

...RL City

Council minutes

(Continued from page 3)

A motion was made by Mayor Pro Tem Tracy Grantham to approve of the \$5,000 purchase request for road materials and was seconded by Council Member Jonathan Torres. The motion carried with a vote of 4 - 0.

A water update from the ice storm was given. There were a total of three city leaks and all have been fixed. The Water Department shut off around 50 meters that had significant usage due to leaks on the customer side. A majority of customers are back on.

A motion was made by Council Member Danny Jasso to adjourn the special City Council meeting at 7:07 pm. He was seconded by Council Member Jonathan Torres and the motion carried with a vote of 4 - 0.

March 18, 2021

The Robert Lee City Council regular meeting scheduled for Thursday, March 18, 2021, was canceled due to a lack of quorum prior to the meeting.

Notes from...



April is Stress Awareness Month

Since 1992, Stress Awareness Month has been observed in April to shed light on the increase of chronic stress and to provide resources to lessen the effects of stress on our health. Stress normally occurs in our lives, such as giving a presentation in front of people, planning a wedding, or dealing with the stressors brought on by illness or COVID-19. These stressors influence us, but we can work through them and learn some resiliency skills. Though, when there is constant stress affecting our lives, this can lead to chronic stress. According to the Centers for Disease Control (CDC), COVID-19 has impacted both young and old, as many face challenges, losses, illness, and mental health challenges.

So how does stress affect us? First, we must understand what stress is. According to the American Institute of Stress, "Stress is a natural, physical and mental reaction to life experiences... Your body responds to stress by releasing hormones that increase your heart and breathing rates and ready your muscles to respond [to the situation]." The body is affected when there is constant stress (chronic stress), where your body does not bounce back to its natural state and continues to release hormones that increase your heart and breathing rates, which takes its toll on the body. Some common signs of stress include frequent headaches, neck and back pain, insomnia, stomach pain, depression, and many more. With chronic stress, the heart

beats faster increasing blood pressure and blood sugar in our bodies. Under stress, the liver releases more sugar, which over time, increases risk of Type 2 Diabetes, or if already diabetic, causes more harm to the body. Stress also causes blood vessels to constrict, which can lead to high blood pressure or affect those who already suffer from the disease. Other effects are a weakened immune system and inflammation to heart arteries.

What can we do to lessen effects of stress? According to Extension Program Specialist Julie Tijerina, "By learning some simple techniques, we can learn to accept that stressors in our lives will exist, but how we choose to handle them, will help us lessen its effect on our bodies."

Tijerina offers the following simple tips to help cope with stress:

- Avoid negative people or situations: If people, news, social media, traffic, or other things cause you stress, try to avoid it. Although simpler said than done, removing something that is in your control to avoid, you can create a more positive environment.
- To Do List: There will be times when the To Do list does not have to be completed. The room does not have to be cleaned today. Opt to take a walk outside, take deep breaths, or listen to the birds, even if it is only for a few minutes. Changing your mindset with something positive will help.
- Learn to listen to your body: Do you clench your jaw when stressed? Perhaps, your heart beats faster, or your thoughts are not focused. Take time to listen to your body, make a note of the things that affect you.
- Meditate: Learning how to quiet the mind and learning breathing exercises are two of the most popular methods to release stress.
- Exercise: Dancing, gardening, jogging, walking, or anything that helps you get into a different mindset helps relieve

stress. Even 5 minutes of activity can help.

- Sleep: Create a sleep routine that allows for some down time before bed; no phones, caffeine, or other stimulants. During sleep, our bodies heal.

- Nutrition: Eating a healthy, well-balanced meal helps you think clearly and become alert. During times of stress, to boost mental health, eat plenty of fruits, dark green leafy vegetables, foods high in Omega-3 fatty acids, whole grains, nuts, and legumes. Include, lean proteins, and reach for healthy snacks. Avoid processed foods.

Texas A&M AgriLife Extension offers programming to fit your community's needs. For more information, visit your local health department, or ask for more information on Stress classes/programming from your local County Extension office at (counties.agrilife.org) or by calling 325-732-4304.

Encourage teachers to apply for TFB's Summer Ag Institute

By Julie Tomascik
TFB Editor

Teachers can grow their knowledge of agriculture and learn to incorporate agricultural concepts in their classroom with help from Texas Farm Bureau (TFB).

The state's largest farm and ranch organization will host its annual Summer Ag Institute (SAI) June 14-17 in Waco at the TFB Conference and Training Center.

Teachers from across the Lone Star State get a first-hand look at agriculture through the professional development event.

"Teachers really enjoy the SAI experience, because it truly allows them to see agriculture in action and also participate in hands-on activities and opportunities that they can relate to their classroom content," Jordan Walker, TFB associate director of Organization division, Educational Outreach, said. "The environment of SAI encourages teachers to engage in active learning much like they facilitate in their classrooms."

Regardless of the subject, agriculture has a place in the classroom, Walker noted.

"Agriculture is present in everything we do, and the industry has advanced significantly over the years to include incredible science, technology and growing career opportunities. Increasing agricultural literacy among today's teachers and students expands knowledge of how agriculture is imbedded in the science, social studies, math and so much that students learn each day," she said. "When we increase agricultural literacy, we increase awareness and grow more educated consumers and, ultimately, leaders of the next generation."

Teachers get to see the agricultural concepts demonstrated by educational professionals through SAI. They will also make connections with farmers, ranchers and industry professionals.

And there will be several opportunities for teachers to get their hands dirty.

Teachers will visit area farms, ranches and other agricultural businesses, as well as hear from a U.S. Department of Agriculture scientist and a soil expert from the Natural Resources Conservation Service. The Texas Beef Council also will provide a fun, interactive demonstration to connect the beef process from pasture to plate.

"Many topics will be covered over the four-day institute, but teachers can definitely expect two key takeaways - that agriculture can be incorporated into any subject and there are many resources available to help do just that," Walker said.

Upon completion, teachers bring home activity ideas, lesson plans and a wealth of resources. Teachers also receive 36 hours of continuing professional education credits as authorized by the Texas Education Agency.

Any certified, active K-12 teacher of any subject can register to attend.

The cost is \$375 per person, which includes lodging and some meals, but county Farm Bureaus often offer sponsorships to cover the cost for local teachers.

Teachers will be notified of their sponsorship status after registration is complete.

For more information and to register, visit texasfarmbureau.org/aic or contact Walker at 254.751.2569 or edoutreach@txfb.org.

Regional teacher workshops will be announced later this spring.

Emergency Siren Signals

Cities of both Bronte and Robert Lee

- 1 Long Ring - Wind Advisory over 60 mph
- 2 Rings - Fire or VFD Meeting
- Another 2 Ring - Call for Additional Firefighters
- 3 Rings - Tornado Warning
- 1 Long Continuous Ring - All Clear for Tornado

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