

What's Happening

(Continued from page 1)

the grocery store. Nothing is needed to purchase this food except a name and address. Pick-up will be at the church on August 25th at 11 AM. Please bring a medium sized box to put the food in. Food stamps can be used to purchase this food.

The **Quilters Guild of East Texas** will hold their monthly meetings on Thursday, August 9. The day meeting will be at the Tyler Area Senior Center at 9:30am while the night meeting will be at A Nimble Thimble at 7pm. For more information call 903-849-6515.

The **Chandler Lions Club** meets every 1st and 3rd Tuesday of the month in the Chandler Community Center at 7pm. Meetings consist of dinner, meeting and a program. Anyone interested in giving back to the community through the Lions organization is invited to attend.

The **Disabled American Veterans & Auxiliary** meets the 2nd Monday of the month at the Senior Citizens Center, next to the Fairgrounds on Hwy. 31 east in Athens. A covered dish meal is served at 6:30pm with the meeting to follow. All members and prospective members are urged to attend. For more info contact Commander Lee Stewart at 903-549-2947 or Adjutant Kenneth Bragg at 903-852-3429.

Interested in writing romance? The East Texas Chapter of Romance Writers of America is where to start. Chapter meetings are held the 3rd Saturday of every month. For more information, visit www.easttexasrwa.com or call 903-894-3167.

Marvin's Country & Gospel Band will perform at the Parkside Shores Club House every 1st & 3rd Monday, 6pm-8:30pm. Everyone is welcome. Admission is free. For more information or directions call Nancy James at 903-849-6638, or Gwen Gann at 903-849-4180.

Pickin' & Grinnin' Country & Western Gospel and Bluegrass can be enjoyed the 2nd and 4th Tuesday night from 6pm-9pm, at Sunrise Shores Clubhouse. Admission is free. For more info contact Charles Hester at 903-849-6802.

The **Chandler Police Explorers** meet the 1st and 4th Thursday of the month at 7pm at the Chandler Police Department. For more info contact CPD Chief Reeves at 903-590-0232.

The **Tyler Chapter of the Vietnam Veterans of America (VVA), Chapter 932**, meets the 3rd Thursday of each month at Traditions Restaurant, on South Broadway, at 1900 hours. All Vietnam and Vietnam era veterans who served on active duty (for other than training purposes) between 2/28/60 and 5/7/75 (in-country Vietnam) or between 8/5/64 and 5/7/75 (for Vietnam-era Veterans), and their spouses, are invited to come join us. For more info call Roger Carson at 903-570-0618 or Robbie Robertson at 903-876-4935.

Chandler Masonic Lodge #993 meets every 3rd Monday, at 7:30pm at the lodge located at 724 N. Broad, in Chandler.

The **Chandler AARP, Chapt. #3018**, meets every 3rd Monday of the month, at 1pm, in the Chandler Community Center. All persons, 50-years and older are encouraged to attend.

Charlie's favorite mom quotes

As part of the "sandwich generation," I find myself living my life between my parents and my children.

Our parents' generation grew up during World War II and experienced an expanding, urban economy, along with a boom in college education made possible by the GI Bill. Their perspective is seasoned with years, experience, and the humility that is a byproduct of health issues as one ages.

At the same time, our house is often filled with our children and their friends; young people who are close to finishing college. They are an energetic, enjoyable generation; full of confidence and an open, tolerant perspective. All of which makes them fun to chat with because they have given a lot of thought to their lives already and they are not timid about sharing their opinions.

Lately, I have been polling folks to find out what wisdom their mom gave them that was especially helpful. The following are my favorite mom quotes so far.

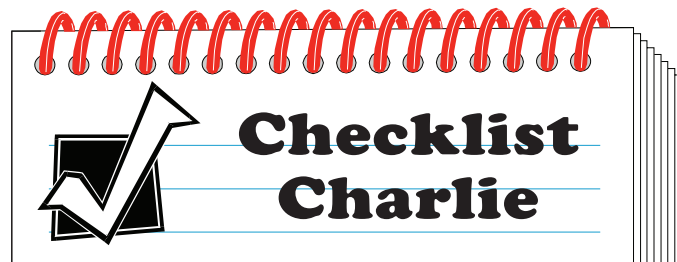
"Oh well." Starting with my own mother's advice, this is what she says to remind herself, and me, that we don't get to control other peoples' ideas or decisions.

"Mistakes are an opportunity to be creative." Shared by an art teacher, this particularly applies to kindergarten art students who usually have a grand idea without having the skills to implement their vision.

"You are Hand-made," meaning that God designed each person, with every strength and weakness being precious to Him. Therefore, each person ought to try to live up to his own potential and reflect well on his Creator.

"Goofiness puts everyone else at ease," meaning that if you trip going into your high school reunion, everyone else will immediately laugh, relax, and feel a whole lot less self-conscious.

"The purpose of education is to serve others," a helpful thought when children are struggling to choose a major



in college.

"Serve others and the money will follow." Another helpful thought to help kids follow their dreams and natural talents, rather than focusing on the pay scale that is associated with each diploma.

"Truth can stand scrutiny," a concept that is easily embraced by the younger generation who grew up researching information on the web. Rather than accepting expert advice based on the credentials of the expert, they are used to evaluating information based on its inherent accuracy.

We all get tired of sound bites that bombard us everywhere, from politics to advertising. However, in the daily effort to parent well year after year, it is nice to know that

some of our words actually stick. Not only that, but they take on a life of their own, equipping our kiddoes to instinctively make good decisions in that all-important split second.

With that in mind, I asked one of my own children for the favorite mom quote, meaning something I've said over the years that was especially helpful.

"Man, I've gotten so much advice," was the first response.

"Oh well," I thought, thinking of my own mom's advice with a smile.

(Cathy Primer Krafve, aka Checklist Charlie, lives in East Texas with her family. Send your favorite mom quotes to features@BullardNews.com.)

★ Millions available

(TEKS) that combines education, fitness and nutrition;

- Have submitted a wellness and nutrition policy to the Texas Department of Agriculture as required by law;

- Have established a School Health Advisory Council to review and make recommendations for using the grant;

- Have certified physical education teacher(s); and

- Conduct a campus fitness evaluation before Oct. 15 and again at the end of the school year, using an assessment instrument adopted by the state education commissioner and provided free-of-charge to participating schools.

The Texas Association of School Boards (TASB) says Texas Fitness Now grants could help participating schools become models for fitness education throughout the state.

"This program rewards innovative thinking in the fight against childhood obesity," said Julie Shields, TASB's Assistant Director of Governmental Relations. "It motivates districts to get creative in their physical education classes, but at the same time, it also recognizes that to develop these programs for Texas students costs money. Hopefully, all Texas students will benefit from lessons learned at those schools thinking outside of the box and getting results."

Texas Fitness Now grants may be used to support and enhance physical education, including buying PE equipment; buying equipment to track students' progress, such as heart monitors and pedometers; selecting or developing an effective physical education curriculum and instructional materials; and training teachers and school administrators to help their students become fit and adopt healthy lifestyles. Schools must use at least 25 percent of the funds for nutrition education.

Texas Agriculture Commissioner Todd Staples particularly applauds the program's nutrition

(Continued from Page 4)

component. The Texas Department of Agriculture oversees the state's school nutrition policy.

"A well-balanced diet and plenty of exercise are vital for the health and well-being of all Texans - especially our young Texans," Staples said. "Texas farmers and ranchers are natural partners in producing and providing healthy, nutritious food for children and will be strong allies in all school fitness efforts. I applaud the Legislature and Comptroller Combs for their foresight on this program."

The Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD) commends the Texas Fitness Now program.

"There are two major challenges for our professionals to deliver a quality physical education program in Texas schools; one is funding, and the other is the large teacher to student ratio," said TAHPERD Executive Director Diana Everett. "This grant program will enable many of our teachers and administrators to address at least one of our challenges. Through the Texas Fitness Now

grant program, professional physical educators can seek the equipment and resources to teach lifetime habits of physical activity and fitness to their students."

"We believe we will see measurable, positive results from incorporating more activity into the school day and teaching students to make healthier choices," Combs said. "We urge all eligible schools to take advantage of this opportunity to start solving the childhood obesity problem."

The deadline for schools to apply for a Texas Fitness Now grant is Oct. 1. More information, including program guidelines and a list of frequently asked questions, is available online at the Comptroller's Web site: www.window.state.tx.us.

The actual grant application is available on TEA's Web site at: <http://www.tea.state.tx.us/opge/formfund/pe/tfn/proguide.doc>. Schools may also contact Marissa Rathbone at TEA, (512) 463-3064, for more information about the Texas Fitness Now program, or TEA's Division of Formula Funding, (512) 463-8525, for more information about grant funding.

Brownsboro Fire & Rescue

Celebrates 50 years of service... & proudly brings to you

Fire, Safety & Health exhibition 2007

You do not want to miss this event!
September 8 * 9am-2pm

Attention Women! The Ross Breast Center Mobile Mammogram at this event

Please bring a proof of insurance and a photo I.D.

If you do not have insurance we encourage you to still make an appointment as you may be eligible for financial assistance through a grant from the Komen Foundation.

Make your appointment now, first come first serve..
Call 903-852-7032 to make your appointment

Leave a message if no one answers and your appointment will be confirmed by a call back

- * Mobile Mammography is for patients with NO known problems. Patients with implants, lumps, breast discharges or personal history of breast cancer please schedule your visit at the Ross Breast Center in Tyler. 903-531-5433
- * Patient must be at least 35 years of age
- * Patient must be able to climb/descend steps on mobile (there is no hand rail)
- * Patients must have a physician to send the mammogram reports to, no exceptions

Brownsboro Fire & Rescue is proud to bring an event of this size to our community. Help us help you with a showing of your support. Keep this date open and an eye out for our updates - Look for many surprises!

Please direct all information requests calls to: 903-852-7032



LOBBY HOURS
Mon - Thurs: 9:00a.m. - 3:00p.m.
Friday: 9:00a.m. - 5:30p.m.
DRIVE THROUGH
Mon - Fri: 7:30a.m. - 5:30p.m.
Saturday: 8:00a.m. - 12noon

Hwy. 31 W., Brownsboro, Tx ● 903-852-6911 or Fax: 903-852-7567
2nd Location at the blinking light in Murchison, Tx ● 903-469-4600
3rd Location: Athens Bank, 609 S. Palestine, Athens, TX ● 903-675-4600

Cheerleaders ready for football season

The Brownsboro Junior High cheerleaders are ready for the 2007 football season.

Last week the girls attended a week of cheer camp. Coaches from the NCA came to Brownsboro to hold the week long camp.

Seventh grade cheerleaders pictured right are (bottom left to right) Abbey Adair, Anna Woods (second row) Brittany Dykes, Jodie Webb (third row) Kaylan Harris, Morgan Barnes and Kaitlin Mitchell with pom-poms. Not pictured is Josie Minyard.

Pictured below are the cheerleaders for the BJHS 8th Grade squad (bottom left to right) Caroline West, Morgan Beard (second row) Cloe North, Hayley Surlet, Kelsey Carsten (back row) Sierra Bridges, Jessie Bunch, Sami Beall and Brianna McKeever.



Courtesy Photos

