

This Month

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 BORSTAR
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 Juan Diego Academy
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 2015 United Way Campaign

IN PRINT, ON-LINE & ON FACEBOOK

The Valley Spotlight

**FREE
TAKE ME HOME**

September 2015

The Little Paper You'll Want To Keep & Share

Vol. 2 No. 4

National Childhood Cancer Awareness Month

Families, caregivers, charities and research groups across the United States observe September as Childhood Cancer Awareness Month.

In the U.S., 15,780 children under the age of 21 are diagnosed with cancer every year; approximately one quarter of them will not survive the disease. A diagnosis turns the lives of the entire family upside down. The objective of Childhood Cancer Awareness Month is to put a spotlight on the types of cancer that largely affect children, survivorship issues, and importantly, to help raise funds for research and family support.



3rd Annual Go Gold Walk

The Gold and the Beautiful

We are a group of volunteers that walk every Wednesday night in September. We believe that no family should have to face cancer alone.

We wear Gold and Purple. Gold for Childhood Cancer and Purple because it symbolizes Royalty and Survivors. Our purpose is to raise awareness about Children's Cancer and their fight against Pediatric Cancer and to ensure that siblings of children with pediatric cancer are also honored and recognized so they may face the future with strength, courage and hope.

We walk every Wednesday night in September from Fireman's Park to Vannie Cook Children's Hospital.

Our first walk on September 2nd will be in memory of Jesse Mena who lost his battle with cancer in November 2014.



We meet at Fireman's Park in McAllen at 7 pm and walk to VCCH where there will be Life of the Party characters joining us. Come and join us when you can to help raise awareness about this disease that affects so many families here in the Valley.

Be sure to visit our page at www.facebook.com/goldnbeautiful



**CELEBRATION
of HEROES**

**Fashion Show
and
Luncheon**

To honor the many local children who are fighting cancer, and to remember those who have lost the battle, we invite you to the 2nd annual Celebration of Heroes Fashion Show and Luncheon. The event is scheduled for Wednesday, September 30, 2015 and will be held at the McAllen Convention Center. All proceeds will benefit the Vannie E. Cook Jr. Children's Cancer and Hematology Clinic's Charitable Care Program. The memorable "Walk Down the Runway" will feature our precious Clinic Patient Heroes escorted by our Community Heroes. This year's Community Heroes are: Ana Bergh, Carol Ann Dixon and Jenny Hollis, Courtney and Steven Egan, Dr. Jenna Garza and Brandon Hausenfluck, Melissa and Tony Jalomo, Sara Hinojosa, Frances and James McAllen, Marlee and Bud Payne, Rita K. and Glen Roney and Maria Elena Useda.

The mission of the Vannie E. Cook Jr. Children's Cancer and Hematology Clinic is to offer comprehensive care and treatment to children in South Texas with cancer and blood disorders. The Vannie Cook Clinic's goal is to provide all patients with the highest quality of healthcare regardless of their financial capacity.

No child is turned away due to an inability to pay.



Childhood Cancer Facts:

- Cancer remains the #1 cause of non-accidental death in children
- Every day, 36 children are diagnosed with cancer
- Each year, approximately 13,500 parents will hear the words, "Your child has cancer".

Vannie Cook Clinic Facts:

- In its 13 years of operation, the clinic has treated over 7,500 patients
- 85% of our patients are under-insured or completely uninsured
- In order to remain true to our mission of never turning a child away for inability to pay for services, the clinic must raise \$1,000,000 annually.
- No child has ever been denied life-saving care!

The Vannie E. Cook Jr. Children's Cancer and Hematology Clinic remains in operation through the generosity of its donors.

It is because of your donations that we can proudly proclaim stories of success such as that of Evan Shropshire.

Evan's Mom, Kristin, says "My name is Mom and my family is part of The Vannie Cook Clinic, my son belongs at The Vannie Cook Clinic, it's the place where we feel safe.

God bless Dr. Bernini, Dr. Erana, Dr. Ramirez, and all the nurses and staff. God blessed the Rio Grande Valley with the Vannie Cook Clinic. In April of this year, God blessed Evan and he was able to ring the bell at The Vannie Cook Clinic to celebrate his END OF THERAPY!

Spotlight on Community Service

The Valley Spotlight is committed to providing a voice for Non-Profit organizations of the Rio Grande Valley who wish to raise public awareness of the programs and services that they offer. This is made possible by donations to those organizations and through purchasing advertising space in The Valley Spotlight. If you would like to support this effort by advertising here or if you are part of an NPO and would like to have your stories and articles published, call Rod at 956-457-8600 or email rod@rgvaff.com

Hunger Action Month: September Isn't Just About Awareness, It's About Action

by Omar I. Rodriguez
Manager of Communication & Advocacy Food Bank RGV

Cooler temps and the echoes of marching bands and football games will be in the air this September. Yet hunger will be among us, quietly taking its toll on children, families and the elderly.

It's not enough to be aware of hunger's silent effects on the Rio Grande Valley; *we've got to take action!*

Hunger Action Month happens every September and it's a golden opportunity to learn how hunger affects the health and development of school children; the productivity of working adults and the health of our seniors. Getting the facts on hunger and understanding the problem will get us much closer to helping feed the 42,000 people per week that need food assistance in the RGV.

But what can you do during Hunger Action Month? Well, visiting the foodbankrgv.com webpage is a start and downloading the H.A.M. (yes, we call it ham) Calendar of events will show you all the things you can do to increase your awareness of hunger and fun ways to strengthen your community! Aside from the compelling fundraisers throughout the month (Empty Bowls, Sept. 29th, being the biggest and most popular fundraiser of the year) there are other things to do like: #spoonember challenge, giving up a lunch, volunteering, donating food and funds and much, much more.



#spoonember



So, take action in September and keep up to date with everything we are doing in the RGV to fight hunger! Visit us on Facebook and Twitter at [FOODBANKRGV](https://www.facebook.com/FOODBANKRGV) and our website at: foodbankrgv.com

"A Journey of the Heart"

by Deborah S. Boyce, APR

We get very little notice they are coming. The door opens and someone cries out, "Families! The families are here!"

We begin applauding, as those present at Catholic Charities of the Rio Grande Valley's Humanitarian Respite Center rush to greet the refugees arriving at Sacred Heart Church's Community Center, in McAllen, TX. Our eyes meet, as I exclaim, "Bienvenidos! Welcome!" and we share a smile.

A young woman carrying her baby is among the first to enter. As mothers, we open our arms to each other, kiss and embrace, holding one another for a moment. Then every person, young and old, embraces me.

A Brazilian father looks around and starts to cry, so happy to be here. Wiping his eyes, the tears just keep flowing. He and his son only have 30 minutes before they will board their bus north to Philadelphia. But it is time enough to get a quick bowl of soup and drink, a warm shower, and new sets of clothes and shoes for the two of them. A fresh start. As they prepare to leave, I help his son pick out a book to read on their three-day trip.

"Estoy tan agradecido," the father says. "Asi que Dios los bendiga a todos!"

"I am so very grateful. God bless you all!"



A year ago, I came with women from St. John XXIII parish in Perrysburg, OH, to serve refugee families at the Franciscan Sacred Heart parish in McAllen, TX. During the one-week mission trip, I was looking to have my heart cracked open. That's how the journey of faith begins. Not knowing where He may lead, but trusting God's grace and blessings will guide us as we journey in the days ahead.

A year later, my heart continues to expand in love each day. I've learned, once our eyes are opened, we can't turn our backs. We have new eyes to see and new ears to hear, if we are open and receptive to the presence of God around us, and are willing to open our hearts and respond to His invitations.

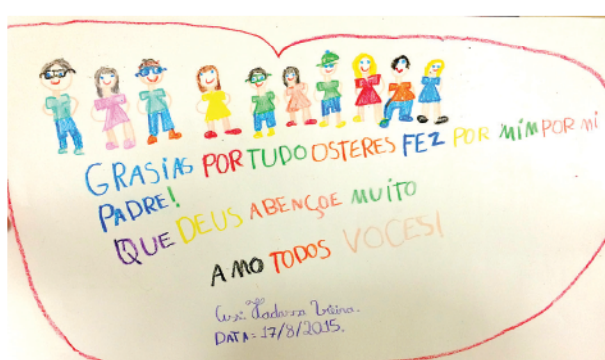
After his election, Pope Francis shared why he chose St. Francis of Assisi, founder of the Franciscan order, as his namesake, "The young Francis understood true joy and riches do not come from the possession of material things, but are to be found in following Christ and serving others. We all need to look upon one another with the loving eyes of Christ, and learn to embrace those in need, to show our closeness, affection and love."

During my time here, I've learned simple acts of kindness transform the world for someone in need. And hugs and kisses are the way we greet one another, and say goodbye, here in the Rio Grande Valley.

It's a tradition I will carry with me when I leave.

Bendiciones y abrazos. Vamos con Dios.

Blessings and hugs. We go with God.



Volunteers Needed!

While the number of refugees fluctuates from day to day, volunteers of all ages are welcome! The Humanitarian Respite Center, located in Sacred Heart Church's Community Center, is open 7 days a week, including holidays, from 8 a.m. to 8 p.m., or until the last refugee is served. The address is: Humanitarian Respite Center, Sacred Heart Church, 306 S. 15th Street, McAllen. To volunteer or drop off donations, drive past Sacred Heart Church and the Rectory. The Humanitarian Respite Center is on the corner of S. 15th Street and Dallas Avenue. Turn right on Dallas Avenue. Parking is free at the bagged parking meters and inside the fenced-in area behind the Humanitarian Respite Center. Thank you so much for your donation of time, talents and treasures! Your contributions in support of this Humanitarian Relief effort are greatly appreciated!

For more information go to catholiccharitiesrgv.org

True Tales of a Valley Birder

by Keith Hackland (alamoinn@aol.com)

Tapping Into Money Trees

The Valley has great native trees, which I call money trees, that attract 540 species of wonderful wild birds which in turn attract Birders from across the U.S. and around the world.

These birders spend half-a-billion dollars a year to be here watching birds at the Valley's world class birding destinations which have hundreds of acres of woodland (growing money trees), wetland, and grassland. These subjects were covered in previous columns, Growing Money Trees and Locating Money Trees. Now let's find out how to benefit from this birding bonanza by *Tapping Into Money Trees*.

According to a research study published by Texas A&M University, the money spent by birders in the RGV supports 6,600 jobs. The most obvious of these jobs are people who work at the top Valley birding destinations listed in my August column.

These destination jobs include; Naturalist, Ranger, Maintenance, Front desk, Custodian, Educator, Interpreter, Law Enforcement, and Manager. Some of these jobs have direct contact with birders such as guiding them on walks, while other jobs serve birders indirectly.



There is serious competition for top jobs at birding destinations. For the top positions it is best to have a degree, a masters degree, or a PhD in biology or a related field. Employers include the Federal Government, Texas State Government, county, city, and other entities that operate birding destinations. Veterans are encouraged to apply for these positions. For more information visit or google the destinations listed in my August 2015 column and look for employment information.

Birders stay in hotels and eat at restaurants. There are many folks who work to take care of them; checking them in, providing them with information, doing housekeeping, cooking and serving meals. There are many stores where birders shop, and of course the airports they fly into, cars they rent ... all of these folks are serving birders.

There are also folks who build web sites, do graphic arts, and printing for birding destinations.

In 1998, while looking for a job, my wife and I came across an old building in Alamo. We bought it and turned it into a bed and breakfast inn, catering to birders. That became my job, serving birders. We offer tours, guides, and gear. Some people said we were crazy to do such a thing, and we did struggle for a few years, until birders discovered it, then it got really busy.



We started with four suites and today we have twenty. We have had people from 36 different countries staying here often making reservations a year in advance. We have to turn people away during the busy season because we are sold out.

There are ten birding bed and breakfasts around the Valley that represent many jobs and opportunities. see RGV-BedandBreakfast.com

Creative people who depict birds on products can be very successful. There are many artists in the Valley who paint and draw nature, butterflies and birds and sell them. One lady in Wilacy County Art League creates tiny paintings of birds on domestic parrot feathers. A graphic



artist from McAllen prints his amazing bird graphics on T-shirts and has them embroidered on hats. These sell well to visiting birders.

The Valley Partnership prints free birding and butterfly maps with advertising on them (someone has to sell the advertising and that is a great job). News media write about birds and birding for their readers. TV stations videotape birds for broadcast. There are several birding

magazines to which folks sell birding stories and photographs.

The Valley has a real shortage of good birding guides who know the various species by sight and call. There are more birders who want to hire guides than there are guides available. There are also guides and ranches who offer specialized services for bird photographers. Some guides work full time, others part time. There is a need for both. A birding guide needs to know the subject matter well and where to find them. There are people who teach birding, the hobby of watching birds. Courses are available at birding centers, and enhance the lives of those who take them. There are others who teach ornithology, the profession of studying birds. These courses are available at universities, including UT RGV, and require serious study.

Believe it or not, there are people who are paid to grow Valley money trees. Nurseries grow native trees from seed for U.S. Fish & Wildlife Service, who buy seedlings to reforest tracts of refuge land in the Valley.

There are also many non-paying jobs for volunteers who guide birders, feed the birds, and do maintenance at birding destinations across the Valley. If you are interested in volunteer work, contact the front desk at a destination near you, and ask for the volunteer coordinator.

There are birding clubs in the Valley such as the Arroyo Colorado Audubon Society who have meetings with speakers and field trips.

The RGV Birding Festival is held the second week of November every year in Harlingen. Birders come from around the country to join field trips, listen to lectures, and visit the trade show. The festival fills hotels, hires buses, vans, guides and caterers and also needs volunteers to help run the event. It is one of the oldest and largest birding festivals in U.S.

My favorite Valley volunteer job with wild birds, is watching and feeding the birds in my yard. Folks who do this are called back yard birders. Their reward is the pleasure of seeing our colorful birds and learning more about them. Many Valley residents love watching birds at their feeders, birds foraging in their money trees, birds splashing in their bird baths, and birds calling and singing in their yard. Can one place a value on that?

To those who enjoy wild birds, it is priceless.



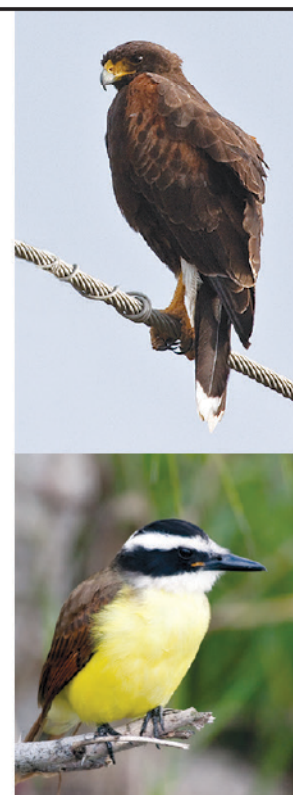
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Spotlight on Rio Grande Valley Sector Border Patrol Border Patrol Search, Trauma and Rescue

by Rod Graham from an interview with BORSTAR Commander Hector Moreno

The warm season here in the Rio Grande Valley stretches from May through September with average daytime temperatures exceeding 90° F. Add in high relative humidity values and heat index values can consistently reach over 100 °F during these months. Put this in conjunction with arid brushland covering hundreds of square miles and you have a recipe for disaster.

This potential disaster is faced weekly by hundreds of undocumented aliens making their way into the United States along the Texas - Mexico border. Not only by them but by the men and women of the US Border Patrol whose duties include patrolling these hot, dry areas and responding to calls of distress.

In the year 1998 the RGV Sector BORSTAR (Border Patrol Search, Trauma and Rescue)

unit was established to provide assistance to anyone who was lost or otherwise in distress.

The RGV BORSTAR unit is a well disciplined and well equipped group of specially trained agents who face the reality of the Rio Grande Valley's harsh environment on a daily basis. Whether they are responding to a call to search for lost individuals or groups, or they are assisting in disaster relief efforts, BORSTAR agents are always prepared and ready to face the challenge of whatever lies before them.

It takes specialized training to become a part of the RGV BORSTAR unit. Qualifying agents must complete a rigorous five week training course at the Special Operations Group (SOG) Headquarters in El Paso, Texas.

Elements of this training include:

- * Physical Stamina - Building physical endurance for coping with high stress situations.
- * Land Navigation - Utilizing maps and navigating through rough terrain.
- * Swimming - Learning survival swimming and rescue techniques.
- * Swift Water Training - Coping with the dangers of rescuing in flooded areas.
- * Air Operation - Learning Helicopter Rope Suspension Techniques (HRST).
- * Incident Command - Setting up and maintaining communication during a mission.
- * Tactical Medicine - Learning to stabilize a subject for transport to a medical facility.
- * Search and Rescue - Utilizing all aspects of their training in actual circumstances.

A Day in the Shoes of a BORSTAR OPERATOR

by BORSTAR operator Daniel Reyes

Most undocumented aliens risk their lives for the opportunity to work and provide a suitable living for themselves and their families.

What many don't know is the danger they subject themselves to. Crossing the ranch lands of Falfurrias, TX, is one of the many obstacles these UDA (Undocumented Aliens)'s face on their journey. Hiking anywhere from 15 to 40 miles through sandy, hilly pastures in an attempt to avoid detection and capture by Border Patrol Agents. Many of these people are unprepared and are unable to carry the amount of water needed for the voyage. As BORSTAR operators it's our job to locate and treat these people in distress so that they don't become casualties.

In June of 2014, I was dispatched to a remote region near Falfurrias, Texas. Local 911 dispatchers provided BORSTAR agents with a callback number and GPS Coordinates of a woman in distress. Our first action was to call the victim. During the interview, she mentioned that she had not had anything to eat or drink in over two days and was on the brink of passing out. As I attempted to gather information, she interrupted me and said, "My battery is about to die, please save me." That was the last I heard from her before the connection was lost.

We immediately began our search. The GPS coordinates led me to a remote ranch approximately 14 miles from the nearest road. Phase 2 coordinates will normally get you within 100 meters of the caller, but that day only Phase 1 coordinates were obtained, accurate up to 3 miles.

I began driving the perimeter fences looking for footprints or disturbances within the environment that would lead me to the victim. Minutes turned into hours as my team and I searched for any sign of the female in distress. Finally, I came across a single running W shoe print with concentric circles within the heel, and I knew that we were in the right area. My partner and I gathered our large medical bag, collapsible litter and began tracking through the sandy motts looking for a possibly unresponsive victim. A mile into the brush we came across a small female shirt and in the distance we saw a silhouette of a person leaning up against a tree.

We ran to her location to find her sluggishly alert to our presence. "Ayudame" she cried as we began our assessments looking for the signs and symptoms associated with heat exhaustion and dehydration. We gave her cold water and began treating her while simultaneously communicating with other agents to



assist in a litter carry. After determining that this person was severely dehydrated we began intravenous therapy with saline solution and began extraction to a hospital for definitive care. In this case, our patient, a Honduran mother of three did not fall victim to the elements. We as BORSTAR Operators uphold our motto daily and will stop at nothing to find those that are lost, treat those that are injured, and save those that need rescue.



Border Patrol Search, Trauma and Rescue Operators live by a motto, "So Others May Live"

This motto is shared by many Search and rescue entities to ingrain the character needed to perform the tasks at hand. You must be competent, dedicated and selflessly devoted to the preservation of life to stand up against the elements and timely physical demands presented on a daily basis.

We work in hot, isolated environments with limited resources. Off road doesn't properly describe the deep soft sand we patrol, pushing our 4x4 vehicles to their absolute limits at times. When regular patrol work turns into emergent medical assistance, we quickly change our hats from Border Patrol Agents to a highly trained rescue unit capable of responding to almost any emergency.

The human body is very versatile. It is capable of compensating to overcome the elements. When exposed to hot temperatures the body begins to produce sweat at the surface of the skin. The circulatory system then begins to circulate blood to the dermis in an attempt to cool the core temperature and maintain a level of homeostasis within the body. In order for these compensation mechanisms to be of use, one needs to be hydrated and well-nourished with an adequate balance of sodium and potassium electrolytes. If insufficient, the body will no longer be able to compensate. The body will start to cramp, begin to overheat and if not treated in a timely fashion, kidney failure and death will inevitably follow.

Editor's note:

The men and women of the RGV Sector of the US Border Patrol put their own safety at risk on a daily basis to ensure that we are safe.

Please take every opportunity that you can to say **THANK YOU!**

A Conversation Between Two Friends

by Rod Graham from an interview with Greg and Abby Bozard

Confined to a wheelchair, his small hands twisted and virtually uncontrollable, his head drooping so that his chin rested on his chest, his facial expression showing no awareness of the activity around him, eleven year old Jaime waited in line for a pony ride.

The occasion was a 2005 spring party hosted by a local rehabilitation center that specialized in working with children's physical & emotional disabilities. The organization had invited Greg and Abby Bozard to bring some of their horses to provide pony rides for the children. At first the Bozards were apprehensive, wondering how the horses and children would interact. What if the children are frightened by the horses... worse yet what if someone gets injured? Relying on their faith in God they prayed about it and soon felt a sense of peace and reassurance that God did indeed have a plan for them on this occasion.

The party was a carnival style celebration complete with face painters, inflatable monuments; such as rock walls, giant slides, moon jumps and a DJ with a monster sound system. Also included were four horses on which the Bozards and their volunteer helpers gave the children a ride around a short oval course.



In our interview, Greg Bozard recounted to me "As the celebration progressed I noticed that each of the other attractions had a waiting line

of five or ten children. In the waiting line for the pony ride were as many as seventy-five children!

After giving several rides I noticed about half-way down the line there was a boy in a wheelchair. Other than his open eyes there was no indication of life in his disfigured frame, no facial expression, no sounds, no movement, nothing. He was one of the severely handicapped kids. He appeared to be completely helpless. I wondered if our volunteers would be able to support him from the left and from the right as we walked the oval.

Then something took place that showed me God's plan for us being there. I distinctly remember the moment it happened. Eleven year old Jaime was carefully lifted out of his wheelchair and placed gently into the saddle. Almost immediately, after Jaime was secured in the saddle, I noticed a subtle change in his upper body posture. As I began leading Voorslag, our gentle Arabian Gelding, the evening sounds were interrupted by a feathery nicker. Was this 1,000 pound gentle giant trying to communicate with Jaime, I thought? Again, the sound waves were stirred, but this time it was Jaime. As I turned to look, Jaime was smiling and laughing and reaching out as if to stroke the soft black mane of his new friend. There was a short but important conversation that took place that evening, a conversation between two friends. This was the moment Abby & I became aware that God was leading us on a special journey that involved both kids & horses. Collectively, we knew the Lord was inviting us to accept a homework assignment of learning the special love language that exists when a gentle horse is introduced to a willing child.

Since that visit between Voorslag and Jaime we have taken seriously the challenge to learn more. We have explored, researched and



Greg and Abby Bozard

learned that many of the Rio Grande Valley youth have challenges; a few have needs which are unique and special like Jaime's. While most are subtle and less evident than Jaime's, they are still important."

This experience in 2005 led Greg and Abby on a journey which culminated in the formation of the Valley Trotters Youth Ranch in 2008. Located in McAllen, Texas, the Bozards operate the ranch with a commitment to provide a place of hope for kids and their families as well as providing a refuge for rescued horses.

Greg concluded "Abby & I are honored to be the founders of a newly formed nonprofit organization dedicated to serving the needs of kids & horses in the upper Rio Grande Valley."



If you would like more information about Valley Trotters Youth Ranch programs visit valleytrottersyouthranch.org, email Greg and Abby at info@valleytrottersyouthranch.org or call 956-369-9278.

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Spotlight on Boys and Girls Clubs of the RGV

Moving Forward in Weslaco

Progress continues at the Boys and Girls Club of Weslaco. The board and its directors have been working closely with the city of Weslaco to make sure the new building meets the satisfaction of its members. "We met with the city manager, the mayor and commissioners to work out final details before they start construction," said Carlos Robledo board president. The new building will be located at Pablo Pena Park on Airport Drive. It will feature a computer room, classrooms, kitchen and a full court gym. The club will continue to offer flag football leagues, basketball leagues and baseball leagues. With the new facility, the club will now offer volleyball leagues. Activities for adults will also be available, yoga, a men's basketball league and more.

The board is also pleased to announce that it recently received a \$10,000 dollar donation from HEB. The store made the donation at a ceremony in Weslaco announcing the installation of rooftop solar panels to help power its warehouse center in Weslaco. "HEB continues to support the kids of Weslaco and we greatly appreciate it," said Robledo. Earlier this year the Weslaco HEB on Texas donated \$2,500 to the club.

The Boys and Girls Club of Weslaco,



is also starting its fundraising efforts for the fall.

Representative from the popular jewelry line Kendra Scott held a trunk show with 20% of the proceeds going back to the Boys and Girls Club of Weslaco. A light lunch was provided, the Weslaco EDC allowed the Boys and Girls Club of Weslaco to use the conference room. Lisa Robledo, wife of Carlos Robledo spearheaded the event for the Boys and Girls Club of Weslaco. The event raised \$1,100 for the club.

The board will have another fundraiser before the end of the year. "Our goal is to raise as much money as possible and then lower our fees. We want to pass

along the savings to our parents who enroll their kids in the club," said Robledo.

The club recently lowered its fees for basketball from \$50 to \$30. "I believe with the community of Weslaco coming together we can, without a doubt, reach our goals," said Robledo.

This summer was a very busy one for the Boys and Girls Club of Weslaco. Besides the kids and community taking part in the Boys and Girls Club baseball league, members also enjoyed many activities.

Club members played games like healthy habit bingo, did lots of arts and crafts and even participated in a talent show.



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From the Doctor's Desk by Dr. Audrey Jones, D.O.

September is Childhood Cancer Awareness Month

The number one cause of death for children is accidents. The second leading cause of death for children is cancer.

Of all the cancers diagnosed in the US, childhood cancer makes up 1% of those cancers. In 2015 about 10,000 children will be diagnosed with some type of cancer. Due to new treatments and treatment regimens about 80% of children diagnosed with cancer will survive 5 years or more. This is a change from the mid 1970's when the 5 year survival rate was 50%. The survival rate depends on many things including but not limited to type of cancer, type of treatment and time of diagnosis. In 2015 it is expected that approximately 1,250 children will die from cancer.

The most common childhood cancer is leukemia, which is cancer of the bone marrow and blood. Leukemia accounts for 30% of childhood cancers. Some symptoms of leukemia are bone and joint pain, bruising, bleeding, weight loss, fatigue, and fever.

Brain and nervous system cancers are the second most common childhood cancers and account for about 26% of childhood cancers. Treatment and survival rates depend on the area of the brain and nervous system that are affected. Common symptoms are headaches, blurred vision, double vision, nausea, trouble walking or handling objects.

Neuroblastoma accounts for 6% of childhood cancers and rarely occurs after the age of ten. It commonly occurs in infants and young children. Symptoms are a swelling in the abdomen, bone pain or fever.

Wilm's tumor occurs most commonly in children aged 3 to 5. It accounts for 5% of childhood cancers. It occurs in one or both kidneys. Symptoms are a swelling or lump in the abdomen, fever, pain, nausea and poor appetite.

Lymphoma is cancer of the immune system and accounts for about 8% of childhood cancers. This type of cancer occurs in lymphocytes, bone marrow, tonsils or thymus. The symptoms depend on the area where the cancer develops. Common symptoms are fever, weight loss, sweats, fatigue, and swollen lymph nodes. There are two types of lymphoma – Hodgkin's Lymphoma and Non-Hodkin's lymphoma.

Rhabdomyosarcoma is cancer of the muscles and may develop in any muscles in the body. This cancer accounts for about 3% of childhood cancers. Some expected symptoms may be pain, swelling or a lump that develops.

Retinoblastoma is cancer of the eye and accounts for about 2% of childhood cancers. It commonly occurs by the age of two. The most common symptom is an eye pupil that looks pink or white when a light is shined into it.

Cancer of the bone occurs in 3% of childhood cancers. It most often affects older children. This type of cancer begins in the bone and is known as Primary Bone Cancer. Other cancers may metastasize to the bone and this is not the same. Common symptoms are bone pain and swelling. Generally the bone pain gets worse at night or with activities.

If a child has some of the above symptoms, it would be best to take them to be checked out by their physician.



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First Graduating Class Sets High Standards

Twenty seniors graduated this past spring, marking the first graduating class of Juan Diego Academy. All twenty graduates were awarded scholarships or financial aid for higher education totalling an impressive \$3,200,000! Scholarships were included for such institutions as Notre Dame, US Naval Academy, Texas A&M, Baylor University and Southwestern University.



Juan Diego Academy (JDA) is a private Catholic co-ed regional high school situated atop "The Little Hill", La Lomita, along the Rio Grande River in southern Mission, Texas.

A Steering Committee comprised of community and church leaders began planning for a catholic high school in the upper Rio Grande Valley in 2003. A Board of Trustees was established in November 2007 to provide leadership and governance and to oversee the construction and establishment of the school.

The original plan to locate the school on a forty acre tract of donated land in Edinburg failed to come to fruition because of a decline in the US economy.

In 2010 the newly installed Bishop of Brownsville, the Most Rev. Daniel E. Flores, offered, as an alternative, the site of St. Joseph and St. Peter Seminary in Mission, TX along with a pledge of one million dollars.

The board graciously accepted the offer and renovations and new construction began. The school opened its doors to its first freshman class of 16 students on August 22, 2011.

Currently JDA has 130 students with a staff of 25 offering a rigorous, college-prep curriculum modeled after the Texas Catholic Conference Education Department and Texas Education Agency guidelines for a Distinguished Achievement Program.

Juan Diego Academy is dedicated to providing its students, of any race, color, and national or ethnic origin, with the highest quality educational experience that will equip them with the tools they need to be successful college students and committed Christian leaders.

The Juan Diego Academy Athletic department dedicates itself to the pursuit of excellence in athletics within the framework of a Catholic learning community committed to developing leaders to meet the current challenges of society and educating the whole person: mind, body and spirit. JDA currently offers both boys and girls soccer, basketball, cross country and track as well as girls volleyball.

In addition, extra curricular activities include instrumental and vocal music, drama and theater arts.

All students in the Rio Grande Valley are welcome to apply for admission to JDA. If requested, financial aid may be available to help with tuition. For more information or to apply for enrollment call 956-583-2752.

The Legacy of La Lomita



Original outpost used by Missionary Oblates of Mary Immaculate



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September is Little League Month



Find these words associated with baseball in this puzzle:

- BALL, BASE, BAT, CAP, CATCHER, GLOVE
HIT, HOMERUN, PITCHER, UMPIRE**

L J W U T X E G Z A
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 D L D I G L O V E Y
 C L B T Z V H B T W
 A A X C U O Z E A E
 V B N H M M J A V S
 O N A E B E P T H A
 Z U R R A I A I I B
 Y U F V T N B O R H
 N R E H C T A C D E




Step Up for Down Syndrome Awareness Walk

Saturday, October 17, 2015

Join the Rio Grande Valley Down Syndrome Association as we unite for a common cause and raise funds at the 2015 RGVDSA Step Up for Down Syndrome Awareness Walk **SATURDAY, OCTOBER 17, 2015**


Whether you have Down Syndrome, know someone who does, or just want to show your support, take the first step and donate or register today! Help us spread the word; All are welcome for our day of celebration!

Rio Grande Valley Down Syndrome Association
 2124 Katherine Avenue - Edinburg, TX 78539
 Phone: (956) 314-0821 info@rgvdsa.org



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Jeep Night at The River by Alyssa Cavazos

There was no better way to kick off the football season than to spend an evening at The River for Jeep Night. This month's theme was "NFL Pride Night" and everyone was sporting their favorite team Jerseys as they started trickling in at around 7pm.

A very special thank you to Big Al from the McAllen Convention Center for spending his Thursday evening at The River for Jeep Night. He brought along a magnificent concept display for a Jeep course and shared some of his ideas for the upcoming McAllen International Car Fest.



Burns Motors sent over their grill master David Nunez and provided hamburgers and hotdogs, making sure their attendees did not spend their evening on an empty stomach. Luckily everyone seemed to come with an appetite and ready for dinner.

Once the sun was down the headlights came on and the judging began. Texas Jeep Crawlers, Texas Off-Road Republic, and South Texas Rebels filled up the lot with their Jeeps. Not long after the Calaveras began scoping out the multitude of Jeeps and occupants displaying their NFL pride. Once again Texas Jeep Crawler's Gabriel Reyna took it home, making this his second consecutive month as award recipient and the guy to beat at next month's "Karaoke Night". We were happy to have the Bronco Boyz join us at

Captain's Chicken and Rice Casserole

September celebrates two items this Month: Eat More Chicken Month and National Rice Month. Let's kill two birds with one stone (no pun intended) and celebrate an easy, yet simple recipe. You'll be surprised how tasty this recipe despite the three cans of soup your using. Amazing and will NOT tastes processed.enjoy your dish.
Serves 4: Prep 15 min. Cook 1 hr.
Serve 1 hour, 25 minutes

SOUTH PADRE ISLAND COOK BOOK by Ivy Easterly

Ingredients:
3 chicken breasts, cut into cubes
2 cups water / 2 cups instant white rice
1 (10.75 oz.) can cream of chicken soup
1 (10.75 oz.) can cream of celery soup
1 (10.75 oz.) can cream of mushroom soup
1/2 cup butter, sliced into pats
salt and ground black pepper
Directions:
Preheat oven to 400°F (200°C).
Grease sides and bottom of a 3 quart or 9 x 13 in casserole dish. Stir chicken, water, rice, cream of chicken soup, cream of celery soup,



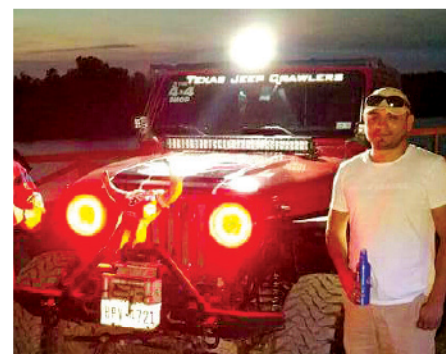
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this month's Jeep Night and as always, everyone is welcome to join us every second Thursday of the month for Jeep Night at The River.



So everyone pick your favorite songs, start your warm-ups and be ready for Jeep Night's "Karaoke Night" September 10th. For directions and more details call Big Lew at 956-984-4433.

What Goes On When The Winter Texans Have Gone Home ...

Texas Trails 501 W Owassa Rd. - Pharr
956-787-6538
Summer dances every Friday 7 - 10 pm

Open Variety Jam at Casa del Sol
400 N Val Verde Rd. - Donna
Every Friday at 12:30 pm through Oct. 30.
Call for more information .. 956-464-2272

Social Hour with Diego at Siesta Village
2712 S. International Blvd. - Weslaco
2nd & 4th Wed. of each mo. 3-4:30 pm PTH
For information, call 952-200-8646

Bit O Heaven - Open Country Jam
1051 W Business 83 - Donna
956-464-5191 Every Tuesday Noon - 2pm

Enchanted Valley Ranch Country Jam
7300 Monroe Street - Mission
Every Monday at 5:30pm Ends 9/28/2015
For more info call 605-321-5627

GreenGate Grove Open Country Jam
700 N Rentsen Palm Dr - Mission
Every Saturday from 12:30 to 3pm
All Year long ... Lunch served 11:00 to 12:00
Jam director is Tom Jones.
Call for more information, 319-795-8101

Tip O' Texas RV Resort
101 E. Sioux Rd. - Pharr
Dance with Sweet Water
Every Wednesday 7:00 PM-10:00 pm
End Date: September 30, 2015
For more info call 956-787-6461

GALLEY NOTES:

Be careful the last few minutes that you don't over cook. Add grated parmesan on top just before serving. Try a can of french onion instead of cream of celery and 2 cups of milk instead of water. Experiment with veggies next time. Add the veggies inside the casserole; broccoli, celery, carrots, zucchini..

Website:
www.SouthPadreIslandCookBook.com
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For Commissioner
Place 4

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For Mayor

Pedro "Pete" Morales
For Commissioner
Place 2

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Pete Morales is a life long resident of Alamo, Texas. He is married to Janie Morales. They have two children, Pedro R. Morales and Priscilla R. Morales.

After graduating from PSJA High School, Pete attended Pan American University and graduated from the HEB Food Retailing program.

Pete has been employed with HEB for 23 years and has served as grocery manager for 18 of those years. Pete enjoys life in Alamo and the opportunities it provides he and his family.

Being active and involved in the community is important to Pete. He has chosen to serve where it can make a difference:

Alamo Lions Club Treasurer, PSJA Memorial Wolverines Quarterback Club, Chairman of the Alamo Citizens of the Month Committee, Commissioner of the Alamo Planning and Zoning Committee, and Alamo/San Juan Boys and Girls

Club Basketball Coach.

Pete has assisted in helping the Alamo Wolverines tennis team to raise funds for travel to various competitions across Texas.

Pete truly cares for people and the children in his community. He looks forward to continuing his work in Alamo to build relationships, to build business opportunities and to improve Alamo in general.

United Way of South Texas

by Thelma Garza (President)

Did you know?

The 2015 United Way Campaign Season is in full swing. Our local campaign runs from August – November of each year. We present information to employees of businesses such as, banks, retail stores, school districts, maquiladoras and municipalities. What do we present exactly? We focus on programs funded through United Way which benefit our residents in Hidalgo and Starr counties. These benefits include after school programs, shelters for the homeless, to first aid classes and free income tax assistance for families earning \$54,000 or less. During the presentations, we let individuals know how they can donate through their company by payroll deduction and how their donations to United Way of South Texas stay within Hidalgo and Starr Counties. By donating you can help 23 non-profit agencies.



We are a 6 person staff, so we count on volunteers to donate their time throughout the year. At this time a special group called "Loaned Executives" which come from various companies, banks, non-profit agencies, retail and municipalities such as; Boys and Girls Club of Edinburg, Boys and Girls Club of Pharr, City of McAllen, City of Rio Grande City, Conn's Inc, H-E-B, International Bank of Commerce (IBC,) Inter National Bank (INB,) Lone Starr National Bank, Navy Army Community Credit Union, Wells Fargo, Starr County Victims of Domestic Violence, and Security Service Federal Credit Union. They donate 4 to 6 hours a week and help us with over 1,800 presentations.

Join Texas National Bank and Make-A-Wish RGV

FRIDAY OCT. 2ND, 2015

PALM VIEW GOLF COURSE
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The Valley Spotlight
is published by
Created Images and More
305 E Los Ebanos - San Juan, TX 78589
www.RGVaff.com
956-782-2413 rod@rgvaff.com

Managing editor:
Rod Graham
956-457-8600
rod@RGVaff.com

Advertising:
956-457-8600

Contributing writers:
Keith Hackland
Dr. Audrey Jones D.O.
Thelma Garza
Omar I. Rodriguez
Alyssa Cavazos
Daniel Reyes
Deborah S. Boyce, APR

September 2015 Issue Vol. 2 No. 4
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If you want to learn more about United Way of South Texas and our agencies, please visit us at www.unitedwayofsotx.org. And, if your company is interested in getting involved in the 2015 Campaign, please call (956) 686-6331.