had to walk quite a distance. We were told that it would have been better to use off-site cheaper parking and take a shuttle bus to the terminal.

But this being our first-time cruising, I didn't want to take any chances. I'd rather walk to my car than wait for a shuttle bus. As we walked past the hordes of people waiting for shuttles after our return, spending the extra money on parking turned out to be a good decision.

The rest was a breeze, so to speak. We got on the Carnival Breeze in about a half hour. It was a momentous occasion when we stepped foot on the ship. We did it. Another bucket list item checked off

(See **SHIP** on Page 6)

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WEATHER HISTORY ON THIS DAY

Sept. 21, 1989 - Hurricane Hugo slammed into the South Carolina coast about 11 p.m., making landfall near Sullivan's Island. Hurricane Hugo was directly responsible for 13 deaths, and indirectly responsible for 22 others.

Sept. 22, 1983 - Forty-one cities reported record cold temperatures during the morning. Houston hit 50 degrees.

Sept. 23, 2005 - Hurricane Rita reached the Texas/Louisiana border area near Sabine Pass as a category 3 hurricane with maximum sustained winds near 120 mph.

Sept. 24, 1926 - The temperature at Yellowstone Park dipped to nine degrees below zero. It was the coldest reading of record in the U.S. during September.

Sept. 25, 1987 - Hurricane Emily crossed the island of Bermuda during the early morning. Emily, moving northeast at 45 mph, produced wind gusts to 115 mph at Kindley Field.

Sept. 26, 2004 - Hurricane Jeanne made landfall the night of Sept. 26. Jeanne produced extensive damage along the east central Florida coast from Volusia County south to Martin County.

Sept. 27, 1987 - While those at the base of Mount Washington, N.H., enjoyed sunny skies and temperatures in the 70s, the top of the mountain was blanketed with 4.7 inches of snow, along with wind gusts to 99 mph, and a temperature of 13 degrees.

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The Bulletin

7-Day Local Forecast

SEPTEMBER 21 Wednesday	SEPTEMBER 22 Thursday	SEPTEMBER 23 Friday	SEPTEMBER 24 Saturday	SEPTEMBER 25 Sunday	SEPTEMBER 26 Monday	SEPTEMBER 27 Tuesday
Sunny 91 / 71	Sunny 92 / 70	Mostly Cloudy 89 / 71	Partly Cloudy 87 / 66	Sunny 90 / 71	Sunny 92 / 70	Mostly Cloudy 87 / 68

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

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	88/71	pc	89/70	s	87/71	cl	Odessa	90/69	s	88/66	s	89/68	mc
Beaumont	94/74	s	91/70	pc	89/71	pc	San Antonio	95/71	s	92/67	s	93/69	s
Dallas	98/78	s	99/77	s	97/78	mc	Waco	97/71	s	96/70	s	95/71	mc
Houston	94/75	s	93/74	s	91/73	pc	Wichita Falls	98/71	s	97/69	s	98/71	pc

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

Weather Trivia

What percentage of tornadoes across the world occur in the U.S.?

Answer: 75 percent take place in the U.S.

Peak Fishing/Hunting Times This Week

Day	Peak Times		Day	Peak Times	
	AM	PM		AM	PM
Wed	9:12-11:12	9:36-11:36	Sun	11:50-1:50	12:12-2:12
Thu	9:59-11:59	10:22-12:22	Mon	12:33-2:33	12:56-2:56
Fri	10:44-12:44	--	Tue	1:18-3:18	1:41-3:41
Sat	11:06-1:06	11:28-1:28			

Weather History

Sept. 21, 1988 - Thunderstorms produced high winds and locally heavy rain in the southwestern United States. One thunderstorm in west Texas produced wind gusts to 86 mph at Dell City, destroying an airport hangar. One aircraft in the hangar was flipped over and snapped in two.

Sun & Moon

	Day	Sunrise	Sunset	Moonrise	Moonset	
New 9/25	Wednesday	7:09 a.m.	7:19 p.m.	3:02 a.m.	5:17 p.m.	
	Thursday	7:10 a.m.	7:18 p.m.	3:59 a.m.	5:53 p.m.	
	Friday	7:10 a.m.	7:16 p.m.	4:56 a.m.	6:25 p.m.	
First 10/2	Saturday	7:11 a.m.	7:15 p.m.	5:54 a.m.	6:56 p.m.	
	Sunday	7:11 a.m.	7:14 p.m.	6:51 a.m.	7:25 p.m.	
	Monday	7:12 a.m.	7:13 p.m.	7:49 a.m.	7:55 p.m.	
	Tuesday	7:12 a.m.	7:12 p.m.	8:49 a.m.	8:27 p.m.	

Surfside Beach Tides

Day	High	Low	High	Low
9/21	3:12 a	7:14 p	None	None
9/22	3:40 a	7:58 p	None	None
9/23	3:59 a	10:09 a	1:35 p	8:36 p
9/24	4:10 a	10:08 a	2:38 p	9:15 p
9/25	4:13 a	10:09 a	3:38 p	9:59 p
9/26	4:17 a	10:20 a	4:41 p	10:57 p
9/27	4:24 a	10:42 a	5:45 p	None

Local Almanac Last Week

Date	High	Low	Normals	Precip	Farmer's Growing Degree Days			
9/8	91	84	90/71	0.23"	Date	Degree Days	Date	Degree Days
9/9	88	71	90/71	0.00"	9/8	38	9/12	32
9/10	91	70	89/71	0.00"	9/9	30	9/13	29
9/11	94	72	89/70	0.03"	9/10	31	9/14	27
9/12	93	71	89/70	0.00"	9/11	33		
9/13	88	70	89/70	0.00"				
9/14	88	65	88/70	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.

Behind Door #1

Q. In the old TV game show, "Let's Make a Deal," contestants selected 1 door out of 3 hoping to win the big prize. Before opening it, host Monty Hall would open a "wrong" door. Now players were given the opportunity to switch to the second unpicked door. Should they switch or stay with their initial pick?

A. When "Ask Marilyn" columnist Marilyn vos Savant, IQ 228, recommended switching, irate letters poured in, says Sharon Bertsch McGrayne in "365 Surprising Scientific Facts, Breakthroughs and Discoveries." How could switching doors change the basic chance of 1 in 3? The controversy raged for weeks, reaching even the Central Intelligence Agency. As it turned out, Marilyn was right. Here's why:

Though initially the chance was 1 in 3 of getting the prize, players had a 2-in-3 chance of missing. Not good odds. But what if they could pick 2 doors!? Well, said Marilyn, in effect they could - if they switched. Logic: Assume doors A, B and C, and the contestant selects A; now chances are 2 in 3 that the prize is behind B or C. Then Monty opens up one of the wrong doors - say B - paving the way for a switch to C,

yielding a 2-in-3 chance of winning since B & C together were 2-in-3 and B had been eliminated.

Sure, by switching gamers might have lost the prize if they had initially picked it. But that would happen only 1 time out of 3. The other 2 times, they were happy winners!

Paralyzing cold

Q. What happens when someone with rare inherited "paramyotonia congenita" goes out into winter cold?

A. When the temperature drops, sufferers become paralyzed, unable even to release their grip on a snow shovel or the cold metal handlebars of a bicycle, says Frances Ashcroft in "Life at the Extremes: The Science of Survival." Even just drinking iced tea or eating ice cream can bring on stiffness of the tongue and slurred speech.

These patients have a mutation in a gene that codes for a protein critical for the conduction of electrical signals along muscle fibers. "The condition is not life-threatening - it does not paralyze the respiratory muscles, but it is undoubtedly very inconvenient."

Romantic talk

Q. Why is it so tough talking your way to romance with the attractive stranger you meet at a party?

A. Barely a few feet apart, nose

to nose even, and holding this for 3-5 minutes for a typical party chat, the two of you look repeatedly into each other's eyes - the listener looking, the speaker looking away, then back and forth in facial minuet, says anthropologist David Givens in "Love Signals." Here conversation can be a real ordeal.

"No other animal hooks up face to face in courtship quite the way we do... Eye to eye, our heartbeat rate increases. A glance away for only 3 seconds (to relax) can bring the rate down as much as 10-15 beats per minute."

Standing this way, you see all the facial signals up close - hair, skin's smoothness and wrinkles, pouches, pits, teeth, whites of the eyes. You smell the breath, feel body heat, hear the subtlest voice tones.

Two levels operate at the same time: The words spell out the meeting of minds, but beneath, it's an emotionally loaded, hormonal experience. "A couple can talk about nuclear physics or Malibu - it doesn't matter - and flirt at the same time. But it can all be agony. Speaking doesn't just put you on the line, it hangs you way over the edge."

GM plans to make \$30K EVs by 2025

The Detroit News (TNS)

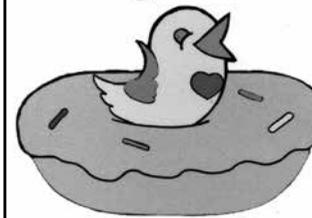
Chevrolet is unveiling an all-electric Equinox as the tool it expects will help parent General Motors Co. to persuade the masses to go electric.

GM expects the Equinox EV's starting price of its entry-level trim of around \$30,000 will encourage the high-volume adoption it's shooting for across the company. The auto-maker expects to have the capacity to make more than 1 million EVs in North America by 2025.

GM has been on its EV journey for over two decades. It started with EV1, which was a little ahead of our time. The company has been in the EV business for quite a while, but has just seen a tipping point.

That's why General Motors made the commitment that by 2035 all its light-duty vehicles in the U.S. will be electric.

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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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THE BULLETIN is distributed each Tuesday by J&S Communications, Inc.. E-mail letters and press releases to john.bulletin@gmail.com. For advertising information, call (979) 849-5407. Advertising and news release deadline is 5 p.m. on Tuesday.

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MIKE PINGREE'S THROUGH THE LOOKING GLASS



OH, NO, AFTER YOU, SIR: A man acted like a customer at a convenience store in Houston, buying a face mask and waiting around until actual customers did their business and left, and then put on the mask, pulled out a gun and robbed the place.

JUST TRYING TO BE

NEIGHBORLY: A woman, wearing only a blanket, entered her neighbor's home in Horton Township, Pa., through the basement door, walked upstairs and stole a can of beer from the fridge. A teenage resident convinced her to leave through the front door, but before she did, she dropped the blanket. When the cops arrived, she was sitting on the front porch drinking the beer. Officers said that she seemed to be under the influence of drugs.

SO HIS CREDIBILITY LEAVES SOMETHING TO BE DESIRED: Security officials found an eight-inch dagger concealed in the sole of the right shoe of a man who was attempting to enter the Volusia County Courthouse in DeLand, Fla. He told police that that the shoes weren't his. To make

matters worse, he was arrested last year for firing a shotgun at people who didn't exist.

HEY, WHAT ARE ALL THESE COPS DOING HERE?:

While police officers were serving a search warrant on the home of a doctor who wrote hundreds of fraudulent prescriptions for drug addicts, two people showed up to pick up their fraudulent prescriptions.

I KNOW HOW THIS MUST LOOK, OFFICER: Police, who detained a man in Grand Terrace, Calif., because they suspected that he was a drug dealer, searched his car, where they found nearly 42 pounds of cocaine with an estimated street value of about \$700,000.

WELL, WELL, WHAT HAVE WE HERE?:

A man, who was pulled over for a traffic violation in Kamiah, Idaho, bolted from his car and tried to throw a Tupperware container with half an ounce of methamphetamine into a nearby river. But it bounced off a tree and didn't make it to the water. The deputy saw the whole thing.

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UP!: Three members of a family had a meal at a Waffle House in Shelby, N.C., and then one of them pulled a gun and demanded money. The three fled to a nearby gas station, leaving in separate cars. They are wanted for doing the same thing in Minden, La., just a few days earlier.

I WAS LOOKING FOR THE LADIES' TEE, OFFICER: An intoxicated 58-year-old woman, with an open bottle of Jack Daniel's Tennessee Fire Whiskey, was arrested for driving a golf cart on Interstate

95 in Titusville, Fla.

HONEY, I BROUGHT HOME SOME DINNER: Someone broke into a home in Lewis Township, Pa., and stole a 5-pound bag of Mrs. T's Pierogies. He didn't take anything else.

COME BACK! WE ALREADY KNOW WHO YOU ARE!: Police pulled over a man who was driving recklessly in San Rafael, Calif., but, when they realized that he had an outstanding felony warrant for his arrest, he fled, stole a paddle board and jumped into a nearby canal.

DID YOU KNOW?

- In 1995, NASA astronomer Bob Williams wanted to point the Hubble telescope at the darkest part of the sky for 100 hours. Critics said it would be a waste of valuable time and he'd have to resign if he found nothing. Instead, he discovered more than 3,000 galaxies.

- In 2015, a Canadian man named Christopher Hiscock broke into a stranger's home. He did their laundry, cooked a meal, and wrote in the homeowner's diary. He was found sitting by a stoked fire, sipping a cup of tea before being arrested.

- Fall starts on Thursday, Sept. 22.



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6 Different Kinds

Car radios got their start by 2 brothers crashing a convention

In 1930, brothers Paul and Joseph Galvin introduced the first radio that could be installed in automobiles at the Radio Manufacturers Association Convention.

They didn't have any registration, so they just parked the car outside and turned up the volume! They called their device the Motorola and

changed their company name to match.

The next major milestone came in 1953, when the Becker company unveiled the Mexico model, which featured FM stereo and a fully automatic station scan; it is often considered the first high-end car radio.

Radios were included in most cars by this time, but many people also wanted the option to play their choice of music. In 1955, Chrysler debuted an in-car record player called the Highway Hi-Fi, but it was soon discontinued due to its reliance on specialized 7-inch records and issues with skipping.

In 1965, Ford and Motorola jointly introduced the eight-track tape player, which was later supplanted by cassette tape players in the 1970s and 1980s.

The first in-car CD player was the Pioneer CDX-1, which was introduced in 1984, and CD players became standard in the 1990s.

In the 2000s, satellite radio was introduced; its ability to broadcast clearly over an entire continent and the sheer amount of stations available made it a fan-favorite for in-car listening.

Back Then History



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SHIP

(From Page 1)

and digitized by the GoPro.

I know that we were on-board as working journalists, but some assignments are different from others. I looked forward to the

research and also to finding one of the restaurants. We wound up at a Deck 10 buffet, which was not such a bad way to start the cruise.

Time came to find our cabin on Deck 1. That's right above Deck 0. We wound up on Deck 1 because

we booked an ocean-view cabin. It had a good-sized window, but no balcony.

The first thing I did, of course, was to look out the window as we were moving. I could not do it earlier because I was researching the sail-away party on Deck 10.

Looking at the moving water was not such a good idea. Motion sickness has haunted me all my life. I didn't worry about it much, thinking that the ship is so big that there would hardly be any movement.

I was right about the movement part, but my inner ear started to complain when it received the information from my eyes. I had to pop one of those pills we got at the last minute from our doctor.

With that problem solved, we went to get some more food.

Our dinner seating was scheduled for 6 p.m. The food was delicious, the service exquisite, but the company, well, limited – just the two of us at a table for eight. As it turned out, a couple also seated at our table could not make it until the last night. The husband was sick and spent most of the cruise in the infirmary or their cabin.

After another belt-busting meal, it was time to research the entertainment available on the Breeze. We found Mexican music, violinists, retro rock and a very nice dance and song presentation.

I had to pass through the casino

area a few times as I went from performance to performance, but I resisted the call of the one-armed bandit. Many others didn't. I'm not much of a gambler.

All in all, it was a very productive embarkation day. I am an amateur cruiser, I admit. I'm not at the level of some of the people who looked like they knew exactly what they were doing, where they were going. They probably just looked the part and were just as lost as I was at times.

I acted like a tourist, taking photos and videos of everything,

even of the moment we stepped foot on the ship. I videoed the glass elevators as they scooted up and down between 12 decks. I was fascinated with all the different parts of this massive ship.

My first impression of cruising: It's like adult summer camp with the convenience of a floating resort. I'll give it a 5 out of 5 on the first day. Now, if they only had archery and wood shop.

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



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West Columbia hosts gala Sept. 24

The West Columbia Chamber of Commerce is hosting its Fabulous West Columbia Chamber Gala, which will feature casino-style games, at Heritage Hall, 508 E. Bernard, on Saturday, Sept. 24, at 6 p.m.

The evening will start off with Vince King, an Elvis Tribute singer, who will perform during the cocktail hour.

A buffet will be offered that includes a combination of a prime rib entree with a variety of sample fare from West Columbia restaurants.

In addition to the buffet, adult beverages and funny money for the casino games will be provided

with ticket purchase.

Extra funny money will be available to purchase for additional tickets for the large inventory of gift baskets and prizes.

Casino games, such as blackjack, roulette, poker and craps, will be available to novices and more accomplished players starting at 7 p.m. Bingo will be offered adjacent to the gaming tables.

Tickets are available at the chamber, located at 512 E. Brazos Ave. (Hwy. 35), as well as at the door of Heritage Hall on the evening of the event. Tickets are \$50 each.

For more information, call the chamber at (979) 345-3921.



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SODIUM

(From Page 1)

I was pleasantly surprised by the simple treatment he prescribed.

The doctor asked if I drank a lot of water. I said yes.

He suggested cutting back on the amount of water I was consuming.

I told him I thought I had been living healthy by limiting the sodium in my diet and drinking plenty of water.

DID YOU KNOW?

• The oldest person in history, Jeanne Calment, smoked cigarettes from the age of 21 until she was 117. She quit five years before her death at the age of 122. But do not smoke. She got lucky. Smoking kills millions of people each year worldwide.

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It turns out hyponatremia is the most common chemical abnormality seen among patients in the hospital.

With that in mind, here is what you should know about hyponatremia.

(Since I am a patient - not a doctor - I will rely on information from the Mayo Clinic and the Cleveland Clinic websites to explain hyponatremia.)

CAUSES: Hyponatremia occurs when the concentration of sodium in your blood is abnormally low. Sodium is an electrolyte that helps regulate the amount of water in and around your cells.

In hyponatremia, one or more factors - ranging from an underlying medical condition to drinking too much water - causes the sodium in your body to become diluted. When this happens, your body's water levels rise, and cells begin to swell.

The swelling can cause health problems, ranging from mild to life-threatening. I suffered from what a doctor described as "brain fog."

WHO IS AT RISK? Anyone can

develop hyponatremia. In general, too much water in your body is usually the main problem. Much less frequently, hyponatremia is due to significant sodium loss from your body.

Hyponatremia is more likely to occur in people living with certain diseases like kidney failure, congestive heart failure and diseases affecting the lungs, liver or brain. Some medications, such as water pills (diuretics), antidepressants and pain medications, can interfere with the normal kidney processes that keep sodium concentrations within a healthy range.

SYMPTOMS: Hyponatremia causes neurologic symptoms, ranging from confusion to seizures to coma. The severity of symptoms depends on how low the sodium levels are in the bloodstream and how quickly they fall. Other symp-

toms include muscle cramps, nausea, lethargy and mental changes.

I am fortunate to have such a simple treatment. Some cases require treatment of underlying conditions and medication.

The hospital kept me overnight and I was released the next day with instructions to drink less water. Within a day or two, the "brain fog"

had lifted.

A week after being released from the hospital, I checked in with my primary care doctor. Another blood test showed my sodium level was within the healthy range.

Another health crisis dodged.

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

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How to convert home movies from tape to digital format

By Don Lindich

Tribune News Service (TNS)

Q. I have quite a number of home movies recorded on VHS and VHS-C camcorder tapes. I would like to transfer them to a USB drive, so I can show them on a computer and transfer them to other family members' computers. Years ago I purchased a device that used

a converter box and software, a package that was supposed to work with a PC. It was difficult to use, so I gave up on it. Can you recommend an easier way to transfer my home movies to a digital format?

—R. Y., North Versailles, Pennsylvania

A. This is another question that comes in fairly regularly. Trans-

ferring your camcorder videos to digital is very easy these days, with a simple, compact and affordable device.

The ClearClick Video2Digital Converter 2.0 sells for under \$160 and makes converting your videos a snap. It is easily found online from vendors such as Walmart or Amazon. The device is a bit smaller

than one of your VHS tapes and has a color screen and a control panel on the front. There are yellow-white-red RCA video and audio connectors on the top to connect your camcorder or VHS output.

Press play on the device playing the tape, press record on the ClearClick, and it will record your videos in standard definition to an SD memory card or a USB flash drive. It is easy for anyone to use and a

far cry from any of the old software-hardware packages that often ended up discarded by frustrated consumers.

ClearClick will not record copy-protected VHS movies but will work with content recorded on your home VCR. It is also limited to standard definition and is not compatible with high-definition sources.

(Contact Don Lindich at www.soundadvicenews.com)

Sweet music?

Here is how to make a real musical instrument – what it makes is not exactly beautiful, but it is music.

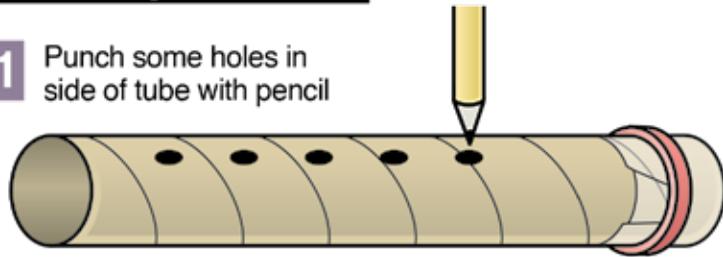
You'll need

- Paper tube
- Sharp pencil
- Wax paper
- Rubber band

Source: Bill Nye Science
Graphic: Helen Lee
McComas, Paul Trap

Try This

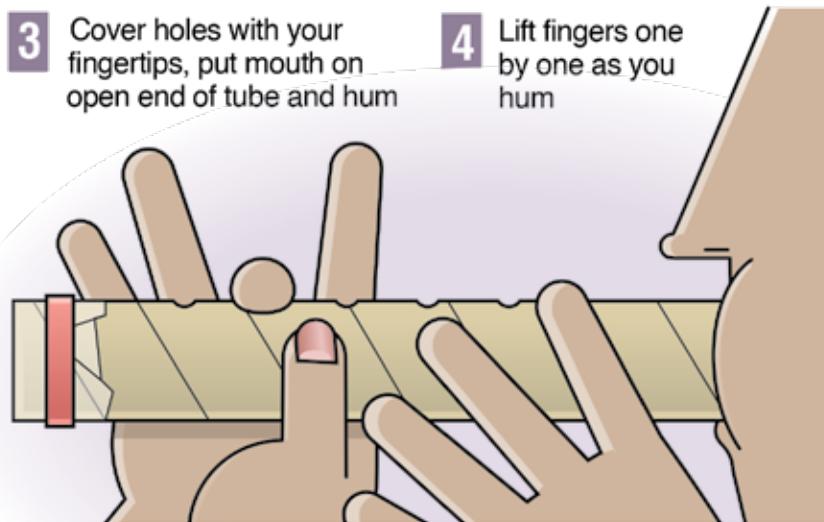
- 1 Punch some holes in side of tube with pencil



- 2 Attach wax paper to end of tube with rubber band

- 3 Cover holes with your fingertips, put mouth on open end of tube and hum

- 4 Lift fingers one by one as you hum

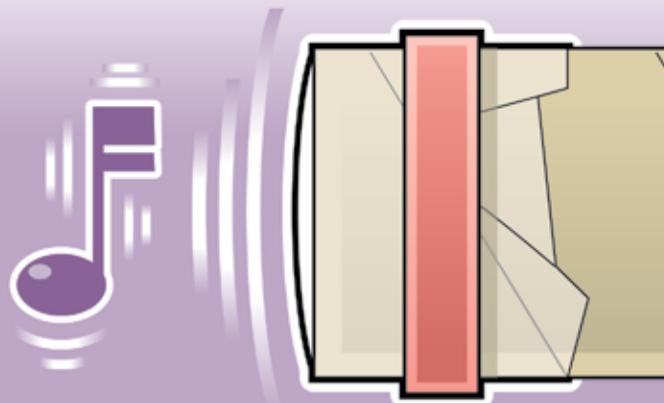


What happened?

You hear a buzz when you hum and make the wax paper vibrate

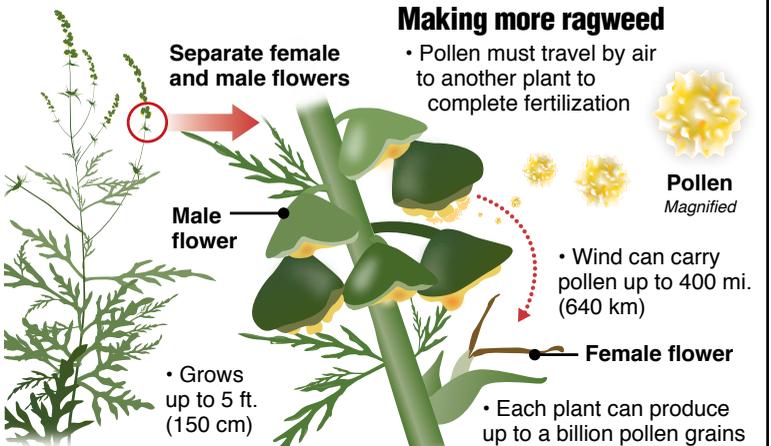
Putting your fingers over the holes changes the tone

This musical instrument, a "kazoo," is mostly used to make sounds like a person singing



What's making you sneeze?

Pollen from ragweed is a prime cause of hay fever and considered by many to be the greatest allergen of all pollens. Ragweed starts pollinating as early as July in some states, especially states in the South. But for most of the country, it appears in August and peaks in mid-September.



Some relief

- Rain and low morning temperatures slow the pollen release
- Stops releasing pollen only after a frost kills the plant
- Pollen count highest shortly after dawn; breezes help release

Source: Cornell University, Asthma and Allergy Foundation of American
Graphic: Staff, TNS

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Pickleball history: How it got started

From <https://www.onixpickleball.com>

Pickleball was born in 1965.

After playing golf during the summer, Joel Pritchard, a congressman from Washington, and Bill Bell, a successful businessman, returned to Pritchard's home on Bainbridge Island, not far from Seattle, Washington.

With bored children at home, they sought to play badminton on an old badminton court but couldn't find the proper equipment. They improvised and played with table tennis paddles and a perforated plastic ball.

They began with the net at a badminton net height (60 inches high) and volleyed the ball back and forth over the net. As play progressed during the weekend, they found the ball bounced well on the asphalt surface, and they would eventually lower the net to 36 inches high.

The following weekend, Barney McCallum joined and began playing, and the three men created the rules for pickleball. The men remembered the original purpose of creating the game was for a game

the whole family could play when they were bored.

In 1972, a corporation was formed to protect the sport, and in 1975, the National Observer wrote for the first time about pickleball.

By spring 1976, the first known tournament in the world was held at South Center Athletic Club in Tukwila, Washington. Team ONIX's Steve Paranto placed second and David Lester won Men's Singles.

In 1978, a book called "The Other Raquet Sports" was published, and it included information about pickleball. Four years later, Sid Williams began playing and organizing tournaments in Washington.

The first pickleball rulebook was published in 1984 by the United States Amateur Pickleball Association, which committed to growth and advancement of the sport. Sid Williams served as the first executive director and president from 1984 to 1998. Frank Candelario followed him until 2004.

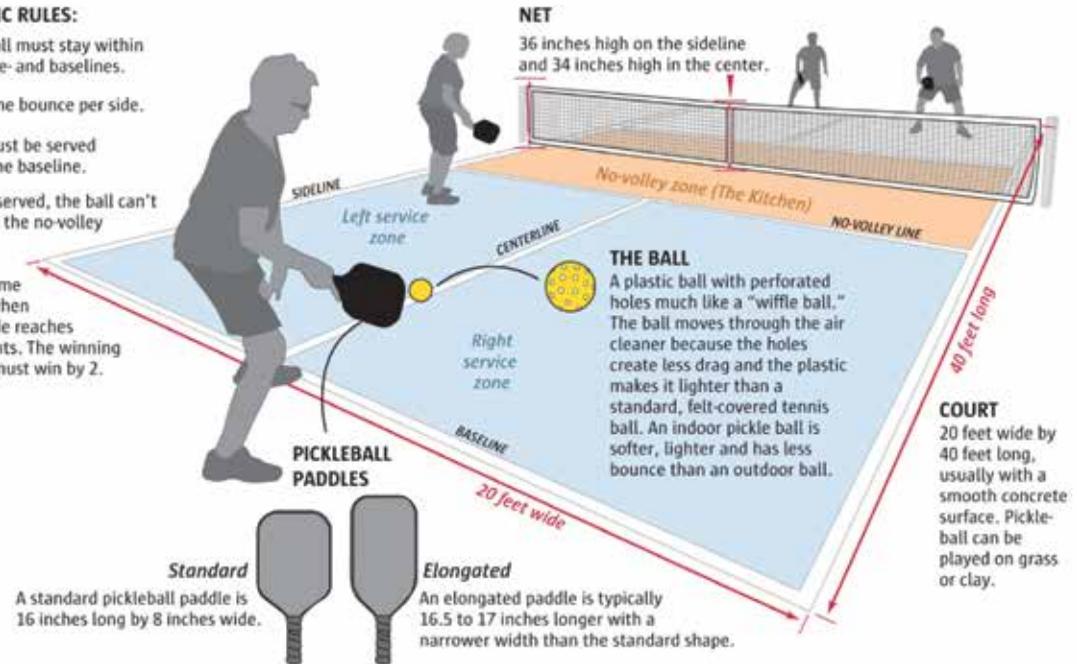
Steve Paranto's father Arlen Paranto, a Boeing Industrial Engineer, created the first composite

Pickleball at-a-glance

Started on Bainbridge Island in 1965. In 2021, USA Pickleball membership reached over 53,000.

THE BASIC RULES:

- 1: The ball must stay within the side- and baselines.
- 2: Only one bounce per side.
- 3: Ball must be served from the baseline.
- 4: When served, the ball can't land in the no-volley zone.
- 5: The game ends when one side reaches 11 points. The winning team must win by 2.



Sources: pickleballuniversity.com, pickleballcentral.com, thepickler.com, usapickleball.org

MARK NOWLIN / THE SEATTLE TIMES

pickleball paddle. He made 1,000 paddles from this fiberglass/honeycomb core and graphite/honeycomb core until he sold the company to Frank Candelario.

By 1990, pickleball was being played in all 50 states. In 2001, pickleball was introduced in the Arizona Senior Olympics, drawing 100 players. Later, events would

begin growing to nearly 300 players. By 2003, Pickleball Stuff would list 39 known places to play in North America: 10 states, 3 Canadian Provinces and 150 individual courts.

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LYRICS

(From Page 1)

kiss this guy."

I was both embarrassed and disappointed; I thought Hendrix was making a statement.

These days, my gym workouts include whatever classic rock playlist I find on Spotify. Invariably, that list includes The Hollies' classic, "Long Cool Woman in a Black Dress." I have been reprising my version of this song since it debuted in 1972 when I was 10 years old. But it was just recently I decided to Google the lyrics and compare my rendition to that of lead singer Allan Clarke.

The results were so heinous that my frat brother would have had to pull a chair up to the shower in order to correct me. Below are my lyrics, with parentheses denoting the correct words when appropriate. I began strongly enough:

"Saturday night I was downtown
"Workin' for the FBI."

From there, my version goes off the rails.

"Sittin' in the last of Bat Man"
(Sittin' in a nest of bad men)

"With the bottles piling high"
(Whiskey bottles piling high)
"Fool lovin' boozier on my left side"
(Bootlegging boozier on the west side)
"Full of people who are doin' no wrong"
(Full of people who are doing wrong)
"Just about to call on my free man"
(Just about to call up my DA man)
"When I heard this woman sing a song,
"Appearin' fortified made me open my thighs"
(A pair of 45s made me open my eyes)
My temperature started to rise
She was a long cool woman in a black dress
Justified in a beautiful song
(Just a 5'9, beautiful tall)
With just one look, I was a bad man
(With just one look, I was a bad mess)
'Cause that long cool woman had it all
I saw her headin' to the table

With a tall, walkin' big black cat
(Like a tall, walkin' big black cat)
A trolley sat a whole bunch of people
(When Charlie said I hope that you're able boy)
'Cause I'm telling you she knows where it's at
Well sullenly we had a sunrise
(Then suddenly we heard the sirens)
And everybody started to run
A jumpin' out of doors and tables
When I heard something I shouldn't have done
(When I heard somebody shootin' a gun)
Well the deed was palmed in my left hand
(Well the DA was pumpin' my left hand)
A machine was a holdin' my right
(And a-she was a-holding my

right)
Well I'm told it was a skit
(Well I told her don't get scared)
'Cause you're gone off this bed
('Cause you're gonna be spared)
I gotta be forgiven, if I want to spend my living
With a long cool woman in a black dress Repeat whatever you think the chorus is.
I apologize to all Hollies, including Graham Nash, who left the group before "Long Cool Woman" hit the airwaves, only to become a key member of one of my favorite groups, Crosby, Stills, Nash and Young. Even after 50 years, their version of Joni Mitchell's classic, "Woodstock", sounds amazing to

me.
Particularly this phrase:
We are startups, we are colder
We're in fear of all our fathers
And we've got to get ourselves back to the garden
Or something like that.
(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.)

Healthy Living

To shed pounds, eat salad
Starting a meal with a healthy salad provides you with some good nutrients and can help cut the total number of calories in the meal if you choose ingredients carefully.

The right stuff

- Avoid high-fat foods, such as cheese, bacon and croutons
- Combine various greens with other low-fat veggies and fruits, such as peppers, cucumbers, carrots, celery and apples
- Dress the salad with high-quality olive oil and vinegar or other healthy dressing; avoid high-fat creamy ones

Source: U.S. Department of Agriculture, TNS Photo Service

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Weekly Bulletin horoscope

By Magi Helena

Tribune Content Agency

ARIES (March 21-April 19): Your temper may have a short shelf life. Don't let irritations or an urgent compulsion to fight trigger action. If you slam the door on someone, it might lock, and you might not be able to get back in their good graces.

TAURUS (April 20-May 20): Stir up a batch of family fun in the week to come. Your best results will come by spending more time with family members or home-based projects. Overtime hours or homework might interfere with your romantic plans.

GEMINI (May 21-June 20): If you're already overcommitted, exercise the "hard no." If you are in too much of a hurry to stop and think, you might misinterpret information or hurt a friend. Wait until you are better informed to set a new plan in motion.

CANCER (June 21-July 22): Remain optimistic and don't sweat the small things. Your bills may seem larger and more troublesome than they really are. You should be able to make a helpful change later this week that solves a liability or financial problem.

LEO (July 23-Aug. 22): Think carefully before you act on financial advice. A mistake made today could cause extra effort later. Save your money today and later in the week you could be able to put a more profitable and strategic plan into place.

VIRGO (Aug. 23-Sept. 22): There may be strings attached. In the week to come, you might realize that an exciting change includes some additional work or responsibilities. Remember the carpenter's saying, "measure twice and cut once."

LIBRA (Sept. 23-Oct. 22): Don't take it personally. There might be a good reason for someone's lack of attention. Don't torment yourself over criticisms or be afraid to move on if you have truly reached a stalemate with a loved one.

SCORPIO (Oct. 23-Nov. 21): Family gatherings could fall flat today, but everyone should be in a better frame of mind in a few days. New friends or coworkers could enhance your reputation or upgrade your social status in the upcoming week.

SAGITTARIUS (Nov. 22-Dec. 21): Your internal compass might be temporarily off. A flirtation might not be what it seems, or an agreement may have some fine print you overlooked. Be forgiving and understanding in the week ahead.

CAPRICORN (Dec. 22-Jan. 19): Economy and frugal habits could be on your mind. You may pass up expensive outings and ignore tempting sales pitches to keep more in your bank account. Focus on money-saving changes this week.

AQUARIUS (Jan. 20-Feb. 18): Sometimes you need to work within a hierarchy, and it would be wise to show respect for authority figures now. A humble acceptance of your responsibilities will see you through the tight spots as the week unfolds.

PISCES (Feb. 19-March 20): Where there's a will, there's a way. Think carefully before you fool yourself and spend your time and energy on something that wasn't worthwhile. Avoid being caught up in a wild goose chase in the week ahead.

DID YOU KNOW?

- Stephen Hillenburg, creator of "SpongeBob," was a marine biologist. When he pitched the show to Nickelodeon, he presented a fish tank and explained what was living inside. He then put SpongeBob's drawing in the tank and said, "This is SpongeBob, the star of your new show."
- The longest fence in the world is Australia's "Dingo Fence," the length of which is equal to the distance between New York and London.
- Loud sounds can interfere with visual processing, which is why you might have to turn the music down while looking for an address or parallel parking.

MR. MORRIS

By Rick Brooks



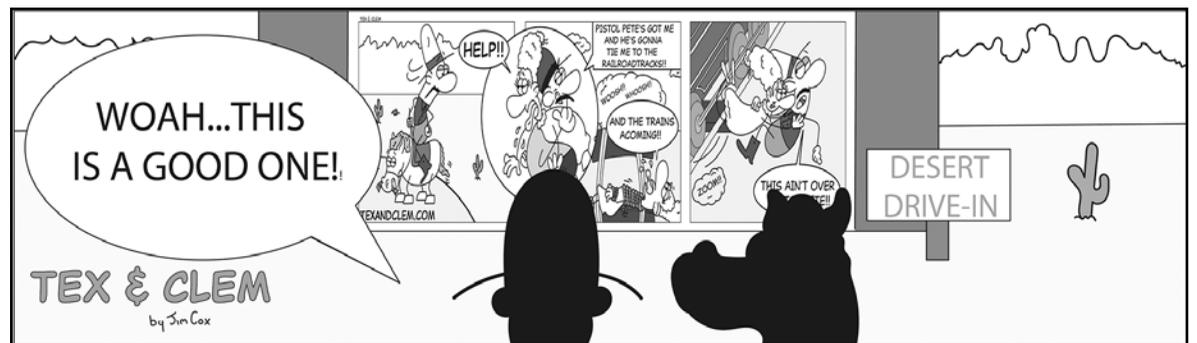
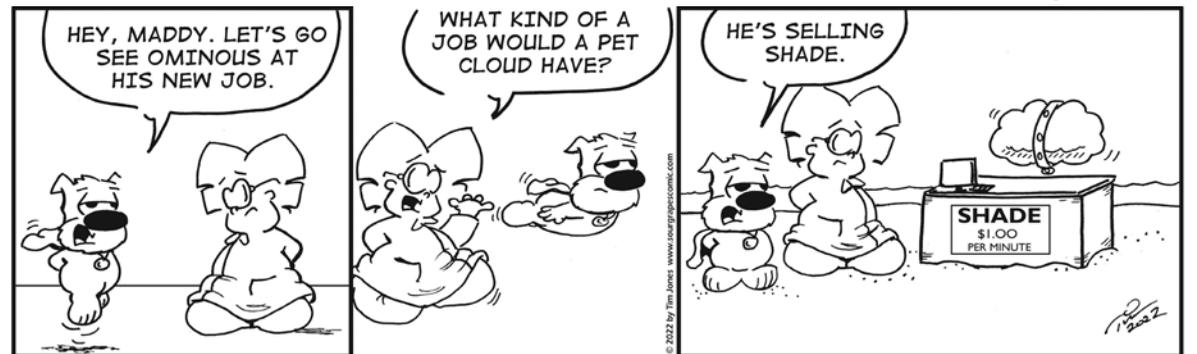
CHARMY'S ARMY

By Davey Jones



SOUR GRAPES

By Tim Jones



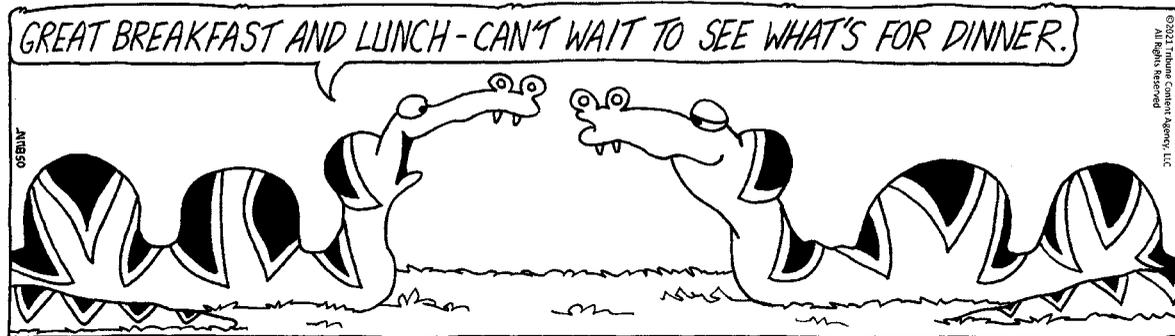
BROOM HILDA

By Russel Myers



ANIMAL CRACKERS

By Fred Wagner



THE MIDDLETONS

By Ralph Dunagin and Dana Summers



History of the World On This Day

September 21

1897 - The New York Sun ran the "Yes, Virginia, there is a Santa Claus" editorial. It was in response to a letter from 8-year-old Virginia O'Hanlon.

1937 - J.R.R. Tolkien's "The Hobbit" was first published.

1949 - Communist leaders proclaimed The People's Republic of China.

1970 - "NFL Monday Night Football" made its debut on ABC-TV. The game was between the Cleveland Browns and the New York Jets. The Browns won 31-21.

September 22

1862 - U.S. President Lincoln issued the preliminary Emancipation Proclamation. It stated that all slaves held within rebel states would be free as of January 1, 1863.

1903 - Italo Marchiony was granted a patent for the ice cream cone.

1961 - U.S. President John F. Kennedy signed a congressional act that established the Peace Corps.

September 23

1642 - The first commencement at Harvard College, in Cambridge, MA., was held.

1845 - The Knickerbocker Base Ball Club of New York was formed by Alexander Joy Cartwright. It was

the first baseball team in America.

1952 - Richard Nixon gave his "Checkers Speech". At the time, he was a candidate for U.S. vice-president.

1962 - "The Jetsons" premiered on ABC-TV. It was the first program on the network to be carried in color.

September 24

1869 - Thousands of businessmen were financially ruined after a panic on Wall Street. The panic was caused by an attempt to corner the gold market by Jay Gould and James Fisk.

1934 - Babe Ruth played his last game as a New York Yankee player.

1957 - The Brooklyn Dodgers played their last game at Ebbets Field.

1961 - "The Bullwinkle Show" premiered in prime time on NBC-TV. The show was originally on ABC in the afternoon as "Rocky and His Friends."

September 25

1882 - The first major league double-header was played. It was between the Worcester and Providence teams.

1965 - Willie Mays, at the age of 34, became the oldest man to hit 50 home runs in a single season. He had also set the record for the youngest to hit 50 - 10 years earlier.

1978 - Melissa Ludtke, a writer

for "Sports Illustrated", filed a suit in U.S. District Court. The result was that Major League Baseball could not bar female writers from the locker room after the game.

September 26

1908 - Ed Eulbach of the Chicago Cubs became the first baseball player to pitch both games of a doubleheader and win both with shutouts.

1908 - In "The Saturday Evening Post", an ad for the Edison Phonograph appeared.

1955 - The New York Stock Exchange suffered its worst decline since 1929 when the word was released concerning U.S. President Eisenhower's heart attack.

September 27

1954 - The "Tonight!" show made its debut on NBC-TV with Steve Allen as host.

1983 - Larry Bird signed a seven-year contract with the Boston Celtics worth \$15 million, making him the highest paid Celtic in history.

1989 - Two men went over the 176-foot-high Niagara Falls in a barrel. Jeffrey Petkovich and Peter Debernardi were the first to ever survive the Horseshoe Falls.

1998 - Mark McGwire (St. Louis Cardinals) set a major league baseball record when he hit his 70th home run of the season.

CLOTHES

(From Page 1)

I was five years old with a Kool-Aid mustache and wearing Toughskins jeans from Sears.

Fortunately for me, when I was scrolling through Facebook looking at back-to-school pics of teenagers wishing their parents would leave them alone, I came across a well-placed ad for men's pants that seemed to read my mind (or detect my search history after I had previously spent an hour googling, "pants that will make me look cooler than I am").

These pants hilariously promise to be "butt molding" (whatever that means) and provide plenty of "breathing space" for other regions, thanks to a "diamond-shaped gusset." They also claim to repel stains, stretch without bagging with "new-age fabric," somehow keep me from stinking, due to drying technology and, most importantly, boost my confidence. (Did I mention the butt molding?)

"So, what is this dark magic?" I wondered. "Are these pants for real, or is this another disappointing marketing ploy for a second-rate product-like Sea-Monkeys. (I mean, the females don't even wear lipstick like in the picture.)"

Determined to suppress my skepticism, I reached for one of my beleaguered credit cards and ordered a pair. They weren't cheap, but how could I pass up the opportunity for what the advertising called a "cheeky upgrade" to my wardrobe that would also "prevent bulging"?

I'm happy to say that the pants fit perfectly and looked decent, so

I ordered three more pairs. I can't vouch for the enhancements to my caboose since I can't see back there, but I figure it couldn't look any worse.

To complete the ensemble, I found some stretchy button-up shirts on summer clearance that are meant to be worn untucked and are described by the designer as "timeless and elegant - for the modern man." The modern man isn't named, but I'm guessing he spends a lot less time eating chips and salsa than I do.

What I like most about these shirts, other than their heavily discounted price, is that the tighter sleeves offer the illusion of actual muscles, and the body of the shirt disguises the fact that my abdomen resembles a misshapen Bartlett pear.

On my first day back to work after our summer vacation, my sweet wife told me I looked "good," which is probably her way of saying that I don't look quite as much like a bloated thrift-store mannequin.

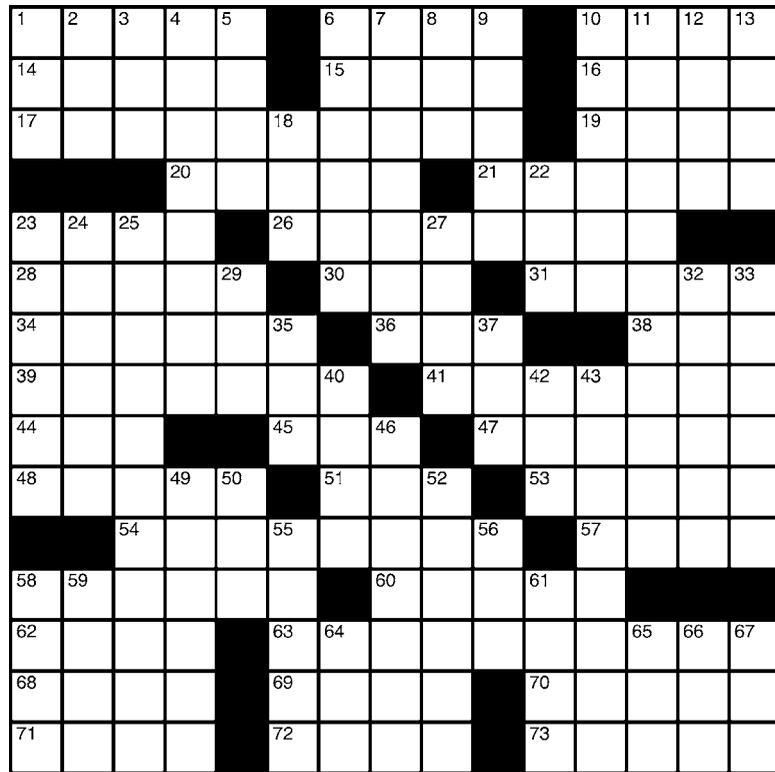
My youngest daughter just peered suspiciously over the top of her glasses and remained silent - thankfully.

I must admit that my fresh wardrobe has made me feel better physically and emotionally. And if you ever find yourself walking behind me, I apologize in advance for any distractions caused by the "butt molding."

(Copyright 2022 Jase Graves. Graves is an award-winning humor columnist from East Texas. Contact Graves at susanjase@sbcglobal.net.)

Bulletin Crossword Puzzle of the Week

- Across**
- 1 Promotes on TV, say
 - 6 Elitist sort
 - 10 Great Salt Lake state
 - 14 Kayak kin
 - 15 Skating medalist Lipinski
 - 16 Corn bread
 - 17 *Embezzled
 - 19 Dirt road grooves
 - 20 Arrange, as a shawl
 - 21 Acts with passion
 - 23 Starfish's five, usually
 - 26 Call from the rear?
 - 28 "Groovy!"
 - 30 Mom-and-pop org.
 - 31 Slunk
 - 34 Forensic tech's tool
 - 36 66-Down pro
 - 38 Sea, in Spain
 - 39 Result of too many six-packs?
 - 41 Prestigious broadcasting award
 - 44 Answer to "Who's hungry?"



Solutions on the right side of this page

In memory of Greg Wilkinson

VocabPower!

When it comes to vocabulary level, not all magazines are created equal (e.g., *People* vs. *Discover*). Somewhere near the middle of the pack lies the popular *Newsweek* which is the source of this week's words, the latter half coming from its "The Last Word."

- 1. haberdasher**
A. busybody C. broker
B. show-off D. men's clothier
- 2. calumny**
A. slander C. ill will
B. bribe D. profanity
- 3. aftermath**
A. debris C. consequence
B. tension D. higher math
- 4. patina**
A. ox cart C. coating
B. edging D. prima donna
- 5. bling**
A. quarrel C. bad affair
B. jewelry D. text message
- 6. pariah**
A. storm C. leech
B. outcast D. monster
- 7. opaque**
A. slanted C. reflective
B. affluent D. not clear
- 8. Cassandras**
A. singers C. predictors
B. whiners D. gossipers
- 9. tenets**
A. doctrines C. supports
B. rules D. objectives
- 10. commensurate**
A. optional C. proportionate
B. pending D. self-assured

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

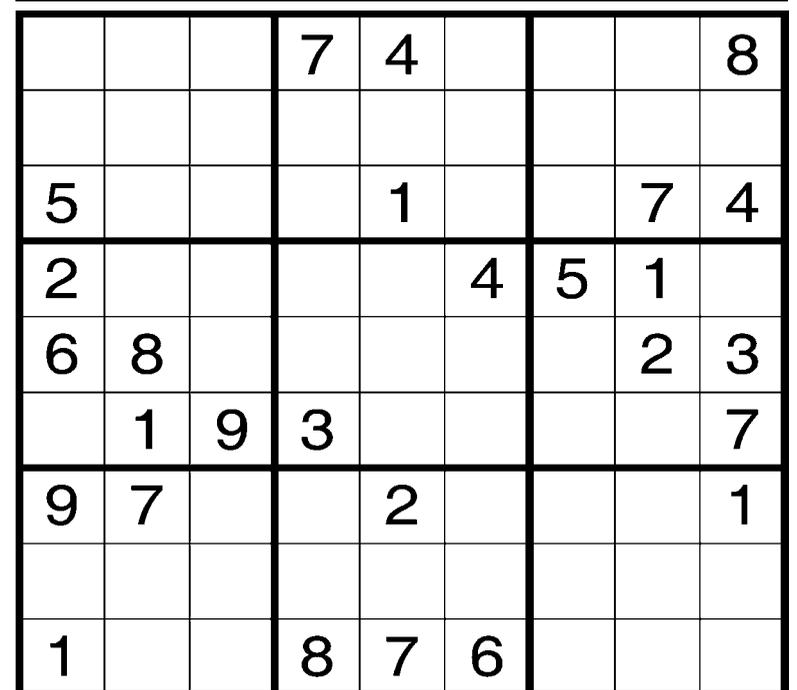
- 45 Turndowns
- 47 Makes right
- 48 Messy roommates
- 51 'Neath opposite
- 53 Military academy student
- 54 Decade in which many Gen Zers were born
- 57 Cincinnati MLB team
- 58 Snoopy is one
- 60 Poker-faced
- 62 Slips up
- 63 Fish dish garnish, or a hidden feature of the answers to starred clues
- 68 Tall hiking socks can protect against one
- 69 Qatari leader
- 70 Sickeningly sweet
- 71 Hurting after exercise
- 72 Tape type
- 73 Hardly in the dark

- Down**
- 1 Mac alternatives
 - 2 Back muscle, briefly
 - 3 Card game cry
 - 4 "Well done" award
 - 5 One having visions
 - 6 Visit at the penthouse
 - 7 Comedy special for which Hannah Gadsby won a 2019 Emmy
 - 8 Mother lode stuff
 - 9 Howled
 - 10 Commotion
 - 11 *Everyone in Paris?
 - 12 Pay to play
 - 13 Company with toy trucks
 - 18 Shakespeare's fairy queen
 - 22 Word after hot or before drop
 - 23 Egyptian god of the afterlife
 - 24 Disclose
 - 25 *King or prince
 - 27 Pack (down)
 - 29 Texter's "Wow!"
 - 32 Like an exaggerated ržsumž
 - 33 Secret meetings
 - 35 Groaner, maybe
 - 37 Bubble __: Taiwanese drink
 - 40 Quick honk
 - 42 "Better Call Saul" channel
 - 43 Pastry with an ursine name
 - 46 Earthquake-caused
 - 49 Montana resort area
 - 50 NBC skit show
 - 52 "Are so!" or "Am not!"
 - 55 Sought morays
 - 56 Cain, to Eve
 - 58 Alpha follower
 - 59 Stonestreet of "Modern Family"
 - 61 "Insecure" star Rae
 - 64 Australian avian
 - 65 Brew initials
 - 66 Life-saving proc.
 - 67 Watch closely

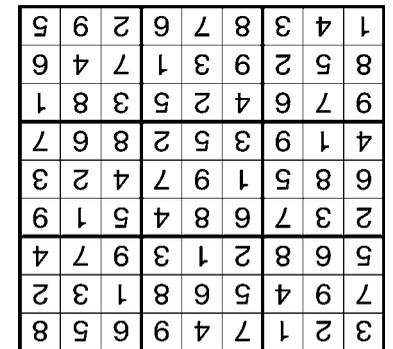
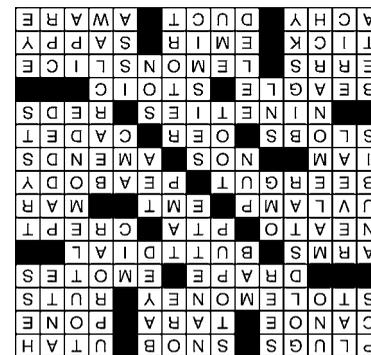
SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

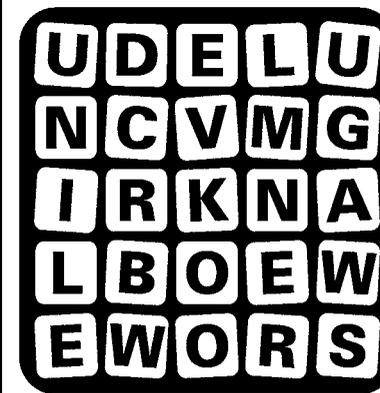
Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk.



Solutions



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 BIRDS in the grid of letters.

EMU OWL CROW SWAN DUCK ROOK ROBIN EAGLE

Now that I stomped the competition, I am addicted to Fitbit

This is the week I move to the top of the leader board in a Fitbit competition. This is exciting because when you are of a "certain age," others begin to count you out, and there's nothing like being counted in. Especially if the "in" is in first place.

By Lori Borgman

Tribune News Service (TNS)

As you probably know, a Fitbit is like an ankle monitor for your wrist. It doesn't track the places you go; it tracks how many steps you take to get to the places you go.

This little high-tech watch has an algorithm that counts your steps based on motion patterns like swinging arms.

Sometimes, I add steps to my daily count by swinging my arm to my mouth with pistachios. Talk about a win-win.

Four family members who compete with one another invited me to join their group: our youngest daughter and three grands, ages 12, 12 and 10. They consider 10,000 steps a day (about 5 miles) bare bones. I think they wanted me in the competition to boost their standings. And I did for a while.

I lingered in last place because I would charge the Fitbit and forget to put it back on. Other times I forgot to update my step count in the app.

But now, like many Fitbit wearers, I am obsessed with counting steps. I've stepped up my game. Literally.

Whenever I run laundry upstairs, I make multiple trips, often running

things up only a few at a time: his clothes that go in drawers, my clothes that hang up, my clothes that hang and individual trips for towels and hand towels.

I moved into fourth place.

Then I began walking while talking on the phone - and emptying every trash can in the house multiple times a day whether they needed it or not.

I pulled into third.

I began walking a half-mile to the corner drugstore to pick up miscellaneous items instead of driving. I extended my route on a trail I frequent and closed in on second.

I could taste victory. It smelled a lot like stinky tennis shoes.

With first place within reach, I started shopping only a few items at a time because Fitbit won't track steps when you have both hands on a cart. Sometimes I'm in and out of the grocery so frequently that security follows me.

I was closing in on first place and hit a huge roadblock: One of the 12-year-olds started cross-country with practice three times a week followed by a meet. We were all toast now. There would be no way

to catch her.

And then it happened. I broke through. I outpaced the cross-country runner and took first place. I confess it wasn't determination on my part as much as it was timing.

The kid was trapped in a car on a 12-hour trip with her family.

I hope she doesn't ask if she can walk home.

The thrill of first place has been overshadowed by the realization that Fitbit controls my life. I may need rehab. Preferably a 10,000-step program.

(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.)

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. 22: Oven-fried chicken, rice pilaf, navy beans, okra & tomatoes, pea salad, sliced bread, dessert.

Friday, Sept. 23: Hamburgers, pickles/onions, corn on the cob, beans & wieners, potato salad, dessert, bun.

Monday, Sept. 26: Beef stroganoff, cheese broccoli, mixed vegetables, pears & cottage cheese, sliced bread, dessert.

Tuesday, Sept. 27: Ham, macaroni & cheese, vegetable medley, cauliflower, garlic toast, peaches & cottage cheese, dessert.

Wednesday, Sept. 28: Southern-fried chicken, creamed potatoes, gravy, green beans, carrot & raisin salad, biscuits, dessert.

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FITZSIMMONS NEWS/ARTS/STAFF/2020.6

Learning to deal with death is part of life

Based on the writings of the Rev. Billy Graham

Q: I am trying to teach my teenagers the importance of showing respect for those who have died, but my friends tell me that young people should not be burdened with sickness, death, and funerals. I grew up helping the sick and attending funerals, even funerals of teenagers. It seems that learning to deal with death is part of life. - R.P.

A: There are many parents who try to protect their children from attending funerals or going to see the sick. Young people will not understand the importance of many things if they do not see correct behavior exemplified. Adults have the responsibility of teaching the younger generations. While this may not be the philosophy of society today, it is certainly what the Bible teaches.

God has not promised anyone immunity from sorrow, suffering, and pain. The world is a "vale of tears", and disappointment and heartache are as inevitable as clouds and shadows. Suffering is often the crucible in which faith is tested. Those who successfully come through the furnace of affliction are the ones who emerge like gold tried in the fire. The Bible

teaches that we can unmistakably triumph over bereavement. The psalmist said, "Weeping may endure for a night, but joy comes in the morning" (Psalm 30:5).

Suffering is endurable if we do not have to bear it alone, and the more compassion that is expressed by loved ones, the less acute the pain because someone is there to share in the grief with us. This is an important life lesson that must be taught and passed down to the next generation. "Blessed are those who mourn, for they shall be comforted" (Matthew 5:4).

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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Vision Duo

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**Rising Tide:
The Crossroads Project**

March 27, 2023
at 7:30pm



Gina Chavez

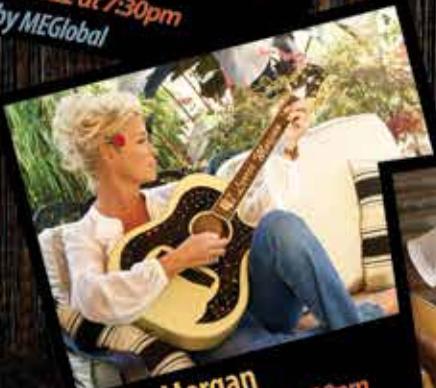
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