

Gram Gram's Holds Ribbon Cutting Ceremony



Tammy Burns cuts the ribbon at Gram Gram's official Ribbon Cutting Ceremony on Saturday, March 23rd. photo courtesy of the King Family

Saturday, March 23, 2019 was a busy day for the friends and family of Gram Gram's Cafe in Claude, Texas. Individuals from all over the community gathered together to celebrate the restaurant's official Claude Chamber of Commerce

Ribbon Cutting. Gram Gram's Cafe opened their Claude dining room on January 5, 2019, and people from all across the panhandle have kept them busy ever since. If you haven't experienced the delicious food brought to our community by Tam-

my and Scott Burns, husband and wife co-owners, then head on over to 400 E Highway 287 (formerly Barrera's) and tuck in for a great meal!

"We are very excited to be in Claude," said Tammy. "I just want to thank everyone for coming out

and supporting us. This has been the best place for our business since Gram Gram's opened in 2014. We love Claude, and everyone here is super nice and friendly. We are so blessed to be a part of this great community!"

Gram Gram's re-

cently started their new summer hours--allowing them to feed the community and spend time with their grandkids. Starting now, Gram Gram's will be open Monday through Friday from 11:00 a.m. to 9:00 p.m. In the fall, Gram Gram's will post their hours

for the school year.

To find about more about what's going on at Gram Gram's and to see their upcoming specials, make sure to follow them on Facebook! Come on out and say "Hi" to the Burns family and get some amazing food while you're there.



Get More Bang for Your Spring Home



Installing a new deck is a great way to add value to your home this spring. (c) Tyler Olson / stock.Adobe.com

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Breakfast: Sausage
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Lunch: Texas Basket
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 gravy, roll), Veggie Cup,
 Cherries, & Milk

TUES., APRIL 2ND

Breakfast: Breakfast
 Burrito, Hash Browns,
 Fruit Juice, Fruit,
 & Milk

Lunch: Teriyaki
 Chicken, Pinto Beans,
 Rice, Egg Roll, Tomato
 Cup, Fruit, & Milk

WED., APRIL 3RD

Breakfast: Chicken-n-
 Waffles, Fruit Juice,
 Fruit, & Milk

Lunch: Pork Chop,
 Gravy, Mashed Potatoes,
 Green Beans, Fruit,
 & Milk

THUR., APRIL 4TH

Breakfast: Pancakes,
 Sausage, Fruit Juice,
 Fruit, & Milk

Lunch: Country Pot Pie,
 Biscuit, Veggies, Salad,
 Bananas, & Milk

FRI., APRIL 5TH

Breakfast: Dutch
 Waffle*, Bacon, Fruit
 Juice, Fruit,
 & Milk

Lunch:
 Chicken Alfredo,
 Breadstick, Tuscan
 Vegetables, Salad, Fruit,
 Cookie, & Milk

*Substitute Item will be
 Served to PreK

(StatePoint) The warmer weather means it's time to start thinking about home improvement projects. Whether you're getting your home in tip-top shape for your own enjoyment, or getting it ready to put on the market, not all home improvement projects are created equal when it comes to return on investment (ROI). Here are top areas on which to focus:

Interiors

The kitchen is the heart of the home and it's one of the best areas to renovate in terms of ROI, according to Remodeling magazine's annual Cost vs.

Value Report, which puts the price tag of the average minor kitchen remodel at \$22,507, with 80.5 percent of the cost recouped upon resale.

To give the kitchen an updated appearance, replace the flooring, countertops, sink and faucet. A fresh coat of paint in a trendy shade, such as Living Coral, Pantone's Color of the Year, can add a vibrant pop of color to energize any kitchen. Not looking to go that bold? Consider an accent wall, or stick to a classic palate of gray and white in terms of cabinets and countertops. White on white is also a popular new style for

kitchens and bathrooms.

Other features home buyers are paying close attention to are laundry rooms and such energy-saving elements as Energy Star appliances and windows, according to the survey "What Home Buyers Want in 2019" by the National Association of Home Builders.

Curb Appeal

The popularity of outdoor projects remains strong and it's for a good reason. According to the Cost vs. Value Report, the biggest bang for your buck in 2019 will come from replacing a garage door. The report says the average price is \$3,611, and 97.5 percent of it is recouped when the house is sold.

Other outdoor projects with high ROI include adding manufactured stone veneer to the exterior (94.9 percent), adding a wood deck (75.6 percent) and replacing siding (75.6 percent). Looking for a

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Buck With These Improvements

simpler way to make an impact? Sprucing up the landscape by planting flowers or bushes or even just clearing the yard of debris will make a big statement.

No matter what updates you end up making, it's always a good idea to notify your insurance agent. "Certain upgrades may change the value of a house, so homeowners need to make sure they're properly covered," says Bob Buckel, vice president of product management, Erie Insurance. "There are a few things to look for. Ask your agent about guaranteed replacement cost policies that can cover the cost to rebuild a home in today's dollars following a covered loss."

Some upgrades may also make you eligible for discounts, Buckel adds, especially if they make the

home more secure. "For example, Erie Insurance offers certain safety discounts such as for installing smoke alarms or an automatic sprinkler system."

Now you have a checklist of DIY projects to focus on this spring. But before you start, take a moment to assess which ones are worth your time and money.

Amarillo Venom Season Opener this Saturday

Amarillo Venom, a member of the Champions Indoor Football League, held Season Opener on Saturday

**SUBMITTED BY
AMARILLO VENOM**

Amarillo, TX, March 27, 2019 - The Amarillo Venom, two-time Champions of the Lone Star Football League and 2017 South Division Champs of the Champions Indoor Football league, won their Season Opener against Salina Liberty on Saturday.

Saturday's game was action-packed, and fans of the Amarillo Venom were given a show from start to finish. There was lots of excitement at the Amarillo Civic Center, beginning with the free Kids Camp in the morning, and ending with a big win over the Salina Liberty with a final score of 63-57. Coach Reese will be available to discuss the game and answer questions at a Press

Conference on Wednesday, March 27th at 2:00pm at 1619 S. Kentucky St. suite A502.

"We are so excited about this WIN and we are looking forward to a great season! I hope this first game was as fun for the fans as it was for us. That's the most important part of what we do, making sure our awesome fans keep coming out for this craziness and supporting the team!" says Stephanie Tucker

Be sure to follow the Amarillo Venom on Facebook, Instagram, and Twitter for updates, highlights, and fun giveaways! You can also find more information by visiting our official website at www.govenom.com.

COMMUNITY CALENDAR

CLAUDE CHAMBER OF COMMERCE MEETING - Mon. Apr. 1st, 6:00 p.m., The Burrow

COMMUNITY MEN'S PRAYER BREAKFAST - Sat. Apr. 6th, hosted by First Baptist Church

COMMISSIONERS COURT - Mon. Apr. 8th, 9:00 a.m., Armstrong County Courthouse

CLAUDE CITY COUNCIL - Mon. Apr. 8th, 5:30 p.m., City Hall

COMMUNITY EASTER EGG HUNT - Sat. Apr. 13th, 2:00 p.m., Carroll Park. Bring your own basket

CISD EARLY DISMISSAL - Thurs. Apr. 18th, Claude Independent School District, Don't forget to pickup your kids!

CISD EARLY RELEASE - Thurs. Apr. 18th, Early Release Times, Claude Independent School District

CISD NO SCHOOL - Fri. Apr. 19th, ALL DAY, Claude Independent School District, *Unless we have a snow day

EASTER - Sun. Apr. 21st, ALL DAY

CISD NO SCHOOL - Mon. Apr. 22nd, ALL DAY, Claude Independent School District, *Unless we have a snow day

WOODEN CENTERPIECE BOX PAINTING CLASS FOR ADULTS - Sat. Apr. 27th, 6:00 pm., The Claude News Office, Hosted by Let's Paint!, Cost \$35 (box only) or \$45 (w/ 3 Mason Jars) /per person. Call 816-489-3919 to Register.

PANHANDLE SINGING WOMEN CONCERT - Sun. Apr. 28th, 6:00 p.m., First Baptist Church

CLAUDE CITYWIDE GARAGE SALE - Sat. May 4th, 8:00 a.m. - 3:00 p.m., Maps will be located around town

MOTHER'S DAY - Sun. May 12th, ALL DAY, Let mom know how much you love and appreciate her!

WEE SCHOOL GRADUATION - Wed. May 22nd, 6:00 p.m., First Baptist Church. Come and celebrate our students' achievements this year!

CISD EARLY DISMISSAL - Thurs. May 23rd, Claude Independent School District, Don't forget to pickup your kids!

CHS GRADUATION - Fri. May 24th, Claude Independent School District

LADIES' SALAD LUNCHEON - Sat. Jun. 8th, 11:30 a.m., UMC Family Life Center, hosted by Claude UMC

CAPROCK ROUNDUP WEEKEND - Fri. & Sat. July 13th, Event times and locations TBA

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BIRTHDAYS & ANNIVERSARIES

March 30th

Karen Hubbard
David Fields

March 31st

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John W. Doyle
Reece Myers
Colbie Sanders
Kathy Rieken

April 1st

Jimmy Sanders
Ruby James
Dee Bichsel

April 2nd

Walker McLane
Christopher Maddox

April 3rd

Lora Watts Hatfield
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6	1	5	4	3	8	7	9	2
4	9	7	1	2	6	5	8	3
2	3	8	7	9	5	1	6	4
7	8	3	5	4	2	6	1	9
9	4	6	8	1	3	2	5	7
1	5	2	6	7	9	3	4	8
3	6	4	9	5	7	8	2	1
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Peace of Mind Conference Set May 21 in Amarillo

Mental, behavioral health awareness on the agenda

**SUBMITTED BY
BILLIE PEDEN, AGENT
AGRI LIFE EXTENSION OFFICE**

AMARILLO — A “Peace of Mind” Conference will be hosted May 21 by the Panhandle Behavioral Health Alliance, or PBHA, and the Texas A&M AgriLife Extension Service at the Texas A&M AgriLife Research and Extension Center, 6500 Amarillo Blvd. West, Amarillo.

The event will be from 4-6 p.m. There is no cost, but advanced registration is required at <https://tinyurl.com/PeaceofMindAmarillo>.

“The need for addressing mental health is great, as that need continues to be an issue identified locally and by elected officials,” said Dr. Angela Burkham,

AgriLife Extension state and North Region program leader for family and community health based in Amarillo.

“While our AgriLife agents are not counselors or physicians, they do have connections within the community as well as a base of trust, and they can help with the education to bring awareness and reduce the stigma associated with mental health or behavioral health issues,” Burkham said.

The overall goal of the conference is to reduce that stigma so prevention and early intervention practices will be embraced, she said.

The conference will feature a video message from state Rep. Four Price,

Amarillo; a special guest keynote by Terry Bentley Hill addressing suicide; and a panel of experts to answer questions and start a conversation regarding substance abuse and mental and behavioral health.

Hill, a nationally recognized mental health advocate and criminal defense attorney in Dallas, holds a bachelor’s degree in journalism from the University of Texas at Austin and a Doctor of Jurisprudence degree from Texas A&M University School of Law.

Her focus on mental health issues occurred after the suicides of her first husband and 14-year-old daughter. As a result, her mission is to help others suffering from mental health diseases by sharing her story of pain and healing.

She was named by her peers as one of Dallas’ Best Criminal Defense Attorneys for Mental Health representation, and she was awarded the Presidential Citation by the State Bar of Texas for her work with attorneys struggling with mental health and substance use disorders.

Attendees will discover local informational resources for behavioral

health; connect with peers, community members and leaders; and collaborate with behavioral health partners, including those for mental health and addiction.

There also will be an art exhibit by local artists with experiences in these areas. The exhibit is designed to raise awareness about behavioral health issues and available resources.

“We want to encourage the community to seek resources and treatment in a preventive manner or at early stages, and to educate the community about behavioral health,” said Sridevi Veeramachaneni, PBHA executive director.

To learn more about PBHA, go to www.PanhandleBehavioralHealthAlliance.org.

Burkham also said AgriLife Extension identified mental health education as a priority in 2019. As a result, the agency is designing a suite of programs that can be delivered in local communities starting in 2020.

The programs, she said, will focus on mindfulness, behavioral health signs and symptoms, awareness of community-based resources and equipping communities with the appropriate response to mental health educational needs.

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Hodges Farms Receives Water Conservation Award at Texas Water Day



David, Destan and Carter Hodges with Hodges Farms in White Deer received the Blue Legacy Award last week during Texas Water Day at the Capitol. photo courtesy of PGCD

**SUBMITTED BY
PANHANDLE GROUNDWATER
CONSERVATION DISTRICT**

WHITE DEER, TX. (Mar 22, 2019) – David, Destan and Carter Hodges with Hodges Farms in White Deer received the Blue Legacy Award last week during Texas Water Day at the Capitol. Presented by the Water Conservation Advisory Council, along with the Texas Water Development Board, the award was given to Hodges Farms for their water conservation efforts with the installation of three large rainwater harvesting tanks.

The Hodges participated in Panhandle Groundwater Conservation District's Rainwater Harvesting Rebate/Loan Program installing two tanks in 2015 and adding another tank in 2016.

Since 2016, the Hodges have collected over 700,000 gallons of water, allowing them to continue their spray operations and give water to their livestock without pumping any groundwater. In addition to using rainwater, Hodges Farms strives to conserve groundwater by rotating crops and staying up-to-day with developemtns in the agriculture industry.

PGCD is still accepting applications for its Rebate/Loan Program. The District is currently offering two types of payment options. Applicants may either receive 50 percent of the total cost of the system or put 10 percent down and pay the District back over a five year term at a low interest rate. For more information, visit www.pgcd.us/rainwater-harvesting or call the office at 806-883-2501.

STAR STUDENTS

WEEK OF
MARCH 29, 2018



AINSLIE LEWIS
Mrs. Hook's, PreK
She has great cafeteria behavior.



ZAYDEN CROWELL
Mrs. Burns', K
He went above and beyond working hard on our 100th Day of School! Keep up the great work, Zayden!



AJ SIMS
Mrs. DeBord's, 6th Gr
He worked silently all class period and was very well behaved.



RANDI JO STAPP
Mrs. Junell's, 1st Gr
She cleaned up a mess that she didn't make.

Senior Spotlight



As graduation comes closer and closer the Senior Spotlight this week is Rebecca Ellison. Rebecca and her family have lived in Claude "all her life!". Her favorite class is A&P and Mrs Grange was her favorite teacher. Rebecca loves chicken, music, the color white and the Alabama Crimson Tide.

After graduating Rebecca plans on attending West Texas A&M and become an athletic trainer. During her years Rebecca has be involved in basketball, softball, football manager, cross country and student council. Her favorite memories from going to school in Claude will be the "Pride Programs". In her free time Rebecca likes to hang out with friends and her most unique quality is her fabulous hair style, "THE BUN."

For her role models Rebecca says "Her dad and brother. They are the most successful and smartest men I know." She loved that Claude is small and that she "gets to be with her classmates all and getting to see her friends in the grades below." Rebecca hopes to visit Jamaica someday. Rebecca is an excellent example of the amazing caliber of students who come out of Claude High School.

Rebecca Ellison



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Baseball Faces Memphis & Valley

BY SYDNEY KNOX
STUDENT REPORTER

This week the Mustangs played two really

tough teams and fought a good fight. Unfortunately, they fell short to both; however, it was a good

learning experience for each player.

In their first game against the Memphis Cyclones, the Mustangs started off hot scoring a run in the first inning. The Cyclones tied the game at the bottom of the first inning leaving the score 1-1. However, in the the third inning the Cyclones pulled away for good out scoring the Mustangs. Sophomore, Zach Moreno, took the loss for the Mustangs when he pitched for two innings and allowed three hits and three runs. Moreno did strike out five of the Cyclones and did not allow any walks. Moreno, along with Logan Campbell, were key players in this game. They lead the boys in hits and hope to continue to keep that reputation in games to come.

The second game of the week was against the Valley Patriots. Unfortunately, the Mustangs fell behind early in this game and could not recover ending the game in a 0-10 loss. The Patriots have a very fast paced, well orchestrated team that was intense from the start to the finish. Cole Thornton was a key player in the game. From pitching to being the lead hitter, Thornton stuck with it and was a great leader to his team. This game was a tough hit for the Mustangs but should be a good learning experience and something to look towards improving in games to come.

The Mustangs are looking forward to the chance of a win in the next few games and are coming together as a team to get that done. So come out and support them as they search for their win!

Spirit of the Stangs Earns Sweepstakes Award



Spirit of the Stangs earned a coveted Sweepstakes Award during band competition. photo courtesy of Shelley Thornton

BY ALYSSA HIGGS
STUDENT REPORTER

The Claude High School band performed extremely well during their 2018 marching season. They practiced for many hours in order to make complete ones at competition. After marching season, the Spirit of the Stangs began practices in order to carve out their concert songs.

The band performed their concert music on March 6, 2019. They played the songs Moscow, 1941 by Brian Balmages, Pinnacle by Rob Grice, and Captain Dane by Wil-

liam Owens. All three of these pieces required many hours and clinics for them to be performance ready. Claude earned all ones from the judges on these songs.

On the same day, the Spirit of the Stangs competed in their sight reading contest. This contest is based on performance under pressure and musical talent. The band has only seven minutes to review a new, unfamiliar piece of music before playing it before the judges. The band also did exceptionally well in this category, receiving all ones.

If a band receives ones in their marching, concert, and sightreading competitions, they earn a Sweepstakes award. The only time Claude has ever earned one of these awards is last year. Therefore, this is a huge achievement for the Spirit of the Stangs.

Aiden White, a freshman trumpet player, was ecstatic to earn a Sweepstakes. "I am super excited to have done so well this year. We have put in a lot of effort so I'm glad it paid off."

The Claude band will continue to work hard and prepare for next year.

Track Season Is Here

BY MATTIE KATE LOVELL
STUDENT REPORTER

Track season is officially upon us, and the Mustangs and Lady Stangs are training harder than ever to prepare for the District Track Meet- the first stop on the road to State.

"My goal for this year is to be competing down in Austin at the state meet," Coach Jeremy Black said. "I feel like we have several kids with a great shot at being able to make that happen. We do have some injuries to deal with along

with some stiff competition, but I have a lot of confidence in our kids, so I'm very optimistic about reaching this goal."

The Claude Track team has already competed at the Claude Track Meet, Groom Relays, Shamrock Invitational, and Amarillo Relays where all of the athletes represented well. On March 29-30, the Mustangs and Lady Mustangs will be competing in the Panhandle Relays at Panhandle High School, where they will undoubtedly continue their good rep-

resentation in their competitions, sportsmanship, and work ethic.

"To the community I would just like to say that we have a great bunch of kids here at Claude ISD," Coach Black said. "That is a testament to their families and community alike. It is a privilege to get to work with the young people of Claude, something I am very appreciative of. Our goals are set high, expect great things from your Mustangs."

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or through any of our 4-H Members.

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Athlete OF THE Week



ALYSSA HIGGS

Alyssa Higgs is our athlete of the week. Alyssa is in her third year of competition as a varsity track runner. Both as a freshman and a sophomore Alyssa narrowly missed out on qualifying for regionals. So far this season she has been

running very determined in effort to overcome that barrier. This past weekend Alyssa ran some of the best times of her career at the Amarillo Relays, setting new PR's in the 3200m and 1600m runs. I'm hopeful and optimistic that this will be the year she breaks into the field of runners at the regional and possibly even state meets.

n&w
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Claude FFA Competes in Career Development Event Contests

BY AMANDA HERNANDEZ
STUDENT REPORTER

Last week Claude's FFA teams went down to Decatur and Tarleton, Texas, to compete in several Career Development Event (CDE) contests, and unsurprisingly did very well in most of their competitions.

The contests they participated in consisted of Farm Business Management, Veterinary Science, Floriculture, and lastly Nursery and Landscape.

In Farm Business Management students must analyze farm business management information, while applying economic principles and concepts. Our FFA Farm Business Management team consists of Luke Stockett, Jakob Weinheimer, Jacey Weinheimer, Lindsey Monroe, Nash Stapp and Logan Campbell. Overall, the team did very well and won first place in both Decatur and Tarleton. As an individual, Jakob Weinheimer was 1st in Decatur and 5th in Tarleton. "Winning Decatur as a team and an individual was great and winning as a team in Tarleton was huge because winning as a team was the goal. I am really ready for area and think we will win area and hopefully win state," claims Jakob. Luke Stockett placed 4th in Decatur and 4th in Tarleton as an individual and was very happy with his overall placing. "I look forward to area and I hope I can at least get top 10 and that the team can win," says Luke. Lindsey Monroe placed 14th at Decatur and 21st in Tarleton. "I was very excited to have places that well, but I have lots of room for improvement and can't wait to see what is ahead for my team!

I am very excited for area, it is a time to show off all of your hard work and see old friends! I believe our teams have a very good shot at placing well at area and hopefully make it to state," says Lindsey. Lastly, Jacey Weinheimer placed 9th at Decatur and 31st at Tarleton and Logan Campbell placed 20th at Decatur.

In Veterinary Science, students must show their competency with small and large animals by completing a written exam, critical-thinking scenario questions, identifications and hands-on practicums. Our FFA Veterinary Science team includes Shelbie Stapp, Makenzie Miller, Emily Whitaker, Amber Hand, and Ryley Denson. The team placed 30th at Decatur and 28th at Tarleton. As individuals, Shelbie Stapp placed 33rd at Tarleton out of a total of 850 students, Emily Whitaker placed 160th, and Amber Hand placed 208th. "I was definitely more prepared this year than I was last year, but I have a lot of work to do in order to help my team! I love Vet Science because of the people we meet and how relevant it is. In an emergency, I would know how to assist a farmer, rancher, or even a veterinarian with an animal. It's foundation builds off of common sense and challenges you. I am excited to head to area, I hope to see significant improvements for not just me, but also my teammates. I hope that this year we will be even better than the last!" says Amber. Makenzie Miller says Vet Science is going very well for her as well. "We have been working very hard and making sure we know our material. Area is always a blast with the girls. I love



The Claude High School FFA Cotton Evaluation team placed second at the Anson Career Development Event Contest. photo courtesy of Claude ISD

the hotel stays and all the fun we have on the bus. I am looking forward to area because the team is always working harder and harder each day. I think we get better and better and I'm hoping we go to state, we definitely put in the time and work and it is always a blast," states Makenzie. As for Ryley Denson, this is her very first year in Vet Science. "So far it's been a good experience, I didn't know there were so many things to learn and study. I think my team will go pretty far and go past area as long as we keep studying and working hard. My first year in FFA is going pretty good, it's fun going out and meeting new people and the bus rides are always fun!" says Ryley.

This year our FFA decided to compete in contests they've never done before. These 2 contests included Floriculture and Nursery and Landscape.

In Floriculture, students must identify plants, judge flower arrangements and solve problems. The

and Shelbie Stapp. Sage Deeds wasn't sure she'd enjoy Floriculture too much, but she was in for a surprise. "I was not certain about it at first, but after I started I began to actually really enjoy it! I look forward to competing at the area contest but I am very nervous on how the results will turn out. I am planning on doing Floriculture for the next two years of my high school experience!" says Sage.

As for the Nursery and Landscape, the students have to demonstrate their skills in maintaining landscape plants and related products, evaluating equipment and services and performing landscape design. The team includes Luke Stockett, Nash Stapp, Jakob Weinheimer and Jacey Weinheimer. The team

is improving greatly with every practice and looks forward to area. "I hope we qualify for state at area, we've been working very hard and look forward to it," claims Jakob Weinheimer.

All-inclusive, our Claude FFA students did very well both as teams and individuals due to their countless hours of practice. Regardless of the nerves and excitement, they all look forward to area which will take place in Lubbock, Tx. on April 12th and 13th for Farm Business Management, Floriculture, and Nursery and Landscape and at WT in Canyon on April 16th for Veterinary Science. Everyone has faith in our students and will be cheering them on hopefully all the way to state competitions!

Floriculture team consists of Sage Deeds, Lindsey Monroe, Makenzie Miller,



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Mustang Talent Show Success

SUBMITTED BY
JESSICA BEVILL
CLAUDE ELEMENTARY

The 1st Annual Mustang Character Talent Show was a HUGE success!!! There was a terrific turnout and it was thoroughly enjoyed by all! Thank you so much to everyone who came to watch and to those who bought a

treat from our dessert auction!

Winners pictured: 1st place - Hadley Jo Bebout, 2nd place - Cool Pennon, 3rd place - Celia Stanghellini and Caroline Haskell.

All of the acts were amazing and we look forward to seeing the talents next year!!



above: The winners of the Mustang Character Talent Show were (l to r) Caroline Haskell (3rd), Celia Stanghellini (3rd), Hadley Jo Bebout (1st), and Cool Pennon (2nd). photo courtesy of Claude ISD



SUBMITTED BY
BILLIE PEDEN, AGENT
AGRILIFE EXTENSION OFFICE

March 2019, (Claude, TX) – More than 1.5 million people in Texas are affected by asthma, according to the Center for Disease Control (CDC). However, this number does not include those who have the disease and have not yet been diagnosed. So, what exactly is asthma and what can you do about it?

According to the United States Environmental Protection Agency (EPA), asthma is a disease that causes the airways of the lungs to tighten and

Living with Asthma

swell, making it difficult to breathe. When this occurs, it is referred to as an asthma attack and is often accompanied by coughing or wheezing. While asthma attacks only occur when triggered, the disease itself never goes away. Common asthma triggers, as stated by the CDC include:

- Tobacco smoke
- Dust mites
- Outdoor air pollution
- Cockroach allergens
- Pets
- Mold
- Smoke from burning wood or grass
- Sickneses such

as the common cold or flu

Asthma is most common among children and young teens; however, adults can have it too. While asthma requires a diagnosis from a medical doctor, Texas A&M AgriLife Extension Service's Julie Tijerina recommends watching for these warning signs:

- Frequent cough attacks
- Difficulty breathing after physical activity
- Chest tightness
- Wheezing
- Family history

Depending on the severity of the asthma, a doctor may prescribe medicine

to help with the attacks. To help mitigate and prevent asthma attacks, Tijerina also recommends following these steps:

- Know what triggers your asthma and do your best to stay away from them.
- Take your medications as prescribed.
- Track your asthma and recognize warning signs that may show that it is getting worse.
- Seek medical attention if you're asthma is getting worse or if your attacks are becoming more frequent.

TEXAS A&M
AGRILIFE
EXTENSION

ASTHMA

A disease that causes the airways of the lungs to tighten and swell, making it difficult to breathe.

DIAGNOSIS

Before diagnosing you with the disease, a medical doctor will look for these symptoms:

- Frequent coughing attacks
- Difficulty breathing after physical activity
- Chest tightness
- Wheezing
- Family history

TRIGGERS

Tobacco
Smoke

Mold

Pets

Flu, Colds,
RSV

Outdoor Air
pollution

Dust
Mites

TREATMENTS

- ✓ Know what triggers your asthma and do your best to avoid them.
- ✓ Track your asthma attacks and recognize warning signs that may show it is getting worse.
- ✓ Take your medications as prescribed.
- ✓ Seek medical attention if you're asthma is getting worse or if your attacks are becoming more frequent.

For more information, visit
AgrilifeExtension.tamu.edu or CDC.gov

Home and Garden Improvements That Will Benefit Local Wildlife

(StatePoint) When it comes to changing the world, your own backyard is a great place to start. As you make home improvements, consider their potential to benefit local wildlife that travel in and around your property.

Here are a few important steps you can take.

Plant Native Species

By planning native species exclusively in your garden and yard, you will be promoting a healthy local ecosystem while providing proper nourishment and a natural habitat for visiting wildlife, whether that be insects, birds or furry creatures. Because native plant species are meant to thrive in your local climate, they will require less maintenance, which means a beautiful yard with less stress.

Prevent Bird Strikes

You may not realize it, but your home poses a risk to birds. Window strikes are common among many species of migrating birds, and millions of wild birds are killed annually flying into windows.

However, a simple home improvement project can make your home safer for birds. Birds can see certain light frequencies that humans can't, so by applying UV decals and UV liquid to your home's windows and sliding glass doors, you can make windows visible to birds in a way that won't obstruct your own view.

"Protecting birds adds beauty to your garden, is good for the environment and most importantly,

saves lives," says Spencer Schock, founder of WindowAlert, a company that offers UV decals and UV Liquid.

The UV decals and liquid from WindowAlert have been proven to effectively alter the flight path of birds to prevent window strikes. The coating will look like etched glass to the human eye, but be very visible to a bird. As UV reflectivity may fade over time, it's important to replace the decals and liquid every four months. Application techniques can be found by visiting WindowAlert.com.



(c) Sharon Day / stock.Adobe.com

Build a Bird house

Add beauty to your yard with a wooden bird house. Find a design you love or get creative and craft your own, using your own home's architecture for inspiration. A strategically placed bird house -- either within three feet of a window or over 30 feet away -- will help avoid bird strikes.

Be a good neighbor -- not just to the other humans. Make improvements to your home that will help protect both local and migratory wildlife.

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THE FOX



Is it a dog or a cat?
Look at the fox. Do you think it is part of the dog family or the cat family? Write your guess here.

How does the fox look like a cat?

How does it look like a dog?

Where do foxes live?

Foxes are found all over the world except in Antarctica. Even in deserts and in the Arctic! They also adapt well to human environments such as farms, suburban areas, and even large communities.



The fennec fox is the smallest of the foxes. It has enormous ears, measuring 6 inches (15 cm). They live in desert zones of North Africa and the Sinai and Arabian peninsulas.

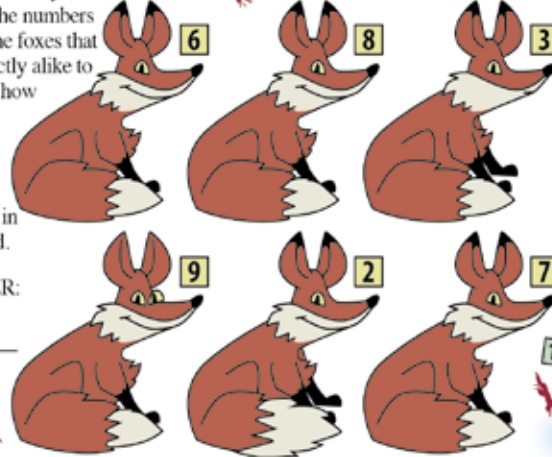
The red fox can be found in North and Central America, Northern Africa, Asia and Australia. It is at home in the wild and in urban areas.

The Arctic fox is found in Canada, Alaska, Russia, Greenland, and Scandinavia. The Arctic fox is the only native land mammal found in Iceland.

Gray foxes live in forests and woodland areas of North and Central America. Gray foxes are the only members of the dog family that can climb trees.

How many foxes?

Add up the numbers next to the foxes that look exactly alike to discover how many different kind of foxes there are in the world.



ANSWER: _____

A Fox by Another Name

Do the math to fill in the blanks.

A female fox is called a _____ (5 + 5 + 5)

A male fox is called a _____ (7 + 6 + 5)

A fox's home is called a _____ (8 + 6 + 5)

A baby fox is called a _____ (7 + 7) or a _____ (12 + 8)

A group of foxes is called a _____ (11 + 6)

15 = VIXEN 19 = DEN 20 = KIT
18 = DOG 17 = SKULK 14 = CUB

Amazing Hearing
A fox can hear a mouse squeak 300 feet away. That's as far as a football field!

Extra! Extra! Fox's Good Life
Look through the newspaper for pictures and words that would make a fox's life a good life. Make a collage with your selections.

Standards Link: Research: Use the newspaper to locate information.

Clever as a Fox

Foxes are very smart and crafty in finding food, surviving in extreme weather, outsmarting predators, protecting their young and more. They're smarter than most, but not all, dog breeds. **How many foxes can you find on this page?**

Member of the Dog Family

While a fox is a member of the dog family, it has some traits that are very cat-like. Foxes are **nocturnal** (active at night). Fox eyes are like a cat with vertical pupils that allow it to see in dim light. And like the cat, the fox has sensitive whiskers and spines on its tongue. It has retractable claws, just like a cat. It walks on its toes in a graceful, cat-like tread. The gray fox can climb trees and has, on occasion, taken naps in owl and hawk nests!

Kid Scoop Puzzler

What do foxes eat? Circle all the things you think a fox eats as part of its natural diet.



ANSWER: If you circled all of these things, you are right! The fox eats a wide variety of foods. It is an omnivore and its diet includes fruits, berries and grasses. It also eats birds and small mammals like squirrels, rabbits and mice. A large part of the fox's diet is made up of invertebrates like crickets, caterpillars, grasshoppers, bees and crickets.

Double Double Word Search

Find the words in the puzzle. How many of them can you find on this page?

PREDATORS
SURVIVING
FENNEC
ARCTIC
TRAITS
SPINES
NATIVE
ACTIVE
ADAPT
CLIMB
URBAN
FOXES
GRAY
RED

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

Standards Link: Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

FROM THE Kid Scoop LESSON LIBRARY

Number Expansion

Find at least 10 five-digit numbers in the newspaper. Write each number in its expanded form. Example: The number 15,743 becomes fifteen thousand, seven hundred fifty three.

Standards Link: Number Sense: Write numbers in words.

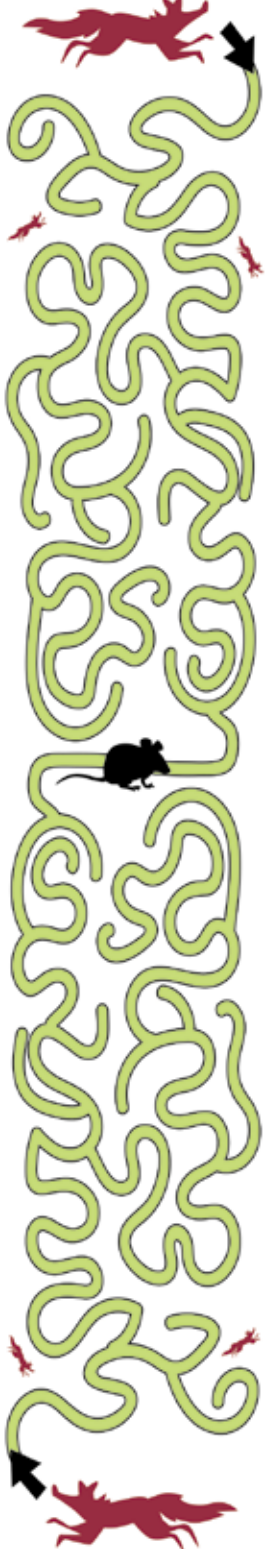
Write On!

My Favorite Vegetable

Use at least three of your five senses to describe your favorite vegetable.

Kid Scoop Together: Fastest Fox

Race against a parent to see who can get their fox to the mouse first. Winner gets to decide what's for dinner tonight!



Standards Link: Reading Comprehension: Follow simple written directions.

memories by
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