

The

Winters Enterprise

Serving Winters and Runnels County

Volume 20, Issue 36

Thursday, July 29, 2010

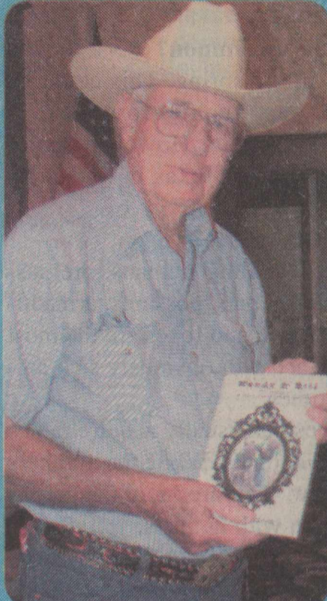
Winters, Texas

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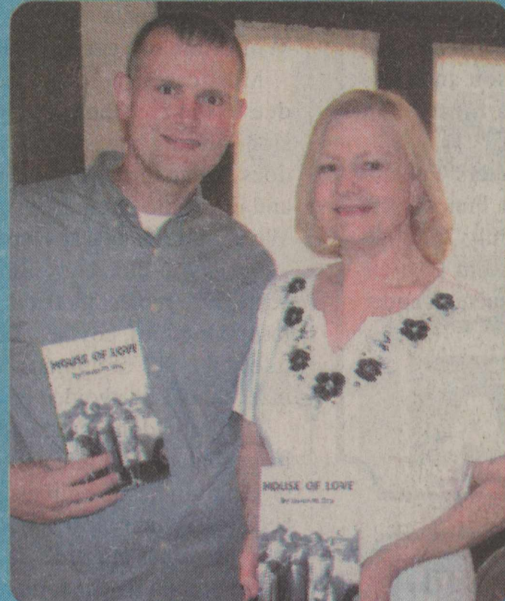
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RUTH COOPER AND ALTON O'NEAL with "Runnels County, A Look Back".



JIM HATLER author of 18 books.



JASON DRY with his mother **Linda L. Dry** holding "House of Love".



BARBARA ROLLINS author, editor, publisher and Judge.

Book signing and dinner at the Rock Hotel

Feeding body and mind

Z.I. Hale museum fundraiser held with regional writers

Ruben Cantu-Rodriguez
Winters Enterprise

WINTERS, Texas.- Feeding the body and mind, the Rock Hotel held last Thursday a book signing session and dinner, to feature the work of area authors whose work covers a wide array of books, but has the city of Winters as a common core.

Ruth Cooper, Chairperson of the Runnels County Historical Commission and one of the featured authors, said this was a great opportunity to share her recent experience writing a book and putting together regional history.

"Runnels County, A Look Back' is about this land as far as we have records, we are very happy about it now because at least we have history recorded to this point in time."

The book presents current statistics in schools, county officials and general information about the area history, plus some stories. The second re-impression is about to be sold out.

Living in Winters since he was eight years old until graduated from high school, author Jason Dry brought



BETTY BURNS, MARIANNE RAY, Kay Colburn, Ruth Cooper, Jill Davis, Bobby Mayo, Wanda Brewer, Alton O'Neal, Ouida Nichols, Jane Bourdo and Joyce Carbery. (Photos: Ruben Cantu-Rodriguez)

"House of Love" to the Rock Hotel and Z. I. Hale museum fundraiser.

The book, written while Dry was in Germany and Spain, is a fictional story about a seven-year-old boy who feels guilty after his little sister drowns. The kid is sent

with his grandparents to live in Sulphur Springs, Texas.

The grandparents try to help him to get over the lost and guilt, and Big Mama, his grandmother, teaches him about communication with those who are no longer living.

"The book is about forgive-

ness and family love that goes beyond death," reveals Dry.

Linda L. Dry, Jason's mother, was a long time Winters resident who moved to Colorado. Even when the history of the book is entirely fictional Linda appears on the book's frontpage pictured

as a child.

After the sign event the book is available online only, at Amazon.com or at Barnes and Noble.

Barbara Rollins, author of 10 books and contributor to a dozen more publications, promoted in Winters "A

Time for Verse" a poetic ponderings on Ecclesiastes. Rollins, author, photographer, illustrator and publisher, explores a wide array of literary fields, and through her work shares some of her expertise as a Judge of County Court at Law No. 2 in Abilene.

"I have been a Judge for almost 23 years and I am stepping down on January 21 to become a full time author, publisher and editor... I have enjoyed both jobs, actually I don't change jobs, change profession," said Rollins.

Jim Hatler, author of 18 books and a former Texas Ranger, started writing in 1996 with a journal of life in West Texas for his grandchildren and with time this hobby became his profession.

His little journal eventually became a novel, and he started to tell stories about people, events and places he had experienced.

The book signing also included the work of Randall Conner, a local businessman who just released his book "Boll Weevils and Johnsongrass", a history of cotton in the southern rolling plains of Texas.

Attendees shared a delicious meal consistent of chicken spectacular casserole, broccoli and raisin salad, cranberry salad and dessert.



THE PROPERTY LOCATED at 700 W Alexander had been abandoned for about 10 years. (Photo: Sheila Hernandez)

Abandoned house demolished

Sheila Hernandez
Winters Enterprise

WINTERS, Texas.- Realizing her house was giving only problems and no benefit to the Winters community, a responsible citizen decided it was time to take action and started a volunteer demolition.

On Monday, July 19, Molly Escamilla started the demolition work at her property, located at 700 W Alexander in Winters, Texas.

Escamilla decided to tear down the house after realizing that her property had no use for her family. The property had been abandoned for approximately 10 years.

Escamilla does not have the time to keep the property up and decided to tear it down to prevent more vandalism. The house had been vandalized and broken into over the years. The owner, who now resides in San Angelo, said, "It looked like

someone had been living in here and I don't know how somebody can live here with no electricity."

The windows had been broken, the kitchen sink was stolen and it looked like someone was in the process of stealing the water heater, because the pipes had been cut and it was moved.

"If anyone wants the lumber they can come and get it, we just want to get rid of it all," Escamilla said.



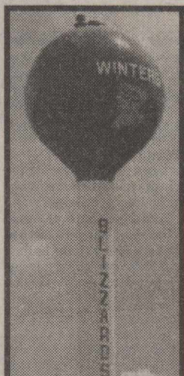
The Rowena
1933
SOFTBALL TEAM

PAGE 8

Got News ?

Visit Linda at the Lonestar Video,
Send by mail to P.O. Box 34,
Email to: news@wintersenterprise.com,
or call: 325-754-4958

The Winters Enterprise



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O B I T U A R I E S

Darci Leigh Lindsey

1982-2010

Darci Leigh Lindsey, 28, of Wisconsin, formerly of Winters passed away Wednesday, July 21, 2010. She was born January 10, 1982 in Winters and graduated from Winters High School in 2000. She worked as a receptionist in an insurance company in Green Bay, Wisconsin. She was a member of St. John's Lutheran Church.

She is survived by her parents: Raymond and Debra Lindsey of Wingate and Sherrie Fiveash of Ballinger; grandparents: Dorothy Fiveash of Norton and Melva Winkler of Robert Lee; two sisters: Carla Lindsey of Novice and Teri Burleson and husband Lonnie of Abilene; as well as two nieces and four nephews.

The family received friends at the Winters Funeral Home at 5:00 p.m. on Sunday, July 25, 2010. Funeral services were held at 10:30 a.m. on Monday, July 26, 2010 in the Winters Funeral Home Chapel with Jim Gehrels officiating. Burial followed in Wingate Cemetery under the direction of the Winters Funeral Home.

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Thursday, July 29, 2010

James (Jim) Williamson

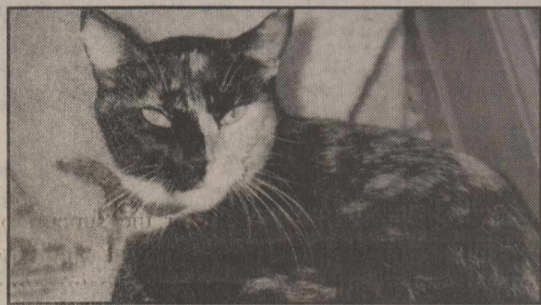
1924-2010

James (Jim) Williamson, 86, of Ballinger, died early Sunday morning July 25, 2010 at the Runnels County Rehab nursing facility in Ballinger.

He was born in Ft. Worth on May 29, 1924 to Emmitt Leroy and Nancy Elizabeth Williamson, who were originally from Philadelphia, MS. He graduated from Abilene High School and attended McMurry College. He served in WW II as a Naval Reserve Officer and was active in all theatres of combat in the US Maritime Service. He attained the rank of Chief Mate in the Merchant Marines.

Winters Enterprise
Thursday, July 29, 2010

\$100 REWARD



"LOOKING FOR KALLY"

Last seen: Monday, July 12th
204 North Penny Lane, Winters, TX
Black/White/Yellow (Calico) - Female

Call Robbie Bishop
cell (325) 977-0411 office (325) 754-4526

Police report

BY NATHAN T. JOHNSON
WINTERS POLICE CHIEF

ANIMAL CONTROL - PART II

As we continue into the peak of rabies season, I will be sharing more information about the rabies issue in an effort to educate our public and help prevent an incident of rabies in Winters.

I encourage each pet owner to vaccinate their animals annually, not only because it is the law, but also because rabies thrives around abundant wildlife and unvaccinated domestic animals.

What time of year is rabies most common?

Most cases in Texas occur in the spring. This could be due to the fact there are more opportunities for transmissions during the spring mating season. However, rabies does occur through the entire year in Texas in both wild and domestic animals.

What animals are susceptible to rabies?

All warm-blooded animals, including humans, are susceptible to rabies. In Texas, skunks, bats, possums, armadillos, porcupines, coyotes, feral cats, and foxes are the most infected types of animals. Contact with obviously sick animals should be avoided at all times.

Domestic dogs, cats, and livestock usually acquire rabies from contact with infected wild animals. While the numbers of rabid domestic animals is few, they are more dangerous because of their close association with humans.

How is rabies spread?

A common way is for a rabid animal to bite and infect one or more dogs or cats in a community. The disease develops in the domestic animals along with the threat of transferring the infection to other pets or humans. Because of their closer association with pets, children are most often the human victims. It is important to note that a rapid spread of the disease is only possible in unvaccinated pets.

When a rabid animal bites a domestic animal (Dog, Cat, etc...)

If an animal known to be rabid bites an unvaccinated

domestic animal, the domestic animal should be destroyed immediately. If an owner is unwilling to destroy the domestic animal, the owner can have the animal vaccinated and placed in strict isolation (at a Veterinarian's office) for 90 days and given booster vaccinations during the third and eighth weeks of isolation. If the domestic animal is currently vaccinated for rabies, it should be revaccinated immediately and confined for 45 days for observation.

Effects of the rabies infection

The course of the disease is divided into three categories: First, the incubation period. Second, clinical signs. Third, paralysis terminating in death. Rabies takes 14 days up to 18 months to incubate; however, the average period is 3-8 weeks.

Medical authorities break the effects of rabies into two different categories, "furious" and "dumb" rabies. In the furious variety, "mad-dog" symptoms show up. The animal is irritable and will snap and bite at real or imaginary objects. It may run for miles and attack anything in its path. The animal can be extremely vicious and violent. Paralysis sets in shortly, usually affecting the hind legs first. Death follows four to seven days after the onset of these clinical signs.

In "dumb" rabies, the prominent symptoms are drowsiness and paralysis of the lower jaw. The animal may appear to have something lodged in its throat, sometimes an owner may try to force open an animal's mouth to investigate and unwittingly expose themselves to rabies.

Animals with "dumb" rabies may snap at movement. They are insensitive to pain, and usually become comatose and die three to ten days after the first symptoms appear.

The Winters Police Department wants to remind the public that the City of Winters Code of Ordinances requires all domestic animals within the city to be vaccinated and registered. Your local veterinarian can vaccinate your family pets and city hall can register the animals.

For more information, you can also access the Zoonosis Control website at www.texaszoonosis.org and select "rabies" - "rabies topics". The Zoonosis Control website can provide statistical information on rabid animals by county that may be of interest.

Semper Fi,
Chief Johnson

News

notes

Send your news at news@wintersenterprise.com

Bradshaw community reunion

The Bradshaw ex-students will meet at the Methodist Church in Bradshaw on July 25, 2010 with a pot-luck meal at noon. The meeting is held in conjunction with Bradshaw Cemetery Association. All residents of the Bradshaw community are welcome as well as former students, their children and grandchildren. For more information call 325-673-2853 or 325-723-2853.

Car show in Bronte

Come out and enjoy a day of fun in downtown Bronte on August 21. Car show and arts and crafts booths will be open at 10 a.m. and end at 2 p.m. Registration for the car show starts at 8 a.m. in the bank parking lot. Bronte Volunteer Fire Department will be serving lunch around 11:30 under the trees at the Depot. And for the grand finale, the Bronte Chamber of Commerce will have a special showing in the Texas Theater at 2:15 p.m. For more information contact: www.bronte-texas.org or City Hall (325) 473-3501.

A/C funding available

Central Texas Opportunities, Inc. serving Brown, Callahan, Comanche, Eastland, McCulloch and Runnels counties has funding available to purchase portable cooling units for clients that are in situations that are life threatening particularly to the elderly, disabled, or children age five and younger. A doctor's statement is required stating that a health condition of household occupants require climate control. If you or someone you know fits this descriptions and does not have any cooling in home already, please contact Community Services Offices by calling 800-625-4167 ext. 239 for further details.

First United Methodist Church

Since July 4, 2010 regular Sunday morning Worship Service will be at 10:45 a.m. and Sunday School will precede at 9:30 a.m. We have Sunday School for both the children and adults in our community. Everyone is welcome to attend Sunday School or worship service. We have a new Pastor ministering to FUMC. He is Pastor Jayme Palady. Jayme, his wife Laura and their five children have made our pasonage their home. They moved here from Gatesville Texas. If you have the opportunity, please show the Palady family a warm Winters welcome.

Runnels County historical book

The Runnels County Historical Commission released the book "Runnels County, A Look Back". The publication has created a lot of interest, with the first printing being sold and has now gone to reprint. Book price is \$20.00 plus postage if mailed. To place your orders, please call any of the following persons: In Norton, Anthony Lange at 786-2140; in Ballinger, Linda Duggan at 365-3145, or Diana Rozman at 365-2784; in Rowena, Beverly Teplicek at 442-4841, in Winters, Ruth Cooper at 754-5183.

AA Meetings

AA meeting are held at 204 W. Truitt behind church on Main St. Tuesday and Thursday at 7 p.m.

Ministerial Alliance

Winters Ministerial Alliance meets the first Monday of every month at 9 a.m. at Samaritans House on the corner of E. Dale and Grant.

Chamber of Commerce

Chamber of Commerce meets at 5:30 p.m. first Monday of the month at 100 West Dale Street.

City Council Meetings

Winters City Council meets at 6 p.m. the last Monday of the month at 310 North Main.

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Dr. Sarah Endicott, M.D. • Dr. Mark McKinnon, MD
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Chatting with Paw Paw
By John DeMoss Jr.

Oh yeah! Football season is about to fire up once again. Who will be the best? Who will be going to the playoffs? The Super Bowl? The Super Bowl is to be played in the new Cowboy Stadium. Would be neat if "dub boys" would play well enough to get to the Super Bowl.

Needless to say, the boy is a Cowboy fan! I grew up with Dan Meredith, Bob Hayes, and, of course, Tom Landry. Those were the days when it was said that the boys "choke" on the big games. Some games were decided with baseball scores like Dallas 5 Detroit 3.

Our tv was on when Dallas and Green Bay played for the right to go to the Super Bowl in what was called the "Ice Bowl." It has been said that about 5 or 6 Dallas players came home with frostbite.

When Dallas appeared in their second Super Bowl, I was watching these guys finally win the "Big One." The boys played the Denver Broncos, who were being led by the former Cowboy quarterback Craig Morton.

For Christians, this particular game was unique. It seems that both coaches and both starting quar-

terbacks were all born-again believers. After the game was over, I called my friend Ronnie Latimer. Ronnie Gene did not and does not like the Cowboys. As we talked, he actually had some good things to say about my "Boys." Possibly, the first and last time. Ronnie had something good to say about Dallas.

"It's true, it's true, that to root for this football team can bring on seasons of feasting or fasting. There are times when one has no idea which team will take the field. This past year was no exception. Dallas made it to the second game in the playoffs and then got stomped. Yet in a game or two before, THEY stomped the future Super Bowl champions. Wow! What a year!

Our lives can sometimes feel like they are following the Cowboys. Like a roller coaster so many ups and downs, twists and turns! Unknowns! In John 10:10, our Lord Jesus Christ promised us an abundant life. This abundant life is given to all who will turn their lives over to Jesus as their Lord and Saviour. Our Heavenly Father gives us His life so that we can enjoy our lives while we are still on this earth.

Rev. Bob DeMoss
Winters Assembly of God Church
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The Idle American

BY DON NEWBURY

Mid-Summer Potpourri...

July can be both hazy and crazy, and my Uncle Mort's 98th birthday party down in the thicket fits both of the rhyming words.

Pride-swollen that he used only six of his ten minutes allotted for candle-blowing, he blew the extra time rambling through his "impromptu response."

Though a far cry from the "over the top" party NBA star LeBron James orchestrated to herald his change of address, the party was backdrop for Mort's surprise announcement that even stunned Aunt Maude. His wife of 80 years usually can finish his sentences, interpret his dreams and predict his excuses. (She even knows how many grunts precede his deepest snoring, and how many kicks it takes to slow him down, mute him completely or at least redirect the noisy blast to the opposite wall.) This time, her "peepers" were pie-sized at the party with her partner's paunchy pals....

Mort announced that come September, he'll enter the "writing side" of literature.

He's already nailed down the title--Mort's First Hundred Years of Potpourri--and now is on the homestretch "assembling the words between the covers."

He claims that "potpourri" in the title will cause a run on dictionaries....

His marketing plan calls for an initial printing of 50 copies, all to be given to kin. A month later, another 50 will go to friends, and the next 50 will adorn the "please take one"

table at the senior center. Then comes his publicity raves that his "best-seller is in its fourth printing in just four months!"

His "pronouncement" barely dented conversations around the punch bowl concerning basketballer "King James."...

Mort's flock "has no truck" for the manner LeBron chose to harness ESPN for infliction of an outright infomercial. The team owner just wishes that James' play for the Cavaliers had been as "cavalier" as his exit.

One guest summed up James with the old axiom that "there but by the grace of God walks God."

Someone else offered a pair of intriguing thoughts: 1) that LeBron and British Petroleum may share the same PR firm, and 2) that if the star ever writes a book, a title suggestion is Humility and How I Alone Attained It....

One attendee predicted a big drop-off of King James Bible sales in Ohio, but offered a plan for Cleveland's inventory of LeBron's bobble-head dolls. "They can add hat-pins and peddle them as 'voodoo dolls' next season."

Another guest said his jaw dropped lowest when James predicted the "road to history begins now." Maybe James was thinking of the "pathway to hell" being paved with good intentions. (This quotation is attributed to Saint Bernard of Clairvaux, almost a thousand years ago.)

This reminded one party guest of his recent dream about Heaven. "I dreamed that new arrivals are shocked to find that all streets are not paved with gold, that most of the streets aren't even paved

and that they're expected to help pave them."...

Mort predicts that the Miami Heat will become to the NBA what the Yankees are to major league baseball.

"Miami will become the team fans love to hate," he claims. Meanwhile, much of Ohio weeps with tears of flood stage proportions, sad that no professional sports team from Cleveland has won a title in almost a half-century. "The last time we won, the telecast wasn't even in color," one fan lamented, remembering that the "vertical hold" knobs on most sets were worn smooth out.

Mort cocked his head about LeBron's promise to "take the Heat to a different level." Reassured that Miami remains situated at sea level, he wondered if the Heat will yell down at us from the sky, or "gurgle up" from the Atlantic Ocean? He laughed about "keys to the cities" given to James by South Florida municipalities, noting that in Cleveland, "they're changing the locks."...

My uncle admits his views of James will change if the star should decide to underwrite the cost of my uncle's book. (Mort is already busy jotting down quotes that'll be "suitable for framing," as well as for embroidering.)

"I may let you try some of 'em out in your column, nephew," he laughed, scribbling notes on an envelope, including: "Artificial intelligence is no match for natural stupidity," and "People who insist on a 'business as usual' approach to life soon will be out of business."

Meanwhile, this writer is putting pen and pad away for vacation. Please notice there's no "well-deserved" in front of "vacation."...

Dr. Newbury is a speaker in the Metroplex. Comments to: newbury@speakerdoc.com Ph: 817-447-3872 www.speakerdoc.com

Tarleton News

Runnels County students getting honors in Stephenville

Grant Schwertner named in the Distinguished List

STEPHENVILLE, Texas.- Grant Schwertner of Miles, was recently named to Tarleton State University's Distinguished Students list. Schwertner is enrolled at the university's Stephenville campus. Students on the list include freshman and sophomore students who have a minimum 3.25 grade point ratio (GPR) and no grade lower than a 'C,' and juniors and seniors who have a minimum 3.5 GPR with no grade lower than a 'C.' All must be in good standing with the university.

Jacob Lange in the 'A' Honor Roll

STEPHENVILLE, Texas.- Jacob Lange of Miles, was recently named to Tarleton State University's 'A' Honor Roll list for the spring 2010 semester at the university's Stephenville campus. Lange is majoring in Ag Services and Development. Students making the list have a 4.0 grade point ratio on the 4.0 system and are taking a minimum of 12 credit hours.

Joel Bush graduated in Counseling

STEPHENVILLE, Texas.- Joel Bush of Winters, graduated from Tarleton State University with a MED degree in Counseling from the university's Stephenville campus. Commencement ceremonies were held on May 15.

Curious George goes to stage in Abilene

Winters Enterprise Staff Report

ABILENE, Texas.- Curious George, the irrepressible little monkey who has captured children's hearts for generations, jumps into action when he takes the stage in the inaugural tour of Curious George Live! Curious George swings onto the stage at Abilene Civic Center on Tuesday, Sept. 14 and Wednesday, Sept. 15. Tickets for two performances go on sale Monday, August 2 at 10 a.m.

Starring in his own original live musical stage production for the first time ever, Curious George is on a mission to help Chef Pisghetti save his restaurant by winning a world-famous meatball competition. With guidance from his friend, The Man with the Yellow Hat, George's adventures take him to Rome and The Golden Meatball Contest. With every swing and flip, George takes the audience through a fun-filled, entertaining story filled with music, dance and follow-that-monkey fun. Parents and grandparents who grew up with Curious George will enjoy it just as much as the kids!

Children and parents

around the world have delighted in Curious George's adventures in books for nearly 65 years. Created in 1941 by Margret and H.A. Rey, Curious George has provided the inspiration for books, movies and a television series, and will continue to educate and entertain children in Curious George Live! by introducing them to a limitless world of exploration and discovery while offering wholesome family fun. Featuring original composition and familiar songs, as well as Broadway-quality stagecraft and professional singers and dancers, Curious George Live! is sure to captivate audiences of all ages.

Tickets are \$13, \$18 and \$25. A limited number of \$30 Gold Circle seats and \$50 Monkey Seats are also available. A facility fee of \$1.50 is included all ticket prices. Additional fees and discounts may apply.

Get the ultimate fan experience with Monkey Seats! Each \$50 Monkey Seat package features front row seats and a pre-show Meet & Greet with Curious George.

For more information, call 325-676-6211. To charge tickets by phone, please call Star Tickets at 800-585-3737. Tickets may also be pur-

chased online at www.startickets.com. For information online, please visit www.curiousgeorge-live.com. Become a fan on Facebook!

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HEALTH NOTES

At North Runnels Home Health our focus is providing the best care possible for patients and helping them care for themselves. We believe the more our patients know, the better care they receive.

WHAT ARE THE SYMPTOMS OF A PANIC ATTACK?

The symptoms of a panic attack appear suddenly, without any apparent cause. They may include: racing or pounding heartbeat, chest pains, dizziness, light-headedness, nausea, difficulty breathing, tingling or numbness of the hands, flushes or chills, dreamlike sensations or perpetual distortions, terror—a sense that something unimaginably horrible is about to occur and one is powerless to prevent it, fear of losing control and doing something embarrassing, fear of dying.

A panic attack typically lasts for several minutes and is one of the most distressing conditions that a person can experience. Most people who have one attack will have others. When someone has repeated attacks, or feels severe anxiety about having another attack, he or she is said to have a panic disorder.

WHAT IS PANIC DISORDER?

Panic disorder is a serious health problem in this country. At least 1.6 percent of adult Americans, or three million people, will have panic disorder at some time in their lives. The disorder is strikingly different from other types of anxiety in that panic attacks are sudden, appear to be unprovoked, and are often disabling.

Once someone has had a panic attack—for example, while driving, shopping in a crowded store, or riding in an elevator—he or she may develop irrational fears, called phobias, about these situations and begin to avoid them. Eventually, the pattern of avoidance and level of anxiety about another attack may reach the point where the individual with the panic disorder may be unable to drive or even step out of the house. At this stage, the person is said to have panic disorder with agoraphobia. Thus panic disorder can have as serious an impact on a person's daily life as other major illnesses—unless the individual receives effective treatment.

IS PANIC DISORDER SERIOUS?

Yes, panic disorder is real and potentially disabling, but it can be controlled with specific treatments. Because of the disturbing symptoms that accompany panic disorder, it may be mistaken for heart disease or some other life-threatening medical illness. People frequently go to hospital emergency departments when they are having a panic attack, and extensive medical tests may be performed to rule out these other conditions.

Others often try to reassure the person who is having a panic attack that he or she is not in great danger. Expressions such as "nothing serious," "all in your head," or "nothing to worry about" may give the incorrect impression that there is no real problem and that treatment is not possible or necessary.


WHAT IS THE TREATMENT FOR PANIC DISORDER?

Thanks to research, there are a variety of treatments available, including several effective medications and, also, specific forms of psychotherapy. Often, a combination of psychotherapy and medications produces good results. Some improvement may be noticed in a fairly short period of time—about six to eight weeks. Appropriate treatment of panic disorder can prevent panic attacks or at least substantially reduce their severity and frequency, bringing significant relief to 70 to 90 percent of people with panic disorder.

In addition, people with panic disorder may need treatment for other emotional problems. Depression has often been associated with panic disorder, as have alcohol and drug abuse. Recent research also suggests that suicide attempts are more frequent in people with panic disorder. Fortunately, these problems associated with panic disorder can be overcome effectively, just like panic disorder itself.

Tragically, many people with panic disorder do not seek or receive treatment.

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SPJST Lodge 49 dedication marker

Beverly Teplicek
For The Winters Enterprise

ROWENA, Texas.- Neither the heat nor humidity could stop the pride of the Rowena SPJST Lodge #49 officers, members and friends as they hosted the dedication of their Historical Marker along with the Runnels County Historical Commission under the Auspices of the Texas Historical Commission.

The ceremony was held on July 17, at 11:00 a.m. at the Lodge# 49 Hall in Rowena.

The Invocation was given by Rev. Arthur Mavrode of the Zoar Community Church.

The colors were presented by Brandon and Cammi Teplicek, members of Lodge #49. They also led the pledge to the flags.

Ruth Cooper, Runnels County Historical Commission Chairperson, served as Master of Ceremonies.



BEVERLY TEPLICEK, Melanie Zavodny, Ruth Cooper, and Brian Vanicek, Supreme Lodge President. (Photo: Contributed)

Beverly Teplicek, SPJST Lodge #49 President, welcomed the special guests.

She recognized the officers of the Runnels County Historical Commission as follows: Chairperson, Ruth Cooper, Vice Chairperson, Diana Rozmen, Recording Secretary, Alton O'Neal, Corresponding Secretary,

Marianne Ray and Treasurer, Anthony Lange. SPJST Supreme Lodge President, Brian Vanicek and his son Sam Vanicek, Editor/Director of Communications, Melanie Zavodny and her husband David, from Temple.

SPJST District IV members present included District Director Billy Rollwitz, State

Field Representative Bobby Davis, Education and Nature Center Representative, Brad Teplicek, District IV Treasurer, Sharon Hohmann and her husband Walmar, Runnels County Precinct 4 Commissioner, Richard W. Strube and Rowena Lions Club President, Mike Howard and his wife Kathy.

Mary Ann Lee, of Rowena, presented a brief history of the SPJST and Lodge #49. Supreme Lodge President Brian Vanicek then unveiled the Historical Marker and read the inscription. Patricia Vancil led the group in the singing of patriotic songs.

The Benediction was given by Rev. Mavrode.

Lunch was served by Lodge members, including Sylvia Rollwitz, Laura Pospichal, Jackie Pospichal and Betty Stephens.

Fishing report

BY DAVE CAUDLE

The white bass continue to surface chasing shad and minnows. This action seems to occur nearly anytime in the main lake area. However, chasing these schools, which only stay up for a few seconds, will drive a fisherman/guide to the Gatorade bucket. I always try to get on a break near the area where the fish are surfacing and sooner or sometime later, they will come by and visit our lures. With this application there's always a chance of catching a big bass that has shown up for an easy meal.

that squirrels are getting fatter. I have no idea how long the life span is of these particular species of squirrel. I know that some of the squirrels on Broadway Avenue have a short life span and are not very good crossing the street. Maybe we should do a study about fat and slow and the risk of a fat, slow squirrel making it across the street at 7:30 a.m. and other times. So if you see some government vehicle observing squirrels on Broadway, it's your tax dollars at work.

The black bass are also in the grass which is growing out to a depth of 20 feet. Fishing along the edges of the grass with slow-moving, small baits will provoke some strikes and maybe the big one. Over the years (which now number 20 plus) that I've fished Ivie I have made a study of the fishing, keeping that study and its facts in my head. Now revival of this information is difficult, but there are times when we're not doing so well, and I remember that back eight years ago we did better at a different location. This is all based on actual time on the water and fishing at all times of the year and rarely, if ever, works out. But since I've probably spent more time on Ivie than anyone else, all this knowledge, no matter how worthless, is stored up ready to be brought out and used.

The study also revealed that global warming is the culprit that's making the squirrels get fatter. It seems the animals have a longer feeding season since winter is shorter. This particular type of squirrel hibernates and tries to put on more fat to make the long, hard, cold winter--thus the weight gain. Whatever the explanation, I'm sure that President Bush is the underlying cause. But then this study began around 1980, many years before he was in office, so someone long gone from the government had to have started it.

Speaking of studies, it seems that for over three decades (30 years) a study has been conducted on some mountain squirrels, or marmots as the case may be. The outcome of this study reveals that the squirrels are at least one pound fatter than they were when the study started. I'm not sure how civilization has survived without this information, and maybe a study should follow on the effect of our knowing

I have some doubts whether this study is a good use of tax money and just how the results will eventually play out in history, but I can rest easy knowing that when I flatten a squirrel on the roadway, I can blame global warming for making the animal fat and slow. I've also heard that we have some official down by the railroad bridge construction site keeping watch for the water snake and some type of muscle. One of the workers told me that work was actually stopped while a snake was in the area. A few fat snakes could really slow down progress at the site, but then it's bound to be that warming thing again. I need a job watching fish get fatter. I already have a 20 year head start.

See you on the lake.

PUBLIC RECORD

Marriages

Names	Filed
Henry Soliz Pompa and Maria Rangel Zavala	July 20

Divorce filings

Names	Filed
Jerry Emmitt Ripple vs Elsie Virginia Ripple	July 21
Paul Elliot Thomas vs Meagan Renee Thomas	July 19

Civil cases

Case Name	Case Description	Filed
Wanda Batts vs Zdzislaw "Jessie" Iller d/b/a Best Western	Injunction relief	July 21

Crime and misdemeanor

Name	Charge	Filed
Cassandra Joann Shidler	Assault	July 20
Mario Albert Esquivel	Criminal mischief	July 20
Casey Pack	Theft by check	July 20
Bobby Guerrero	DWI	July 20
Antonio Romo	DWI	July 20
John Andrew Bonner	Poss. marijuana	July 20

Jail Log

Name	Age	Agency	Charge
Gabriel D. Alfaro	37	RCSO	Crim. non support
Richard Ornelaz, Jr.	35	RCSO	Crim. non support
Paul Salazar, Jr.	35	RCSO	Crim. non support
Latoria S. Morgan	30	DPS	False DI or ID
Malissa Galan	38	Concho Co.	S/W POM RCSO Warrant
Hector S. Castillo	30	RCSO	MTR-DWI
Ralph H. Fisher	59	RCSO	Child support
Kristen Weber	28	RCSO	T.B.C.
Andrew D. Dixon	23	Coleman Co.	MTR Poss C.S.
Michael Altoria	39	RCSO	T.B.C.
Eric Masalca	29	RCSO	MTR Agg. assault
Roberto S. Vasquez	36	RCSO	MTR DWI
Tyler A. Greenfield	19	GAFB	Fed Charges
Maurillo Nava	51	RCSO	T.B.C.
Johnny E. Gaston	50	BPD	Criminal mischief

Groundwater meeting in Fredericksburg

Winters Enterprise Staff Report

WINTERS, Texas.- The Texas Water Development Board (TWDB) will be having a Groundwater Management Area 7 Joint Planning Meeting. The meeting will be held on Thursday, July 29, 2010, at 10:00 a.m. in the Central Electric Co-op at 386 Friendship Lane, Fredericksburg, Texas.

This event will be open to citizens in Groundwater Management Area 7 interested in planning for their groundwater resources.

Groundwater conservation districts are required by HB 1763 to conduct joint planning within groundwater management areas. The groundwater conservation districts are required to meet at least annually and a key part of the joint planning process is to establish desired future conditions for the relevant aquifers within a management area. Based on the desired future conditions, TWDB will calculate managed available groundwater values, which will be used for regional water plans, groundwater management plans, and permitting.

Counties within Groundwater Management Area 7 include Coke, Coleman, Concho, Irion, Menard, Runnels, San Saba, Schleicher, Taylor, Tom Green and others.

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Eden: Lubke Chevrolet • 302 W. Broadway
Fredericksburg: Five Star Wireless • 1425 E. Main St. #600A
Kerrville: Five Star Wireless • 1448 Junction Hwy / Five Star Wireless • 317 Sidney Baker S. #300
Junction: Five Star Wireless • 801 Main Street
Mason: Mason Gas • 1004 San Antonio Hwy.
Menard: B&N Artwear • 606 Ellis
Mertzon: Made in the Shade • 208 S. Broadway
Ozona: West Central Wireless • 1002 Ave. E
Robert Lee: Rock Solid Communications • 803 Austin
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Nine years of service

The Farm Service Agency presented Mike Zuniga III with a plaque congratulating him for serving on the Runnels County committee for 9 years. Sidney Woods, District Director with the United States Department of Agriculture's Farm Service Agency presents Zuniga with a plaque congratulating him for his commitment. Also pictured are Cecil Kalina (left), Linda Duggan and Gary Jacob, the current Runnels Co. FSA committee.

Business tips

BY JESSICA LAMBERT

Tips for Your Business Sign

Have you ever driven by a business and instantly been motivated to stop and go inside? Maybe it was a restaurant you had never noticed before or a new clothing store that appealed to your taste. What do you think it was that prompted you to stop? Chances are it was the business' sign that first caught your eye. So, what makes one sign stand out from the rest? When designing signs for your business, keep in mind the following design tips so you can make sure you are getting the most visual bang for your buck.

The first thing that should be kept in mind when designing your business' sign is you have only seconds to catch the eye of someone driving by and be memorable. Does your sign include fonts and colors that give the feeling you want to convey? Does it transmit the same level of professionalism that your company can deliver? Don't sell yourself short. When you are deciding on the design of your business' sign, try to get quotes from a number of design companies and take a good look at their previous work. Keep in mind the designer and builder do not have to be from the same company. Find someone that suits you, and work closely with him or her until you end up with something just right. Additionally, try to find a sign company that specializes in the nature of sign you want, may it be neon, wood, metal, etc. Your sign will be one of the main pillars that you build the rest of your business' marketing materials around. Be sure it is something you will like for years to come.

The next tip to remember is to take advantage of all locations that have good traffic visibility around your business. The idea is to get your signs seen by as many people as possible. Make sure your sign is big enough to be seen by people driving by at a reasonable speed. If you are located near the highway, you need to consider creating a larger sign so people have more time to read it as they speed by. On the other hand, if you are located

on a slower street, you may be able to include more information on your sign because drivers have more time to read as they drive by. However, be sure to check any city ordinances or laws that may apply.

Proper signage design allows you to communicate with your customers when you may not get a chance to talk to them directly. OPEN signs or store hours outside of your door help people feel confident when walking into a store for the first time. No one likes to be told a store is closing as soon as they step inside. Once they are inside your front doors, you have a great opportunity to help your customers feel at ease and find the information they need.

The last tip is to work on your indoor signage as well. Get creative! Control the flow of traffic in your store. Label your aisles. Save your customers the inconvenience of asking a salesperson where your bathrooms are. If you have a public restroom, label it clearly and prominently visible from the entrance of the store. Also, consider explaining additional benefits of your products on small signs that can help prompt impulse purchases. The interior of your business should reflect what you want your business to represent. Be sure to clear your walls of out of date flyers, promotions, and pictures that do not help to improve your customer's experience.

Overall, the design and quality of your business' signs contribute heavily to a customer's overall impression of your business. And when your signs no longer reflect your company's image, it may be time to update! A confusing, worn out, or otherwise unattractive sign may turn away potential customers before they ever get to your front door. On the other hand, a well-designed and quality sign can help generate walk in traffic and positively build your brand image. Your signs should accurately reflect what your business is about and prompt them to stop.

"Business Tips" was written by Ms. Jessica Lambert, Business Development Training Coordinator of Angelo State University's Small Business Development Center. For more information on the topic of this article or the services of the ASU - SBDC, contact her at Jessica.Lambert@angelo.edu.

Business seminars at ASU

Winters Enterprise Staff Report

SAN ANGELO, Texas.- The ASU Small Business Development Center (SBDC) is holding a free seminar entitled, Business Plan Financials. This seminar will be held on Tuesday, August 10, from 6 p.m. to 8:30 p.m. in Room 100 of the ASU Rassman Building (2222 Dena Drive).

In this seminar, participants will focus on the finance portion of their business plan and receive guidance from a professional on how to draft their cash flow projections and briefly review financial reports.

This seminar is designed for small business owners in the planning and set up phase of their business as well as established business owners working on updating their business plan.

To register please call (325) 942-2098 or register on-line at www.sbdc.angelo.edu.

For entrepreneurs thinking about starting a business who are not sure where to begin ASU is presenting a free seminar titled, "The Essentials of Starting a New Business." The seminar will be held on Tuesday, August 3 from 6 p.m. to 8:30 p.m. in Conference Room 100 of the Rassman Building.

Agriculture Secretary supports the America's Children Act

Winters Enterprise Staff Report

WASHINGTON.- Agriculture Secretary Tom Vilsack issued the following statement regarding the House Committee on Education and Labor's markup of H.R. 5504, "The Improving Nutrition for America's Children Act."

"I applaud the commitment of Chairman Miller, Ranking Member Kline, Congresswoman McCarthy and Congressman Platts to ensuring that our children have access to healthy, nutritious meals. Through the work of the Chairman and the membership of the House

Committee on Education and Labor to reauthorize and reform the Child Nutrition Act, today's bipartisan passage of the Improving Nutrition for America's Children Act (H.R. 5504) demonstrates a commitment to reduce hunger, improve the health of our children and support their academic achievement. The House legislation complements the Senate's Healthy, Hunger-Free Kids Act recently reported out of Committee. Both bills advance the Administration's priorities to improve meal quality, strengthen nutrition standards for school meals".

DPS unveils new design for Driver License website

Winters Enterprise Staff Report

AUSTIN, Texas.- The Texas Department of Public Safety's Driver License website has a new look and feel.

The redesigned Driver License website (http://www.txdps.state.tx.us/DriverLicense/) features easy-access links to the most-visited portions of the DPS Driver License website.

"The increased func-

tionality of our Driver License website will help our fellow Texans to find the information they need, quickly and efficiently," said Rebecca Davio, DPS assistant director. "We think many people will be able to conduct their driver license-related business on our website, when it's most convenient for them, instead of having to follow our schedule."

The DPS web site was last redesigned in early 2001.

News

notes

Send your news at news@wintersenterprise.com

School Board Meetings

Winters ISD School Board meets at 6:30 p.m. every second Monday of the month at 603 North Heights.

Hospital Board Meetings

The North Runnels Hospital Board meets at 6 p.m. the third Monday of the month.

Literacy Service Club

Literacy Service Club meets at 6 p.m. the third Monday of the month.

Public Library

Winters Public Library meets at 4:30 p.m. every third Tuesday of the month at the Library.

Winters Women's Club

Winters Women's Club meet on the second Tuesday of the month, from September through May. Contact Jane Bourdo, 754-2048 or Becky Hays, 754-1912 for more information.

Masonic Lodge meetings

Wingate Masonic Lodge 1042 A.F. & A.M., meetings on fourth Monday of the month, at 8:30 p.m. at Wilmeth, TX Lodge. For further information contact Hank Bourdo, at 754-2048.



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- Wednesday**
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MILES TRAVELED to Eastland for the State Playoff Tournament beginning on July 26th. (Photo: Contributed)

Miles Freshman team wins at District meet

Miles team places first at tournament held in Ballinger

Winters Enterprise Staff Report

WINTERS, Texas.- The Miles Freshman team placed First at the TTAB Freshman Tight-Base

District Tournament last week in Ballinger. The team traveled to Eastland for the State Playoff Tournament beginning on July 26th. Congratulations Miles on a well played season and good luck at State Meet! Pictured from left to right: (back row) Sutton Schwertner, Diego Alvarado

(Ballinger Cougars), Garrett Kalina, Michael Kalina, Davis Matschek (Ballinger Athletics), Colton Carroll, Luke Johnson. Front Row: Ross Kalina, Corley Russell, Conner Schwartz, Cody Rathmell, Dayton Halfmann, Damian Michalewicz (Ballinger Cougars), and Frankie Barco. Not pictured is Trey

Wachsmann. Thanks to our coaches Paul Kalina, Mark Kalina and Steve Johnson. Thanks especially to the parents for all the support they have given these kids and for their involvement in the Ball Association this year. Without everyone working together, none of this would be possible.

Public Safety Commission changes Driver Responsibility

Winters Enterprise Staff Report

AUSTIN, Texas.- The Texas Public Safety Commission approved proposed changes to the Driver Responsibility Program rules. The changes will be published for public comment in the Texas Register and then be presented for adoption by the Commission, probably at the September meeting.

The proposed amnesty program will apply to individuals who have been in default, and the Department will determine the time in default for each amnesty period.

Reduced amount will be

10 percent of total surcharges owed, not to exceed \$250.

Will rescind suspension for those who receive amnesty while payments are being made.

The proposed indigency program will apply to individuals at or below 125 percent of poverty level, or with a debt-to-income ratio of at least 50 percent, using a sworn affidavit.

Reduced amount will be 10 percent of total surcharges owed, not to exceed \$250.

Will rescind suspension for those who receive indigency while payments are being made.

With the proposed incen-

itive program individuals will pay a reduced amount if all three years are paid in full, reduced to 50 percent of what's owed if paid within 30 days after notice, reduced to 60 percent if paid within 60 days after notice, reduced to 70 percent if paid within 90 days after notice or applies a reduced payments for continued compliance.

According to this, the first year, payment is set to 00 percent, second year, reduced by 50 percent, third year reduced by 75 percent.

If approved, the programs would be phased in over several months:

The Amnesty program would be implemented during tax season.

The Indigency program would be implemented immediately after Amnesty, which will allow for better fiscal analysis. The Incentive program would be evaluated for implementation.

The Driver Responsibility law, passed during the 78th Texas Legislative session, established a system to assess surcharges based on certain traffic offenses that occurred on or after September 1, 2003. The 81st Texas Legislature amended the law to require a reduction for indigent individuals.

Crops reaching records despite acreage drops

Winters Enterprise Staff Report

Texas farms continue to do more with less as the amount of land dedicated to crops in the United States has dropped for the second straight year in 2010, according to a report released by the U.S. Department of Agriculture.

The report, which shows total cropland has declined 6 million acres since 2008. USDA estimates total 2010 crop acres at 318.9 million, down from 319.3 million in 2009 and 325 million in 2008. For the sake of comparison, total planted acres averaged 327 million during the decade of the 1990s.

A record corn crop of at least 13.3 billion bushels is expected in 2010, despite the fact that farmers planted nearly 6 million less acres of corn than in 2007 when the first 13 billion bushel crop was achieved.

"The data clearly show that crop acres in the United States continue to trend downward," says Dale Duggan, president of

Runnels County Farm Bureau. "That's because new technology and dramatically increasing yields are allowing farmers to produce more crops on less land."

Texas farmers continue to face the growing challenges of crop land loss to more lucrative dealings such as real estate and housing developments that offer land owners a more secure flow of income.

As more and more farm land is paved over for a booming population farmers and ranchers will continue to face the battle of providing the world's most affordable food supply.

"We are the number two agricultural producing state in the nation and yet we have one of the fastest growing populations as well," Dale Duggan says. "As more and more crop land turns transitions to the suburbs we will forever rely on new technologies and conservation practices to not only preserve the fertility of our lands but to ensure it's there to continue to meet the food needs of our growing population."

Wildlife and hunting council appointees

Winters Enterprise Staff Report

WASHINGTON.- Agriculture Secretary Tom Vilsack and Secretary of the Interior Ken Salazar announced the appointments of 18 people to the Wildlife and Hunting Heritage Conservation Council, an advisory group created earlier this year to advise the two federal Departments on recreational hunting and shooting sports activities and associated wildlife and habitat conservation.

"Maintaining and conserving wildlife habitat and water resources that are so important to America's hunting and angling heritage in the face of today's conservation challenges requires a coordinated effort between federal, state, and local officials and partners in the private sector," said Vilsack.

- M. David Allen (Rocky Mountain Elk Foundation)
- Jeffrey S. Crane (Congressional Sportsmen's Foundation)
- Robert R. Fithian (Alaska Professional Hunters Association, Inc.)
- John E. Frampton (SC Department of Natural Resources)
- Thomas Franklin (Roosevelt Conservation Partnership)
- Ron Heward (rancher, Bates Hole/Shirley Basin Sage Grouse Working Group)
- Robert Manes (The Nature Conservancy)
- Frederick D. Maulson (Great Lakes Indian Fish & Wildlife Commission)
- Tommy Millner (Cabela's)
- Robert Model (Boone and Crockett Club)
- Joanna Prukop (Freedom to Roam)
- Stephen L. Sanetti (National Shooting Sports Foundation)
- Larry Schweiger (National Wildlife Federation)
- Christine L. Thomas (College of Natural Resources, University of Wisconsin)
- George C. Thornton (National Wild Turkey Federation)
- John Tomke (Ducks Unlimited)
- Howard K. Vincent (Pheasants Forever)
- Steve Williams (Wildlife Management Institute)

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Winters students to Dean's List in ASU

WINTERS, Texas.- The Dean's List for the 2010 Spring Semester has been announced at Angelo State University in San Angelo, Texas.

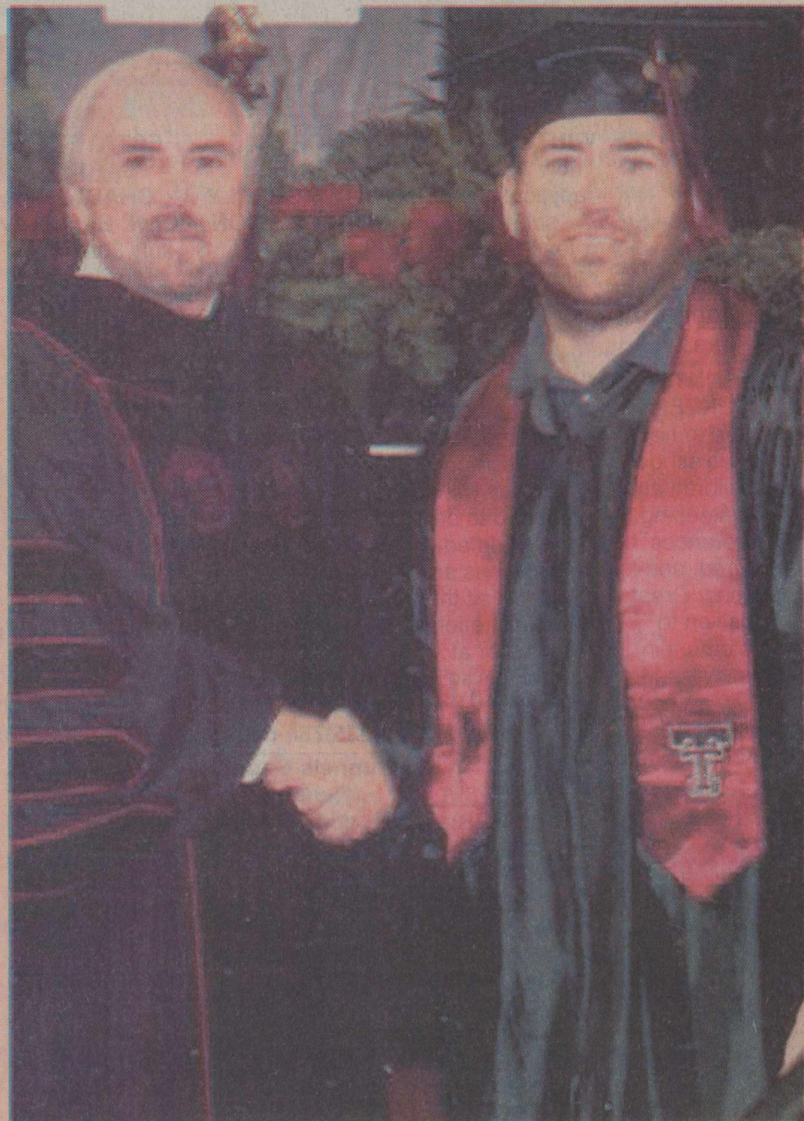
To be eligible for the Dean's List, students must be enrolled full-time and maintain a 3.25 grade point average on a 4.0 scale.

The honorees include the following from the Winters area:

- Krystal L. Gibbens
- Pete L. Griffin
- Jesus Nava
- Kaci N. Pruser
- Tamara D. Seabolt
- Joshua A. Smith

Graduated from Texas Tech

Craig Conner graduated from Texas Tech University on May 14, 2010. He completed a degree in Electrical Engineering. Conner was a member of the WHS Class of 2000. During his course of study, Conner also served two tours in Iraq as an Army medic. On hand to watch the graduation ceremonies were his parents, Randall and Susan Conner and his aunt and uncle, Roger and Carolyn Patrick and Meredith Krystofik. Conner is shown receiving his diploma from Guy Bailey, President of Texas Tech.



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Old glory, great memories



Winters Enterprise Staff Report

The 1933 Lowake softball team in a picture submitted by Andy Hennis, from Paint Rock, Texas. The team won a big tournament, beating some well organized teams who had some fancy uniforms and equipment.

It's been 70 years since but the memory remains for some of the members and people in the area. They will remember the "Undeclared Lowake ball team of 1933". Players in the picture are George Ruppert, William Bill Dusek, Robert Protchel, Albin Chasak, Ben Shraeder, Elmer Hennig, Henry Luedtke and Vinc Dusek, Jr. The coach was Mr. Robertson.

HOT WEATHER SAFETY

Tips for Preventing Heat-Related Illness. The best defense is prevention. Here are some prevention tips:



Skin Cancer

What is skin cancer?

Signs of skin cancer: The ABCDE rule

- Skin cancer is the most common form of cancer. Fortunately, it is also the most curable. There are 2 forms of skin cancer: melanoma (the less common but more serious form) and nonmelanoma (the common, very treatable form). More than 1 million people will be diagnosed with skin cancer this year. Most will have nonmelanoma skin cancer. Almost all skin cancers are the result of too much exposure to ultraviolet light, which is in sunlight and in lights used in tanning salons.
- It's important to find skin cancer as early as possible. The best way to do this is to keep an eye on your skin, especially moles. The ABCDE rule (see below) can help you remember what to look for when you're checking any moles on your skin. If you notice any of these signs, talk to your doctor right away.

A for asymmetry: A mole that, when divided in half, doesn't look the same on both sides.

B for border: A mole with edges that are blurry or jagged.

C for color: Changes in the color of a mole, including darkening, spread of color, loss of color, or the appearance of multiple colors such as blue, red, white, pink, purple or gray.

D for diameter: A mole larger than 1/4 inch in diameter.

E for elevation: A mole that is raised above the skin and has an uneven surface.

- * Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- * Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- * Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- * Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- * Wear lightweight, light-colored, loose-fitting clothing.
- * NEVER leave anyone in a closed, parked vehicle.
- * Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - o Infants and young children
 - o People aged 65 or older
 - o People who have a mental illness
 - o Those who are physically ill, especially with heart disease or high blood pressure

- * Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching. If you must be out in the heat:
 - o Limit your outdoor activity to morning and evening hours.
 - o Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
 - o Try to rest often in shady areas.
 - o Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).
- This information provided by NCEH's Health Studies Branch

KEEP COOL IN THE HEAT

- **Keep Cool:** Spend as much time as you can in cooler surroundings, such as a cooler room in your home or an air conditioned activity center.
- **Air Conditioning:** It should be used to provide relief from heat stress, especially by those with a medical condition like heart disease.
- **Cooling with Fans:** Fans can draw cool air into your home at night or help to provide good indoor air circulation during the day. Air movement reduces heat stress by helping to remove body heat. When it is extremely hot, a fan may cause you to gain body heat by blowing very hot air over your body.
- **Baths and Showers:** Cool baths or showers (with temperatures around 75 F) provide amazing relief from the heat. Cool water removes extra body heat 25 times faster than cool air.
- **Clothing:** Lightweight, light colored, loose fitting and cotton clothing is more comfortable in hot weather. A hat, parasol, or umbrella can provide protection to the head and neck while you are outdoors.
- **Drink Often:** In hot weather, your body needs more water. Because your body needs more fluid than thirst will indicate, do not wait to drink until you are thirsty. By the time you feel thirsty you may already be dangerously low on water. Don't try to drink a lot of coffee or tea. Water is the best.

Pet Safety

Made in the Shade - Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot outdoors. Make sure your pets have a shady place to get out of the sun, be careful to not over-exercise them, and keep them indoors when it's extremely hot.

Know the Warning Signs - Symptoms: excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, stupor or even collapse. They can also include seizures, bloody diarrhea and vomit along with an elevated body temperature of over 104 degrees. * Animals with flat faces, like Pugs and Persian cats, are more susceptible to heat strokes since they cannot pant as effectively. These pets, along with the elderly, the overweight, and those with heart or lung diseases, should be kept cool in air-conditioned rooms as much as possible.

No Parking! - Never leave your animals alone in a parked vehicle. It could lead to fatal heat stroke. Also, leaving pets unattended in cars in extreme weather is illegal in several states.

Summer Style - Giving your dog a lightweight summer haircut helps prevent overheating. Shave down to a one-inch length, never to the skin, so your dog still has some protection from the sun. Brushing cats more often than usual can prevent problems caused by excessive heat. As far as skin care, be sure that any sunscreen or insect repellent product you use on your pets is labeled specifically for use on animals.

Avoid Chemicals - Commonly used flea and tick products, rodenticides (mouse and rat baits), and lawn and garden insecticides can be harmful to cats and dogs if ingested, so keep them out of reach. When walking your dog, steer clear of areas that you suspect have been sprayed with insecticides or other chemicals. Keep citronella candles, oil products and insect coils out of pets' reach as well. Call your veterinarian or the ASPCA Animal Poison Control Center at (888) 426-4435 if you suspect your animal has ingested a poisonous substance.

If you believe your pet may have suffered heatstroke, call your veterinarian immediately!

Sun Safety

Protect Yourself and Your Family All Year Round

1. Do not sunbathe.
2. Avoid unnecessary sun exposure, especially between 10am and 4pm, the peak hours for harmful ultraviolet (UV) radiation.
3. When outdoors, use sunscreens rated SPF 15 or higher. Apply them liberally, uniformly, and frequently.
4. When exposed to sunlight, wear protective clothing such as long pants, long-sleeved shirts, broad-brimmed hats, and UV-protective sunglasses.
5. Stay away from artificial tanning devices.
6. Teach your children good sun protection habits at an early age: The damage that leads to adult skin cancers starts in childhood.
7. Examine your skin head to toe at least once every three months.

- **Listen to your body**
 - o If you are thirsty, stop what you are doing and drink water. Avoid alcoholic beverages and drinks containing caffeine, they will rob your body of moisture.
- **Dress for the weather**
 - o Lightweight clothes and light colors
- **Don't get too much sun**
 - o When going outside, always apply sunscreen
- **Slow down**
 - o Take it easy, especially at the start of hot weather when your body is less prepared for the heat. Physical activity produces body heat.
- **Watch what you eat**
 - o Avoid hot foods and heavy meals. They add heat to your body. Try using your stove less. Cook your meals during the cooler part of the day.
- **Watch Salt Use**
 - o Check with your doctor before you increase the amount of salt or potassium in your diet. Do not take "salt tablets" without your doctor's permission.

Note: All information is for educational purposes only. For specific medical advice, diagnoses and treatment, consult a doctor.

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