

Chicken Alfredo, steamed broccoli, garlic toast, milk
Tuesday, January 12
 Soft or crunchy tacos, meat, cheese, pinto beans, Spanish rice, lettuce, tomato, milk
Wednesday, January 13
 Chicken strips, mashed

potatoes, gravy, green beans, hot roll, milk
Thursday, January 14
 Meatball sub, cheese, black olives, onions, chips, milk
Friday, January 15
 Corn dog, mac-n-cheese, baked beans, milk

Don't Mess with Texas scholarship opens to high school seniors

Applications are now available for the 2021 Don't mess with Texas Scholarship Contest. This contest recognizes Texas high school seniors who are taking an active role in litter prevention in their school or community. The contest is open to any Texas high school senior currently attending public, private or home school and planning to attend an accredited college or university in the Fall 2021 semester. The contest will award a total of \$9,000 in scholarships to three winners in May 2021. "We're looking for students who are developing exciting and creative solutions to keep Texas litter-free," said Becky Ozuna, program administrator for the

Don't mess with Texas program. "We aim to shine a spotlight on their innovations in the hope of inspiring other Texans to do their part to keep our state beautiful." To enter the Don't mess with Texas Scholarship Contest, visit dontmesswithtexas.org. Applications must be received via online submission by 5 pm (CST) March 31, 2021. Sponsors for the Don't mess with Texas Scholarship include Buc-ee's and iHeart Media. Don't mess with Texas has been educating Texans about litter prevention since 1986. The program includes a grassroots partnership with the Keep Texas Beautiful organization, annual "Trash-Off" community outreach events and the Adopt-a-Highway volunteer program.

- Focus on what you can change
 - Manage stress with a well-balanced meals, plenty of sleep, and regular exercise
 - Record goals and reward yourself
- "Finding regular support and realizing that the process takes time are also incredibly important when starting to work toward a healthier weight", Reyes adds.

To provide that support on our journey to a healthier weight, Texas A&M AgriLife Extension has unveiled its 12-week, healthy weight program, Step Up Scale Down. Step Up Scale Down starts January 11, 2021 on the new learning website, AgrilifeLearn.tamu.edu. The on-line course is designed to help Texans establish the habit of regular physical activity and healthy eating. Contact your local extension agent for more information about Step Up Scale Down.

On This Day in Texas History January 8, 1865

On this day in 1865, about 160 Confederates and 325 state militiamen lost a battle against the Kickapoo Indians about twenty miles southwest of present San Angelo. A month earlier a scouting party had discovered an abandoned Indian camp and, assuming the group was hostile, dispatched forces to pursue them. A militia force under Capt. S.S. Totten and state Confederate troops under Capt. Henry Fossett set out, but the two forces lacked a unified command and full communication. When the

troops and militiamen finally rendezvoused near the timbered encampment of the Kickapoos along Dove Creek, the forces concocted a hasty battle plan. The militia waded the creek to launch a frontal attack from the north, while Confederate troops circled southwestward to capture the Indians' horses and prevent a retreat. A well-armed Indian fighting force, possibly several hundred strong, easily defended

their higher, heavily-wooded position as the militiamen slogged through the creek. The Confederate force was splintered into three groups caught in a heavy crossfire. Three days later the battered Texans retreated eastward, while the embittered Kickapoos, once peaceful, escaped to the Mexican border. Thus began a violent period of border raids on settlers along the Rio Grande.

The Scariest Bridge in Texas

By W.F. Strong
 There's more than one Texas bridge that can be especially troubling for those with gephyrophobia - fear of crossing bridges. The U.S. 90 bridge over the Pecos River can certainly give you the willies. The Corpus Christi Harbor Bridge can give you pause if you're hit with the outer bands of a tropical storm when you're on it. Some of those five-stack interchanges in Dallas and Houston can cause a palpitation or two.

But, in my opinion, the scariest bridge in Texas is the Rainbow Bridge between Port Arthur and Orange, on Texas Highway 73. It offers a triple threat. You can see it coming from a long way off. It has a steep ascent and descent. And it rises frighteningly high over water. These are the things gephyrophobics most dread.

The Rainbow Bridge is scary enough today, with two lanes for one-way traffic southbound, but it used to be much worse. It is 20 stories tall, and drivers had to

put up with two narrow lanes carrying cars and loaded 18-wheelers in two directions. When it was completed in 1938, it was the second-tallest bridge in the U.S., second only to the Golden Gate Bridge. (The Veterans Memorial Bridge, built just yards away and completed in 1990, carries one-way traffic northbound.)

As you arrived near the top of the Rainbow Bridge, all you could see was sky in the daytime and the stars at night. You had to have faith that the pavement would be there when you drove over the hump, and that was enough to make some folks take a 30-mile detour. Local driver's education teachers often made students navigate over that bridge on their first day of class. Originally it was called the Port Arthur-Orange Bridge. I long believed that the Rainbow Bridge name came from Norse mythology, wherein the rainbow bridge connects heaven and earth. But no.

(Continued on next page)

Notes from... AgriLIFE EXTENSION Step Up Scale Down to Celebrate Healthy Weight Week

Start the New Year with a new you and celebrate Healthy Weight Week from January 18 - 24. The week is dedicated to encourage all of us to consume nutritious foods, live more actively, and feel more positive about ourselves. Achieving a more healthy weight is vital to reducing our risk for various types of cancer and chronic conditions like high blood pressure, diabetes, and heart disease.

As anyone that has tried to lose weight knows, the process is often not easy, likely because numerous factors affect our weight and ability to lose it. The National Institute on Aging lists genetics, age, gender, lifestyle, family habits, culture, sleep, and your place of residence and work as factors that can affect our weight. "It can become overwhelming, especially because you can't control some factors", says Erica Reyes, Health Specialist with Texas A&M AgriLife Extension. "But taking small actions, like adding a ten minute walk to your day, or a serving of fruit and vegetables can be the beginning to really positive change", Reyes concludes.

Reyes recommends that during Healthy Weight Week, we focus on being positive and adding one or two practices to begin your journey. You could start with using a smaller plate for portion control or simply noticing your

movements while being active and how that makes you feel.

The National Institute on Aging has these tips for beginning your journey to a healthier weight:

- Talk to your doctor about your weight
- Add healthy snacks during the day
- Drink water



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