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UT Clinic Jensen holds Open House & Health Festival

NEWS NOTES

FREE CERT TRAINING

This Community Emergency Response Team (CERT) training can help save lives and protect property. CERT training is designed to help prepare you, your family, and neighbors in the event of disruptions and potential hazards before and after disaster strikes when emergency personnel are not available.

This is a 8 week course every Monday beginning March 19 - May 7 from 6:30 p.m. - 9:30 p.m. at East Aldine District Office, 5333 Aldine Mail Rt.

Something different to learn each class. To sign up, contact lionel.bryant@oem.hctx.net or call 713-274-1749.

IMMIGRATION & DACA FORUM

Join Rep. Walle for a discussion on immigration and DACA updates. Experts will be available to answer questions. Forum schedule as follows:
•April 4, 6:30 pm MacArthur High School 4400 Aldine Mail Rt.
•April 5, 6:30 pm Aldine High School 11101 Airline Drive
For additional information, please call 713-694-8620.

NORTHEAST HOUSTON – As part of the revitalization of the Jensen corridor and SuperNeighborhood 46, Pastor David Smith and others have lobbied for improved services including healthcare.

On Saturday, they thanked the UT Physicians and the McGovern Medical School at UT Health, for bringing a robust comprehensive health clinic to the area.

An Open House ceremony and Ribbon Cutting was held Saturday morning, emceed by UT representative Xochitl Olguin.

The chief medical officer, Dr. Aracely Vasquez, told the attendees that the 10,000 square foot clinic offered many needed services, including a family doctor, an internist, a pediatrician, and child and adult mental health service.



UT PHYSICIANS Jensen Clinic held their formal Grand Opening last Saturday, marked by this Ribbon Cutting in front of the Clinic. Ceremonies included entertainment, healthy food give-aways, tours of the clinic, and vendor booths with information on health and education opportunities. Participating in the Ribbon Cutting were Practice Manager Marlon Stewart, UT Physicians VP/COO Andrew Casas, City Councilwoman Carla Cisneros, Pastor David Smith, Clinic Medical Officer Dr. Aracely Vasquez, and Myriam Saldivar from State Representative Armando Walle's office. See MORE PHOTOS on Page 8.

When the clinic first opened last year, it was serving only about 80 families, she said. Now that number has grown to 500, and the clinic is expected to reach 1000 this year.

The clinic is located at the corner of Jensen and Crosstimbers, and open Monday through Friday from 8 am to 5 pm. Appointments can be made by calling 713-486-8550. All insurance including Medicare and Medicaid are accepted. There is also a 24-hour Nurse Help Line, at 713-486-8876.

Practice Manager Marlon Stewart notes that not only will patients receive personalized, integrated healthcare, but through the UT Physicians system will also have access to the full practice of more than 1000 Physicians certified in 80 medical specialties and subspecialties.

TEXAS SENATE DISTRICT 6

Ana Hernandez campaign event attracts supporters



Photo by Allan Jamail

State Representative ANA HERNANDEZ is planning her campaign for the Texas Senate from District 6, currently held by Sylvia Garcia. This photo is from a recent reception held at Spring Street Cafe in central Houston. Attending were many supporters, including State Representative Mary Ann Perez (left), Ana, Houston Mayor Sylvester Turner and Rep. Armando Walle (right). The large crowd was partisan, but very enthusiastic to see Ana head for the Senate.

In her welcoming remarks, Ana reviewed her position on current matters of interest that she advocates, including better school financing, high paying jobs, immigration reform, equal rights for women, reduced domestic violence, better women's healthcare, including the right to choose, voters' rights, expanded Medicaid, and more. See more at anafortexas.com.

Thousands of Students rally for stricter gun controls



Mayor Sylvester Turner, center, with Police Chief Art Asaveda at left, and Congresswoman Sheila Jackson Lee, join thousands of students in Houston's downtown and Tranquility Park last Saturday, to voice their opinion that Congress needs to pass strong gun control legislation, and end the senseless killing of children in the nation's schools. STORY ON PAGE 8

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SCHOOL NEWS

COMMUNITY CALENDAR

CITIZENSHIP WORKSHOPS

•LONE STAR COLLEGE GREENSPOINT CENTER
THURSDAY MARCH 29, 2018
REGISTRATION STARTS AT 4:00 PM
250 N SAM HOUSTON PARKWAY E, HOUSTON, TX 77060

•ST. LEO THE GREAT CATHOLIC CHURCH
SATURDAY APRIL 7, 2018
REGISTRATION STARTS AT 9:00 AM
2131 LAUDER RD. HOUSTON, TX 77039

•ASSUMPTION CATHOLIC CHURCH
SATURDAY APRIL 14, 2018
REGISTRATION STARTS AT 9:00 AM
901 ROSELANE ST, HOUSTON, TX 77037

•SATURDAY APRIL 21 TO JUNE 9
EAST ALDINE DISTRICT
10:00 AM – 1:00 PM (EVERY SATURDAY – 8 WEEKS)
5333 ALDINE MAIL ROUTE RD. HOUSTON, TX 77039

•SATURDAY MAY 12 TO JUNE 16
ST. LEO CATHOLIC CHURCH
9:00 AM – 12:00 PM (EVERY SATURDAY – 6 WEEKS)
2131 LAUDER ROAD, HOUSTON, TX 77039

*PRE-REGISTRATION REQUIRED, 281-799- 9076.

CITIZENSHIP CLASSES 2018

•THURSDAY APRIL 5 TO MAY 24
LONE STAR COLLEGE GREENSPOINT CENTER
5:30 PM – 7:30 PM (EVERY THURSDAY – 8 WEEKS)
250 N. SAM HOUSTON PKWY E, HOUSTON, TX 77060.

•MONDAY APRIL 9 TO MAY 21ST. 2018
CHRIST THE GOOD SHEPHERD CATHOLIC CHURCH
5:30 PM – 8:00 PM (EVERY MONDAY – 8 WEEKS)
18511 KLEIN CHURCH RD. SPRING, TX 77379

•FRIDAY APRIL 20 TO JUNE 1ST.
ST. BARTHOLOMEW THE APOSTLE CATHOLIC CHURCH
6:00 PM – 7:30 PM (EVERY FRIDAY – 7 WEEKS)
5356 11TH ST, KATY, TX 77493

•SATURDAY APR. 21 TO JUNE 9
ST. CHARLES BORROMEO
10:00 AM – 1:00 PM (EVERY SATURDAY – 8 WEEKS)
501 TIDWELL RD. HOUSTON, TX 77022
REGISTRATION REQUIRED, PLEASE CALL 281-799-9076 & 713-471-5832.

Hambrick Middle School student to compete internationally



Cesar Cordova takes a moment reflecting on his upcoming trip to France to participate in the 2018 Tournoi Sans Frontières.

Congratulations to Cesar Cordova! As a part of the Houston Dynamo Dash Youth Soccer Club he was recently selected to participate in the 2018 Tournoi Sans Frontières which will be held in Paris, France from March 26 through April 3. This is the 25th year for this tournament which is held annually and invites the best teams internationally to compete. Cordova will make history with the rest of his Hous-

Hambrick Middle School students recognize ‘National School Walkout Day’



A student at Hambrick Middle School draws a picture of praying hands on a banner that she and her classmates created. The students participated in several activities on March 21 to show their support of the National School Walkout Day, held on March 14 nation-wide, in which students protested gun violence in schools.

On the morning of March 14 thousands of students across the nation participated in the National School Walkout Day at 10:00 am to protest the increase in gun-related violence and death in schools. Aldine ISD, like many other Houston-area districts, was on spring break during the national event, but students wanted to be a part of the movement and were encouraged to show their support by the administrators at Hambrick Middle School. Using the hashtag #hms17lives, students showed their solidarity in support of the National School Walkout by participating in a variety of activities during the morning of March 21. Teachers allowed students to engage in open and honest conversations about gun-violence and the recent tragedies in Parkland, Florida and Maryland among countless others. In addition to these intense and thought-provoking conversations, students also came up with slogans of which they made posters and/or banners,

created T-shirt designs, shared words of encouragement with fellow students, and even wrote letters to their congressmen. At 10:00 am, the designated time that students walked out of school on March 14, a letter written by student council president Elizabeth Casanova was shared with the entire student body. The sentiments of the letter collectively conveyed the thoughts of many of our students, parents, teachers and community members...our children are hurting and a change needs to happen.

In an effort to make sure our students' voices are heard principal, Dr. Rebecca Sanford will share the letters and items from students with state representatives who represent the East Aldine district. It is imperative for those who have the power to enact change know how much of an impact situations like school shootings have on our students locally. Sanford expressed enthusiastically, "It gives me great pride to work alongside teachers and staff members that support and embrace our students' right to have a safe platform to express their feelings in an environment where their voice matters! I received some very thought provoking and well written letters that will be sent to Austin! I am so proud of our students!"

Walle speaks out on Houston ISD Superintendent search process



Armando L. Walle with Hispanic Chamber President Laura Murillo, State Representatives Ana Hernandez, Mary Ann Perez and Carol Alvarado, and 7 others at Hattie May White Admin Building on March 21. Walle stated that "I am honored to have helped lead efforts along with my colleagues in supporting a transparent process for our new Superintendent search. Our kids deserve a Superintendent who will lead during these challenging times and guide our families to the promised land. We stand united in helping HISD achieve that."

HISD names Chief Academic Officer Grenita Lathan as acting Superintendent

March 23, 2018 – The Houston Independent School District Board of Education unanimously voted to name Chief Academic Officer Grenita Lathan as interim superintendent of the state's largest school district.

Lathan was tapped to serve as the interim leader of HISD while trustees search for a permanent replacement for outgoing Superintendent Richard Carranza, who is stepping down after nearly a year and a half with the district.

Lathan will assume the role of acting superintendent immediately, and she will become interim superintendent on April 1.

"I am grateful for the opportunity to help our schools achieve educational excellence," Lathan said. "We are on the right path, and I want to ensure all our students have quality educational opportunities that will prepare them for college or career. I'm fully prepared to lead the district in this season of swift transition."

Lathan, a 26-year veteran educator, joined HISD in 2015. She has served as Chief Academic Officer since the beginning of the 2016-2017 school year. She previously served as the chief school officer in the HISD Office of School Support for the district's north area. Prior to that role, she

served as the chief school officer over elementary transformation schools during the 2015-2016 school year in which she led more than 20 schools of out an "improvement required" state rating to a "met standard" rating.

"Dr. Lathan has a track record of turning schools around," said Board of Education President Rhonda Skillern-Jones. "We are fortunate to have someone of her caliber on our leadership team, and we hope this will be a seamless transition as we continue to move the district forward."

Lathan previously served as superintendent of schools for Peoria Public Schools, where she oversaw approximately 14,000 students and 2,700 staff. She began her education career as a high school teacher in North Carolina and later served as both an assistant principal and principal in the state. She went on to serve as chief elementary school improvement officer of the San Diego Unified School District and as an interim deputy superintendent.

She holds a bachelor's degree in business education from North Carolina A&T State University, a master's degree in business education from the University of North Caro-



Grenita Lathan, HISD acting Superintendent

lina, and a doctoral degree from Southern Illinois University.

Superintendent Richard Carranza announced earlier this month that he would be stepping down this spring to become Chancellor of New York City schools. The Board accepted his resignation today and his last official day will be March 31.

The Board of Education will use the firm used in the previous search that resulted in Carranza's hiring. Because he left in less than two years, the search will not cost the district. The firm will be tasked with helping trustees conduct a survey and hold community meetings to gather input on the superintendent candidate profile. That profile will then be used to recruit candidates.

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PREMIERE CINEMAS

FRIDAY-WEDNESDAY 3/23-3/28

<p>Opens WEDNESDAY, March 28</p> <p>READY PLAYER ONE (PG13)</p> <p>2D - 7:00 10:00 3D - 7:00 10:00</p>	<p>Opens THURSDAY, March 29</p> <p>GOD'S NOT DEAD 3 (PG) 7:00 10:00</p>
<p>* SHIFTING GEARS (NR) 12:05pm, 2:35pm, 5:05pm, 7:35pm, 10:00pm Stadium Seating:CC-Closed Caption</p> <p>* MIDNIGHT SUN (PG-13) 12:25pm, 2:40pm, 4:55pm, 7:20pm, 10:00pm Stadium Seating:CC-Closed Caption</p> <p>* PACIFIC RIM: Uprising (PG-13) 12:00pm, 5:00pm, 10:00pm Stadium Seating:CC-Closed Caption</p> <p>* PACIFIC RIM: Uprising 3D (PG-13) 2:30pm 7:30pm Stadium Seating:CC-Closed Caption</p> <p>* SHERLOCK GNOMES (PG) 12:00pm, 4:30pm 9:15pm Stadium Seating:CC-Closed Caption</p> <p>* SHERLOCK GNOMES in 3D (PG) 2:15pm 6:45pm Stadium Seating:CC-Closed Caption</p> <p>* UNSAFE (R) 12:10pm, 2:35pm, 5:10pm, 7:35pm, 9:55pm Stadium Seating:CC-Closed Caption</p> <p>* LOVE, SIMON (PG-13) 12:45pm, 3:45pm, 6:45pm, 9:45pm Stadium Seating:CC-Closed Caption</p> <p>* TOMB RAIDER (PG-13) 12:45pm, 6:45pm Stadium Seating:CC-Closed Caption</p>	<p>* TOMB RAIDER (PG-13) 12:30, 6:30pm SPA-Spanish Dubbed;Stadium Seating:CC-Closed Caption</p> <p>* TOMB RAIDER 3D (PG-13) 3:45, 9:45pm Stadium Seating:CC-Closed Caption</p> <p>* TOMB RAIDER 3D (PG-13) 3:30, 9:30pm SPA-Spanish Dubbed;Stadium Seating:CC-Closed Caption</p> <p>THE HURRICANE HEIST (PG-13) 12:05pm, 2:30pm, 4:55pm, 7:25pm, 9:50pm Stadium Seating:CC-Closed Caption</p> <p>THE STRANGERS: Prey at Night (R) 12:45pm, 3:00pm, 5:30pm, 7:45pm, 10:00pm Stadium Seating:CC-Closed Caption</p> <p>* A WRINKLE IN TIME Disney Digital 3D (PG) 3:30pm, 9:30pm Stadium Seating:CC-Closed Caption</p> <p>A WRINKLE IN TIME (PG) 1:00, 6:30pm Stadium Seating:CC-Closed Caption</p> <p>DEATH WISH (R) 12:00pm, 2:30pm, 5:00pm, 7:30pm, 10:00pm Stadium Seating:CC-Closed Caption</p> <p>BLACK PANTHER (PG-13) 12:30pm, 3:00pm, 3:30pm, 6:30pm, 9:00pm, 9:30pm Stadium Seating:CC-Closed Caption</p> <p>* BLACK PANTHER - Disney Digital 3D (PG-13) 12:00pm, 6:00pm Stadium Seating:CC-Closed Caption</p> <p>PETER RABBIT (PG) 12:30pm, 2:45pm, 5:15pm, 7:30pm, 9:50pm Stadium Seating:CC-Closed Caption</p>

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COMMUNITY PAGE

Governor infuses cash to solve flooding

Lake Houston silting problem studied

HUFFMAN – Texas Governor Greg Abbott looked over areas flooded by Hurricane Harvey and pledged millions of dollars to northeast Harris County following Harris County Commissioner’s Court determining a need for flood mitigation was necessary the week before within the San Jacinto Watershed, the watershed areas containing Lake Houston and the San Jacinto River.

Gov. Abbott flew around the San Jacinto Watershed in a helicopter to view the flooding problems. He noted the silt, sandbars, a stunning number of sand mining operations “all up and down the river, and were able to understand more comprehensively the way in which these sand mining operations contribute sand and silt into the river.”

Hazard Mitigation Funds for about \$3 Million from the Texas Dept. of Emergency Management is now authorized to start up engineering and permitting to find out where dredging should begin on the San Jacinto River and Lake Houston.

The same source will provided \$2 Million to study the region and discover how to prevent flooding in the San Jacinto watershed.

Gov. Abbott is instructing the Texas Commission on Environmental Quality to investigate and take action against sand mining operations violating regulations within the San Jacinto watershed.

The Governor’s office is directing the San Jacinto River Authority (SJRA) to immediately identify what can be done to prevent



State Representative Dan Huberty, Harris County Judge Ed Emmett join Texas Gov. Greg Abbott in review of the San Jacinto Watershed. Comprehensive review of the waterways are under review by City of Houston, Harris County and State Authorities.

flood events along the West Fork of the river.

In the six months since the deluge of Hurricane Harvey it has been discovered that areas around Lake Houston were hardest hit and struggling to recover. Earlier this month, City of Houston Mayor Sylvester Turner hosted State Representative Dan Huberty, Senator Brandon Creighton to follow up on the needs of Lake Houston.

The list they discussed included dredging of the San Jacinto River and Lake Houston, construction of additional gates at the Lake Houston Spillway Dam, and creation of a pre-release protocol during rain events for both Lake Houston and Lake Conroe.

Lake Houston residents find it no surprise that silt-sandbars and silt build ups have formed throughout the watershed even as silt-

bars washed away from the west bank of Lake Houston following Hurricane Harvey. The potential for flooding becomes worse with these erratically compounded deposits build from currents.

The question remains however as to who will be making the determination of where and when needed dredging of the San Jacinto River and Lake Houston will be performed.

Mayor Turner has asked that a bathymetric and topographic study be done of the San Jacinto Watershed and Harris County Authorities have called for one of the Cedar Bayou Watershed. This in hope that the studies will clue authorities as to where a siltation removal plan will be most effective at reducing flooding. Then a call for funding can be submitted to the Texas Water Development Board.

Texas Water Development Board is being asked to add eight to ten new gates to the existing spillway at Lake Houston to potentially allow bigger discharge in hopes that this will reduce the impact of large rain events. The new gates are estimated to cost about \$47 Million.

Tropical Storm Allison, the Tax Day and Memorial Day floods and Hurricane Harvey indicate that “500 year floods” are happening a lot quicker than every 500 years.

Harris County Commissioner’s Court has moved to obtain funding for, and complete, the regional flood infrastructure projects so studies are underway then they will need to secure the funds. Estimates at the cost of completion for such projects are in the \$100s of Millions.

Deputy shoots, kills man in Greenspoint

Houston police are investigating the fatal shooting of a male suspect by a Harris County Sheriff’s deputy that occurred at 17600 Imperial Valley about 1 p.m. last Thursday, March 22.

According to HPD officials, witnesses saw Danny Ray Thomas, 34, walking in the middle of the intersection of Imperial Valley and Greens Rd. with his pants around his ankles, talking to himself and hitting vehicles as they passed by. Thomas then struck a white vehicle, and the driver exited and engaged in a physical altercation with the suspect. A Harris County Sheriff’s deputy was traveling southbound on Imperial Valley and viewed the altercation as he approached the intersection. The deputy

exited his vehicle to stop the altercation, at which time the suspect started walking toward him. The deputy gave Thomas verbal commands to stop, which he ignored and continued to advance toward the deputy. Fearing for his safety, the deputy discharged his duty weapon, striking Thomas once in the chest. He was then transported to Houston Northwest Medical Center where he was pronounced dead. The Harris County Sheriff’s deputy who discharged his duty weapon was not injured.

As is customary in officer-involved shooting incidents in the Houston city limits, this case is being investigated by the HPD Homicide Division Special Investigations Unit and the Harris County District Attorney’s Office.

Man killed in shooting on Homestead

Houston police are investigating the fatal shooting of a man at 11000 Homestead about 3 p.m. on Tuesday, March 20.

According to HPD Homicide Division Officers-Bryan Smith, 54, was driving in his vehicle when he was shot several times by unknown suspects. Further investigation determined Smith was followed

to the location by the suspects after an altercation in a gas station parking lot in the 7400 block of Little York. The victim was pronounced dead at the scene.

Anyone with information in this case is urged to contact the HPD Homicide Division at 713-308-3600 or Crime Stoppers at 713-222-TIPS.

I-69 Eastex bridge repairs to begin this week



Flooding has damaged bridge piers on US59.

Houston, TX - The Texas Department of Transportation (TxDOT) will begin major work on the I-69 Eastex Freeway southbound bridge over the San Jacinto River later this month. Crews will demolish and reconstruct multiple spans of the bridge to repair damage caused by Hurricane Harvey.

To accommodate the closure of the bridge, crews will reroute the southbound mainlanes onto the northbound mainlanes of I-69 Eastex Freeway prior to the bridge. This will allow motorists to bypass the southbound bridge closure. Southbound motorists will then return to the southbound mainlanes near the Townsen overpass.

Three northbound mainlanes and three southbound mainlanes will share the northbound bridge across the river while the southbound and the northbound frontage roads will remain as three lanes each across the river. The southbound entrance ramp from Kingwood Drive and northbound entrance ramp from FM 1960/Townsen will be closed. The HOV entrance and exit to Kingwood Drive will be also closed and will be rerouted to the Townsen Park and Ride entrance and exit during this time.

To prepare the roadway for the reconfigured lanes, multiple mainlanes and ramps were closed for about two weeks to facilitate the bridge construction which will begin March 23.

During Hurricane Harvey, the main channel of the San Jacinto River shifted, impacting the I-69 southbound mainlanes bridge over the river. As a result, the depth and alignment of the river changed affecting the foundation of the bridge. Although capable of carrying typical traffic, the southbound bridge does not have the capability of carrying extremely heavy loads, which have been diverted to the frontage road. To restore the load carrying capacity of the southbound bridge, a project to replace the affected portion of the bridge has been awarded to Webber, LLC Construction.

The project is being expedited and is expected to be completed in about six months from the start date. The goal is to complete the work while making every effort to minimize the impacts on the traveling public. For scheduled lane closures in the Houston District including this project go to www.houstontranstar.org. All closures are subject to change due to inclement weather.

Mercer Botanic Gardens opens Shakespeare garden

Commissioner R. Jack Cagle invites the public to attend the opening and dedication of the Shakespeare Garden at Mercer Botanic Gardens Monday, April 23 at 10 a.m.

The new garden is the first of its kind in Houston and replaces an underutilized lawn area. Features include antique roses, boxwoods, and seasonal color surrounding an open sitting area. Strategically placed garden benches

overlook a decorative water fountain and William Shakespeare bust to form a quiet enclosure reminiscent of gardens popular during the English Renaissance.

The Shakespeare Garden was inspired by the book Shakespeare’s Flowers by Jessica Kerr, which describes the flower imagery in Shakespeare’s plays. Funding was provided in part by Al Friedl, a park ranger at Mercer.

“Al Friedl came to me with this idea after noticing the Houston-area lacked a Shakespeare Garden. He thought the garden would not only be visually stunning, but may also inspire a love of Shakespeare in a new generation,” said Mercer Interim Director Jim Nutter. “The new garden will be perfect for reading, visiting with friends, and relaxing.”

Anyone interested in attending is encouraged to call 713-274-4160 to help Mercer staff with an accurate headcount for the event.

With leadership from Commissioner R. Jack Cagle, Mercer Botanic Gardens is a Harris County Precinct 4 Parks facility located one mile north of FM 1960 at 22306 Aldine Westfield Road in Humble, 77338. For more information, visit www.hep4.net/community/parks/mercer.

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OPINION PAGE

STATE CAPITAL HIGHLIGHTS

By Ed Sterling

Appellate court’s ruling on immigration law draws reactions

AUSTIN — Lt. Gov. Dan Patrick and Texas Attorney General Ken Paxton on March 13 praised a ruling by a panel of the 5th Circuit U.S. Court of Appeals upholding a new state law that bans sanctuary cities.

The Legislature enacted Senate Bill 4 in 2017 to set a statewide policy of cooperation with federal immigration authorities’ enforcement of the nation’s immigration laws.

“I’m pleased the 5th Circuit recognized that Senate Bill 4 is lawful, constitutional and protects the safety of law enforcement officers and all Texans,” Paxton said. “Enforcing immigration law prevents the release of individuals from custody who have been charged with serious crimes. Dangerous criminals shouldn’t be allowed back into our communities to possibly commit more crimes.”

The ruling also drew reactions from several lawmakers, including state Rep. Rafael Anchia, D-Dallas, who serves as chair of the Mexican American Legislative Caucus.

“SB 4 will continue to jeopardize the safety of Texas communities by forcing our local police officers to enforce federal immigration laws instead of keeping families safe. From day one, this law was racially motivated for political gain against the will of local law enforcement and to the detriment of thousands of immigrants who work, live and call Texas home,” Anchia said. “The decision today doesn’t mean that SB 4 won’t lead to abuse of power against Latinos and immigrants. In fact, it likely means citizens’ civil rights will be violated before we can stop this unjust law in the courts.”

A U.S. District Court in San Antonio granted a preliminary injunction of SB 4 on Aug. 30, two days before the law was scheduled to take effect. On Sept. 25, a three-judge panel of the 5th Circuit ruled that Texas could enforce key provisions of SB 4 while it appealed the lower court ruling. On Nov. 7, Paxton’s office presented its oral argument before a panel of the 5th Circuit in defense of SB 4. Paxton’s office is the key enforcement agency for SB 4 and is accepting complaints regarding entities that violate the law.

Governor asks for tips

At least two deaths resulted from the detonation of explosive devices in packages placed at Austin residences.

Investigations by law enforcement have been in progress since citizens unwittingly picked up or opened the packages, causing the deadly detonations.

Gov. Greg Abbott on March 12 issued a statement following what he termed “multiple package bombings,” saying, “As the investigation continues, the State

of Texas will provide any resources necessary to ensure the safety of our citizens and quickly bring those guilty to justice.”

Abbott also said his Criminal Justice Division is offering a reward of up to \$15,000 for information leading to the identification and arrest of anyone involved in the deadly blasts. To be eligible for a cash reward of up to \$15,000, tips must be submitted to Texas Crime Stoppers using one of the following methods:

— Call the Texas Crime Stoppers hotline at 1-800-252-TIPS; or

— Text the letters “DPS” followed by any tip information to 274637.

County lacks jurisdiction

Attorney General Paxton on March 16 applauded the First Court of Appeals of Texas after it ruled that Waller County lacks jurisdiction to sue a private citizen who complained that the county unlawfully banned firearms from its government building.

Paxton’s office filed a brief in the case, arguing that it should be dismissed.

In reversing a Waller County district court’s ruling, the Court of Appeals held that Terry Holcomb Sr. had a constitutional right to send a letter to Waller County asking it to comply with Texas’ open carry laws without fear of a retaliatory and meritless lawsuit.

Zika cases are reported

The Texas Department of State Health Services on March 13 received reports of the first Texas Zika cases of 2018, two cases involving residents of Williamson County who got sick while abroad.

People should remember to protect themselves from mosquito bites this spring as they travel, particularly to warmer climates where Zika is more prevalent, such as Central and South America and the Caribbean, the DSHS said.

Zika is a mosquito-borne virus that can cause fever, rash, muscle and joint aches and red eyes. Zika has also been linked to microcephaly and other poor pregnancy outcomes in babies of mothers who were infected with the virus while pregnant.



Keep the Spring in your step: Good reasons to exercise after age 50

(NAPSI)—For many older adults, growing older seems to involve an inevitable loss of strength, energy and vigor—but that need not be, says the Centers for Disease Control and Prevention (CDC). The frailty and decreased energy associated with aging are largely due to muscle loss due to inactivity. And when it comes to muscle, the old saying is true: “Use it or lose it.”

What To Do

One of the best ways to keep muscles healthy and strong, the CDC advises, is through exercises called strength training.

Why To Do It

Done regularly, strength training builds bone and muscle and helps to preserve strength, independence and energy. These exercises are safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—such as arthritis or heart disease—often benefit the most from lifting weights a few times each week.

Strength training, the CDC adds, can also reduce the signs and symptoms of:

- Arthritis—It reduces pain and stiffness and increases strength and flexibility.
- Diabetes—It improves glycemic control.
- Osteoporosis—It builds bone density and reduces risk for falls.
- Heart disease—It reduces cardiovascular risk by improving lipid profile and overall fitness.
- Obesity—It increases metabolism, which helps burn more calories and helps with long-term weight control.
- Back pain—It strengthens back and abdominal muscles to reduce stress on the spine.

What’s more, studies have shown that people

who exercise regularly sleep better and have less depression, more self-confidence and self-esteem, and a greater sense of well-being.

Fortunately, strength training exercises are easy to learn, and have been proven safe and effective through years of thorough research. What’s more, you may be relieved to learn, there are ways to train without undo strain, aches and pains.

Doctor’s Advice

To help, Bob Arnot, M.D., an award-winning journalist, author of 12 books on nutrition and health, host of the “Dr. Danger” reality TV series, previously Chief Medical Correspondent for NBC and CBS News, and Chief Foreign Correspondent for MSNBC and NBC, offers this advice:

- Find a few minutes at least two to three times a week to maintain general fitness. Try three or four five-minute bursts of activity such as walking or climbing the stairs at the office.
- Take two or three more minutes a day for yoga breathing and movements to help your body maintain balance, usable strength, flexibility and muscular restoration.
- Spend another few minutes every day and before any vigorous exercise doing calf stretches and forward bends.
- Stay hydrated before, during and after your workout.
- To reduce your risk of muscle soreness after exercise, consider a massage, an Epsom salts bath or intermittent hot and cold showers, as well as proper stretching and cooldown.
- Muscle strains and muscle pulls are major health concerns for weekend athletes. Signs you should look for alerting

you to rest your muscles and avoid overtraining are a higher than normal resting heart rate, disrupted sleep due to an elevated heart rate, muscle cramping and muscle twitching.

- Eat right. In addition to lots of fruits and vegetables and a few lean meats, consume foods with magnesium, which helps fight inflammation, and with vitamin B12—especially if you’re over 50—such as fortified cereals. Drink three cups of fat-free or low-fat milk throughout the day or consume the equivalent in yogurt, cheese or other dairy products. Consider an anti-inflammatory diet—cut out sugar, potatoes, tomatoes and eggplant.

- Go topical. Topical pain relievers such as creams, gels and patches work locally. For example, the Salonpas Lidocaine 4% Pain Relieving Gel-Patch provides the maximum strength of lidocaine available without a prescription.

According to the Center for Medicare Advocacy, “[Lidocaine] is a highly effective pain reliever and its unique non-narcotic and nonaddictive properties make it a benign alternative to opioids, without the risks and devastating side effects of opioids.”

These unscented patches can desensitize aggravated nerves and provide numbing relief generally within an hour of application.

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OPINION

By Congresswoman
Sheila
Jackson Lee



Operation Iraqi Freedom, 15 years after

WASHINGTON, DC – March 20, 2018 –

“On this day in 2003, U.S.-led coalition forces began Operation Iraqi Freedom, an action that I did not support. Fifteen years later, the decision to topple Saddam Hussein has had devastating consequences and has cost the United States in ways that cannot be quantified.

“In that time, the United States Military has lost almost 5,000 troops, at least 424 of whom are from my home state of Texas, and the tally of Iraqis who lost their lives can only be counted by the hundreds of thousands. According to the Congressional Budget Office, this misadventure has surpassed \$2.2 trillion.

“The cost in blood and treasure has been significant, and underscores the reality that the decision to send our young men and women into battle is among the gravest. The nation must be united whenever American troops are sent into harm’s way. The lesson of the Iraq war is that the people and their representatives in government, together with military leaders, must speak with one voice on such important matters, and military action should be taken only after non-violent means of conflict resolution are exhausted. And then, we must support our troops when they are in conflict, and be prepared—as stated eloquently by President Lincoln—‘to care for him who shall have borne the battle and for his widow and his orphan.’

“In a civilized society, war should be the last option and never accepted as the only option. I pray for those lives lost and hope that we may soon close this chapter of American history.

“The lesson of the Iraq war is that the people and their representatives in government, together with military leaders, must speak with one voice on such important matters, and military action should be taken only after non-violent means of conflict resolution are exhausted. And then, we must support our troops when they are in conflict, and be prepared—as stated eloquently by President Lincoln—‘to care for him who shall have borne the battle and for his widow and his orphan.’”

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LIFESTYLE



Fresh Home Upgrades for Spring

FAMILY FEATURES

After a long winter cooped up indoors, spring is the perfect time to start re-imagining your home and making upgrades that create a fresh, welcoming vibe. These project ideas – some big, some small – can help breathe new life into your home so you’re ready to enjoy your favorite rooms to the fullest.

Air it out

Months of closed windows and doors can make any room feel dusty and stale. As soon as temperatures allow, throw open the windows and skylights to let the fresh air chase away the remnants of winter. It’s a perfect time to launder window treatments and clean area rugs. After a few passes with a carpet cleaner, allow rugs to air-dry outdoors. If you’re considering an update to the overall decor, changing out these textiles is an easy and affordable way to create a new look. Just donate the used drapes and rugs after cleaning instead of bringing them back into the room.

Shift your outlook

When contemplating changes to a room’s aesthetic, most people focus on the floor, walls and elements like furniture and accessories. As some homeowners are discovering, there’s a whole other space waiting to be discovered. The ceiling, a fifth wall of sorts, opens up endless creative design opportunities. Whether you’re seeking more natural light, access to fresh air, a sense of spaciousness or a way to bring sophistication to a room, a skylight may be just the solution. For example, Velux room-darkening and light-filtering blinds can add a splash of color just where you least expect it, and they’re efficient in shielding your space from the sun,

meaning the blinds and installation are eligible for a 30 percent tax credit. Learn more at [whyskylights.com](#).

Paint to perfection

Over time, once cheerful walls can grow dull. Create a livelier ambiance with a fresh coat of paint, either in the same shade or something completely new. If you’re not sure exactly where to start, tackle the project room by room. To choose the right hue, select a favorite item in the room, such as an heirloom throw blanket or a piece of wall art, and consider color shades that complement the item well.

Make what’s old new again

Sometimes a fresh perspective is as simple as rearranging a room to better fit your needs. Over time, the furnishings can become almost an afterthought because they’ve been in place so long. Try moving things around to create new conversation groupings or to highlight a piece that has been tucked away in the shadows. An updated arrangement may inspire to you add and embellish with some simple new accessories or accent pieces for a room that only looks brand new.

Get earth smart

With all of the new growth and hues of green that abound during spring, it’s natural to be more mindful of the environment. Earth-friendly upgrades like switching out inefficient lighting or installing low-flow toilets and shower heads can make a sizable difference. Another option for energy conservation: Look for ways to maximize natural light for heat and to brighten rooms. Well-placed windows and skylights can harness energy naturally, so you can minimize your reliance on electricity for comfort and convenience.

Easy Spring Lamb, Sides and Treats

FAMILY FEATURES

This Easter holiday, hop into a new tradition and swap your classic ham for savory lamb. Cooking lamb can be easier than many might think, especially when using a pressure cooker. You can combine aromatic herbs with white wine for a juicy leg of lamb in under an hour. Or try baking a rack of lamb crusted with a quinoa-hazelnut combination and topped with a mint pesto. For a perfect, set-and-forget side, try slow cooker carrots, sprinkled with dill weed and lemon extract for a delightful spring dish. End the meal with festive cupcakes modeled after the Easter bunny, which can satisfy the sweet tooth of guests of all ages. Find more Easter recipes at McCormick.com and find McCormick Spice on Facebook and Pinterest.

Bunny Butt Cupcakes

Recipe courtesy of Amanda Rettke of “I am baker”

Prep time: 45 minutes
Cook time: 20 minutes
Servings: 24

- 1 2-layer size white cake mix
- 1 tablespoon, plus 2 teaspoons, McCormick Pure Lemon Extract, divided
- 1 tablespoon McCormick Pure Vanilla Extract
- 3/4 cup white chocolate chips
- 2 sticks butter, softened
- 16 ounces confectioners’ sugar
- 2 tablespoons milk
- 10 drops McCormick Green Food Color
- 1-2 drops McCormick Red Food Color
- 12 large marshmallows, halved crosswise
- 3 tablespoons white nonpareil sprinkles

Prepare cake mix as directed on package, adding 1 tablespoon lemon extract and vanilla. Spoon 3 tablespoons batter into 24 paper-lined muffin cups. Bake as directed on package for cupcakes. Cool cupcakes on wire rack.

To make bunny feet: In medium, microwave-safe bowl, microwave white chocolate chips on high 30 seconds. Stir until completely melted and smooth. Spoon into pastry bag or re-sealable plastic bag. Snip small corner from bag. Pipe 24 pairs of bunny feet onto parchment or wax paper-lined cookie sheet. Use toothpick to smooth out bumps or rough edges, and gently tap cookie sheet on counter to help settle. Allow to harden 2 minutes in freezer or 15 minutes in refrigerator.

To make frosting: In large bowl, beat butter and remaining lemon extract until light and fluffy. Gradually add confectioners’ sugar, beating well after each addition and scraping sides and bottom of bowl frequently. Add milk; beat until light and fluffy. Remove half the frosting and place in medium bowl. Add

green food color; mix until evenly blended. Spoon into pastry bag fitted with grass decorating tip. Set aside. Remove half the remaining frosting into small bowl. Add red food color; mix until light pink. Spoon into another pastry bag.

Using pink frosting, pipe three toes and padding on each bunny foot. Once frosting has set (about 1 hour) gently press down on pink frosting to create smoother look.

To assemble cupcakes: Pipe green frosting onto each cupcake in series of short motions to create individual grass spots. Cover top of each cupcake completely.

To make bunny butts: Place cut sides of marshmallow halves onto each frosted cupcake, leaving room for bunny feet. Shape remaining white frosting into dime-sized balls then roll with white sprinkles to cover. Pipe small drop of remaining pink or white frosting onto top of each marshmallow. Press bunny tail on top.

Place both bunny feet against base of marshmallow with toes facing down.



Lemon Dill Slow Cooker Carrots

Prep time: 10 minutes
Cook time: 3-4 hours
Servings: 6

- Nonstick cooking spray
- 2 pounds carrots, peeled and cut into 1/2-1-inch chunks
- 2 tablespoons water
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 2 teaspoons McCormick Dill Weed
- 2 teaspoons McCormick Pure Lemon Extract
- 2 teaspoons Dijon mustard
- 1 teaspoon white wine vinegar

Spray inside of 4-quart slow cooker with nonstick cooking spray. Add carrots, water and salt; toss to coat. Cover. Cook on high 3-4 hours, or until tender. In small bowl, mix olive oil, dill weed, lemon extract, Dijon mustard and vinegar. Stir into cooked carrots in slow cooker before serving.

Rack of Lamb with Quinoa-Hazelnut Crust and Mint Pesto

Prep time: 20 minutes
Cook time: 40 minutes
Servings: 6

- 2 tablespoons red quinoa
- 2 tablespoons white quinoa
- 1/2 cup water
- 1/4 cup, plus 1 tablespoon, finely chopped toasted hazelnuts, divided
- 2 racks of lamb, about 1 pound each
- 3 tablespoons olive oil, divided
- 1 1/8 teaspoons McCormick Gourmet Sicilian Sea Salt, divided
- 1/4 teaspoon McCormick Gourmet Organic Black Pepper
- 2 teaspoons lemon juice
- 2 tablespoons McCormick Gourmet Organic Mint
- 1/8 teaspoon McCormick Gourmet Organic Garlic Powder
- 1 cup plain Greek yogurt

Rinse quinoa; drain well. In small saucepan over medium-high heat, bring quinoa and water to boil. Reduce heat to low; cover and simmer 13 minutes, or until liquid is absorbed, stirring occasionally. Spread cooked quinoa on baking sheet to cool. Stir in 1/4 cup hazelnuts. Set aside. Heat oven to 450 F. Brush racks of lamb lightly with 1 teaspoon oil. Sprinkle with 1

teaspoon sea salt and pepper. Coat lamb with quinoa mixture, pressing firmly to adhere. Place lamb on roasting rack in foil-lined, shallow roasting pan. Drizzle with 2 teaspoons oil. Roast 20-25 minutes, or until desired doneness. **To make Mint Pesto:** In small bowl, mix remaining oil, remaining hazelnuts, lemon juice, mint, garlic powder and remaining sea salt until well blended. Stir 1 teaspoon pesto into yogurt. **To serve:** Carve lamb into chops. Drizzle with remaining pesto. Serve with yogurt sauce.

Electric Pressure Cooker Lamb

Prep time: 10 minutes
Cook time: 48 minutes
Servings: 12

- 1 tablespoon McCormick Garlic Powder
- 1 tablespoon McCormick crushed Rosemary Leaves
- 2 teaspoons McCormick Sea Salt
- 1 teaspoon McCormick Thyme Leaves
- 1/2 teaspoon ground McCormick Black Pepper
- 2 tablespoons vegetable oil
- 1 semi-boneless leg of lamb (about 4 pounds)
- 1 cup Kitchen Basics Original Chicken Stock
- 1/2 cup dry white wine
- 2 medium carrots, peeled and cut into 2-inch chunks
- 1 medium yellow onion, cut into wedges
- 1/4 cup water
- 2 tablespoons cornstarch


In small bowl, mix garlic powder, rosemary, sea salt, thyme and black pepper. Set aside. In electric pressure cooker, heat oil on saute setting until simmering. Sprinkle half the seasoning mixture evenly over lamb. Place lamb in pressure cooker. Cook 8-10 minutes, or until browned on all sides, turning occasionally. Add stock, wine and remaining seasoning mixture to pressure cooker. Arrange carrots and onion around lamb. Close lid. Cook 25 minutes on high pressure. Once complete, allow pressure to release naturally until vent closed 15 minutes. Vent to release remaining pressure; remove lid. Remove lamb and vegetables from pressure cooker; set aside and keep warm. Set pressure cooker to saute. Cook, uncovered, until liquid is reduced by about half, about 5-10 minutes. In small bowl, mix water and cornstarch. Stir into pressure cooker with wire whisk. Cook, stirring occasionally, 1-2 minutes, or until thickened. Serve lamb and vegetables with gravy.

CHURCH PAGE

RECENT DEATHS

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Thomas Wesley Smith
Betty Sue Crawford
Martha Elizabeth Matthews

Carlos Charles Cedillo
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BIBLE TRIVIA

by Wilson Casey


1. Is the book of Psalms in the Old or New Testament or neither?
2. From Song of Solomon 1:15, what kind of eyes does the beloved say the Shulamite has?
Kind, Red of the demon, Doves, Blue of the sea
3. Used as both a greeting and farewell, what's the Hebrew word for "peace"? Shass, Simcha, Shabbat, Shalom

4. In Matthew 6, what did Jesus say not to use when we pray? Loud curses, Impure thoughts, Vain repetitions, Wandering shifts
5. As found in Esther 1, King Ahasuerus lived in what city? Ur, Shushan, Antioch, Tarsus
6. Who was the first son of Moses and Zipporah? Haggai, Gershom, Mark, Zebudah

ANSWERS: 1) Old; 2) Doves; 3) Shalom; 4) Vain repetitions; 5) Shushan; 6) Gershom



THE ILLUSTRATED BIBLE



Detail of "Wheat Fields at Auvers Under Clouded Sky" by Vincent van Gogh (1890)

Ask rain from the Lord at the time of the spring rain, the Lord who makes the storm clouds; and He will give them showers of rain, vegetation in the field to each man.

ZECHARIAH 10:1

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King Crossword

ACROSS

1 Old clothes
5 Chantilly, for one
9 Wicked
12 Persian Gulf nation
13 History chapters
14 Wish otherwise
15 Options list
16 Shopping area
17 Raw rock
18 Long story
19 Japanese sash
20 Trade
21 Operate
23 Barrister's abbr.
25 Tools for duels
28 Poinsettia family
32 Downright
33 Wouldn't shut up
34 Trojan War hero
36 Siesta cover
37 Whatever amount
38 Victory sign
39 Put something over on
42 Shelter
44 Arp's style
48 Likely

49 Elliptical
50 Physical
51 Dog's doc
52 Rapid
53 Choir voice
54 Tokyo's old name
55 Start the pot
56 Welsh emblem

DOWN

1 Optician's selection
2 Vicinity
3 Jets or Sharks
4 One of a daily trio

5 Slot machine losers
6 Spirited horse
7 Tooth decay
8 "Guinness Book" suffix
9 Forehead
10 Emanation
11 Profound
20 Roosevelt program
22 City-related
24 Binge
25 Health resort
26 Hearty brew
27 Burger holder
29 Genetic abbr.
30 Red-staters' org.

31 Away from WSW
35 Forest-related
36 Slim and trim
39 Most popular, for short
40 Pundit's column
41 "Beetle Bailey" dog
43 Sunrise site
45 Wheelbase terminus
46 Birth certificate info
47 Uncontrolled
49 Son-gun link

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L I F E S T Y L E

MOMENTS IN TIME

The History Channel—

• **On April 8, 563 B.C.,** Gautama Buddha, the founder of Buddhism, is thought to have been born in what is now Nepal. Buddhist tradition had placed his birth in the 11th century B.C., until modern scholars determined he was likely born in the 6th century.

• **On April 3, 1776,** lacking sufficient funds to build a strong navy, the Continental Congress gives privateers permission to attack all British ships. Any goods captured by the privateer were divided between the ship's owner and the government.

• **On April 6, 1830,** Joseph Smith, founder of the Mormon religion, organizes the Church of Christ. Smith claimed in 1823 that he had been visited by an angel named Moroni who spoke to him of an ancient Hebrew text. Smith translated this text, and in 1830 The Book of Mormon was published.

• **On April 7, 1945,** the Japanese battleship Yamato, purportedly the greatest battleship in the world, is sunk in Japan's first major counteroffensive in the struggle for Okinawa. It sank after being struck by 19 American aerial torpedoes, drowning 2,498 of its crew.

• **On April 5, 1969,** some 100,000 antiwar demonstrators march in

New York City to demand that the United States withdraw from Vietnam. The weekend of protests ended with demonstrations and parades in other cities.

• **On April 2, 1979,** the world's first anthrax epidemic begins in Ekaterinburg, Russia (now Sverdlosk), killing 62 people. The Soviet government blamed tainted meat, but in 1992 the real cause was found: Workers at the weapons plant had failed to replace a crucial filter.

• **On April 4, 1982,** hockey sensation Wayne Gretzky of the Edmonton Oilers finishes the NHL season with 212 points, the only player in NHL history to break the 200-point barrier. He went on to repeat the feat three more times. (c) 2018 Hearst Communications, Inc. All Rights Reserved

• **On April 15, 1783,** the Continental Congress of the United States officially ratifies a preliminary peace treaty with Great Britain. Five months later, the Treaty of Paris was signed, bringing an end to the Revolutionary War.

• **On April 9, 1859,** a 23-year-old Missouri youth named Samuel Clemens receives his steamboat pilot's license. Clemens is better known by the pseudonym "Mark Twain," a boatman's call noting that the river depth was two fathoms (12 feet) and safe for travel.

• **On April 14, 1912,** the luxury liner RMS Titanic, on its maiden voyage, fails to divert its course from an iceberg, ruptures its hull and begins to sink. Of the estimated 2,224 passengers and crew aboard, some 1,500 were killed.

• **On April 12, 1945,** while on a vacation, President Franklin Roosevelt suffers a stroke and dies. FDR had been elected president four times and had served for more than 12 years, the only president ever to serve more than two terms.

• **On April 11, 1951,** President Harry Truman relieves the flamboyant and egotistical Gen. Douglas MacArthur of command of U.S. forces in Korea. The firing set off a brief uproar among the American public, and he returned home to a hero's welcome.

• **On April 10, 1963,** the atomic submarine USS Thresher sinks in the North Atlantic during deep-diving tests, killing the entire 129 man crew. An investigation found that a silver-brazed joint in the engine room had caused a short in critical electrical systems.

• **On April 13, 1970,** disaster strikes 200,000 miles from Earth when oxygen tank No. 2 blows up on Apollo 13. Commander James Lovell reported to mission control on Earth: "Houston, we've had a problem here." Using dramatic and untested maneuvers, Apollo 13 touched down safely in the Pacific Ocean four days later.

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