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The Valley Spotlight

**FREE
 TAKE ME HOME**

January 2015

The Little Paper You'll Want To Keep & Share

Vol. 1 No. 8

Happy New Year Rio Grande Valley!

January is National Blood Donor Month

- ♥ 4.5 million Americans would die each year without blood transfusions.
- ♥ Approx. 32,000 pints of blood are used each day in the United States.
- ♥ Every three seconds someone needs blood
- ♥ One out of every 10 people entering a hospital needs blood.
- ♥ Just one pint of donated blood can help save as many as three people's lives.
- ♥ There are four main blood types: A, B, AB and O. AB is the universal recipient and O neg. is the universal donor.
- ♥ Blood centers often run short of type O and B blood.
- ♥ Shortages of all types of blood occur during the summer and winter holidays.
- ♥ If you began donating blood at age 17 and donated every 56 days until you reached 76, you would have donated 48 gallons of blood.
- ♥ 3 gallons of blood supports the entire nation's blood needs for 1 minute.
- ♥ Blood donation takes four steps: medical history, quick physical, donation, and snacks.



- ♥ The actual blood donation usually takes less than 10 min.
- ♥ You cannot get AIDS or any infectious disease by donating blood.
- ♥ Fourteen tests, 11 of which are for infectious diseases, are performed on each unit of donated blood.
- ♥ Any company, community organization, place of worship or individual may contact their local community blood center to host a blood drive.

Contact these organizations about donating blood or hosting a blood drive:

United Blood Services

610 Ed Carry Dr. - Harlingen, TX 78550 .. (956) 216-8080
 1400 S. 6th St. - McAllen, TX 78501 .. (956) 213-7500

South Texas Chapter of the American Red Cross

6914 W. Expy 83 - Harlingen , TX 78552 .. (956) 423-0523

Making ... and Breaking New Year's Resolutions by Rod Graham

The ancient Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts. The Romans began each year by making promises to the god Janus, for whom the month of January is named. In the Medieval era, the knights took the "peacock vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry.

It is commonly believed that at the end of the Great Depression, about a quarter of American adults formed New Year's resolutions. At the start of the 21st century, about 40% did. A 2007 study by Richard Wiseman from the University of Bristol involving 3,000 people showed that 88% of those who set New Year resolutions fail.

According to holidayinsights.com, January 17 has been designated as **Ditch New Years Resolutions Day**.

This makes it rather convenient for those of us who have tried diligently, but for whatever reason just can't seem to keep that pesky resolution made just a couple of weeks ago, to gracefully bow out from our commitment.

Some common resolutions which fail are improve physical well-being - eat healthy food, lose weight, exercise more, eat better, drink less alcohol, quit smoking, stop biting nails and get rid of old bad habits.

If you are counted in the 22% that manage to keep your New Year's resolutions ...

I salute you!

Here are some common sense resolutions that I and others should consider ...

Pay heed, if the shoe fits:

- ⊙ No cell phone use at all while driving.
- ⊙ Don't gripe at the waitress for a mistake that the cook made.
- ⊙ Merge into traffic as soon as you see the merge sign. If you travel Expy. 83 at the 281 interchange, 4-5pm, you know who you are!
- ⊙ Be considerate of neighbors when having an outdoor party.

OK, I admit it. These are just some of my personal pet peeves! So ...

I resolve

*to be more tolerant of people
 who do not use common sense.*

(at least until January 17th)

Winter Texan Expo & Health Fair is a fun-filled 2-day event that has something for everyone on January 20th & 21st at the McAllen Convention Center from 9-3 daily.

If you have ever wondered about the history of this Expo, it began 22 years ago at the McAllen Civic Center. Jerry Curl started this event as two shows then combined the WTEXpo and the WHealth Fair to become the event that we know today.

Eventually Darlene Engel took over this event and under her leadership, it grew to the largest Senior event of this kind in the Valley. Upon retiring, she turned over the reigns to Holly Smith in 2007 and it continues to grow!

22nd Annual Winter Texan Expo & Health Fair

by Holly Smith

Providing a service to the Senior community, it showcases area business's goods & services and provides health screenings that could possibly save someone's life. Healthcare professionals provide tips on healthy lifestyle and promote healthy living and eating. Many other vendors will have specialty items for sale.

An impressive entertainment lineup again this year is brought to you by Green Mountain, Prevagen, Lee's Pharmacy, and Weslaco Rehab Hospital. Performers at our expo this year include Wade & Teresa Landry, Southern Anthem, Farnum Family, J Micheal Laferty, Lynn Dvorak, Leslie Blasing and Jack Nelson and County Line Band. Back by popular demand is our John Wayne impersonator, Dr Gene Howard.

Thanks to Burns Motors admission is always free and all seniors are invited. LOTS of door prizes and drawings all day plus tons of giveaways such as HEB gift certificates and Texas Regional Bank's Texas Tornado Money Machine. More info at www.wintertexanexpo.com

6th Annual Puppy Love Gala: Come ... Sit ... Stay

by Rebeca Villanueva



2015 Puppy Love Committee

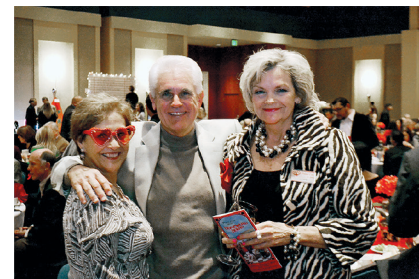
Palm Valley Animal Center and the Puppy Love Committee are asking you to "Come. Sit. Stay" at their 6th Annual Puppy Love Gala. This elegant, charitable event will take place Saturday, February 7, 2015 at the McAllen Convention Center from 6-10 pm. This fabulous event will be filled with a great dining experience, open bar, and Pet Bowl Raffle. In addition, it will be an evening of exciting live, blackboard, and silent auctions.

Attend by purchasing individual tickets, \$150, or you can purchase a table, either way you need to move fast.

"Puppy Love is an extravagant event that the community looks forward to each year and this year is no exception. Puppy Love is just around the corner and we have already sold 30 out of our 47 tables available for the event," said Margot McClelland, Director of Development for Palm Valley Animal Center.

Puppy Love Gala was established by the Palm Valley Animal Center Board of Directors six years ago to not only raise funds, but ultimately heighten awareness about the humane treatment of companion animals through community outreach and education. Puppy Love Gala is a wonderful opportunity not only for a superb night out, but for our community to contribute to an organization that strives for the humane treatment of animals in the Rio Grande Valley.

Palm Valley Animal Center Board of Directors, Puppy Love Committee, and Puppy Love Title Sponsor Bert Ogden would like to cordially invite you to be part of this elegant event. You can purchase your tickets today at Palm Valley Animal Center or via our website.



Palm Valley Animal Center is a private, non-profit organization where we believe "It takes a community effort. Please, spay & neuter your pets". Founded 1982 in McAllen, Texas, the Center provides services for more than 750,000 people throughout Hidalgo County and thousands of animals annually through adoptions, educational and rescue programs both onsite and throughout the community.

Palm Valley Animal Center
(956) 686-1141
www.pvaonline.com

Puppy Love

Come
Sit
Stay

McAllen Convention Center Ballroom
February 7, 2015

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True Tales of a Valley Birder

by Keith Hackland (alamoinn@aol.com)

A Night Out

While the restaurants, bars, and night clubs throb in McAllen, another type of night life carries on in El Valle. It is the foraging and fluttering of night creatures.

Recently a group of birders from the Netherlands spent a week in the Valley bird watching. They asked for a night walk. Once a week Bentsen RGV State Park runs a night walk for visitors (call the office to sign up). It is a great experience.

This particular night, after enjoying their meal of tasty Texas steaks, five Dutch men and I crossed the canal, walking into Bentsen RGV SP. As we walked we heard several Coyote howls and yelps in the distance.



Coyote credit Steve Sinclair

On the lawn close to the entrance gate, we found four Cotton-tail Rabbits, grazing under the lights close to thick brush, where they could safely watch for predators. While I registered us at the night check in post, my companions watched a raccoon under the Nature Center feeders, searching for scraps left by birds. The night was humid, and quiet, except for crickets chirping. We walked, following the paved road, with woodland either side growing right up to the road, our eyes and ears tuning in to the world of dark and quiet. Then we heard a low "who, who who" and the reply "who, wh-who, woo".

It was a pair of Great Horned Owls (Buhu Comun) calling. They sounded close by, but as we walked, they did not sound much closer. We must have been paralleling them.

A gentle "who, who, who" that seemed too gentle for such a large predator, 22 inches tall, a wing span of almost four feet, weighing 50 ounces, heavy for a bird. They roost high in trees on brush lines or in woodland, from where they can survey their surroundings. These owls are brown with streams and spots, tawny face, and large ear-tufts, that one might imagine to be horns, but are only feathers.

Step after step we listened to the "who, who, who," as it faded behind us. Then it was again only crickets that filled our ears. We could see fairly well in the moon light, using a red flashlight here and there for help. Red light protects one's night vision, unlike white and other lights that cause temporary loss, while one waits for night vision to come back in.

In the distance we saw eyes, and discovered a skunk foraging on the short grass near the Resaca. We found two more skunks. At the bathrooms a light attracted moths, none unusual, but interesting none-the-less.

It was a cool night. The Dutch men wanted to see or hear an Eastern Screech-Owl (Autillo Yanqui). This is a small owl, 8.5 inches tall, weighing 6 ounces. It likes to roost in tree holes, but it does not hide, because tree holes are in short supply, and are sought out by many birds, and by squirrels. To protect its hole, it sits right in the entrance.



Eastern Screech-Owl credit Steve Sinclair

We knew of a hole that was recently taken by an Eastern Screech-Owl, and we were walking toward it. Eastern Screech-Owl is another woodland bird. It may be grey or reddish brown, with a very cute owl-face, and mottled coloration, very well camouflaged.

Suddenly we heard a low whinny, like a horse greeting, but lower and quieter. It was answered by another, and another.

Three Eastern Screech-Owls communicating back and forth. We listened, transfixed by the arrangement of calls. My companions were wide-eyed and listening intently. This was the moment they sought. They were thrilled, as we took a side trail, seeking the owl roosting hole. After checking a dark feeder, we found the hole, but no owl.

One more skunk, more cotton tails, four more Eastern Screech-Owls and another Great Horned Owl rounded out the night for us.



Javelina credit Steve Sinclair

On a warm night one may also see smelly Javelina, toads, many insects and stick insects, birds moving around, and night hawks, particularly Common Parakee, which sits in the middle of a road, watching the sky for flying insects. When it sees one, it jumps into the air and flies after it, nabbing its meal. At different times, two friends have seen Mountain Lion at night, though these are rare. In the early evening it is not unusual to see a Bobcat.

Night walks are magical, and remind us that as humans we are the animals at a disadvantage, with our weak night vision, weak sense of smell, and weak hearing, compared to other night creatures.

Enjoy the Valley's great birding hot spots, some of them at night.

Bentsen RGV State Park can be reached at 956-585-1107 from 8 am to 4 pm.



Common Parakee credit Reid Allen

Lower Rio Grande Valley Birding & Outdoor Store



Alamo Inn B&B, Birding & Outdoor Store
801 Main St, Alamo, TX 78516

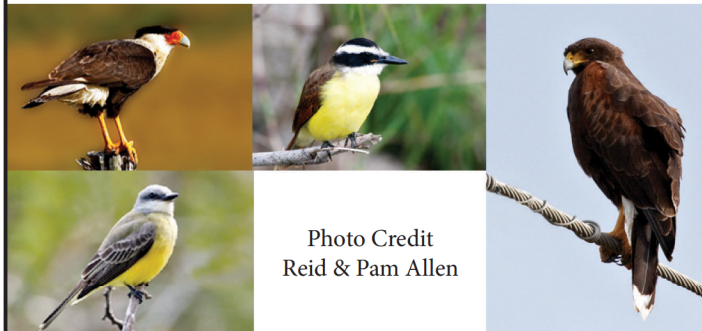


Photo Credit
Reid & Pam Allen

Birding Guides * Birding Books, Maps, & Gear * Dealers in Binoculars and Scopes * Amazing RGV Nature Art of Grover Terry Beaman * Pajaro Hip and Shoulder Packs * Bird graphics by Gerald Sneed on mugs, caps, t-shirts, tote bags * Moving Mobiles * South Texas Cook Books * Gifts for Outdoor Types * Field Trips * Workshops * Custom Tours * Consulting

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Every case, treatment and visit has a story.
Each month, The Mackie Clinic features a patient's journey into wellness.

We'd Like to Introduce You to Cynthia

Cynthia has many roles throughout the work week. She manages Starr Pharmacy in Mission. Cynthia has her Master in Nutritional Science, is a registered dietician and works with many health facilities including some of the assisted living facilities as a dietary advisor. In her spare time, she shares her culinary knowledge with others when she gives lectures. As a practicing Catholic, she mentors others within her congregation and her vocation is Healing Ministries. When she has the time in between her work and community activities, Cynthia likes to catch up on her reading.



approach to sinus and allergy problems because he wants his patients to be free of their symptoms, while treating the root cause.

As you can tell Cynthia is busy, which is why her breathing problems needed to be fixed. She's had breathing problems from the time she was a teenager. Cynthia suffered from near chronic sinus infections since the age of 14 or 15 and was taking antibiotics at least 3 times a year. Her symptoms were not subtle and for many years Cynthia simply lived with them, resigned to her fate as one of the 60 million American allergy sufferers.

Balloon Sinuplasty is a procedure that opens blocked nasal pathways, making sinus infections less likely and freeing constricted air paths. It's a 30 minute procedure that is done in the office, and is minimally invasive.

Your breathing significantly affects your lifestyle. There are many additional consequences that aren't apparent until you live with obstructed breathing. A patient who is struggling with breathing typically has less energy and is frequently feeling exhausted by the end of the day. Additionally, when you cannot breathe properly, sleeping is difficult and the following day is longer due to restless sleep.

Cynthia had heard about Balloon Sinuplasty from other doctors and was scared. She had heard that it didn't help. Another thing that Cynthia had heard is the procedure hurts. But after speaking with a member of her prayer group who had the Balloon Sinuplasty done, Cynthia decided she wanted to do it.

As time went on, Cynthia realized that she needed to seek treatment and didn't want to live with sinus headaches, poor sleep quality and the unnecessary stress of her sinus problems. She began to with the Low Dose Allergen treatment with Dr Mackie that is designed to desensitize a patient to allergies. But the Dr. recommended Balloon Sinuplasty as well.

Cynthia came into the Mackie Clinic in the morning and after a little waiting and preparation, the procedure was underway. Cynthia doesn't remember the procedure and when she woke she asked the team at The Mackie Clinic "When are we going to start?" The procedure was a success and although Cynthia found the packing that helped hold everything in place was uncomfortable, when the packing came out, Cynthia couldn't believe the difference it made. Thanks to the Balloon Sinuplasty, Cynthia can now tackle her busy schedule on overdrive, just like she used to do. She approaches every day feeling well rested because she is getting better quality sleep.

Dr. Mackie often recommends this two sided



Cynthia doesn't have the constant stuffiness or the lingering sinus infections she used to have. Close friends and family have noticed a change in Cynthia after the Balloon Sinuplasty. Her husband mentioned how she's sick less often.



If you share any of the problems that Cynthia encountered before her Balloon Sinuplasty or if you have any allergy, hearing or sinus problems that prevent you from enjoying your life fully, please call us at The Mackie Clinic. Our professional staff would be happy to assist you.



2401 Cornerstone Blvd.
Edinburg, TX
956-631-2957

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

		1		2 3		8		
			6		8 7 1			
		4	9 1	7 6 3				
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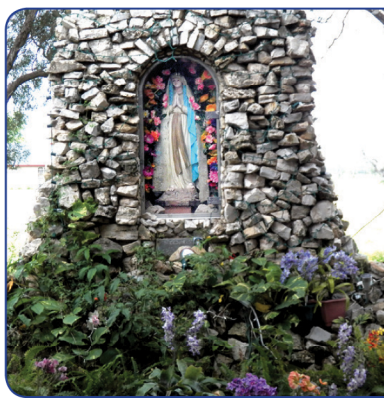
Sudoku No.: 16010 **EASY**

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Sudoku No.: 39217 **MEDIUM**

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			5		1		2	
	9		2					
3 1								7

Sudoku No.: 67365 **HARD**



The Grotto in San Benito

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Making The Most Common New Years Resolution For The Last Time aka ... Changing Our Relationship With Food For Good

by Pastor Cathy Graham

It's that time of year when resolutions abound! So, how many of you have resolved for the XXth time to lose weight? According to US News and World Report and USA.gov, losing weight is the most common of all resolutions made. But ... The problem with this resolution, unfortunately, is that it is not specific enough to be implemented, nor is it measurable so that it's clear whether you've actually fulfilled it. In other words, it may represent desired outcomes beyond one's immediate control. Whereas a true "resolution" would be a concrete, behavioral action plan intended to facilitate the achievement of a greater intended goal.

Ideally, this resolution would also specify a quantifiable outcome, so one could definitively say whether or not they've achieved their goal.

So then, these questions arise. How do you plan on losing weight? Will you exercise three times per week? Will you stop keeping cookies in the house?

How much weight will you need to lose in order to have achieved your goal?

How will you go about eating more vegetables? Will you order a salad for lunch every Monday, Wednesday and Friday?

What frequency or quantity of vegetable consumption is your end goal?

How will you start cooking more at home? Will you batch cook a stew every Sunday afternoon?

How many home-cooked meals per week do you aim to be cooking in order to achieve your goal?

Before we look into the solutions to these questions, here are some startling facts about the Rio Grande Valley.

In 2011 the metro area of McAllen-Edinburg-Mission had the highest obesity rate in the nation at No. 1 with 38.8% (The Most Obese City In America).

It is at epidemic proportions here in the RGV.

POOR NUTRITION:

Poor nutrition is a huge precursor to obesity. If your body isn't getting the proper nutrients that it needs, it's going to begin to slow down, making it even harder to lose weight.

CULTURAL CUISINE:

Mexican food is some of the tastiest food that exist, but it also is one the unhealthiest; enchiladas, tamales, menudo, flour tortillas, re-fried beans and fried rice. Most of our food is fried and saturated with fat. In the valley we not only face the fast food that plagues the entire nation, but also our own cultural cuisine. **DOUBLE WHAMMY!!**

LACK OF EXERCISE:

Lack of exercise is another contributing factor to the obesity epidemic. Without a balance or deficit in the number of calories consumed, and the number of calories burned, weight gain will occur. (compiled by Dr. Melvin Clark Heller and Reyes Garza Jr.)

Now that you have this information, what do you do next?

In order to answer the above listed questions, take some time to do some self-assessment. Visit with your physician and know your baseline numbers in these 5 areas: Blood Pressure, Waist Circumference, Body Mass Index (BMI) Blood Sugar Levels & Cholesterol.

To specifically know your Cholesterol numbers take control by doing the following: The National Cholesterol Education Program (NCEP) guidelines recommend that people age 20 and older get a fasting blood test, meaning blood is drawn after 10 to 12 hours without food. The test measures your cholesterol in milligrams per deciliter of blood (mg/dl).

And to take it one step further, heredity, age and gender all play a part in your cholesterol total. While you may not be able to control these

factors, there are other risk factors you can control. Before prescribing medication for treating high cholesterol, doctors usually recommend certain changes in lifestyle, which can all contribute to improving cholesterol levels.

Luckily, lowering cholesterol may be relatively easy.

1. Lose weight
2. Exercise
3. Lower your fat intake

Let's go back to #1 Lose Weight, which brings us back to our resolution!!

Most physicians will encourage you to lose weight by changing your lifestyle. In other words, what you are about to do, you can accomplish with commitment on your part to regain a healthy life and with support from others.

Where do you find this?

Weight Watchers is a science based program that is clinically proven to work to help members learn how to adapt to a healthier lifestyle.

So, why is Weight Watchers a smart move?

For over 50 years Weight Watchers has been helping members lose weight.

What does Weight Watchers attribute to the success?

Weight Watchers is an ever evolving program; Weight Watchers is rated as the #1 weight loss plan for over 3 years running.

Weight Watchers supports its members 24/7 through live chat with coaches, meetings and digital support.

How does the Weight Watchers plan work?

The plan works because it is built around 4 essential pillars: Food, activity, behavior and support. And also there's no fixed membership period; many people who join Weight Watchers stick with it even after they've shed unwanted pounds.

You can eat whatever you want, provided you stick to your daily Points Plus target, a number based on your gender, weight, height, and age.

Weight Watchers also pushes specially-designated Power Foods, or the best choices among similar foods. Will you lose weight? Studies suggest that Weight Watchers is effective. In fact, these studies show that members who attend meetings, track their daily intake, and use their E-tools lose 8X more weight than people who try to do it on their own. They are successful long-term as well.

Weight Watchers knows that choosing a weight loss program can be difficult with all of the available options to select from. If you are looking for a program that will help you lose weight and still let you have all of the foods you normally eat, the Weight Watchers program would be a good program for you, providing you with simple, easy-to-follow-steps that make the journey much less difficult.

Here's the good news RGV!!!!

We are fortunate to have a Weight Watcher Satellite here in McAllen!

It is located in the McAllen Shoppes at Nolana (right across Nolana from the movie theater) 100 E. Nolana, Ste. 120.

There are meetings 5 out of 7 days a week to accommodate everyones schedule:

Monday 6:00 pm
Tuesday 10:00 am & 6:00 pm
Wednesday 7:30 am
Thursday 10:00 am
Saturday 7:30 am & 9:30 am

go to Weight Watchers.com to find out the specifics under "find a meeting"

Weight Watchers would love to have you join us at your first meeting FREE of charge.

Simply bring this article to our Service Providers when you come!

We look forward to assisting you in keeping your resolution this year! Make 2015 your year to journey to a healthier lifestyle.

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From the Doctor's Desk

by Dr. Audrey Jones, D.O.

B Vitamins

B vitamins are classified as water soluble. This means they are excreted through urine when there is excess in the body. Although they share the same name, each type of vitamin B is chemically distinct from the others. A supplement referred to as Vitamin B Complex will contain all eight B vitamins.

Vitamin B1 (Thiamin) – B1 is important for the generation of energy, production of RNA and DNA, and nerve function. Lack of B1 causes beriberi, a disease of the nervous system that may cause weight loss, encephalopathy, dementia, weakness and pain in the limbs, irregular heartbeat, swelling, and heart failure. Death may occur in advanced stages.

Vitamin B2 (Riboflavin)

B2 is involved in energy production and breakdown of fatty acids. B2 deficiency may cause cracking of the lips, sensitivity to sunlight, inflammation of the tongue, skin inflammation, sore throat, swelling of the throat and mouth tissues.

Vitamin B3 (Niacin or Nicotinamide)

B3 plays a role in the transfer of energy in the utilization of glucose, fat and alcohol. It is often prescribed to increase good cholesterol (HDL). Lack of B3 causes pellagra. Symptoms of pellagra are dermatitis, insomnia, weakness, mental confusion, diarrhea and dementia. Advanced cases may lead to death.

Vitamin B5 (Pantothenic acid)

B5 is involved in the building of amino acids, fatty acids, ketones, cholesterol, hormones, neurotransmitters, and antibodies. Lack of B5 can result in acne and numbness and tingling.

Vitamin B6 (Pyridoxine)

B6 acts as a conductor of many enzyme reactions, mainly in the production of amino acids and neurotransmitters (the chemicals that are used in communication between brain cells). There are no symptoms listed for the lack of Vitamin B6.

Vitamin B7 (Biotin)

B7 plays a critical role in the utilization of lipids, proteins and carbohydrates in our bodies. As a result it is involved in the manufacture of energy, amino acids and cholesterol. Deficiency of B7 in adults does not typically cause symptoms. In infants, a lack of B7 may lead to growth impairment and neurological problems. Some infants are born with an inborn error of metabolism that leads to biotin deficiency even when intake is normal.

Vitamin B9 (Folic acid)

B9 is necessary for cell division.

This is important during pregnancy and infancy, times of rapid growth. B9 also aids in the production of red blood cells. Deficiency during pregnancy may lead to birth defects and it is recommended that women who wish to become pregnant start supplementation with this vitamin and continue it throughout the pregnancy. It is also used for certain types of anemias. Recent research has shown B9 may have a role in slowing of brain aging.

Vitamin B12 (Cobalamin)

B12 is essential for production of blood cells in bone marrow, nerve sheaths, and proteins. Lack of B12 results in anemia, elevated homocysteine, numbness and tingling, memory loss, and in rare cases paralysis.

This is a series of articles considering specific vitamins in detail, discussing their role in the body, and problems one may encounter from their deficiency. To read previous articles by Dr. Jones, go to www.spotlight.rgvaff.com/series_audreyjones.html

Love of Christ ELCA Lutheran Church

**Winter Schedule:
Worship Services
8AM & 11AM**



**“Western Way”
Worship Service
Sunday, February 1st
11 AM**

**Corner of
Border & Third Street
in the facilities of
Faith Lutheran Church
Weslaco, TX
956-447-1337
www.loveofchrist.net**

A little boy wanted \$100.00 very badly and prayed for weeks, but nothing happened. Then he decided to write God a letter requesting the \$100.00. When the postal authorities received the letter to God, USA, they decided to send it to the President.

The president was so amused that he instructed his secretary to send the little boy a \$5.00 bill. The president thought this would appear to be a lot of money to a little boy. The little boy was delighted with the \$5.00 bill and sat down to write a thank-you note to God, which read:

Dear God:

Thank you very much for sending the money. However, I noticed that for some reason you sent it through Washington, DC and those crooks deducted \$95.00 in taxes.

**Come
see us
at these
events
in
January**

**Hellcat Challenger Night
at Edinburg Raceway
January 9th**



22nd Annual

Winter Texan Expo & Health Fair

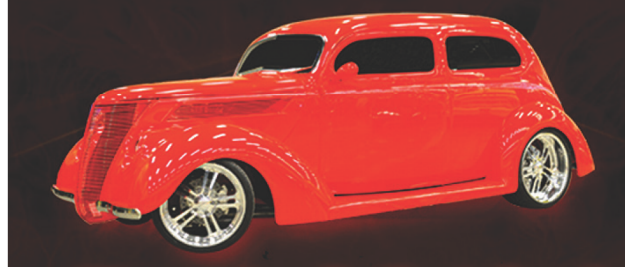
Jan. 20 & 21 ... 9 am to 3 pm Daily

At the McAllen Convention Center

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Presented by Burns Motors

**McAllen Carfest
January 23 - 25**



at

The McAllen Convention Center

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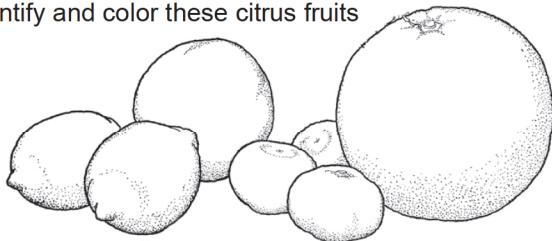
Jeep

For Kids Only

No matter how old you are!

Have Fun and Learn
while you solve these puzzles and
practice your coloring skills

Identify and color these citrus fruits



Citrus crops such as oranges and grapefruit played a major role in the development of the Rio Grande Valley as an agricultural center.

In the puzzle to the right,
find these other crops raised in the RGV

- BEETS
- CABBAGE
- CARROTS
- CORN
- COTTON
- ONIONS
- SUGAR CANE
- TOMATOES

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

Silly Jokes

Knock, knock.

Who's there?

Cows say.

Cows say who?

No silly, cows say moo!

Knock, knock.

Who's there?

Owls say.

Owls say who?

Yep.

Knock, knock.

Who's there?

Boo.

Boo who?

Please don't cry.

It's only a joke.

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j michael laferly

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Early Development of the Rio Grande Valley as an Agricultural Center

The lower Rio Grande contains good agricultural land, the region being a true delta and the soil varying from sandy and silty loam through loam to clay. The area of about 43,000 square miles witnessed a tremendous development in a period of about thirty years from the late 1800s to through the early 1900s.

This spectacular development is attributable to two factors: the introduction of irrigation on a large scale in 1898 and the building of the railroad in 1904.



American Rio Grande Land & Union Co. - 1907

Before that time the Valley was little more than quasi-desert rangeland. When the Spanish first occupied the area around 1750, they settled on the right bank of the river and divided the area north of the river into great cattle-ranch grants.

The first American settlement in the area was Brownsville, which

was founded as a result of the invasion of Zachary Taylor and the United States Army in the Mexican War (1846). The town, which sprang up around Fort Brown, remained practically the only settlement of size or distinction in the Valley for over half a century.



The coming of the railroad and irrigation made the Valley into a major agricultural center. In Hidalgo County, land that had been selling for 25 ¢ an acre in 1903, the year before the St. Louis, Brownsville and Mexico Railway arrived, was selling for \$50 an acre in 1906 and for as much as \$300 an acre by 1910. A large-scale migration of midwestern farmers in the teens and twenties, matched by a growing surge of Mexican immigration during the same period, led to dramatic population growth in Valley counties.

The population of Cameron County grew from just over 16,000 in 1900 to 77,540 in 1930; that of Hidalgo County climbed from 6,534 in 1900 to 38,110 in 1920 and just over 77,000 in 1930. By 1930 the population of the four lower Rio Grande valley counties exceeded 176,000.

After the arrival of the railroad in 1905 the town of McAllen began developing. With the introduction of an irrigation system vegetable farming was now possible. The Valley became a truck garden center for tomatoes, cabbage, carrots, potatoes, beets, corn, green beans, and onions.



Cotton and sorghum became important staples early on, but the most important crop in the region is citrus fruit.

Introduced commercially in the region in 1904, citrus fruit culture



has survived severe freezes in 1949, 1951, 1961, 1983 and 1989.

Soon McAllen had a hotel, a grocery store, a Presbyterian church, a bank, and a weekly newspaper. In 1916 after bandits caused border trouble 12,000 soldiers were sent here to restore law and order. Business boomed with the increased population.



The Casa de Palmas Hotel, opened in 1918 and served as a business, social, and civic center for the Rio Grande Valley.

**ADVERTISE IN
THE VALLEY
SPOTLIGHT
CALL
956-457-8600**

WINTER TEXANS ... YOU ARE INVITED!!

Welcome back Winter Texans!

We hope you are enjoying your time in the Rio Grande Valley. For those who bring pet family members with you, we want to extend an invitation to visit our pet boarding facility in Edinburg. We offer day care as well as overnight boarding, bathing and nail trimming for your pups. Cat boarding is available as well.

We are located on the northeast side of Edinburg and are open Monday-Friday from 9am to 6pm, Saturday 9am - 12 noon and Sunday from 3pm - 6pm. I am also a Karen Pryor Certified Trainer so you can tune up your dog's manners this winter too!



Check out our website at PawsandClawsRGV.com where you can view a video tour and get more information about our kennel. **Mention you saw us in The Valley Spotlight** and get **one night boarding free** with any stay of at least 2 nights. This offer is valid until May 2015.

Mike and Suzan Bunney
Paws and Claws Pet Resort
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Edinburg, TX
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Rio Grande Valley ★ Partnership

Rio Grande Valley Chamber of Commerce

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956-968-3141

**OFFICIAL GUIDE TO THE
Rio Grande Valley**

King Tut Exhibit
NEW Aquarium
Nature Hotspots
Shopping
Local Flair & Culture
Historic Landmarks

Published by the Rio Grande Valley Partnership
Visit: www.ValleyChamber.com for more community information.



Life On The Farm in Snoose Hollow

photo by Candis Sommerfeld

Howling Good Time! by Auntie Kremsaugen

Ole and Lena invited us to come over for a holiday meal. Knute and I were excited to accept. We arrived at Ole and Lena's house and were immediately greeted by the aromas associated with a Scandinavian holiday meal.

The air was filled with the fragrances of lutefisk, Swedish meatballs, fresh baked krumkake, corn pudding, a variety of pies and a few things that I was not quite sure of. The table was set in holiday fashion and was piled high with homemade breads and lefse. Lena must have been cooking for 2 or 3 days it seemed.

Along with Knute and myself, other guests included the Smith's (definitely not Scandinavian), the Johnsons and the Swensons.

The 10 of us gathered at the table joined hands and recited "Come Lord Jesus, be our guest, let these foods to us be blessed ... Amen" Then the feast began!

It lasted about 30 minutes, as we all ignored the sin of gluttony and had a little bit of everything that Lena had prepared.

Knute and I could hardly hold our composure when the Smith's unfolded their lefse, laid it on their laps and wiped their mouths with it many times during the meal. They must have wondered, but not a word was said, when all the rest of us ate our napkins.

"Who want's coffee and pie?" Lena asked. We all admitted to being too full for desert right now but a small cupcake with coffee was agreed upon by everyone. When the Smith's ate theirs ... paper and all, Knute and I had to get away from the table FAST.

"I brought my ukulele along, shall we have a sing-a-long" I said. I began to sing "I yest go nuts at Christmas", pretty soon, from somewhere in the back of the house, there came a sound that I can only describe as a mix

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of police sirens and coyotes howling. Around the corner came Ole and Lena's pups, Mickey and Blondie. They sat down right in the middle of the group and continued singing (howling) along with me. The more they sang, the more we got in pitch together.

It was wonderful!

When the song ended, Mickey woofed as if to say "Let's sing another one!"

I think that I have found the back up singers for my act!

Everyone agreed that it was a howling good time.

Jerry Bennett Memorial Scholarship Fund



A crowd favorite in the Rio Grande Valley, Jerry Bennett of Nashville, TN, left this world on October 11, 2013 to join his Lord and Savior that he so loved to sing about. Jerry contracted fungal meningitis in mid-July and never fully recovered from this illness. He spent most of the next 3 months in Centennial hospital in Nashville until his passing.

Jerry touched so many people with his music and his ministry - his travels allowed him to meet and impact thousands. I wanted to do something that would honor Jerry and his ministry, allow him to continue to touch people in some way, and to keep his memory alive going forward. So I've started a Jerry Bennett Memorial Scholarship fund which will award a scholarship to a deserving student graduating from his high school, James Buchanan High in Mercersburg, PA, and pursuing some type of degree/career in music.

If Jerry touched your life in some way and you would like to acknowledge that through a donation to this scholarship fund, please visit: www.tfec.org. Do a search by fund name - "Jerry Bennett Memorial Scholarship"

Then click on the donate button - you can then donate via paypal or credit card.

Not comfortable doing it online? Call 717-236-5040, someone there can help you.

Thank you all for helping to keep Jerry's memory alive!
Anette Uher



The Jerry Bennett Memorial Scholarship fund is a fund of the Franklin County Foundation, a regional foundation of The Foundation for Enhancing Communities.

Disclaimer:

The official registration and financial information of The Foundation for Enhancing Communities may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1.800.732.0999. Registration does not imply endorsement.

The Gomer & Patsy Show



Come and Enjoy
Their
Comedy & Music
in
One
Fantastic
Show



- Jan 4 .. Split Rail RV Park - Mission .. 7pm
- Jan 5 .. River Ranch Resort - Rio Hondo .. 7pm
- Jan 7 & 8 .. McAllen COC Travel Show - Convention Center .. 1pm
- Jan 11 .. Big Valley - Donna .. 7pm
- Jan 14 .. Posada Del Sol - Harlingen .. 7pm
- Jan 17 .. Fiesta Village - Mission .. 7pm
- Jan 18 .. Citrus Valley - McAllen .. 6:30pm
- Jan 20 .. Schlitterbahn Dinner Show .. 7pm .. doors open at 5pm
Schlitterbahn Beach Resort - SPI .. Call: 956-761-1160 For Special Hotel/Show Rates
- Jan 28 .. Emceeing Winterfest, Schlitterbahn Water Park - SPI .. 10am
All Day Entertainment & Meal at one low price - \$17 prepaid, \$22 at the door - Call: 956-761-1160
- Jan 30 .. Lazy Palms Ranch - Edinburg .. 7pm
- Jan 31 .. Canyon Lake RV Resort - Mission .. 7pm
- Feb 2 .. Hidden Valley Ranch - Mission .. 7pm

Watch for more schedules in the Feb issue of The Valley Spotlight
visit gomer.wintertexaninfo.com for more information

**A Tribute to
Elvis, Neil & Friends**

Border Theater
905 N Conway - Mission

**January
16, 17 & 19**

all shows at 2 pm
reserved seats \$7
at the door \$10

video on big screen .. beautiful dance floor
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performs:
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Van Morrison
Cat Stevens
Bob Dylan
Eric Clapton
Simon & Garfunkel
Righteous Brothers
Roy Orbison
Creedence Clearwater
& MANY OTHERS!

Other Performances:

- Jan 8 .. Dinner & Show .. 4 pm - Southern Oasis, 106 Mercury St - Mission 319-240-8399
 - Jan 24 .. Variety Show .. \$6 .. 7 pm - Lazy Palms Ranch - 3500 Lazy Palms Dr, Edinburg
 - Jan 30 .. Dinner & 'Tribute to Frank Sinatra and Friends' .. \$20 .. 6- 9:30 pm
Paradise Resort Estates, 301 E. Hall Acres, Pharr .. 320-542-3383
 - Jan 31 .. Variety Show .. \$5 .. 7 pm - Winter Haven .. 1015 W. Sam Houston Blvd, Pharr
 - Feb 3 .. Annual Gospelfest .. 3 pm & 7 pm - Fun N' Sun, 1400 Zillock Rd, San Benito
 - Feb 9 .. Valentine's Show .. \$5 .. 7 pm - Lemon Tree, 1740 E Bus 83, Mission
- ralphkuster@sympatico.ca / 417-230-8198 or 613-922-1941 / www.ralphkuster.net

The Valley Spotlight makes it to Tampa, Florida!

**THE BEST JAM
in
THE VALLEY**
is at
**ALAMO REC VEH PARK
1320 W Frontage Rd.
Alamo, TX**

Come and Jam with Valley Favorites **JAY & TAMMY**
EVERY MONDAY from 12:30 - 3pm
All Valley musicians and vocalists are invited to participate.
*This is your opportunity to perform with
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For more info or directions call 956-783-5440 or 956-787-8221
Come early at 11am for lunch!

Nearly 90 minutes of
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excited Rio Grande Valley audiences with their own style of
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956-782-2413



Tampa, Florida resident James Marvell and his 102 year old
dad, Sal, love the Valley Spotlight.

Marvell has teamed up with The Valley Spotlight to give
away his new Christmas song that features over 100 stars.

For a FREE MP3 of James Marvell's recording check out
the December issue of The Valley Spotlight.

**50s vs 60s ... a First in the Valley
at Park Place Estates with James Marvell.
More in February issue!"**



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Not Valid for Parties and Advance Reservations
Must Present Coupon at Time of Order

The General Public is Invited

to attend entertainment programs in the Rio Grande Valley's RV / Mobile Home Resorts!

Some resorts who have limited seating and/or parking may not be open to public attendance. It is a good idea to call ahead and verify.

You can find contact information for all of the Rio Grande Valley's resorts at www.wintertexaninfo.com or in one of the several Park Guide books which can be found in most resort offices.

This promises to be a season of great entertainment as many of your favorite entertainers return and many new groups come to the Valley for the first time.

www.wintertexaninfo.com

is your online resource to find out where these entertainers are performing as well as all other activities including dances, jam sessions, craft shows, public meals and more!



DIXON Company Band

Traditional Country Music is the main genre for this group, but they will always leave just enough room to personalize each show with a mix of comedy, folk and a gospel tune.

Every Wednesday at the Ice House in Mission .. 3-6 weather permitting
 Fri, Jan. 2 - Elks Lodge #1402, McAllen .. Fish Fry 5-7 .. Dance 6:30-9:30
 Sat, Jan. 3 - McAllen Mobile, McAllen .. Dance 7-10
 Tue, Jan. 6 - The Grove, San Juan .. Show 6:30-8
 Thur, Jan. 8 - Peckers Bar & Grill, Weslaco .. 2-5
 Fri, Jan. 9 - Pharr South, Pharr .. Dance 7-10
 Sat, Jan. 10 - Twin Lakes, Mission .. Dance 7-10
 Mon, Jan. 12 - Casa Del Sol, Donna .. Show 7-8:30
 Sat, Jan. 17 - Green Acres, Donna .. Dance 7-10
 Sun, Jan. 18 - W & I Resort, Mission .. Dance 7-10
 Fri, Jan. 23 - Elks Lodge. #1402, McAllen .. Fish Fry 5-7 .. Dance 6:30-9:30
 Sat, Jan. 24 - Mission West, Mission .. Dance 7-10
 Tue, Jan. 27 - Gentle Breeze, Alamo .. Show 7-8:30
 Fri, Jan. 30 - Quiet Village II, Donna .. Dance 7-10
 Sat, Jan. 31 - Country Sunshine, Weslaco .. Dance 7-10
 Fri, Feb. 6 - 1015 RV Park, Weslaco .. Show 6:30-8

Whether it's a small, intimate setting, a country dance or a concert show for several thousand, **they guarantee you'll have a great time.**
 956-226-3433 ... cnjdixon@execulink.com ... www.dixonband.com



James Marvell Will Do It All

at Schlitterbahn's Dinner Show
February 3rd!

Doors will open around 5pm (cocktails)
 Dinner will be served at 6pm and performance will begin at 7pm.

The dinner show will be at
Schlitterbahn Beach Resort
 100 Padre Blvd. South Padre Island
 in The Hibiscus Room.

Tickets will be available to purchase from Schlitterbahn Beach Resort 956-761-1160
 The Shrimp Haus 956-772-9772 and
 The Valley Spotlight 956-782-2413

**50s & 60s
 Rock n Roll**

**Come in 50s & 60s
 costume (optional)**

Relive Your Youth

James Marvell is the REAL DEAL

a 60s hitmaker with Hits in 3 Fields

His wife Faye joins him to bring you the best of the 50s and 60s.

Wait, there's more! ...

**The Marvells have a
 Special Variety Dance at
 Citrus Valley - McAllen
 Fri, Jan. 30 at 7 pm**

More schedules coming in the Feb issue of The Valley Spotlight visit marvell.wintertexaninfo.com



GOSPEL



COUNTRY



DAVE & DAPHNE

Dave & Daphne
 are from
 Nashville, Tennessee.

**They are bringing
 their high-energy
 show to the
 Rio Grande Valley
 for the 4th year!!**

Wed, Feb 4 - Park Place - Harlingen .. 7pm
 Thu, Feb 5 - Eldorado Acres - Palmview .. 7pm
 Fri, Feb 6 - Tropic Winds - Harlingen .. 7pm
 Sat, Feb 7 - Paul's RV Resort - Brownsville .. 7pm
 Sun, Feb 8 - Citrus Valley - McAllen .. 2pm
 Mon, Feb 9 - Schlitterbahn Resort - SPI Dinner Show
 Tue, Feb 10 - Alamo Rec Veh Park - Alamo .. 1pm
 Wed, Feb 11 - Victoria Palms - Donna .. 7pm
 Thu, Feb 12 - Fig Tree Resort - Harlingen .. 7pm
 Fri, Feb 13 - Winter Green Estates - Mission .. 6:30pm
 Sat, Feb 14 - Casa Del Sol - Donna - Dinner Show .. 6pm

Dave and Daphne .. A down-to-earth guy and girl with one goal; to provide clean, quality, exhilarating entertainment and always giving God the glory for their talents.
 Contact: 615-400-4939 Email: oprywest@comcast.net www.daveanddaphne.com

**WATCH FOR
 MORE DATES
 IN THE
 FEBRUARY
 ISSUE OF
 THE VALLEY
 SPOTLIGHT**



Dale & Gayle

We are a husband/wife team from northern Oklahoma specializing in classic country music.

We also perform cowboy, oldies rock & roll and gospel music.

We play all of our music live on guitar and keyboard, we do not use recorded tracks. We have a repertoire of over 500 songs.

This is our 5th winter in the Rio Grande Valley performing everything from full shows, dances, happy hours, and other events in parks. No show or park is too small or too large. We are available for bookings for this winter.
 Contact: daleeisenhauer@sbcglobal.net or call 580-362-5437.

Performance schedule:

ALMOST EVERY FRIDAY & SATURDAY .. 5 - 8pm
 at ACE's BBQ - 2536 E Griffin Parkway - Mission .. 956-205-2151
 Come enjoy the Valley's Best BBQ and Great Music!

We will not be at Ace's BBQ on the dates that are scheduled somewhere else below:

Wed, Dec 31 .. Lemon Tree RV Park, Mission .. NYE Dance .. 8-12:30
 Fri, Jan 2 .. Sunshine RV Park, Harlingen .. potluck .. 5:45-6:30
 Sat, Jan 17 .. Four Seasons RV & Mobile Park, Zapata .. dance .. 7-10
 Wed, Jan 21 .. Leisure World Park, Weslaco .. soup supper .. 5:00
 Fri, Jan 23 .. Sunshine RV Park, Harlingen .. fish fry .. 4-5:30pm
 Sat, Jan 24 .. Koenigs RV Park, Donna .. show .. 7-9 pth
 Thur, Feb 5 .. Cottonwood Park, Mission .. show .. 6-8 pth
 Sat, Feb 14 .. Eldorado Acres RV, Mission .. Valentines Dance .. 7-10



The Best of Auntie Kremsaugen and MORE!

Enjoy her homespun wisdom, witty musical renditions of songs we all know, and tall tales from the fabled "Snoose Hollow."

Fri, Jan 9 - Rio Valley Estates - Weslaco .. 7pm
 Wed, Jan 14 - San Juan Gardens - San Juan .. 7pm
 Fri, Jan 16 - Siesta Retirement Village - Weslaco .. 7pm
 Wed, Jan 28 - McAllen Mobile - McAllen .. 7pm
 Sun, Feb 8 - Valley View Estates - Mission .. 7pm
 Thur, Feb 12 - Winter Ranch - Alamo .. 7pm
 Sun, Feb 15 - Alamo Palms - Alamo .. 6pm
 Thur, Feb 19 - Trophy Gardens - Alamo .. 6pm
 Sun, Feb 22 - Pine To Palm - Weslaco .. 7pm
 Thur, Mar 5 - Enchanted Valley - Mission - Ladies Spring Luncheon .. Noon
 Thur, Mar 12 - Sunshine Resort - Harlingen - Ladies Spring Luncheon .. 12:30pm

Watch for updates at www.auntiekreamsaugen.com