

This Month:

- Moon Day
- Juno Reaches Jupiter
- TSA Soup Kitchen
- Summer Birding
- The Bandit War
- Jeepers Having Fun
- Protect Your Pets
- Santa Ana Nat'l Wildlife Refuge

IN PRINT, ON-LINE & ON FACEBOOK

The Valley
Spotlight

**FREE
TAKE ME HOME**

July 2016

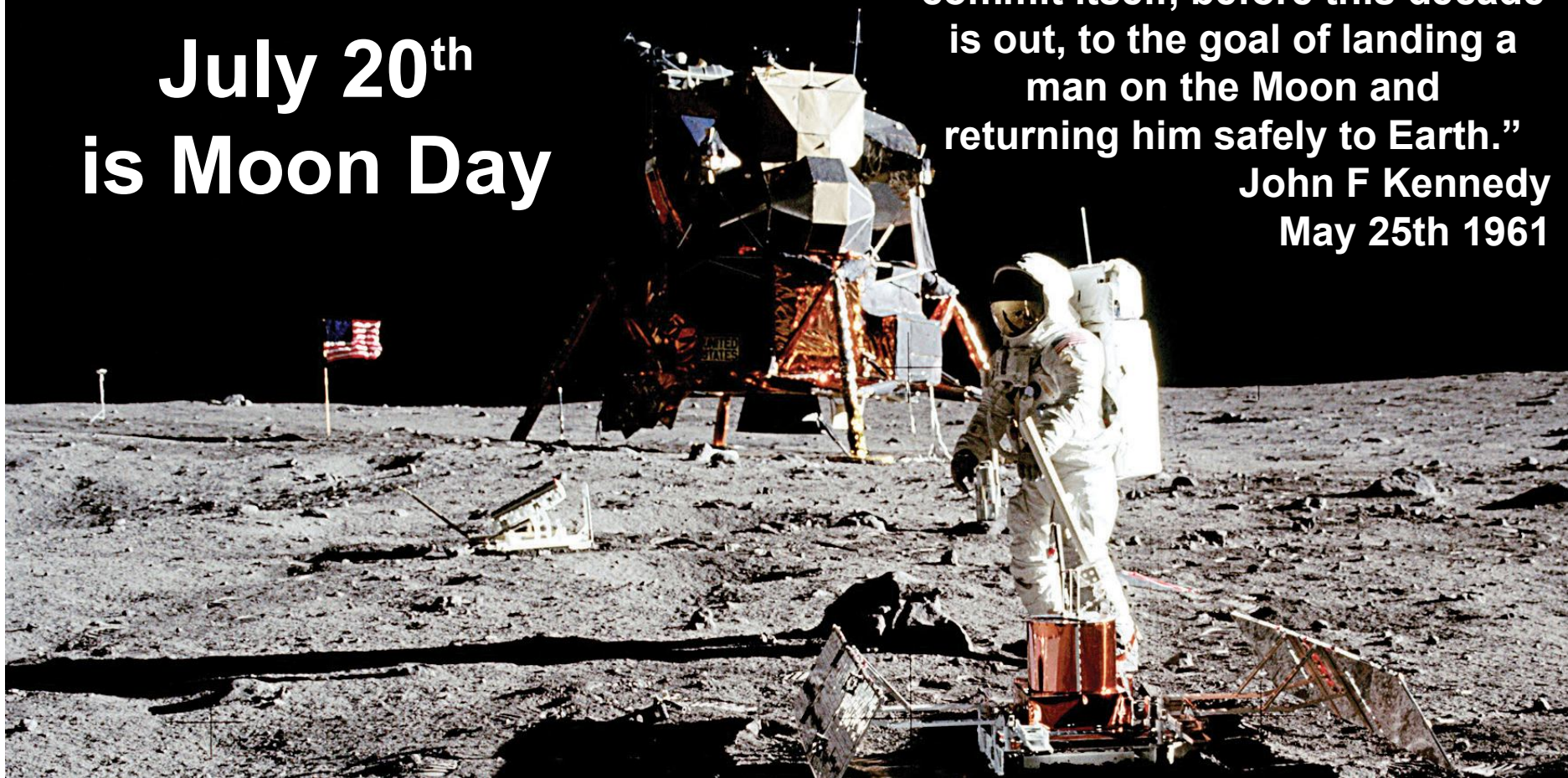
The Little Paper You'll Want To Keep & Share

Vol. 3 No. 2

July 20th is Moon Day

"I believe that this nation should commit itself, before this decade is out, to the goal of landing a man on the Moon and returning him safely to Earth."

**John F Kennedy
May 25th 1961**



Kennedy's dramatic speech in 1961 jump started NASA's Apollo program, a full bore race to the moon that succeeded when Neil Armstrong's boot clomped down into the lunar dirt on July 20, 1969.

The moon landing was a tremendous achievement for humanity and a huge boost to American technological pride.

The Apollo program, also known as Project Apollo, was the third United States human spaceflight program carried out by the National Aeronautics and Space Administration (NASA), which accomplished landing the first humans on the Moon from 1969 to 1972.

Although its pace slowed, space exploration continued after the end of the Space Race. The United States launched the first reusable spacecraft, the Space Shuttle, on April 12, 1981.



Sally Ride became the first American woman in space in 1983.



Eileen Collins was the first female Shuttle pilot, and with Shuttle mission STS-93 in July 1999 she became the first woman to command a U.S. spacecraft.

Recent space exploration has proceeded, to some extent in worldwide cooperation, the high point of which was the construction and operation of the International Space Station (ISS). The United States continued other space exploration, including major participation with the ISS with its own modules. It also planned a set of unmanned Mars probes, military satellites, and more. The Constellation space program, began by President George W. Bush in 2004, aimed to launch a next-generation multifunction Orion spacecraft by 2018. A subsequent return to the Moon by 2020 was to be followed by manned flights to Mars, but the program was canceled in 2010 in favor of encouraging commercial U.S. manned launch capabilities.

On August 5, 2011, NASA's solar-powered Juno spacecraft lifted off from Cape Canaveral Air Force Station in Florida at 9:25 am PDT beginning its five-year journey to Jupiter.



On July 4, 2016, just a few days ago, Juno successfully entered into orbit around Jupiter at approximately 10:53 pm CDT.

Cooking for the Community

How a Former Shelter Client Contributes to The Salvation Army's Soup Kitchen

by Eloise Montemayor - Grants Administrator/Public Relations

When Rosa De La Mora enrolled in The Salvation Army's Shelter Program in June of 2005, she never imagined she would become the Soup Kitchen's head cook and supervisor two years later. "The shelter, dining hall and banquet hall were full of people because of severe weather," De La Mora said as she recollected her first experience at The Salvation Army's shelter. She stayed through the stormy days and found herself volunteering in almost every department at The Salvation Army (TSA) to keep herself busy. When the weather was better, she walked everywhere she could to drop off job applications. Then, she started selling newspapers to save money for local bus tickets so she could go farther into town to submit applications.

"I was never one to pass time at the park," De La Mora said. "I was always looking for work, and when I wasn't looking for work, I was volunteering my time at The Salvation Army." When she found out that TSA had a cook position available, she applied and was hired soon after. She stayed at the shelter for three months and moved into an apartment with her two daughters after she saved enough money. De La Mora kept her part-time position for a year before becoming a full-time employee. Then, with the help of TSA advisory board member Joe De Marino, De La Mora enrolled in a six-month culinary arts program at South Texas Community College. Upon completion, she earned her certificate and eventually became head cook and supervisor of TSA's Soup Kitchen.



Rosa De La Mora and Joe De Marino upon completion of the culinary arts program at STCC



Rosa De La Mora with her daughters

"I have always given all I can through my work here at The Salvation Army," said De La Mora. "Til this day my daughters have also been very active in Salvation Army activities and programs."

For the past 11 years, De La Mora, along with her staff, has helped prepare thousands of meals for the hungry and homeless. In 2015 alone, the kitchen served over 75,055 meals for shelter clients and the community.

Holidays are no exception to normal kitchen operation hours either. Every Thanksgiving Day, De La Mora opens the kitchen at 4:00AM. Assistance from volunteers helps to make it possible to cook and serve over 1,300 Thanksgiving Day lunches.

Every Wednesday, the kitchen also prepares dinner, apart from community dinner, for about 60 children who participate in TSA's Youth Character Building Program.

During emergency situations, the kitchen also whips up hot meals for first responders and for those affected by disaster. Recently, the Soup Kitchen and volunteers prepared and distributed 3,200 meals to the City of Mission's residents and first responders after severe storms damaged many homes and left families without electricity.

Furthermore, De La Mora and her kitchen staff have prepared within the last two years more than 77,973 bowls of chicken soup for refugees who stop at Sacred Heart's parish hall in McAllen, TX.

Finally, De La Mora also caters to various civic groups who rent TSA's banquet hall during the week and pay \$10 per plate to benefit Salvation Army programs and services.

"God gives me strength," said De La Mora when asked how she manages the kitchen. "Volunteers and donations have all been instrumental in making our feeding program possible, as well." The Salvation Army receives food donations from community partners such as Which Wich and H-E-B. Through a Harvest Program, the kitchen also receives food donations from Olive Garden, Starbucks and Chipotle. In addition, funding from United Way and Urban County has also made it possible to feed the homeless and hungry.

Businesses and organizations like Fed Ex Ground, 1st Patriot Insurance and various Girls Scout troops have also sponsored food and provided volunteers to serve it at the kitchen, as well.

We invite you to partner with us in helping others. For more information about our programs and/or partnership opportunities, please call us at 956.682.1468.

We are located at 1600 N. 23rd St. in McAllen, TX 78501. To give a monetary donation, you may send a check payable to The Salvation Army to the following address:

PO Box 4766, McAllen, TX 78502.

Thank you!



Rosa with volunteers on Thanksgiving Day



Rosa with volunteer Shirley Hayes serving from mobile feeding unit

July is National Cell Phone Courtesy Month

by Rod Graham

The advancement in technologies regarding cell phones has created more and more opportunity for misuse and downright rudeness. When cell phones first appeared they were large, bulky and heavy. Hauling them around everywhere was not a feasible option. Nowadays, they are quite compact and easy to carry and use wherever we go. Just the other day I was dining at a local restaurant and was bombarded by a string of vulgarities by someone carrying on a cell phone conversation at a nearby table. Come on! My wife and I were there to enjoy a quiet dinner and pleasant conversation, not to be harassed by someone else's personal problems.

If we must carry and use our cell phones everywhere we go, let us at least use some courtesy towards those around us. Take it outside if you are going to be loud and obnoxious.

Many cities in the RGV have passed laws forbidding texting while driving, but talking on your phone while driving is still OK.

How many times have you been cut off in traffic only to notice that the other driver has their cell phone plastered to their ear?

Now I admit that I too will talk on my cell while driving. However, if I know that it will be a lengthy conversation or I am in heavy traffic, I will pull into a parking lot to complete the call. Total alertness while driving includes visual and audible signals such as turn signals and honking horns. If even a slight portion of our attention is taken away we are presenting a great danger to ourselves and others around us. So let us take advantage of our voice mail systems. Let's not answer the phone just because it rings, but move into a safer environment and make a call back.

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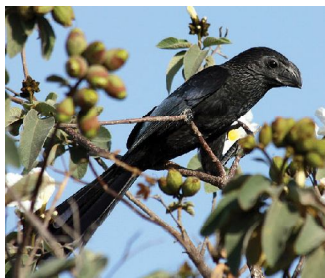
True Tales of a Valley Birder

Birding The Dog Days Of Summer

By Mary Beth Stowe

There's great birding in the Lower Rio Grande Valley any time of year, but there's no denying that "summer vacation time" is slow, primarily due to the oppressive heat and humidity!

However, there are certain birds that grace our area this time of year that make it worthwhile to get out there and enjoy them! Probably the most sought-after summertime bird is the Groove-billed Ani (although the odd individual usually hangs around all winter somewhere in the Valley), but Couch's Kingbird, Botteri's Sparrow, Bullock's Oriole, Brown-crested and Scissor-tailed Flycatchers, and Yellow-billed Cuckoo also call this area "home" in the summer. Many



birds that the tourists enjoy as spring migrants will hang around to breed, such as Dickcissel, Blue Grosbeak, and Painted Bunting.



And, of course, the resident Valley specialties will always be around to enjoy, not to mention the possibility of regular vagrants such as Yellow-green Vireo and

Masked Duck, both of which have bred here!

The trick to surviving birding in the summer is to focus on the coolest parts of the day. When I'm birding on my own, I shoot to arrive at my destination at sunrise (or even a little before), and wrap up between 11:00 and noon. We get very few birders needing guiding services this time of year, as most come here to either escape the cold northern winters or to experience the wonder of spring migration, but for those who really have no choice, summer in the Valley is better than no Valley at all! So in those rare cases, if someone wants a full day of birding I'll split the hours so that we take advantage of the early mornings and late evenings.

Evenings can be great on any account, as birds are coming in to roost, but in particular visiting birders like to see the Red-crowned Parrots and Green Parakeets, so the hour before sunset is a perfect time to cruise 10th Street in McAllen for the parakeets, and we have a nearby roost of the large Amazona parrots in Weslaco that we can take people to. The Red-crowned Parrot is our only "countable" parrot, but good numbers of feral "escapees" also join the flock, such as White-fronted, Yellow-headed, Red-ored, and Lilac-crowned Parrots.

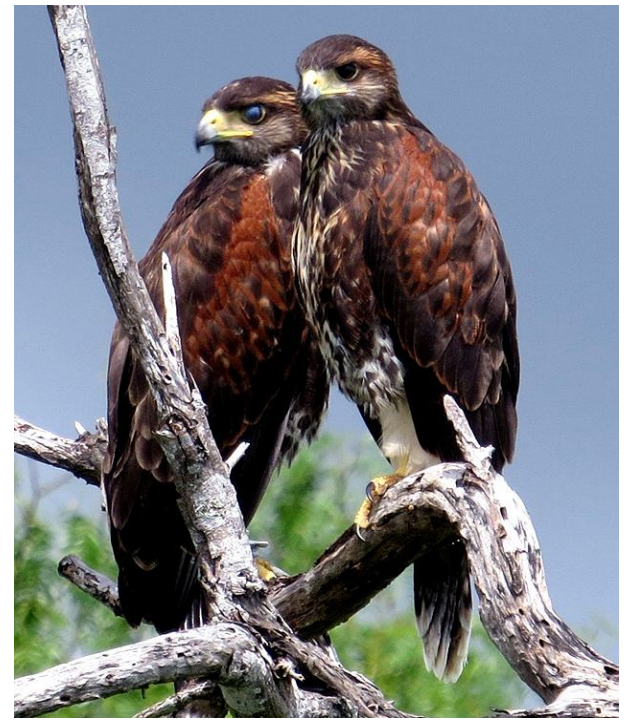
Personally, I like road birding the best, as you have a chance to hop into an air conditioned car, whereas if I'm doing a morning hiking survey, it gets pretty warm as it closes in on 11:00! Our monthly Birder Patrol trips have braved the deserts around Salineño in July as summer is the best time for Red-billed Pigeon (and again, you're not far from the car as you explore the Dump Road and nearby Falcon State Park). At South Padre Island you can be cooled by a nice breeze, and birding on the beach from your car insures that you can stay cool that way! My most interesting recent "warm weather" birding outing was with the Birder Patrol on May 28th, where we headed down SR 186 to Sacahuistale Flats, an area of thornscrub, grassland, and mesquite savannah. The route actually starts in agricultural area with some roadside palm trees, and this is where we usually pick up nesting Hooded Orioles and singing Dickcissels.

The main target this time of year, however, is the Botteri's Sparrow, a restricted range bird that only occurs here in the summer (another race also occurs in southeast Arizona): it's



rather nondescript, with a plain face and breast, long rounded tail, and rather large bill for a sparrow. Nearly identical to the resident Cassin's Sparrow, it's best told by its very different sputtering song that ends like a bright

bouncing ball, not unlike an Olive Sparrow's



song. It prefers the more open areas, and we weren't disappointed as we heard, then spotted, a bird sitting nicely on a barbed wire fence!

Raptors are to be expected any time of year, with Harris' Hawk being the most common, along with Crested Caracara and the occasional White-tailed Hawk. The route ends in Port Mansfield, where Wild Turkeys are a possibility at the Nature Trail, and a new wildlife viewing area on the Laguna Madre affords good looks at nesting Wilson's Plovers, Willets, and Least Terns, plus other coastal birds that may be passing through (fall migration for shorebirds actually starts in July!). Summer is also the best time to hope for a flyover Magnificent Frigatebird, and this last time we were blessed with three individuals at close range!

So if the dog days of summer are the only time you can take vacation, don't write off the Lower Rio Grande Valley! With planning and common sense precautions, your birding can be just as exciting as any other time of year!



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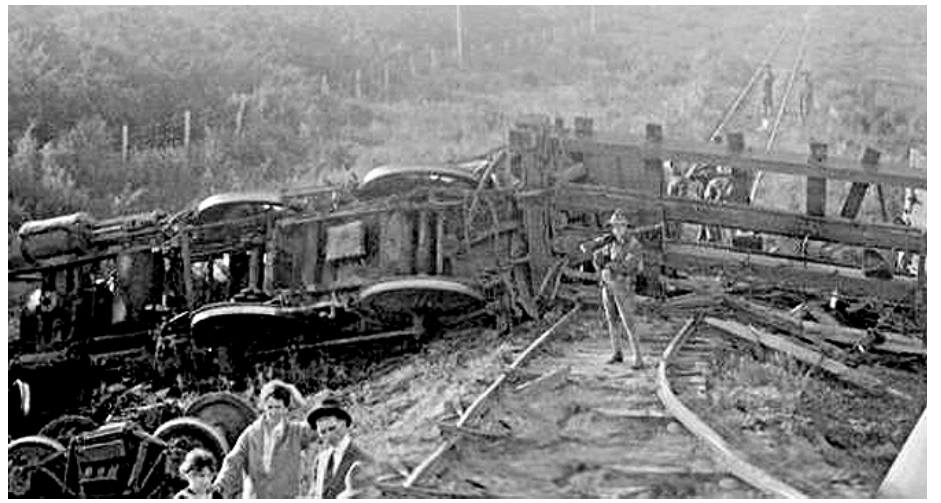


Crisis On The Border ... 100 Years Ago

Crisis is defined as a time of intense difficulty, trouble, or danger.

While the Valley has certainly faced a challenge during the past few years regarding the increasing numbers of Central American refugees, it can hardly be considered a crisis as referred to by mainstream media throughout the country. If you want to understand what a true crisis on the border is, you only need to go back in time one hundred years.

On the night of October 18, 1915, around 10:45 pm, the St. Louis, Brownsville & Mexico Railroad train suddenly derailed about seven miles north of Brownsville. A group of sixty men swarmed the passenger cars shooting Anglos on sight. In a span of only about fifteen minutes the train's engineer and three passengers were killed and the fireman and three other passengers were wounded. The raiders made off with about \$325 in cash in addition to jewels, watches and even shoes. They then headed across the Rio Grande returning to Mexico.



History books declare that the holdup was the work of Tejanos and Mexican renegades, using the chaos of the Mexican Revolution for their own purposes; to get money, to kill whites or maybe even to wrest control of the Southwest from America. But this was more than just an extreme case of banditry. The wreck and robbery was part of a Mexican invasion of Texas as laid out in the Plan de San Diego resulting in the Bandit War.

The Plan de San Diego called for a popular uprising of American Blacks, Hispanics and Indians in February 1915. They would capture Texas, New Mexico, Arizona, Colorado and California which would all revert to Mexican control. Most alarming to American residents living near the border was the fact that the Plan ordered all Anglo males over the age of 16 to be killed.

It is widely believed that the man behind this sinister plot was none other than Venustiano Carranza, the brilliant, devious and ruthless de facto ruler of Mexico at the time. It is unlikely that he really believed that Mexico could regain control of Texas and the Southwest. But the Plan could get him diplomatic recognition from the US government. The key, of course, was to keep Carranza's role hidden from the Americans and to blame his rivals or his Tejano allies for the violence that was to come. He played on the arrogance of U.S. and Texas officials, who believed that no Mexican



was smart enough to pull off such a deal.

In spite of the February start date, the offensive didn't really begin until July 1915. A band of 30 Mexican raiders roamed across south Texas, robbing and threatening residents, and killing at least one Anglo.

Under pressure from residents and commercial interests in the region Texas Gov. James Ferguson created Texas Ranger Company D and appointed Henry Lee Ransom as its first captain. Ransom was ordered to clean things up using all means necessary. With a "shoot first and ask questions later" reputation he was more than happy to comply.

On August 3, 1915 U.S. forces and a group of raiders battled at Aniceto Pizana's ranch, about 18 miles north of Brownsville. Pizana, along with former Cameron County Deputy Sheriff Luis de la Rosa, would become known as combat leaders of the Plan de San Diego.

In the town of Sebastian, on August 6, a store was robbed by bandits who captured and murdered two Anglos. Rangers and local law officers responded by attacking the ranch of a suspected Plan member, killing him and one of his sons.

Responding to reports that a Plan raid was in the works, a detachment from the Army's 12th Cavalry, along with some customs inspectors and the local deputy sheriff, went to Norias, home to the sub-headquarters of the legendary King Ranch. On the evening of August 8 about 60 riders attacked.

The American defenders held out for more than two hours, even though four of them were wounded. The bandit leader was shot and killed during the fighting and his followers decided to retreat, leaving seven Mexican corpses behind.

Tensions were running high. The Anglos were in fear of a local uprising, while Tejanos feared brutality from the Rangers. Governor Ferguson responded to the crisis on the border by increasing the size of the Ranger force and ordering almost all of it to south Texas.

General Frederick Funston, the commander of the Army's Southern Department, believed that more raids were imminent. He positioned 40 small Army detachments, a total of 2,500 men, throughout South Texas.

Brutality was present on both sides of the conflict. Some Tejanos and Mexicans who were thought to be tied to the Plan were simply killed, no trial necessary. The Mexicans attempted a number of assassinations of U.S. officials; a couple of which were successful. On September 24, nearly 100 Plan fighters, accompanied by Carranza soldiers, crossed the Rio Grande and attacked the town of Progreso. They looted and burned the place, and captured Army Pvt. Richard Johnson, taking him with them when they retreated back to Mexico. Johnson was executed, and two Carranza men removed his ears as souvenirs. His head was cut off and placed on a pole for the Americans to see.

On October 19, 1915 the United States gave diplomatic recognition to Carranza as president of Mexico. Five days later, he ended the Bandit War. True to his ruthless nature, Carranza abandoned his Tejano allies leaving them to be captured or killed.

It is not clear just how many people died during the four months of the Bandit War. Some estimates go as high as 5,000.

What is clear is that this was truly a time of crisis along the border and the challenges we face here today pale in comparison.

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Sudoku No.: 16577

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Sudoku No.: 39620

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Sudoku No.: 67210

Fill in each square with one digit, using only the numbers one through nine | Numbers cannot repeat within an individual box of nine squares
 Numbers cannot repeat down a column | Numbers cannot repeat across a row

It Is Hurricane Season, Be Prepared!

Hurricane season lasts from June 1 to November 30.

The most extreme weather events on the Texas Coast are hurricanes occurring most frequently in August and September. Hurricanes are capable of killing thousands and destroying coastal towns. Make sure you are prepared for a hurricane by following some simple tips.

Residential:

Assess the type of hazards that could affect your residence; storm surge, flooding and wind. Locate a safe room or the safest areas in your home or nearby community for each hurricane hazard. Know the designated hurricane evacuation route for your community, and designate a place where family members can meet up.

Business:

Prepare for a hurricane by writing down and practicing a simple plan. List all major equipment and review which items should be secured, protected or removed. Important business records or back up copies should be removed from the facility. Employees should know how to turn off the electricity, gas and water at their sources.

Prepare A Hurricane Survival Kit

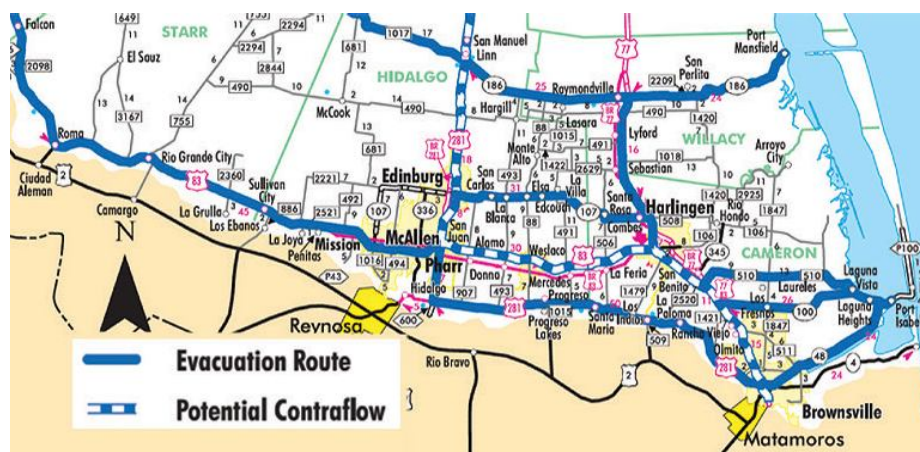
Remember, the most important concern when facing a hurricane is your family's safety and well being. Take the necessary steps to insure that your family is ready for such an emergency.

Start early to avoid the rush at home supply stores, grocery stores and other venues which are often crowded and chaotic when hurricanes are predicted.

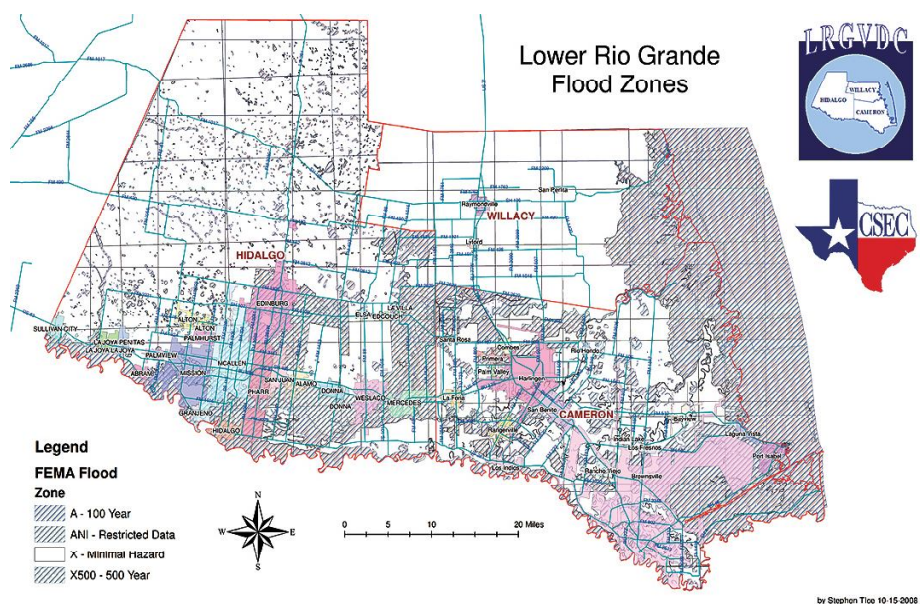
You should stock these basics for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies.

Keep the items you will most likely need in an easy to carry container such as a large, covered trash container, a camping backpack, or a duffel bag. Don't forget take important documents with you such as passports, vehicle titles, insurance papers etc., protect them by placing them in watertight containers. Keep your vehicle's fuel tank full in case you have to evacuate the area.

Become familiar with the evacuation routes nearest you.



Recognize the potential for flooding in your area.



As El Niño Fades, Expect Warmer And Drier Weather

According to Texas A&M University professor and State Climatologist John Nielsen Gammon, the current El Niño that has lasted since summer of 2015 is on its way out and after one of the warmest winters on record in Texas, that could change weather patterns in the next few months. It is believed the El Niño, warm waters in the central Pacific Ocean, has been responsible for above average rainfall over much of Texas and the Southwest this past year, and it's almost certain it will be replaced by a La Niña, cooler waters in the central Pacific, that also influence weather, but in different ways.

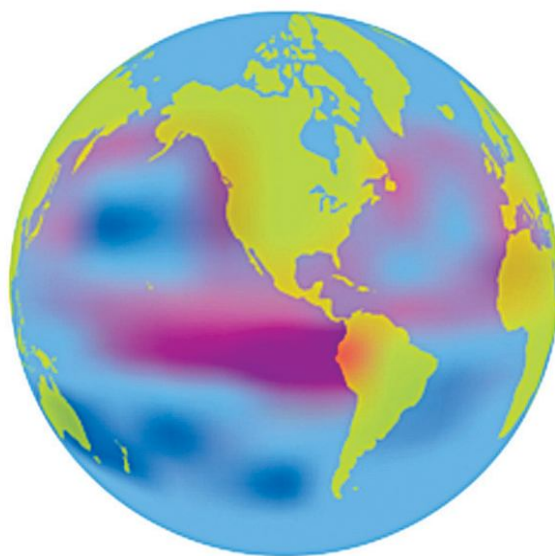
The tropical Pacific temperatures are almost certain to continue to decline. A tongue of cooler than normal temperatures has been working its way eastward across the Tropics just below the surface of the ocean, and it has now reached South America. Those cooler waters will continue to spread across the surface of the ocean as the warmer water moves westward, back toward New Guinea and Indonesia.

What that means is that it still seems likely that temperatures will cool enough to reach La Niña territory by late summer or fall. The Climate Prediction Center rates the chances of a La Niña at about 75 percent. By next winter, if La Niña is in place, Texas is likely to experience a warm and dry winter.

The past six months were typical for an El Niño in some ways and atypical in others.

Although there was a dry stretch in January and February, the six-month period November through April was the 7th wettest on record statewide, with records going back to 1895.

From an article published May 6, 2016 <https://today.tamu.edu>



The dark areas show El Niño patterns, where warm waters tend to influence weather across the world. (Shutterstock photo)

The extremely wet October of 2015 in Texas actually makes the October-April period the wettest October-April period on record.

But the rainfall was not evenly distributed across Texas.

Many parts of west-central, north-central, and northeast Texas received more than double their normal precipitation for November through April, while parts of the Coastal Bend and much of the Texas Panhandle and High Plains received less than normal precipitation.

Though above-normal rainfall is common during an El Niño, above normal temperatures are not common.

Usually temperatures are below normal during an El Niño, though that effect has been moderated somewhat by global warming.

This year many cities across the state, from Amarillo to Brownsville and El Paso to Beaumont, experienced one of their 10 warmest cool seasons (November-April) on record. Midland and Odessa came closest to setting a record, their average temperature was 54.8 degrees, second only to the year 2000.

Cold weather was mostly a no show and winter this year was almost non-existent in many parts of Texas. The temperature only got down to 22 degrees in Abilene, 27 degrees in Dallas, 30 in San Antonio, 31 in urban Austin and 40 in Galveston. All of these were new records for mildness, with weather records going back for more than a century in most locations.

Unlike winter weather in Texas, which is strongly affected by El Niño and La Niña, the weather during the summer is difficult to predict far in advance.

The wet weather this winter will help keep summer temperatures on the mild side, especially during the early part of the summer. In late summer, attention turns to the danger of hurricanes making landfall in Texas.

For hurricanes, the key will be how quickly La Niña develops in the tropical Pacific. The sooner La Niña forms, the more active the Atlantic hurricane season is likely to be.

Even so, Texas is a small target, so an active hurricane season across the entire Atlantic would not necessarily mean one or more landfalls in Texas itself.

Jeepers Just Want To Have Fun by Alyssa Cavazos

Jeep Night powered by Burns Motors was held the previous two months at Sofie's 'SS' Saloon. Sofie's has become the go to place for Jeep Night due to the relaxing and friendly atmosphere. Jeepers have come together once a month for a night of music and socializing. Those joining us on Jeep Night include the Texas Jeep Crawlers, South Texas Rebels, Texas Off-Road Republic, South Texas Jeeps, and the Calaveras. Food is always provided by Burns Motors. Burns Motors' David Nunez always goes above and beyond when it comes to feeding Jeep Night attendees. This month he outdid himself and whipped up some phenomenal tacos of bistek and charro beans. With all this delectable food every month, no one leaves Jeep Night on an empty stomach.

These past two Jeep Nights were also very special for two of our Jeepers. We celebrated two very special birthdays. South Texas Jeep's Gene Casarez Jr. was our birthday boy for the month of May. June was South Texas Rebels Jorge Revilla's birthday month. A big Happy Belated Birthday to you guys from your friends at Jeep Night. We wish you the best in all your life endeavors.

We also had some exciting events in the month of June. The 2nd Annual Rio Grande Valley Jeep Jam was held on Saturday June 25th. This was an all day event at Mars Family Sports Park in Linn, TX. Texas Jeep Crawlers and South Texas Rebels also had an East Cut Fishing Trip Saturday evening, June 25th. These are a few events held by our Jeep Clubs and Jeepers.

Jeep Night is typically held on the second Thursday of each month, unless changes are made beforehand. Next month's Jeep Night will be held July 21st. Information on Jeep Night and other events held by our Jeep Clubs can be found on our Facebook page, Jeep Night, powered by Burns Motors.

You can also get in contact with Burns Motors' Big Lew at (956) 984-4454 or via email at biglew@burnsmotors.com





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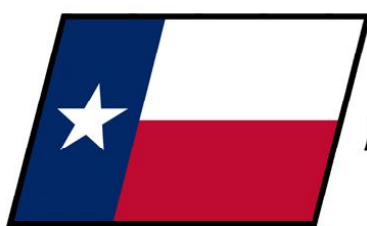


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From the Doctor's Desk

by Dr. Audrey Jones, D.O.

With hot summer weather upon us, this is a good time to consider heat illnesses and treatments.

Too much of something can produce illness, for example too much heat on a hot summer day.

Heat Rash occurs when the skin becomes irritated by excessive sweating during hot, humid weather. It is very common in young children, but can show up at any age. The rash looks like small blisters or sometimes clusters of pimples. For infants with a heat rash, find a cool dry place and remove restrictive clothing. Often the rash will develop when an infant is overdressed in warm weather.

Heat Cramps happen when strenuous activities, such as exercise, are taking place in the heat. Often electrolytes, like sodium, are lost in skin sweat and cause muscle spasms in arms, legs or abdomen. Body temperature will remain normal and skin will feel moist and cool. Treatment is fluid and electrolyte replacement.

Get to a cool environment and drink fluids with electrolytes, like Pedialyte or a Sports Drink (Gatorade, Powerade, etc).

Heat Syncope is a fainting spell that occurs after exposure to high temperatures. The victim may feel dizziness before fainting. If heat syncope occurs, the patient should be placed in a cool dry environment on his or her side. Consciousness should return in seconds. If the victim does not regain consciousness quickly, then call 911, for the victim should be taken to the

Emergency Dept. for evaluation.

Heat Exhaustion is a more serious form of heat illness. It is a result of lack of fluids when exposed to a hot climate. Symptoms are thirst, weakness, fainting, muscle cramps, nausea or vomiting, irritability and headache.

Rapid treatment is important, and includes getting to a cooler place, preferably in the air conditioning. Encourage fluids with salt and sugar like Pedialyte or a Sports Drink. Place cool wet cloths on the skin. Contact pediatrician or family doctor. If the victim cannot drink due to nausea and vomiting, or tiredness, then take them to the nearest Emergency Department for treatment because heat exhaustion can develop into a heat stroke.

Heat Stroke is the most severe form of heat illness, and can be fatal. In heat stroke the body loses the ability to regulate its own temperature. Temperatures can reach 106 degrees F. Risk for heat stroke is increased in overdressing and extreme physical activity in hot weather without adequate fluid intake. Other symptoms of heat stroke may include headache, weakness, dizziness, confusion, nausea, vomiting, rapid breathing, rapid heartbeat, seizure, loss of sweating, red hot dry skin, loss of consciousness, body temperature of 104 degrees F or higher.

If you suspect heat stroke call 911 and get to the nearest Emergency Department for treatment.

Enjoy summer and keep safe!



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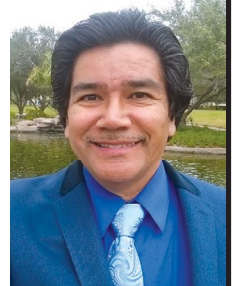
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Remember Your Pet's Safety During The Dog Days of Summer!

As the temperatures rise and we experience triple digit heat indexes it becomes extremely important to think about safety not only for our human family but for our pets as well. According to The Humane Society of the United States here are important things to remember in order to keep your pet safe.

Never Leave Your Pets In A Parked Car

Not even for a minute. Not even with the car running and air conditioner on. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On a 90 degree day, for example, the temperature inside a car with the windows opened slightly can reach 109 degrees within 10 minutes. After 30 minutes, the temperature will reach 124 degrees. Your pet may suffer irreversible organ damage or die.



Watch The Humidity

"It's important to remember that it's not just the ambient temperature but also the humidity that can affect your pet," says Dr. Barry Kellogg, VMD, of the Humane Society Veterinary Medical Association. "Animals pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves, and their temperature will skyrocket to dangerous levels very quickly."

Taking a dog's temperature will quickly tell you if there is a serious problem. Dogs' temperatures should not be allowed to get over 104 degrees. If your dog's temperature does, follow the instructions for treating heat stroke.

Don't Rely On A Fan

Pets respond differently to heat than humans do. (Dogs, for instance, sweat primarily through their feet.) And fans don't cool off pets as effectively as they do people.

Provide Ample Shade And Water

Any time your pet is outside, make sure he or she has protection from heat and sun and plenty of fresh, cold water. In heat waves, add ice to water when possible. Tree shade and tarps are ideal because they don't obstruct air flow. A doghouse does not provide relief from heat ... in fact, it makes it worse.

Cool Your Pet Inside And Out

Whip up a batch of quick and easy DIY peanut butter popsicles for dogs. (You can use peanut butter or another favorite food.) And always provide water, whether your pets are inside or out with you. Keep your pet from overheating indoors or out with a cooling body wrap, vest, or mat (such as the Keep Cool Mat). Soak these products in cool water, and they'll stay cool (but usually dry) for up to three days. If your dog doesn't find baths stressful, see if she enjoys a cooling soak.

Limit Exercise On Hot Days

Take care when exercising your pet. Adjust intensity and duration of exercise in accordance with the temperature. On very hot days, limit exercise to early morning or evening hours, and be especially careful with pets with white-



colored ears, who are more susceptible to skin cancer, and short nosed pets, who typically have difficulty breathing. Asphalt

gets very hot and can burn your pet's paws, so walk your dog on the grass if possible. Always carry water with you to keep your dog from dehydrating.

Watch For Signs Of Heatstroke

Extreme temperatures can cause heatstroke. Some signs of heatstroke are heavy panting, glazed eyes, a rapid heartbeat, difficulty breathing, excessive thirst, lethargy, fever, dizziness, lack of coordination, profuse salivation, vomiting, a deep red or purple tongue, seizure, and unconsciousness. Animals are at particular risk for heat stroke if they are very old, very young, overweight, not conditioned to prolonged exercise, or have heart or respiratory disease.



Some breeds of dogs like boxers, pugs, shih-tzus, and other dogs and cats with short muzzles will have a much harder time breathing in extreme heat.

How To Treat A Pet Suffering From Heatstroke

Move your pet into the shade or an air conditioned area. Apply ice packs or cold towels to her head, neck, and chest or run cool (not cold) water over her. Let her drink small amounts of cool water or lick ice cubes. Take her directly to a veterinarian.

Prepare For Power Outages

Before a summer storm takes out the power in your home, create a disaster plan to keep your pets safe from heat stroke and other temperature related trouble.

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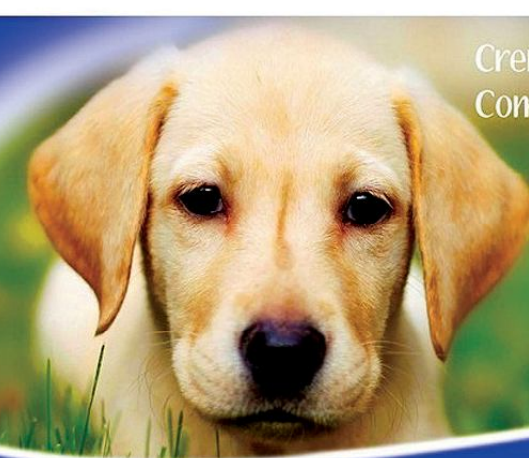
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"If you want a friend in Washington, get a dog." ... Harry S. Truman

"Happiness is a warm puppy." ... Charles M. Schulz

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- SUNDAE
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- VANILLA

Santa Ana NWR, A Very Special Place

by Christine Donald ... Outdoor Recreation Planner ... Santa Ana National Wildlife Refuge

I consider myself a lucky, rich person, rich not in material wealth but with natural beauty. Every day I have the opportunity to work where I can step outside and experience the beauty of Mother Nature.

I could not imagine a world without plants and animals, although I could live without the chiggers, ticks, and mosquitoes. Not a day goes by that I am not fascinated with something that I have seen or experienced.

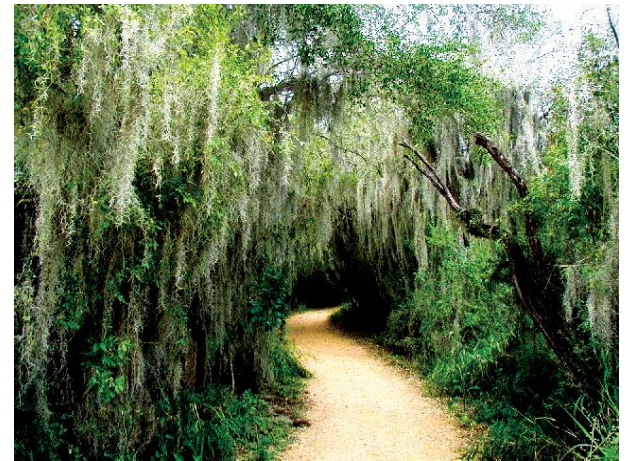
I especially love to see families coming to Santa Ana with children who become fascinated with all the wonders of outdoor life; butterflies dancing in the air, rabbits bouncing around, lizards scampering across the path, and birds singing.



Santa Ana National Wildlife Refuge ... 3325 Green Jay ... Alamo, TX 78516

Sadly, it seems that many children today do not have the connection to nature that I and others of my generation had. They are tuning out nature and opting to stay indoors playing with electronics.

I watch very little television and instead enjoy walks outside to see the wonders of nature all around me. I sneak out, when I can, while I am at work to open my senses and see all the beauty that nature provides.



Santa Ana NWR is a beautiful place that can transport you back in time with its long flowing Spanish Moss and its Ball Moss high up in trees. Spending quiet time here allows your mind to release all of its stressful problems and replace them with the serenity of nature's beauty. If you would like a special place unwind then come to Santa Ana NWR ... A very special place.

Sprawling City with an Urban Refuge

by Laura M. de la Garza

Environmental Education Park Ranger ... Santa Ana National Wildlife Refuge

On May 23, 2016, the City of Alamo had their Watermelon Festival in downtown Alamo. The event hosted headliners like David Lee Garza and Sonia Trevino. I attended the event, but not to go and see the shows, although they were quite entertaining. I wanted to go and meet our urban neighbors. I organized my display table and as soon as I put out our outreach event kit loaded with wildlife pelts and skulls you better believe I had a crowd. I was so excited in talking to the local families and hearing them reminisce about how the refuge was their playground growing up. It was a reoccurring theme to hear the locals talk about how they used to come out to picnic and walk the various trails on the refuge. Santa Ana National Wildlife Refuge is located about seven miles south on Farm to Market road 907.



The City of Alamo is known as "the gateway to Santa Ana National Wildlife Refuge." As an Urban Refuge our initiative urges us to go out in to the community and engage the public in our mission. The refuge is literary in the backyard of city. Our neighbors are the many residents of Alamo, and let me say they are great neighbors to have. The people in Alamo are always extremely friendly and so it was great to meet and talk to so many Alamonians. It was an amazing feeling to be amongst the entertainment, food, activities, festival rides and various distractions and yet still have so many people interested in the refuge and our message. It was apparent to me that refuge is valued in the community of Alamo and by its residents.

I found myself talking to the parents of the many students in the schools where we do outreach. It never ceases to amaze me to see the same families come to the refuge and have the kids come up and say "do you remember me?," They pause as I look at them, "you came to my school and gave a program on Santa Ana," I always get this fuzzy feeling inside, because I realize we have come full circle. The sprawling city of Alamo is growing by leaps and bounds and its backyard, Santa Ana NWR is open to the curious in nature and preservationist at heart.



This is a true account recorded in the Police Log of Sarasota, Florida:

An elderly Florida lady did her shopping and, upon returning to her car, found four males in the act of leaving with her vehicle. She dropped her shopping bags and drew her handgun, proceeding to scream at the top of her lungs, "I have a gun, and I know how to use it! GET OUT OF THE CAR!"

The four men didn't wait for a second threat. They got out and ran like mad.

The lady, somewhat shaken, then proceeded to load her shopping bags into the back of the car and got into the driver's seat. She was so shaken that she could not get her key into the ignition. She tried and tried, and then she realized why.



It was for the same reason she had wondered why there was a football, a Frisbee, and two 12 packs of beer in the front seat.

A few minutes later, she found her own car parked four or five spaces farther down. She loaded her bags into the car and drove to the police station to report her mistake. The sergeant to whom she told the story couldn't stop laughing. He pointed to the other end of the counter, where four pale men were reporting a car jacking by a mad, elderly woman described as white, less than five feet tall, glasses, curly white hair, and carrying a large handgun.

No charges were filed.

Moral of the story?

If you're going to have a senior moment ... make it memorable!

The Law of the Garbage Truck

One day I hopped in a taxi and we took off for the airport.

We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean, he was really friendly. So I asked, "Why did you just do that? This guy almost ruined your car and sent us to the hospital!"

This is when my taxi driver taught me what I now call, "The Law of the Garbage Truck."

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment.



As their garbage piles up, they need a place to dump it, and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day.

Life's too short to wake up in the morning with regrets; so ... Love the people who treat you right. Pray for the ones who don't. Life is ten percent what you make it and ninety percent how you take it! Have a blessed, garbage free day. ... D.J. Pollay

Low Tech Social Media

I haven't got a computer, but I was told about Facebook and Twitter and am trying to make friends outside Facebook and Twitter while applying the same principles. Every day, I walk down the streets and tell passers-by what I have eaten, how I feel, what I have done the night before and what I will do for the rest of the day. I give them pictures of my wife, my daughter, my dog and me gardening and on holiday, spending time by the pool. I also listen to their conversations, tell them I 'like' them and give them my opinion on every subject that interests me ... whether it interests them or not. And it works. I have four people following me; two police officers, a social worker and a psychiatrist.

Cowboy vs Congressman

A cowboy named Bud was overseeing his herd in a remote mountainous pasture in Montana when suddenly a brand-new 2016 BMW advanced toward him out of a cloud of dust. The driver, a young man in a Brioni® suit, Gucci® shoes, RayBan® sunglasses and YSL® tie, leaned out the window and asked the cowboy, "If I tell you exactly how many cows and calves you have in your herd, will you give me a calf?"

Bud looks at the man, who obviously is a yuppie, then looks at his peacefully grazing herd and calmly answers, "Sure, why not?"

The yuppie parks his car, whips out his Dell® notebook computer, connects it to his Apple I phone, and surfs to a NASA page on the Internet, where he calls up a GPS satellite to get an exact fix on his location which he then feeds to another NASA satellite that scans the area in an ultra high resolution photo.

The young man then opens the digital photo in Adobe Photoshop® and exports it to an image processing facility in Hamburg, Germany.

Within seconds, he receives an email on his Apple iPad® that the image has been processed and the data stored. He then accesses an MS-SQL® database through an ODBC connected Excel® spreadsheet with email on his Galaxy

S5® and, after a few minutes, receives a response. Finally, he prints out a full-color, 150-page report on his hi-tech, miniaturized HP LaserJet® printer, turns to the cowboy and says, "You have exactly 1,586 cows and calves."

"That's right. Well, I guess you can take one of my calves," says Bud (with a smile).

He watches the young man select one of the animals and looks on with amusement as the young man stuffs it into the backseat of his car.

Then Bud says to the young man, "Hey, if I can tell you exactly what your business is, will you give me back my animal?"

The young man thinks about it for a second and then says, "Okay, why not?"

"You're a Congressman for the U.S. Government", says Bud.

"Wow! That's correct," says the yuppie, "but how did you guess that?"

"No guessing required," answered the cowboy. "You showed up here even though nobody called you; you want to get paid for an answer I already knew, to a question I never asked. You used millions of dollars worth of equipment trying to show me how much smarter than me you are; and you still don't know nothin' about how working people make a living or about cows, for that matter. This is a herd of sheep."



"Now give me back my dog."