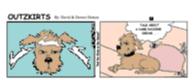
March 15, 2012

Church

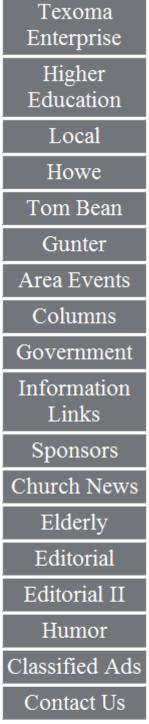














99th-annual Curriculum Contest scheduled for March 29

by University Communications

DURANT, Okla. - Southeastern Oklahoma State University will host the 99th-annual Curriculum Contest on Thursday, March 29.

Dr. James Britton, Professor in the Chemistry, Computer and Physical Sciences Department, is in his second year as coordinator of the curriculum contest.

"This is a tremendous opportunity for our area high schools and for Southeastern," Britton said. "It's a chance for the students to compete and be introduced to Southeastern at the same time.

"The contest will be all computerized this year. We've been working on this project for almost a year now. It should be easier for everybody involved."

The curriculum contest will feature approximately 2,500 students from 70 area high schools participating in 40 contests with trophies and medals awarded to winning schools and students.

Exams will cover numerous subjects, including mathematics, science, English, foreign language and computers.

Along with the academic competition, there will be lots of fun activities and seniors will have the opportunity to enroll while on campus.

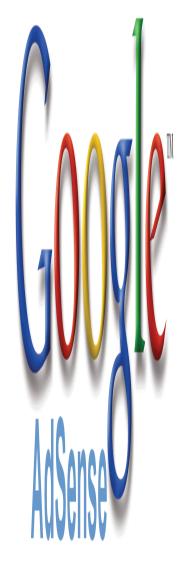


Texoma Enterprise Higher Education Local Local Howe Tom Bean Gunter Gunter Columns Columns Government Information Links Sponsors

Elderly Editorial Editorial II

Humor Classified Ads

Contact Us





Howe's That

by Lana Rideout

Fun at my daughter Jamie's house recently... A mouse in the house.

There was screaming ... the cat caught the mouse twice but the screaming caused the cat to drop the mouse twice.

As to the screaming, it was Jamie ... the cat caught the mouse and took the mouse to her. She screamed and the cat dropped the mouse. This first screaming woke up the kids. Then the cat caught the mouse again and took it to Jamie, who screamed again, scaring the cat again, who dropped the mouse... again.

Granddaughter Rachel (15) is scared of mice. Grandson Caleb (almost 17) was not afraid of the mouse but was sympathetic to his sister.

Caleb and Rachel are homeschooled and so they stay at home. Rachel's fear of the mouse caused her to first want to stay in her room ... and then the plan was for Jamie. on her way to work. to take the kids to Starbucks with their books so they could work on their studies. They were also given money to eat lunch at the Panda Express next to Starbucks.

Their Dad had already left for a substitute job when the mouse in the house event began. He learned what was going on via text messages. When his job was done, shortly after lunch, he went to Panda Express to pick up the kids and take them home.

Mouse traps have been set out. Caution this message is not suitable for young children as the mouse traps are lethal to mice.

Irish Soda Bread

This legendary bread is irresistible fresh from the oven or sliced, toasted and served with butter and jam. 4 cups all-purpose flour

Recipe

- 1 teaspoon salt
- 2 teaspoon baking soda
- 1-1/2 teaspoons cream of tartar
- 3 tablespoons cold butter, cut into small pieces 2 cups buttermilk
- Preheat oven to 425°F.

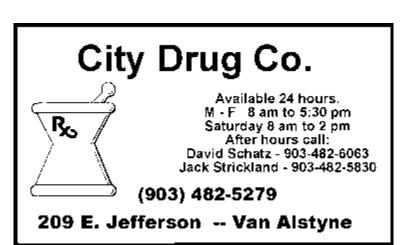
Sift the flour, salt, baking soda and cream of tartar into a large bowl. Add the butter, and rub into the flour (your best tools for this job are your thumbs and forefingers) until the butter lumps have disappeared.

Add the buttermilk to the dry ingredients, stirring just until dry ingredients are moistened. Turn out onto a floured surface, and knead 8 or 10 times. The dough will be soft. (Sprinkle just a little additional flour, if necessary, to aid in handling the dough.)

Form the dough into a ball and place on a floured baking sheet. With a sharp knife, cut a deep cross into the top of the loaf. Dust top of loaf lightly with flour.

Bake at 425°F for 15 minutes, then reduce heat to 375°F and bake an additional 25 minutes. Makes one large loaf approximately 9 inches in diameter.

©Texascooking.com









75459

Contact Us



Texoma Enterprise Howe, Texas 75459



Camryn Adams displays paper flower decorations she sold at the craft show

Successful Kid Craft Show

The Friends of the Howe Library recently sponsored a Kid Craft Show at the Howe Cafeteria. 39 vendors from the ages of 5-18, reserved booth spaces for selling their hand-crafted wares.

Crafts included flower pens, duct tape wallets, survival bracelets, hair bows, alphabet plaques, jewelry, pot holders, and key chains. Many of the crafters were also set-up to customize items for the buyers.

The kids put a great deal of work into creating attractive displays and utilized their "showman" talents. They learned about the selling process and deducting supply costs from sales. The craft show was lot of fun for everyone and the Friends Group hopes to make it an annual event.

FUMC Easter Egg Hunt

First United Methodist Church will hold their annual Community Easter Egg Hunt on Saturday, March 31 from 11 am to 1 pm at

Texoma Enterprise Higher Education Local Howe Tom Bean Gunter Area Events Columns Government Information Links Sponsors Church News Elderly Editorial Editorial II Humor Classified Ads Contact Us

Howe High School.







Howe City Elections

Three candidates filed for the three positions. Those who filed are Sam Haigis, Georgia Richardson, and Dennis Bozeman. The election will be canceled at the council meeting on March 20. These three candidates will be sworn into office at the May 15, 2012 council meeting.

Accelerated Reader Top 10, 4th Six Weeks

Second Grade: Ricky Ramirez, Sabian Acevedo, Avery Snapp, Ryan Murphy, Caleb Wahrmund, Ben speed, Katie Parker, Eli Wilson, Kaitlyn Fuhr, John Griffin

Third Grade: Alex Hernandez, Grace Brennan, Korbyn Thompson, Mikayla Hanson, Holly Cavender, Lizzy Robertson, Cameron Lankford, Jake Fabacher, Brooke Robinson, Jackson Adkins

Fourth Grade: Valeria Langford, Molly Wilson, Raina Ross, Jerome Midthune, Jesse Midthune, Mack Freeman, Waylon Knowles, Bailey Bond, Karsyn Fleming, Brian Timmons



Jim Smith, Proprietor

224 E. Jefferson P. O. Box 1241 Van Alstyne, TX 75495 903.482.6171 jim@bucksnortbbq.com www.bucksnortbbq.com

Click Here for more information



Enterprise Higher Education Local Howe Tom Bean Gunter Area Events Columns Government Information Links Sponsors Church News Elderly Editorial Editorial II Humor Classified Ads

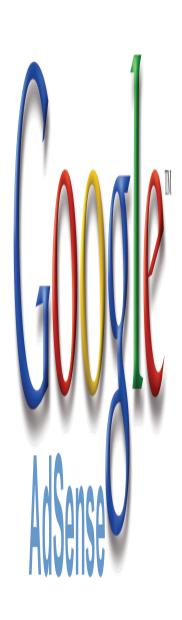
Texoma

Contact Us

Texoma Nutrition "Fueled by Herbalife" Inside #1 Fitness in Howe 300 W. Haning St, Howe, TX

> Barry Travis 903 487-8166

www.goherbalife.com/texoma





Tom Bean H.S. sponsors KICKING BUTTS AND TAKING NAMES rally

On Thursday, March 22, 2012, in conjunction with National Kick Butts Day, Tom Bean High School Family, Career, and Community Leaders of America, National Honor Society, Fellowship of Christian Athletes, FFA, and middle school Students Against Destructive Decisions members will host an anti-tobacco rally for area teens.

Our purpose is to celebrate selecting a tobacco-free lifestyle and to focus on the importance of making wise life choices.

We have invited Extreme Youth Leadership motivational speakers, Travis Reed and Justin Blackwood to address North Texas area teens. In addition, we will provide team-building and leadership activities.

The evening's events will kick off at 6pm. and will feature lots of free food and time for getting to know other teens from surrounding high schools and middle schools.

Schools are encouraged to contact Sharon Stephens, Tom Bean FCCLA sponsor, at 903-546-6319 for more details and to make reservations to attend.



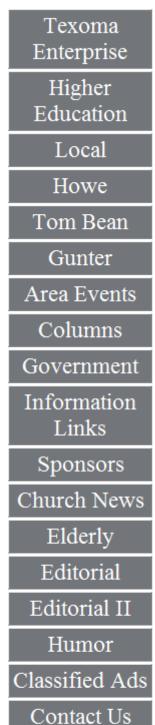




This past Saturday, March 3, the band students of Tom Bean Middle School competed in the annual Van Alstyne Solo & Ensemble Contest. Each year the students in 6-8 grade are assigned a solo or ensemble to perform for a judge where they are then awarded ratings from I-V. With 66 entries from the middle school, our students received 48 division I medals and 18 division II medals. The band directors and fellow staff at Tom Bean ISD are truly proud of this accomplishment. What a fun day filled with great music, great performances, and great success! Way to go Tom Bean Middle School Band!

Flint Weed, Tom Bean MS Bands

















Texoma Nutrition

"Fueled by Herbalife" Inside #1 Fitness in Howe 300 W. Haning St, Howe, TX

> Barry Travis 903 487-8166

www.goherbalife.com/texoma

Gunter Library & Museum

The Gunter Library and Museum invites children of all ages to celebrate St. Patrick's Day with a story time on March 17 at 10:30 am. Wear a silly hat and something green. We'll serve some green refreshments and listen to a St. Patrick's Day story.

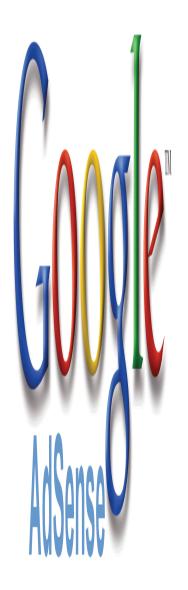
Sheri Smith will host a Toddler Story Time on March 24 at 10:30. Pick up coloring sheets on this date for our Easter Coloring Contest. All coloring entries must be turned in by March 31. Entries will be on display in the library from April 2 - 7. Winners will be announced April 7.

Our genealogy workshop with Dale Rideout ended last Saturday, with information about several online search programs to use, some free, some not. We also decided to form a genealogy group. Anyone who wants to join can visit the Gunter Library on the second Saturday of each month, at 2-3 pm. We will help each other as we do our own research, have speakers occasionally, and look at some genealogy programs on Hulu at other times. This group is for novices as well as experienced family researchers.

The Brown Bag Book Discussion Group meets at the library on the fourth Wednesday of each month. Join us on March 28 at 12 noon to discuss *The Lovely Bones* by Alice Sebold.

The Gunter Library and Museum is open 25 hours a week, Monday – Saturday. We are open from 10-2 on Monday, Wednesday, Friday, and Saturday. We are open on Tuesday from 2:30-7:30 and on Thursdays from 2-6. We are your Neighborhood Resource Center, providing high speed Internet connections, FAX service, books, av material, and programming for children and adults.

Texoma Enterprise Higher Education Local Howe Tom Bean Gunter Area Events Columns Government Information Links Sponsors Church News Elderly Editorial Editorial II Humor Classified Ads Contact Us







Chrystal Opry House Gospel Event

This Saturday night, March 24, the Melody Ranch Gospel Band will perform. Members of the band are Al Guinn, guitar and vocals, George Kirby, fiddle, Mike Vaughan, drums, Tom Hackney, guitar and vocals, Judy Ziola, piano and vocals, Keith Francis, steel guitar, Jody Cofer, bass, vocals, and Bill Hayes, guitar and vocals.

Doors will open at 6 pm and the program will begin at 7. Admission for this program is \$6. Children under 12 are admitted free with an adult. A concession area with brisket sandwiches, hot dogs and refreshments is available.

The Chrystal Opry House is located one and a half miles west of Tom Bean (or 6 miles east of Howe) on FM 902 and a half mile south on White Mound Road. No alcohol is permitted and no smoking is allowed inside the building. Contact Bill Hayes (903-546-6893) for more information.

Nore Khore Kore Kick Here

"Pulmonary and Sleep Disorders"

Pulmonary means having to do with our lungs. Breathing is necessary for us to live healthy lives. Research continues to show us how important it is to get six to eight hours of sleep each day or night. So, do you wake up feeling as if you've been working all night long rather than resting? Do you find yourself ready for a nap by mid morning or mid afternoon? Do you have trouble breathing after a short walk down the hall or to the mailbox? If you have any of these symptoms, or you know someone who does, you should make plans to have pie with us on Tuesday, March 20th from 12 noon until 1pm at the Texoma Council of Governments 1st floor Eisenhower room at 1117 Gallagher Road, Sherman.

Dr. Muqdad Zuriqat, MD has been practicing Pulmonary and Sleep Medicine for over 10 years. Dr. Zuriqat is Board Certified in Pulmonary Medicine and Critical Care and Board Certified in Sleep Medicine. He is a member of the American College of Chest Medicine and the American Academy of Sleep Medicine. Dr. Zuriqat has been practicing medicine since 2003 and has been in Sherman since December of 2007. He treats a variety of lung and sleep disorders including those well known ones such as Sleep Apnea, Restless Leg Syndrome, Insomnia and COPD -Chronic Obstructive Pulmonary Disease.

Complimentary pie and coffee will be served at the seminar and you are welcome to bring a "brown bag" lunch. The series is free and offered as a public service to anyone interested. Call either Joyce White from the Texas AgriLIFE Extension Service at 903-813-4203, Sherry Little from Home Hospice of Grayson County, 903-868-9315, Judy Conner from TCOG at 903-813-3506 or Cheryl Brandon of Texas Health Presbyterian Hospital - WNJ at 903-813-8747 if you have questions.

The Area Agency on Aging - Texoma Council of Governments, Home Hospice of Grayson County, Texas Health Presbyterian Hospital - WNJ, and the Texas AgriLIFE Extension Service are delighted to provide this series free to the public. This collaborative effort was designed to bring health and wellness educational programs to our community free of charge. If you require transportation, remember that TAPS is only a telephone call away, but you do have to call at least the day before the program.



Texoma Enterprise
Higher Education
Local
Howe
Tom Bean
Gunter
Area Events
Columns
Government
Information Links
Sponsors
Church News
Elderly
Editorial
Editorial II
Humor
Classified Ads
Contact Us



Don't Mess with Texas Scholarship Open to High School Seniors

AUSTIN, Texas -- Texas high school seniors who care about the environment have the chance to win a college scholarship by composing a 350-word essay explaining what they've done to improve the litter situation in their community.

The ninth annual Don't Mess with Texas Scholarship is sponsored by BASF Corporation's Freeport, Texas, location in partnership with Keep Texas Beautiful. Don't Mess with Texas is accepting essays for the 2012 Scholarship March 15 through April 20, 2012.

"This scholarship is such a fit for what we at BASF are trying to accomplish. From the products we make that impact the quality of our lives every day to how we operate our facilities safely and as good stewards of our environment, we are living the 'Don't Mess with Texas' philosophy," said Chris Witte, Sr. Vice President and Site Manager, BASF Freeport.

"Plus, by supporting the educational initiative, it further aligns with our mission of ensuring we have trained, qualified people available to enter the workforce, or even join our industry one day. So BASF is proud -honored -- to be able to support this scholarship and the Keep Texas Beautiful organization, while continuing to spread the word that those of us who live in Texas, need to take care of Texas."

The first-place winner will receive \$3,000. The second- and third-place winners will receive \$1,000 each.

Don't Mess with Texas is a litter prevention campaign sponsored by the Texas Department of Transportation. The scholarship is one of TxDOT's efforts to generate more youth involvement in the campaign.

"The scholarship requires students to write an essay explaining the litter prevention efforts they've made in their community, and we're always impressed with how hard many high school students work to keep Texas beautiful," said Brenda Flores-Dollar, program administrator for TxDOT's Travel Information Division, which manages the Don't Mess with Texas campaign.

Eligibility:

• Any high school senior graduating spring 2012, who currently resides and attends school in Texas

• Seniors planning to further their education at an accredited two- or four-year college or university (public or private) in Texas

• Timeline: March 15, 2012 - April 20, 2012. Materials are due via email or must be postmarked by April 20, 2012.

Requirements:

- A 300 to 350 word-essay identifying a litter problem in the student's school or community and the action he or she took to address it

• A completed Don't Mess with Texas Scholarship application sent online or by mail with the essay by April 20, 2012. For the application, mailing address or further details, visit www.DontMessWithTexas.org.

About Don't Mess with Texas

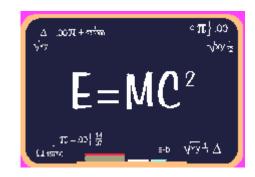
Don't Mess with Texas has been educating Texans about litter prevention since 1986. TxDOT's litter prevention program includes Adopt-a-Highway and a grassroots partnership with Keep Texas Beautiful. Don't Mess with Texas activities also include a spring "Trash-Off," community outreach, a corporate partner program, and a new photo album where Texans can share their iconic Texas images. For more information, visit www.dontmesswithtexas.org.

About BASF Corporation

The BASF Corporation is home to more than 100 manufacturing sites throughout the US, Mexico and Canada, including one of its largest sites in Freeport, Texas. Founded in 1958, the BASF Freeport site is home to 24 manufacturing plants making 23 different products. These products are the raw materials used to make many products that we depend upon every day, including fertilizer, food packaging, automobile parts, housing materials, fishing line, carpet, epoxies, paints and more. We have more than 1,100 people working here - direct employees and contractors together ensuring we make our products safely, efficiently and with minimal impact on our environment. Our site believes in giving back to the community who gives us the right to operate. We do that by supporting more than 50 organizations and their related activities each year, with our employees donating more than 500 man-hours annually to community goodwill. Along those same lines, BASF is a proud partner with our local public schools and our community college, realizing that our future workforce our future leadership - depends upon what we teach our youth today.











Country Graveyards Here And There

By Bob Bowmna

When I pass on, in the vernacular of my East Texas grandparents, I hope my family has the common decency to bury me in some place other than "a memorial park."

Those sterile, geometrically-arranged cemeteries with neat rows of flat, ground-level headstones and names like "The Memorial Gardens" and "Restful Pines Sanctuary" have about as much character as a golf course. Any day now I expect to see a foursome playing through, bouncing golf balls off the headstones and fountains.

I've never seen many interesting tombstones in memorial parks, although a few years ago I stumbled upon a headstone in Lufkin's Garden of Memories that read: "See, I told you I was sick."

After a lifetime in East Texas, I have grown to prefer cemeteries where the tombstones stand high against the sky, where tall trees shade the graves most the time, and where people get together once a year for a graveyard working and homecoming.

My favorite cemetery (for my own resting place) is Muse Cemetery in Anderson County, where most of my ancestors, including both sets of my grandparents, are buried. But I suspect I won't be buried there. Muse is mostly sand, and my wife Doris says she refuses to bury her husband in a graveyard where you can't grow grass and flowers.

My second choice for my personal interment would be Glendale Cemetery in Lufkin, a fine old cemetery with a marvelous collection of tombstones--big ones, little ones, fancy ones, simple ones. Even the horse which pulled Lufkin's first ice wagon in 1896 has a tombstone there.



Our tradition of excellence has remained our top priority for nearly 120 years. Discover our difference and how we can make your financial dreams a reality. Visit our Web site or stop by to learn more.

Click on this ad to go to our web site.





By Dorothy N. Fowler

Among the many things I have learned is this: some people can take any activity that ought to be fun, creative, relaxing, etc., and turn it into an ordeal by insisting on perfection.

People ask me why I don't play bridge, which, in my mother's day was one of the social skills required to gain entry into the "in-group." My answer is simple: bridge is supposed to be a game and a game, by my definition, is supposed to be fun. The first time my bridge partner kicked the card table across the room after I trumped his ace, I gave the game up.

I don't expect the Rideouts to print the language he used to describe my stupidity. The lesson I was supposed to learn from this encounter was that I am not smart enough to play bridge. I think the reverse is true: I am smart enough not to play a game that people take so seriously that there is a special column in many newspapers describing hypothetical bridge games. Bridge is a good thing for people who want to play; more power to them. But count me out.

Domino games of all kinds are another matter, particularly if I'm playing with friends. So is poker if the stakes are no more than a nickel a game. If the most you can lose is a dollar, you can afford to be reckless. There is always an abundance of laughter when you play those games with people who are there for the fun instead of blood.

However, the truth is, I had rather be sewing items that eventually will become quilted goods of some kind.

People who don't understand what quilters get out of cutting up perfectly good pieces of fabric and sewing them back together again in complicated patterns can't be persuaded that the activity makes any sense at all. "You can buy a blanket, a table runner, a bed runner, a table topper, a sofa pillow or whatever for less than it's costing you to make it."

For the most part, if the object is cost effectiveness, buying any one of those items is less expensive than making it and



Nyoming 110 E. Haning Ave.

Howe, TX 75459 903-814-2128 Fine Dining

Enterprise
Higher Education
Local
Howe
Tom Bean
Gunter
Area Events
Columns
Government
Information Links
Sponsors
Church News
Elderly
Editorial
Editorial II
Humor
Classified Ads
Contact Us

75459

Texoma



Texoma Enterprise

BOB BOWMAN'S

EAST TEXAS, continued

I don't know why, but I have always been fascinated with cemeteries. I seem to collect graveyards and tombstones with the zeal that some of my friends collect bird dogs.

A favorite is in the Mt. Hope Cemetery near Chester, where a shaft of stone sometimes called "the history book marker" tells the story of pioneer James Barnes' family. Chiseled into the base are 218 words, 18 historical dates, and 13 individual names. I figure that the stonecutter retired a wealthy man after he finished the marker.

In Williams Cemetery, near Fair Play, is a little wooden marker covered by a white shed. It's the grave of Sarah Jane Northcutt, reportedly a member of a wagon train who died among strangers in Panola County in 1855. As the years passed, Fair Play's residents have tended the grave as if it belonged to one of their own.

A century ago, malpractice lawsuits against physicians were unknown, so tombstones were sometimes used by surviving relatives to castigate doctors for their faults. In the Coldspring Cemetery one such tombstone bears this inscription: "In memory of my darling child, Edith E., youngest child of Robert & S.C. Smith. Born Nov. 1, 1854. Died a victim to an experiment in surgery by Dr. Warren Stone, Sr. of New Orleans, May 18, 1872."

Another favorite tombstone marks the resting place of Texas' second governor, George T. Wood. When he died in 1858, his wife ordered him interred in a small family plot, reportedly to fulfill Wood's wish that he be "buried close to home." Stuck away in the dense forests of San Jacinto County, it's a strange place for the grave of a Texas governor, but Wood himself was a little strange, too. He seldom wore socks and often rode from his home near Coldspring to Austin on the back of a mule.

In contrast to Governor Wood's isolated grave, Riggs Cemetery south of Cleveland is probably the most visible in East Texas. It straddles the median between the north and south lanes of U.S. 59, one of the busiest highways in Texas. The Texas Highway Department tried to relocate the little graveyard when it made 59 a superhighway, but the descendants of those buried there wouldn't budge.

If asked to name my favorite cemeteries, I would have to pick Scottsville Cemetery near Marshall, which is filled with priceless Italian marble sculpture marking the graves of the Scott and Rose families, and Oak Grove Cemetery in Nacogdoches, where rows and rows of magnificent stones stand over the graves of four signers of the Texas Declaration of Independence and others who shaped Texas' destiny.

Dot's Dashes, continued

there is no time or sentiment invested in a bought item. Quilting is, by any measure, an expensive art and craft, but probably not more so than hunting, fishing, carpentry, flower arranging, ad infinitum.

When a quilter gets the final stitch on the binding of a quilted item, he or she has something tangible to hold, to admire, to use daily or to put away and use again at an appropriate time or season.

Now, I am a slap dash quilt maker. My mottoes, unless the product is so wonky that it is unsuitable for its purpose, are: "That's good enough. If you can't see that mistake from a galloping horse, it doesn't matter." And if those two don't work, the last resort is: "I planned it that way."

Most of my quilting buddies subscribe to most of those mottoes and of those who don't, most are very kind about what they undoubtedly view as excessively sloppy work.

The latter folk are those who understand the term "scant quarter inch." For this to make any sense, you have to know that quilt blocks are usually sewed using a quarter inch seam instead of the 5/8 inch seam usually used in garment sewing. Manufacturers of all kinds of sewing machines make quarter inch feet (presser feet with a guide that keeps fabric a quarter inch from the needle) so help those of us who can't consistently sew a straight seam. Sewing seams that are consistently the same size is very important if you want the pieces of the quilt block to fit together.

Of late, however, some instructions for quilt blocks call for something called a "scant quarter inch seam," a measurement that is supposed to compensate for the width of the sewing thread and width of the threads in the fabric when the piece is pressed."

There are at least problems with this new requirement:

1. There is no definition of "scant."

2. Sewing threads are of different weights and thicknesses, so even if you had a definition of "scant," it would apply differently each time you changed thread.

3. Threads in fabrics are not of uniform thickness. Theoretically, fabric from reputable manufacturers will be the same thickness, but that is only theory. In the immortal words of Molly McGee, "It ain't so, McGee. "And if you use fabric from several different manufacturers, it's almost certain that the thickness of the thread will differ.

So, someone anonymous has come along and complicated what was the reasonably straightforward process of sewing two pieces of fabric together using a piece of equipment made to aid people who are straight-seam impaired, thereby taking the fun out of the process for people who are influenced by the "quilt police," who will, no doubt, be measuring to see whether the quarter inch seams are

Texoma Enterprise Higher Education Local Howe Tom Bean Gunter Area Events Columns Government Information Links Sponsors Church News Elderly Editorial Editorial II Humor Classified Ads Contact Us

Howe, Texas

75459

I particularly like the Oak Grove headstone of Oscar L. Holmes, a county clerk who had an extract of his will chiseled on his marker. Knowing what he knew of records that sometimes get lost, he probably wasn't taking any chances with his bequeath.

Like most folks, I don't know where I'll be buried. Maybe it'll be in the sand hills of Muse Cemetery, alongside Ottie the horse in Glendale Cemetery, or somewhere else.

Regardless of where it is, I think I want something special to mark my grave -- something that will remind people of my East Texas heritage. Nothing fancy though.

Just plant a watermelon on my grave and let the juice ooze down.

(Bob Bowman of Lufkin is the author of more than 50 books on East Texas history and folklore.)

"scant."

Now, I suggest to you that there is a parable in this sorry story of "scant quarter inch seams" and that the parable has a point that you ought to take it to heart. This is the point: "Don't sweat the small stuff!" If it doesn't make an eternal difference, it isn't important.







Capitol Watch

By Larry Phillips, State Representative



Interim Charges for House Committees

This week I will discuss the interim charges recently issued to the House Committee on Natural Resources. Interim charges are the issues that the Speaker asks committees to study during the time between regular legislative sessions in order to make recommendations for legislation for the following legislative session. The charges are good indicators of what legislation the legislature will take up during the next session. Legislators rely on public input when crafting legislation, and it is important that they hear from people during the interim.

House Committee on Natural Resources

*Monitor the ongoing statewide drought and the performance of state, regional, and local entities in addressing it. Examine the impact of the drought on the state water plan, including an evaluation of how well the state's existing water resources can meet demand, the need for additional funding sources to implement the plan, and the effectiveness of current drought planning and drought management policies. Identify short-term and long-term strategies to help the state better cope with drought and assess any obstacles, including state and federal regulations, to implementation of these strategies.

*Examine the interplay of water and energy resources and needs in the state. Study the economic, environmental, and social impacts of water use in energy production and exploration, including the impacts of this use on regional and state water planning. Determine the current and likely future water needs of power generation and energy production, and evaluate options to develop new or alternative supplies. Include an evaluation of current issues involving water use for oil and gas production and related water quality issues.

*Evaluate the status of desalination projects in Texas. Include an evaluation of the regulation of brackish groundwater and whether opportunities exist to facilitate better utilization of this groundwater to meet future needs.

*Study ways to enhance incentives for water conservation in agricultural irrigation.

The House Committee on Natural Resources can be reached at 512-463-0802. For more information on these charges or any other matter of state government, please contact my office by writing to P.O. Box 2910, Austin, TX 78768-2910 or by emailing me at larry.phillips@house.state.tx.us. My district office phone number is (903) 891-7297.



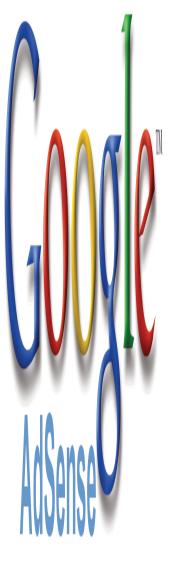
Higher Education Local Howe Tom Bean Gunter Area Events Columns Government Information Links Sponsors Church News Elderly Editorial Editorial II Humor Classified Ads

Contact Us

75459

Texoma

Enterprise





Texoma

Enterprise

Higher Education

Local

Contact Us

We believe that your local news provided should provide you with news, information, facts, and sources to further study that information. Here are some websites that are providing those facts, at least at the time of their listing on our page. If you know of others that our readers would enjoy send them to us. Or if some of these are no longer working let us know.

This Page is a Work in Progress

		•		LUCai
Howe Public Schools	Howe Public Library	Van Alstyne Public Library	Search Engines-	Howe
	Library information, Language courses, Student events	Library information, Library Catalog, Library Calendar, Online information, Research tools, Resume Maker	Yahoo Alta Vista	Tom Bean
	۲ <u>ــــ</u>		Google	Gunter
Class Tools - for	Quotations Page	Royalty Free Music	Ask Jeeves	Area Events
classroom use - games, tests, timer, tools.		_		Columns
	Spanish Dictionary			Government
				Information Links
				Sponsors
				Church News
				Elderly
				Editorial
				Editorial II
				Humor
				Classified Ads

Selected Sites

<u>Texas Records and Information Locator (</u>TRAIL) searches and locates information from over 180 Texas state agency web services.

<u>The Handbook of Texas Online</u> is a multidisciplinary encyclopedia of Texas history, geography, and culture sponsored by the Texas State Historical Association and the General Libraries at UT Austin.

<u>Texas Online</u>: The official website for the Great State of Texas and provides instant access to almost 800 state and local government services.

<u>Library of Texas</u>; Immediately start searching multiple Texas library catalogs and other knowledge collections in one sitting.

Copyright © All rights



Vyoming

110 E. Haning Ave.

Howe, TX 75459

903-814-2128

Fine Dining

Bruce E. Maniet, D.O., P.A.

COMPLETE FAMILY CARE

PHONE (903) 965-7700 PHONE (903) 364-2022

BELLS MEDICAL CLINIC

BROADWAY & MAIN

ADVANTAGE

BUSINESS MACHINES

PO Box 561

200 S Denny Howe TX 75459

BELLS, TX 75414

WHITEWRIGHT

319 X HWY 69

FAMILY PRACTICE

WHITEWRIGHT.TX 75491

Todd Creekmore

Sales & Service

Copiers * Printers * Fax Sales * Service

Suppflea

Office: 903-532-6529 Fox: 903-532-6439

We thank all our sponsors. Without their help we could not continue this weekly page. Please use their services and let them know you appreciate their help for Texoma Enterprise.

Dale & Lana Rideout



Our tradition of excellence has remained our top priority for nearly 120 years. Discover our difference and how we can make your financial dreams a reality. Visit our Web site

Click Here for more information

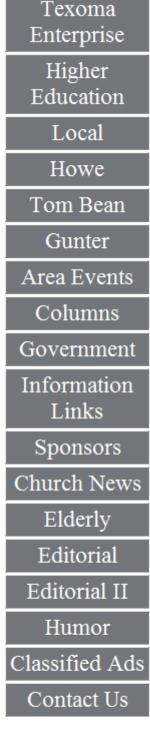


Jim Smith, Proprietor

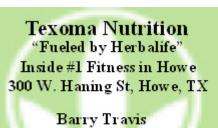
224 E. Jefferson P. O. Box 1241 Van Alstyne, TX 75495

903.482.6171 jim@bucksnortbbq.com www.bucksnortbbq.com

Click Here for more information



or stop by to learn more.



Email: advbusmach@verizon.ret

903 487-8166

www.goherbalife.com/texoma

Local Churches

Cannon

CANNON BAPTIST CHURCH RFD 1, Rev. John Wade, pastor, 903/482-6761 SOVEREIGN GRACE BAPTIST CHURCH George Seevers, 903/364-2942 **Cherry Mound** BAPTIST CHURCH, 6335 FM 1753, Denison Dennis Stewart, pastor, Sun School 9:45; worship, 11, evening 6; Wednesday, 7pm

Dorchester

DORCHESTER BAPTIST CHURCH Hwy. 902W, 903/476-5525 Gunter COLLEGE HILL CHURCH OF CHRIST 304 E. College, 903/433-4835 FIRST BAPTIST CHURCH 300 Pecan, 903/433-3335 GRACE BIBLE FELLOWSHIP Pastor Bruce Stinson Brooks Plaza Sundays - 9:30 AM Worship www.thegbf.com VALLEY CHURCH OF CHRIST Howe APOSTOLIC LIFE UPC 405 S. Collins Frwy, Jerry Pentecost, 903/821-9166; Sun. 10am & 6pm NEW BEGINNING FELLOWSHIP/AG, 912 S Denny St. 903/532-6828; Roger Roper, S-school, 9:30, worship 10:45 BETHEL BAPTIST Hwy. 902 E & Ponderosa Rd, Weldon Hutson, pastor, 903/532-6032 SUMMIT CHURCH Howe Middle School Cafeteria, 903/815-1472 ; Kcvin Bouse CHURCH OF CHRIST N. Collins Frwy, 903/532-6441; Toby Socheting FIRST BAPTIST CHURCH 100 E. Davis,903/532-5504; Roger Tidwell, pastor FIRST UNITED METHODIST CHURCH 810 N. Denny, 903/532-6718; Tom Medley, minister Ida IDA BAPTIST CHURCH, 903/813-3263. S-School 10 am, Worship 11 am Charles Morris, pastor

Luella LUELLA FIRST

Solomon exhorts to the study of wisdom

1 My son, attend unto my wisdom, and bow thine ear to my understanding: 2 That thou mayest regard discretion, and that thy lips may keep knowledge. 3 For the lips of a strange woman drop as an honeycomb, and her mouth is smoother than oil: 4 But her end is bitter as wormwood, sharp as a twoedged sword. 5 Her feet go down to death; her steps take hold on hell. 6 Lest thou shouldest ponder the path of life, her ways are moveable, that thou canst not know them. 7 Hear me now therefore, O ye children, and depart not from the words of my mouth. 8 Remove thy way far from her, and come not nigh the door of her house: 9 Lest thou give thine honour unto others, and thy years unto the cruel: 10 Lest strangers be filled with thy wealth; and thy labours be in the house of a stranger; 11 And thou mourn at the last, when thy flesh and thy body are consumed, 12 And say, How have I hated instruction, and my heart despised reproof; 13 And have not obeyed the voice of my teachers, nor inclined mine ear to them that instructed me! 14 I was almost in all evil in the midst of the congregation and assembly.

Prov 5:1-14 (KJV)



Christian Fellowship

A Christian Fellowship church begins each Sunday morning at 9 am with coffee and doughnut fellowship, followed by classes for all ages at 9:30. Praise and worship service begins at 10:30 and dress is casual. This week's service is led by Mike Ball.

Praise and worship is led by David Ellis. The church celebrates The Lord's Supper each Sunday morning during worship service.

C. R. Men's Step Study class meets every Thursday night at 6:30pm at the church building. This program is for those recovering from drugs and alcohol and finding your way back to Christ.

The church will also be having "Movie Night" once a month and the public is invited to attend. The movie in March will be on March 16, with the movie to be announced later. So mark that day on your calendar for a free movie, with fresh hot buttered popcorn, candy and drinks, all free, and the public is invited to attend.

The church has home study groups throughout the week. Wednesday night begins at 6:30 pm with a pot-luck dinner followed by praise and worship and a devotional.



The Tom Bean Church of Christ invites everyone to come and worship with us. Services begin each Sunday with Bible class for all ages at 9 am and worship at 10 am. The evening worship service begins at 6 pm. The Lord's Supper is given each Sunday. The morning and evening lessons are brought by Kerry King with congregational singing lead by Charles Counts. Wednesday, we have Bible classes for all ages beginning at 7 pm. The church is located at the corner of FM902 and FM2729 South in Tom Bean, TX.

We have two radio programs each Sunday at 7:30am on KFYN 1420AM and KFYZ 93.5FM. The lessons are brought by A.C. Quinn.

Our 2012 Spring Meeting will be April 8 -13 at 7:30 pm each night. This year's theme is: WHO IS MY LORD?

Texoma Enterprise Higher Education Local Howe Tom Bean Gunter Area Events Columns Government Information Links Sponsors Church News Elderly Editorial Editorial II Humor Classified Ads Contact Us

BAPTIST CHURCH

3162 St. Hwy. 11,

Harvey Patterson,

903/893-2252

A CHRISTIAN FELLOWSHIP, 150 Fellowship Ln, Luella

Miles Dell

Mike Ball, 903/870-0219

Tom Bean

CHURCH OF CHRIST 903/546-6620

FIRST BAPTIST CHURCH 903/546-6231

FIRST UNITED METHODIST

CHURCH 903/546-6898

INSPIRATION POINT

COWBOY CHURCH

FM 2729, 2.5 miles

South of Tom Bean

The church will have VBS July 16-20 from 6:30-8:30pm

The church is located on the West side of Hwy 11 in Luella. Look for the red brick building with the green metal roof on the hill. The cross will light your way.

For more information contact Mike Ball at 903-870-0219

The Gospel of Christ news letter can be found at http://www.thegospelofchrist.com/newslet ter.





Texoma Enterprise Howe, Texas

Local Churches

Duane Peters, 903-815-2278 PILOT GROVE BAPTIST CHURCH 1271 Pilot Grove St. 903/450-3708 Sherman/Denison THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS 1900 Lamberth Rd, Sherman. FRIENDSHIP UNITED METHODIST CHURCH RFD 2 off Hwy. 56; 903/892-8450 WESTERN HEIGHTS CHURCH OF CHRIST 800 Baker Park Dr., 903/892-9635, Sun. 10 CHURCH OF THE NAZARENE, 601 Hwy. 1417, Pastor, Rev. Mack Rogers RED RIVER COWBOY CHURCH 3800 Hwy. 691 (w of Hwy. 75); Novice Northington, 903/463-5840 Van Alstyne COMMUNITY BIBLE CHURCH Northwest corner Hwy 5 & County Line Rd. CHURCH OF CHRIST 105 Hopson, Shannon Jackson, minister, 903/482-6033 EAST SIDE CHURCH OF CHRIST PO Box 141, Larry Shead, minister; worship 11am ELMONT BAPTIST CHURCH FM 121 W, Elmont; Jim Poole, pastor, 903/482-6356 FAITH TEMPLE CHURCH, corner of Pearl & Nash, Pastor Kenneth L. Price, 972/547-0243, LIFE CHURCH, 201 W. Marshall, Pastors - Lance/ Mary Baker 903/433-8089 FIRST BAPTIST CHURCH 102 E. Marshall, 903/482-6334, Jimmy Tarrant, pastor FIRST CHRISTIAN CHURCH 206 Waco, 903/482-5515, Gary Giibbs, pastor FIRST PENTECOSTAL CHURCH 903/482-6646, Rev. J.R. Thornhill, pastor FIRST UNITED METHODIST CHURCH 301 S. Preston, Rev. Jack Wallace, minister GREYWOOD HEIGHTS WORSHIP CENTER On Hwy. 75 just north of Dairy Queen, 903/482-6700; Chris Jones, pastor HOLY FAMILY

Not Too Short

Four years ago this month, a group of students from Freed-Hardeman University in Henderson, TN, traveled to the Dominican Republic for a Spring Break mission trip. The group conducted a Vacation Bible School program at a children's home in Bobita.

After their final day of work at the children's home, team members spent some time relaxing at the beach. Then tragedy struck...

Shane Ruiz, 19, and two other students were walking along the beach in knee-deep water when they were hit by a large wave. Shane was swept out into the ocean by a strong undertow. Team members and Dominicans on the beach spent the next three hours attempting to rescue Shane, but were unable to reach him. **

Dr. Ralph Gilmore, Bible professor at F-HU, recently relayed these events to the chapel assembly at the Faulkner University Lectureship in Montgomery, AL. With great emotion, he told how that as many desperately sought to save Shane, "their arms were just too short to save him." They could not reach him.

Dr. Gilmore quoted Isaiah 59:1-2 – "Surely the arm of the LORD is not too short to save, nor his ear too dull to hear. But your iniquities have separated you from your God; your sins have hidden his face from you, so that he will not hear."

The reality is that because of our sins, WE are separated from God and lost. The undertow of sin is too strong for us to save ourselves. Even our friends and loved ones can't save us. Thus we are doomed.

"But the arm of the Lord is not too short to save!" God loves us so much that He sent His Son Jesus to save us from our sins (John 3:16). In order to save us, Jesus gave His life for us. He died on the cross to rescue us from sin (Ephesians 1:7). He was the only One who could save us, for He was and is the sinless Son of God!

God WILL save those who will: place their faith and trust in Jesus (Acts 16:30-31), turn from sin in repentance (Acts 17:30-31), confess Jesus before men (Romans 10:9-10), and are baptized (immersed) into Christ for the forgiveness of their sins (Acts 2:38; Romans 6:3-4).

That's why.... Shane and his Christian coworkers were in the Dominican Republic during that Spring Break in 2008: to tell those who were lost in sin that God's arm is not too short to save!

That's the Good News (the Gospel) for us, too! No matter how deeply we have sunk into sin, God's arm is not too short to save us. We must simply reach out to His extended hand through our trusting obedience.

Won't YOU?

David A. Sargent, Minister davidsargent1@comcast.net

Church of Christ at Creekwood, Mobile, Alabama

* Our deepest sympathy is extended to the family and friends of Shane Ruiz and to the Freed-Hardeman family on the anniversary of his death. We also express profound appreciation to Shane and those like him, who seek to remind others that God's arm is not too short to save us from sin.

** Information gleaned from The Christian Chronicle --

http://www.christianchronicle.org/article2158288 ~Freed-

Hardeman_student_presumed_drowned_on_mi ssion_trip

Archived issues of "Living Water" can be viewed and accessed from our website at: www.creekwoodcc.org

To Subscribe to "Living Water" send a blank email to:

HTML version:

Please visit our Web site http://www.creekwoodcc.org AND share a drink of "Living Water" with a friend!

Texoma Enterprise Higher Education Local Howe Tom Bean Gunter Area Events Columns Government Information Links Sponsors Church News Elderly Editorial Editorial II Humor Classified Ads Contact Us



Father Stephen W. Bierschenk, 972/562-0752 MORNING CHAPEL CHRISTIAN METHODIST EPISCOPAL 103 Bowen, 902/482-5431 SAMARIA BAPTIST CHURCH 702 E. Fulton, 903/482-5664, Rev. Arnold Baker, pastor

CATHOLIC CHURCH







used with permission from:

The Sullivan Law Firm, P.C.

Phone (903) 482-0099 Fax (903) 482-0098 E-mail matt@sullivanlawfirm.biz

www.mattsullivanattorney.com

LEGAL TIPS:

Estate Planning & Resolutions

By Matt Sullivan, J.D., LL.M. Attorney & Counselor at Law

Many people resolve to improve themselves for each New Year. For example, they promise to change their diet, lose weight, and avoid voting for liberal politicians. Shouldn't estate planning be on your list of resolutions?

First, what would happen to your kids if something happened to you? Have you taken the time to have your estate planning documents properly prepared and executed? Some of the most important documents to consider are a Will, Durable Power of Attorney, Directive to Physicians, Medical Power of Attorney, HIPAA Release, and a Declaration of Guardian. Each document plays an important part in the overall plan. The Will can be used to dispose of your property upon your death. Within it, you can also establish trusts and appoint guardians for your kids. A Durable Power of Attorney will authorize someone to act on your behalf if you are unable to do so. The Directive to Physicians is also known as a Living Will and is your opportunity to state in writing how you want to be treated in an end-of-life situation. The Medical Power of Attorney will allow someone to make most medical decisions for you if you can't. The HIPAA Release will allow your representative to obtain your medical information. The Declaration of Guardian can be used to appoint or prevent someone from being appointed as your guardian and it can be used to appoint a guardian for your children.

Second, when was the last time you reviewed the title to your assets or the beneficiary designations of assets you own? These can be extremely important issues in the event of a person's death. Assets that have properly filled out beneficiary designations will be paid to the beneficiary regardless of what is stated in the owner's Will. Such assets include life insurance, IRAs, and 401(k)s to name a few.

Third, what would happen to your pets if you died or became disabled and weren't able to care for them? Pets are extremely important to many people and should be considered when preparing an estate plan.

While estate planning may not be the most fun or exciting undertaking, it can be extremely important and beneficial for your family.

Matt Sullivan, J.D., LL.M., Attorney & Counselor at Law, can be reached at 903-482-0099 or through his law firm's web site, www.mattsullivanattorney.com.

This article is not intended as specific legal advice and you should consult with your own attorney.



75459







Katherine Stinson, the fourth woman to earn a pilot's license in the U.S., thrilled spectators with her daredevil stunts. Her family established the Stinson Flying School in San Antonio in 1913.

Miriam A. Ferguson was Texas' first woman governor. She served two terms, 1925 to 1927 and 1933 to 1935. She first ran in 1924 on the platform of vindicating her husband, former Governor Jim Ferguson, who had been impeached. Jim Ferguson had been one of the nation's strongest opponents of woman suffrage only a few years earlier, but actively promoted his wife's candidacy. Mrs. Ferguson defeated a candidate backed by the Ku Klux Klan, which was making a comeback in Texas in the 1920s. As governor, she issued many pardons and paroles, backed economy in government and pushed an anti-Klan bill through the legislature. In her second term, during the Depression, she backed loans for cotton farmers and "bread bonds" to assist mothers with starving children. Regulation of the oil industry began under her administration, and she proposed a tax on oil to benefit schools and roads.





Women's History Month: Two Stories of Texas Trailblazers

By: Senator Kay Bailey Hutchison

For more than two decades, Americans have celebrated the month of March as Women's History Month, giving special tribute to the historic achievements and contributions of women to our society.

This year's celebration fittingly coincides with the 100-year anniversary of the Girl Scouts of America, an organization founded to support girls and help develop the values of honesty, courage, and confidence.

As a former Girl Scout and as part of the centennial celebration, I was asked to appear in a YouTube

video<http://www.youtube.com/SenatorHutchison#p/f/7/czHOLsIhMuY> talking about my mentors. Two women, who also are Texans, immediately came to mind. They are the type of women who underscore the meaning of this month: Oveta Culp Hobby and Anne Armstrong.

A native of Killeen, Texas, Oveta broke barriers throughout her life. I had the honor of knowing her because she gave me the first break in my career. After graduating from University of Texas Law School in 1967, as one of 13 women in a 390-person class, I discovered that the major law firms in Texas did not hire female lawyers. So, looking for a door to open, I dropped by KPRC-TV, the local NBC TV affiliate, in Houston. I met with the News Director, and with the encouragement of the Chairman of the Board, Oveta Culp Hobby, who wanted to put the first woman news reporters on the air in Houston, I was the offered the job.

As CEO of a major media organization, she turned a daily newspaper into a multimedia corporation with television and radio interests. She started blazing trails in World War II when she was asked by President Franklin D. Roosevelt to lead the Women's Army Auxiliary Corps (WAAC), a precursor to women being integrated into the armed services. She later became the first Secretary of the Department of Health, Education and Welfare.

Oveta accomplished so much in a single lifetime, clearly taking many bold, courageous steps along the way.

In 1971, as a reporter for KPRC-TV, I had the chance to interview Anne Armstrong, a Texan who had just won the co-chairmanship of the Republican National Committee (RNC). Before I knew it, I was moving to Washington, DC, to be her Press Secretary and learned more in six months working for her than I ever could have imagined. Anne set a wonderful example of all the things a woman could do if she set her mind to it.

After graduating from Vassar, Anne married Tobin Armstrong and moved to a cattle ranch in South Texas. She got her start in politics campaigning door-to-door for Dwight Eisenhower. Following her time as Co-C hair of the RNC, she was appointed White House Counsel to President Richard Nixon, and President Gerald Ford named her the first woman to represent the United States as Ambassador to Great Britain.

Oveta and Anne were true trailblazers who overcame barriers to attain remarkable achievements in public life. They provided encouragement to women around them, and served as invaluable role models to women who also sought to pursue once unthinkable dreams.

Young women today live in a world of opportunities that are a direct result of the women who came before them. During Women's History Month, we celebrate the lives of trailblazers such as Oveta Culp Hobby and Anne Armstrong, gaining strength and inspiration from their life stories.

Hutchison, a Republican, is the senior U.S. senator from Texas and Ranking Member on the Senate Commerce, Science, and Transportation Committee.

Texoma Enterprise Higher Education Local Howe Tom Bean Gunter Area Events Columns Government Information Links Sponsors Church News Elderly Editorial Editorial II Humor Classified Ads Contact Us

Copyright © All rights



Pink slime isn't from a horror movie

By Gene Hall

Pink slime -- it sounds like one of those really bad horror movies from the 1950s, when a blob of pinkish protoplasm rolls across the landscape, devouring the denizens of an unfortunate small town. Even more unfortunately, it's become a term suggesting danger in what is a perfectly safe product in some of our meat supply.

The use of the term "pink slime" is being applied by the media and full-time agitators to describe Lean Finely-Textured Beef (LFTB). Recent reports and accusations hint that this product is little more than pet food diverted to the human food chain. There is no truth to any of this.

LFTBs are lean meat, separated from fat by a process not unlike that used to separate milk from heavier cream. The result of all this is a hamburger-like product, except that it is ground into smaller particles and then added to other ground beef.

Another part of this hit job refers to the use of ammonia hydroxide, ammonia and water, which is a naturally occurring compound. Using a chemical name makes it sound scary, but this product is a microbial inhibitor, actually making the meat safer. It's been used in all sorts of food products, including dairy, fruits and vegetables, baked goods, breakfast cereals, eggs, fish, beverages like sports drinks and beer, and meats. Some organic beef processing allows for the use of ammonia compounds and some do. That doesn't make it any less safe, either.

The company that produces a lot of the perfectly safe LFTBs is Beef Products Inc. (BPI). They have produced an online document detailing seven myths about LFTBs.

I have room for three of those myths here:

•*Myth*: "Boneless lean beef trimmings" or "lean finely textured beef," which have recently been called "pink slime," are just "fillers" and not beef at all.

•Fact: As their real names suggest, boneless lean beef trimmings are 100% USDA inspected beef. There's always some meat that is trimmed with the fat. It is this meat that becomes boneless lean beef trimmings. When you compare the nutrition analysis of this lean beef with 90% lean/10% fat ground beef, they are virtually identical. That's because boneless lean beef trim is beef -- period.

•*Myth:* Ground beef produced with boneless lean beef trimmings is less nutritious than other ground beef. •Fact: A side-by-side comparison of nutrition labels for 90% lean/10% fat ground beef demonstrates this lean beef has substantially identical nutritional value as 90% lean ground beef. Lean ground beef is low in fat and is a good or excellent source of 10 essential nutrients, including protein, iron, zinc and B vitamins.

Texoma Enterprise Higher Education Local Howe Tom Bean Gunter Area Events Columns Government Information Links Sponsors Church News Elderly Editorial Editorial II Humor Classified Ads Contact Us

•Myth: Boneless lean beef trimmings are produced from inedible meat.

•Fact: Boneless lean beef trimmings are 100% edible meat. These trimmings are simply the lean beef removed from the meat and fat that is trimmed away when beef is cut into steaks and roasts.

The gist of many news reports, particularly the one on ABC News, seems to suggest that inedible meat has been transformed into something edible in the laboratory. There is not any way to make the inedible edible. Lean Finely-Textured Beef is beef. And that's the truth.

Food fitness for National Nutrition Month Healthy Eating, Hot off the Press, Nutrition

By Amanda Hill

March is National Nutrition Month, an annual healthy eating campaign by the Academy of Nutrition and Dietetics (formerly the American Dietetic Association). This month, registered dietitians are encouraging Americans to "get your plate in shape" by working on your food fitness.

The thing about working out is...it's hard. It often takes a lot of sweat (and time) to see results. Food fitness, though, is pretty easy. A few simple swaps to your grocery list can have a long-term impact on your family's healthy eating habits. Here are some suggestions from the Academy for ways to improve your "food fitness":

Choose whole grains. At least half of the grains you eat should come from whole grains. Brown rice, oats and 100 percent whole grain bread, crackers and cereals are great sources and can make tasty side dishes to a main meal.

Make half of your plate fruits and veggies. The more color on your plate, the better! Fill it up with dark green, red and orange varieties. Frozen fruits and vegetables are just as good as the fresh varieties and are a good source when not in season.

Switch to skim (fat-free) or low-fat milk. This is an easy one. Fat-free and low-fat milk provide the same amount of calcium and other nutrients as whole milk, only with fewer calories and less fat.

Eat a variety of protein sources. Mix it up with lean beef, poultry, beans, fish and nuts. One three-ounce serving of lean meat is packed full of protein.

Avoid empty calories. Pack a nutrition punch with your food and beverage choices. Sugary drinks, sweetened teas and gournet lattes are fine on occasion, but water, milk or 100 percent juice will provide much-needed vitamins, nutrients and hydration. Get the most out of snacks by adding protein and/or fruits and vegetables to give you more energy for the day.

Experiment with new flavors. Instead of reaching for the salt, try cooking with fresh herbs and spices. Full of flavor and antioxidants, you might just find a new favorite go-to for cooking.

Healthy eating is all about choices, and each family is different. At our house, we've tried these tips and found several new foods that are now in the regular meal rotation. And, we're expecting our healthy food choices now will keep us going for many, many more years to come.

Has your family tried any of these "food fitness" tips? What swaps have you made to encourage healthy eating in your home?



Texoma Enterprise 75459

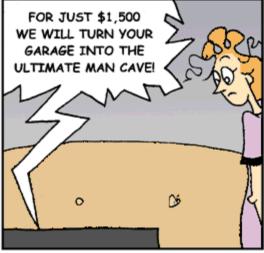
The Landlord's Prayer

by Don Mathis w/apology to St. Matthew

Our Landlord, who lives upstairs, You are the greatest! Your apartment is fantastic. Your lease agreement is OK for us as it is for You. Today, we ask You for a break; just like we give the guy down the hall a break. Don't make it too easy for us to cheat others. Keep our cars and karma running smooth. Because you are the best C.E.O. of the most Earth-friendly corporation that we ever saw. Amen.

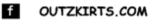
Texoma
Enterprise
Higher
Education
Local
Howe
Tom Bean
Gunter
Area Events
Columns
Government
Information
Links
Sponsors
Church News
Elderly
Editorial
Editorial II
Humor
Classified Ads
Contact Us

OUTZKIRTS By: David & Doreen Dotson











Copyright © All rights

Classified Ads

ELM HOUSE ANTIQUES

Doris Hayes, formerly of Elm House Antiques (at 710 N Elm in Sherman) is now located in A Touch of Class Antique Mall on the Square in downtown Sherman, Booth 115. Same fine quality & eclectic collections of fine art, glass, china & pottery.

WHO HAS?

Want to purchase minerals and other oil/gas interests. Send details to: PO Box 13557, Denver, CO 80201.

TILLETT GROCERY

102 S. Waco (Hwy. 5), Van Alstyne, TX, 903-482-5494 Fresh Cut Meat (never frozen), Complete line of groceries, Fishing Equipment & Bait, Great Beer & Wine selection.

Texoma Enterprise Higher Education Local Howe Tom Bean Gunter Area Events Columns Government Information Links Sponsors Church News Elderly Editorial Editorial II Humor Classified Ads Contact Us

75459

AAAA Automotive 3535 Hwy 902 Howe, Texas 75469 Specializing in Ford Automotive repairs general repairs of all makes of

automobiles and pick-ups, etc. Rese be stre to check our all new website

assantques confor lover prices for on new itens and or monthly specials. Monday - Friday 8am - 5:30pm Rob Hunt Saturday 9am - 1pm

903-546-0024

WALDO FUNERAL

HOME 619 N. Travis - Sherman 903-893-1101





Texoma Enterprise 805 N. Hughes Howe, Texas 75459-3587 903-487-0525 dalerideout@cableone.net lanarideout@cableone.net Texoma Enterprise is owned and operated by Dale and Lana Rideout. They have been doing this since 1978. The picture on the left is about 5 years old, with Dale shown as "Santa" Rideout at Christmas, 2009. The family shot on the right includes all our grandchildren, plus a couple of Stepgrandchildren. It was taken at Elves Christmas Tree Farm. This farm opened to the public in 1990 when Jordan was only 2 months old and he went there with us. Every year since we have taken every grandchild with us. This year was our 20 year to take all our grandchildren to the farm.



Dale & Lana Rideout





"Santa", Amber, Dominique, Timothy, Jordan, Rachel, Caleb, Chris, Cassie, Brianna, Lana



Grandkids singing at the Christmas Tree Farm 2007







"Santa" Rideout