







Hands are tied

Despite recent hike in COVID-19 cases, local authorities can't do very much

ZACHARY-TAYLOR WRIGHT

Staff Writer

Although COVID-19 cases have begun to climb across the country, state and county, local officials are struggling to find any means to mitigate the rising threat after Gov. Greg Abbott's most recent executive order outlawing the implementation of government mask mandates or

Governor Greg Abbott's executive order GA-38 released July 29 states no governmental entity may pressure anyone to receive a vaccine administered under emergency use authorization nor issue any policy that requires individuals to have a COVID-19 vaccine to receive service or enter a location.

passports" and even limiting the ability of private businesses to require masks or vaccinations. Between July

"vaccination

19 and Aug. 3, there were 281 new COVID-19 cases in Kendall County, with two resulting in the death of residents, bringing the COVID-19 death toll to 74 in the county since the pandemic began in 2019.

In all, there have been 1,968 confirmed cases, 2,197 probable cases, and 3,396 recovered cases in the county, totaling 7,074 cases since the onset of the pandemic. As of Aug. 3, there were 86 active cases in Kendall County.

Local officials across the state were invited to a meeting by state-level officials late last month to discuss mitigation strategies, but Kendall County Emergency Management Coordinator Jeff Fincke said the governor's executive order seems to directly contradict the recommendations made during the meeting.

"Most of the meeting was telling people to get vaccinated," Fincke said. "Educate people on why they should get vaccinated and get people vaccinated. And we understand that, but they want us to do all these campaigns and pump all this money to do it."

However, Fincke said state officials' recommendations are in opposition to the governor's executive order, which

See **COVID**, Page **3**



the BISD staff who filled the auditorium to laugh during a skit. For more convocation pictures, see Page 5. BISD aims to shine brightly in 21-22

KEITH E. DOMKE

General Manager

The Starlight Lounge was the place to be for Boerne Independent School District teachers and staff on Tuesday morning as a convocation officially kicked off a 2020-21 academic year that promises to be "Shining Brighter Than

Ever."

The annual convocation serves a rally for BISD personnel as they make final preparations for the days, weeks and months ahead.

"You are all wonderful educators," said Superintendent Tom Price, decked out in a sparkling red blazer and bow tie to fit in with the

See **BISD**, Page **3**



BISD Music Director Ken Peach, right, led the Starlight Lounge band and dancers in a number on Tuesday.

Star photo by Keith E. Domke

One of the best

Boerne Mayor Tim Handren, right, recognized Boerne ISD Athletic Director Stan Leech and the district's entire athletic program on Tuesday afternoon through a special proclamation. For more, turn to Sports, Page 6.

Star photo by Keith E. Domke



Group eyes more road projects

ZACHARY-TAYLOR WRIGHT

Staff Writer

As the Kendall County Boerne Fair Oaks Transportation Committee continues the process of planning roadway projects to address congestion issues in the city, the subcommittee tasked with developing a preliminary list of projects seems to have current and future Boerne Independent School District schools weighing heavy on its decision process.

The transportation committee, which was developed in September 2019, is tasked with

making recommendations for short-range projects to quickly alleviate existing traffic congestion and long-range projects to address current and projected transportation needs. The committee also is tasked with making policy recommendations to help design the transpor-

tation and land-use system in the county.

While an initial list of 11 projects was presented earlier this year, which were equitably spread across the county, an expanded list of 24 projects has been developed which appears

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Volume 115 • Number 63

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DEATHS

Maxie R. Zinsmeister Paul Loren Gutierrez Carl H. Weed

For complete obituaries, see Page 2 and online at www.boernestar.com.



INSIDE:

July was a wet month in and around Boerne, and August is off to a damp start as well. See Page 2.

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Paul Loren Gutierrez

Paul Loren Gutierrez, age 46, died on Monday, July 26, 2021, in Boerne, Texas. He passed peacefully at home surrounded by his loved ones after a heroic battle with pancreatic cancer.

Paul is survived by his wife, Merryl Kidder Gutierrez; daughter Katelyn Gutierrez (Jacob) Landreth; son Ethan Walker Gutierrez; and a bountiful circle of family and friends that will greatly miss him.

A Celebration of Life is being held on Friday, August 13, 2021, at 11 a.m. at Lost Mission, 2101 Anhalt Road, Spring Branch, TX 78070. The Rev. Jake Fain will be



Gutierrez

officiating.

In lieu of flowers, the family prefers donations be made to Transformation House in

Donations can be made online at https:// transformationhouse.givingfuel.com/ in-honor-of-paul-gutierrez or by mail to Transformation House P.O. Box 1181, Boerne, TX 78006.

Arrangements with Ebensberger-Fisher Funeral Home of Boerne.



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an hour, not for just

a day, not for just

the year but always.

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Love CJ

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Formerly Vaughan's Funeral Home

Carl H. Weed September 9, 1932 – August 4, 2021

Carl H. Weed, age 88, of Boerne, passed away on Wednesday, August 4, 2021. The viewing for family and guests will be between 6 and 8 p.m. Tuesday, August 10, 2021, at Ebensberger-Fisher Funeral Home. Funeral Services will be held at 11 a.m. on Wednesday, August 11, 2021, at First United Methodist Church in Boerne Texas.

Weed Carl was born on September 9, 1932, in Putnam, Texas, to Marvin and Eula Weed. Carl lived out most of his adult life, all of 50 years dedicated to his career as a bus driver for Trailways (Greyhound). He was presented with numerous awards throughout his career highlighting his ability to drive millions of miles, while doing it safely.

Carl's servant heart led him to volunteer at Kronkosky/ RSC where he was well known and loved by many. He was a lifelong member of the First United Methodist Church in Boerne, Texas, where he dedicated his entire life joyfully serving the Lord. He will be deeply loved and missed.

Carl is survived by his daughter, Sharon Weed; his daughters-in-law, Susan Weed (Mark Godoy) and Trisha Barksdale; and his grandchildren, Cammy (Matt) Prine, Joshua (Kayela) Barksdale, Sarah Leslie, Megan Weed

(Aaron Schoolcraft) and Bailey Childers. Carl is preceded in death by his wife, Patricia Weed; his son, David Weed; his son, Stephen Barksdale, daughter Catherine Smith; and granddaughter Madison Markell.

To leave condolences for the family, please visit www.ebensberger-fisher.com. Arrangements with Ebensberger-Fisher Funeral Home of Boerne.



Maxie R. Zinsmeister December 15, 1931 - July 30, 2021

Zinsmeister

Maxie R. Zinsmeister Sr., 89, passed away peacefully in Bexar County on July 30, 2021. Maxie was born in Kendall County on December 15, 1931, to Edward and Meta (Meckel) Zinsmeister. He grew up with two surviving brothers, Eddie and John (Butch), following the death of their oldest brother, Sonny.

Maxie graduated from Boerne High School in 1951 and shortly after joined the

U.S. Air Force, where he dedicated his services for 37 years. He was stationed in El Paso, Texas, for his first three years in which he made a weekly commute from Boerne.

He married the love of his life, Betty Louise Grosser of Bergheim, on June 25, 1955. On September 29, 1956, their daughter, Susan, was born, and on October 30, 1957, they welcomed their son, Maxie Jr.

Upon Maxie and Betty's relocation to San Antonio in 1961, they joined the congregation of St. Paul Lutheran Church in which they became lifelong members. Maxie had a great love for all sports, especially football and baseball. He played baseball throughout his grade school years and continued to play recreationally until the age of 62.

Maxie was a country boy at heart and his passion for the great outdoors was obvious as he spent a lifetime hunting and fishing. It started at a young age when he and his brothers would hunt and fish from sunup to sundown. He also volunteered much of his time as a scout master where he could teach leadership and survival skills to young men. Additionally, he was a beloved volunteer softball coach at St. Paul for the girls, women's and men's leagues.

Maxie is survived by his daughter, Susie Stavinoha and husband Wayne of San Antonio; son Maxie Zinsmeister and wife Leslie of Bergheim; grandchildren Jason Stavinoha, Tana Ketchner and Chad Stavinoha, all of Boerne, Texas, and Troy Zinsmeister of Austin, Texas; and great-grandchildren Rylee Stavinoha and Beau and Stella Ketchner. He is also survived by his brother, John (Butch) and wife Emilie Zinsmeister; and numerous nieces, nephews and cousins.

He is predeceased by his parents, Edward and Meta Zinsmeister; the love of his life, wife Betty of 49 years; brothers Sonny Zinsmeister and Eddie Zinsmeister and his wife, Doris; daughter-in-law Lori Zinsmeister (loving mother of Troy); and grandson Darrell Stavinoha.

Ebensberger-Fisher Funeral Home in Boerne, Texas, with funeral services following at 11 a.m. Interment will follow the service at Boerne City Cemetery.

To leave condolences for the family and to view a video of Maxie's life, please visit www. ebensberger-fisher.com. Arrangements with Ebensberger-Fisher Funeral Home of Boerne.



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names 3 trustee finalists

The Boerne Independent School District has whittled its Place 5 board of trustees replacement to three individuals after reviewing all candidates during a special meeting on Wednesday.

Information from the school district stated 11 applicants applied, including former Trustee Alan Rich, who decided not to seek another three-year term in May.

"We are extremely grateful for the tremendous support from the community during this process," a blanket statement from the board of trustees read. "We were fortunate to have 11 well-qualified applicants who all have the best intentions for our students, parents and staff. Thank you to everyone who applied for the position and for the continued support of the Boerne ISD community."

The three finalists are Jacque Dubose, Lyssa Hamilton and Garrett Wilson.

The appointment is necessary after David Spencer resigned for personal reasons earlier this summer.

Information from the district stated current board members will interview the three applicants during a special meeting on Monday, August 9, and plan to appoint the new trustee prior to the next regular monthly board meeting on Monday, August 16.

The individual selected to the position will serve until May 2022 and must seek re-election to serve another

Not your typical July

Abundant rainfall eliminates drought conditions in area

BY KEITH E. DOMKE General Manager

It didn't rain on all that many days in July in and around Boerne. But when it

did, it did. During the first full month of summer, 6.15 inches of precipitation was recorded at Boerne Stage Field, the city's official recording station for the National Weather Service.

The amount is more than 3 inches above both the normal and mean amounts for July. In fact, the month's deluge brings the 2021 precipitation total to 27.99 inches, or about 8 inches shy of the average total for the year. Almost 22 inches of that total fell in May through July, adding much-needed water to area aquifers.

After June experienced 3.44 inches of rain, July started out on the wet side as 3.92 inches fell during the first seven days of the month while another 1.32 inches filled gauges during the next four days. After 0.3 inches was recorded on July 20, it didn't rain again until the 30th, but another 0.61 inches fell to arrive at the month's total. Rain fell on 11 days during the month.

July's precipitation total is the third highest for the month in this century, but is nowhere near a record. In 2002, 28.32 inches of rain deluged the city. Five years later, 9.64 inches was recorded.

Currently, precipitation totals through the first seven months of the year are almost 7 inches above normal, or 133 percent higher than average.

If Mother Nature brings an average amount of precipitation to Boerne for the rest of the year, another 16-plus inches would fall. Last year, however, about 11 inches accumulated from August through December, including a paltry 2.76 inches during the last three months.

However, August has started on the damp side as 1.88 inches of rain fell on the first three days at Boerne Stage Field. Another Boerne weather observer recorded 4.56 inches during the first two days of the month. The precipitation caused some isolated flooding in the area.

Additional rain fell in the area on Thursday with about a quarter-inch recorded as of 10 a.m.

The Texas Drought Monitor shows only extreme west Texas in any stage of drought, and almost of all that area is in the abnormally dry ranking. As of July 29, there is no moderate, severe or extreme drought in the Lone Star State.

The temperature topped out at 95 degrees last month, hitting that number on July 26 and 27. On 13 other days, the mercury reached at least 90 degrees. Overall, the average high temperature was more than 3 degrees below average at 89.1 degrees. The norm is 92.5.

The low temperature for the month was 66 degrees, set on July 22 and 23. The thermometer dipped into the upper 60s on five other nights during the month.

July's average low temperature was 70.6 degrees, about a half-degree cooler than normal.

The short-range forecast calls for a chance of rain through Friday with sunny skies returning for the weekend. High temperatures should be in the low 90s.

The long-range forecast through October predicts no drought conditions for the majority of Texas while much of the western United States beyond Texas will remain in persistent drought. Precipitation should be close to normal during the period.

The same three-month outlook for temperatures calls for slightly above normal readings for South Central Texas.

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BISD FROM PAGE 1

1960s talk show theme. "You are special and make such a difference in students' lives.'

The glitzy two-hour welcome featured BISD students. staff and members of the community drawing rounds of applause and laughter from staff members who poured into the Champion High School Auditorium.

Champion senior Delaney Sandidge made sure the 1,000-plus in attendance were doing what they were supposed to do by holding up "Applause," "Laughter" or "Quiet" signs. Champion theater director Israel Aviles served as the host while District Music Director Ken Peach led a Starlight Lounge band through several big band selections.

When Price was "interviewed" by Aviles, he spoke about the 2020-21 year that occurred during the height of the COVID-19 pandemic. Students and staff were required to wear facemasks on campuses throughout the year, and e-learning was provided as an option.

"Thanks for helping us get through these past one-anda-half years," Price said. "We couldn't do it without you."

Price said BISD actually thrived during the pandemic, despite it being a challenge at the same time.

"It really wasn't a horrible year," he said. "You did a good job of surviving and thriving. You pulled together, and it made the difference."

The superintendent said it was remarkable the district

Free meals at BISD this year

The Boerne Independent School District announced Tuesday that all students will be offered free breakfasts

and lunches throughout the 2020-21 academic year. Typically, a student's household must meet income eligibility requirements to qualify for free or reduced-price meals, information from BISD stated. However, the United States Department of Agriculture issued guidance that allows schools to offer meals to all students at no cost

for the upcoming school year. "We are pleased to offer every student in our district free, healthy meals, both breakfast and lunch, for the upcoming school year," Boerne ISD Superintendent Tom Price said. "We encourage our families to take advantage of this wonderful opportunity and to utilize the great tasting and healthy meals provided by SFE (Southwest Foodservice Excellence)."

Each school and the central office has a copy of the policy, which may be reviewed upon request. While no application or eligibility determination process is required for a student to receive free meals this school year, the income eligibility requirement likely will resume in the 2022-23 academic year.

For more information regarding Boerne ISD's food service, visit the district website at www.boerneisd.org.

achieved what it did considering all the obstacles the previous academic year presented, which also included the severe winter storm in

"It all goes back to the fact that you love children," Price said to his teachers.

He then listed some of BISD's achievements in academics, fine arts and athletics, saying 2020-21 was one of the best years in the district's history.

"Everyone pulled together." Price said. "We got our kids back on campus and allowed them to be kids. That's what you provided last year and why we're the best school district in Texas."

As he wrapped up his talk, Price said this year's challenge will be the same as last year's for BISD to provide top of the line academics and safety.

'You are the heart and soul of what we do," he said, adding that staff safety is just as important as student safety.

pull together, and what helps us is we're one big family."

Prior to Price, BISD 2021 Teacher of the Year Susan Mertz of Herff Elementary addressed the group. She said she is entering her 33rd year

"You're not just a teacher," she said to her peers. "You're educators, and that's vastly

She said an educator not only teaches, but inspires, challenges and encourages creativity while also instructing students to learn the needed material.

with every student who enters your classroom," Mertz said, adding that includes the "critics" every educator encounters. "Be the educator they remember and make a difference in their lives.

"Isn't that our purpose?" The new academic year in BISD schools starts next

Eight projects had been

"We again will do our best to

different in my eyes.'

"You build relationships

Wednesday, August 11.

against the virus.

Earlier in the day, San Antonio Mayor Ron Nirenberg said that the COVID-19 level in San Antonio has reached severe. He encouraged everyone who is eligible to get vaccinated to keep hospitalizations as low as possible.

Published reports stated Bexar County Judge Nelson Wolff said 99.5 percent of the COVID-related deaths in Texas have been unvaccinated individuals.

"Two simple things. It's up to the citizens to put out this fire. Mask up and get vaccinated," he said.

Texas

Also earlier this week as other Central Texas communities, including Austin and Travis County, await new Stage 5 recommendations, President Joe Biden slammed Abbott and other governors for taking action to prevent mask and vaccine mandates, saying it forbids people from doing the right

On Tuesday afternoon, Biden called out Texas by name for its policies.

"The most extreme of those measures is like the one in Texas saying state universities or community colleges could be fined if it allows a teacher to ask her unvaccinated students to wear a mask," Biden said.

Published reports stated Biden also mentioned Texas' relatively low vaccination rates, implying that is connected to a surge in cases in the state. Just two states, Florida and Texas, account for one-third of all new COVID-19 cases in the entire country," the president

Without mentioning Abbott by name, Biden added, "Some governors aren't willing to do the right thing to beat this pandemic. If you aren't going to help at least get out of the way.

COVID FROM PAGE 1

states municipalities may not issue vaccination passports or mask mandates. Fincke said this contradicts the messaging suggested during the state-led meeting. The executive order essentially has the county's hands tied on what preventative measures it can take, but beyond that Fincke said the governor appears to even want private businesses to lack the power to limit unvaccinated or unmasked customers.

Currently, 26,053 - or 64.34 percent – Kendall County residents over the age of 12 have received at least one dose of the vaccine and 22,917 - or 56.59 percent residents of the same age are fully vaccinated.

Abbott's executive order GA-38 released July 29 states no governmental entity may pressure anyone to receive a vaccine administered under emergency use authorization nor issue any policy that requires individuals to have a COVID-19 vaccine to receive service or enter a location. Additionally, the order bars any public or private entity which received or will receive public funds through any means from requiring individuals to show proof of vaccination from COVID-19. The order nixed the potential for any business operating limits as had previously been implanted in areas with high hospitalization rates.

While the order does bar any public entity from requiring a face mask under any circumstance, excluding jails and publicly owned health facilities, the order does state, "In areas where COVID-19 transmission rate is high, individuals are encouraged to follow safe practices they have already mastered, such as wearing face coverings over the nose and mouth wherever it is not feasible to maintain six feet of social distancing from another person not in the same household."

The order also "strongly encourages" all individuals, businesses and other legal entities to exert goodfaith efforts and adhere to the Texas Department of State Health Services' recommendations

"There was nothing earth shattering about those conference calls," Fincke said. "The biggest thing from it is 97 percent of people in the hospital are unvaccinated, which if that isn't enough to

get people vaccinated, then I

don't know what is."

well.

Even though the local municipalities are now restricted from implementing previous mitigation efforts, Fincke said county staff set up the temperature scanners at the courthouse again, is urging residents to get vaccinated and asking residents to self-test for symptoms and go home if they're not feeling

Boerne Mayor Tim Handren would not comment on the issue beyond his Mayor's Minute released and published last week in The Boerne Star, where he advised residents to speak with their doctor about health concerns related to the pandemic. He also addressed the statistics and recommendations released state and federal agencies.

Fincke said people are arguing the death rate hasn't gone up, but he said the hospitalization rate has and if the hospitalization rate hadn't gone up the death rate would

"They say there's not enough science out there, but to me there is," Fincke said. "When you say 97 percent of the people in the hospital are unvaccinated, that says to me that the vaccine is working. And the vaccinated people in the hospital aren't getting as sick, so that says something about it as well."

San Antonio

On Wednesday, the city of San Antonio issued a public safety alert to its residents as a response to the "significant stress" area hospitals are in because of rising COVID-19 cases, according to officials.

The alert also mentioned that more than 88 percent of new cases are delta variant-related, and San Antonio has seen a rise is hospitalizations because of it. The alert strongly encourages residents to get vaccinated and wear a mask indoors to protect

ROADS FROM PAGE 1

to prioritize Kendall County communities east of Interstate 10 where BISD may be planning to place new schools. The roughly seven-person projects subcommittee developing this list was comprised of a couple BISD employees, including Chief Operating Officer Henry Acosta and Place 7 Board Member Rich Sena, and four Boerne residents and a Comfort resident.

established by the transportation committee earlier this year and presented to the county commissioners and Boerne City Council, but the subcommittee began convening and further developing a new list of projects with heavy input from BISD representatives. The projects subcommittee chairperson, Bitsy Pratt, said the new list, which is expected to be presented to the entire transportation committee Aug. 17, maintains the original 11 projects but is expanded to include non-contentious longterm and short-term projects.

The initial list of projects included county projects and a proposed expansion of a section of Scenic Loop Road that would remain a two lanes after the Boerne Bakke development would expand a portion to three lanes, a reconfiguration of the access road along Interstate 10 to access Joshua Springs Park and the Kendall County Youth Agriculture and Equestrian Center, a reconfiguration of the intersection of Road-to-Market Road 423 and Highway 27 in Comfort and development of a "backage" road to address the median planned to run along Highway 46 over Interstate 10 that would eliminate left-hand turns onto the highway from the access roads on either side the interstate.

The list also has city projects, including the expansion of Old San Antonio Road to three lanes and expanding the road's connection to Scenic Loop Road, the installation of a pedestrian crossing at Old No. 9 Trail and Blanco Road and the creation of a roundabout at the intersection of Main Street, Adler Road and School Street to alleviate

Pratt said some of the projects on the list are simply an endorsement of projects already outlined in the city of Boerne's capital improvement projects, saying the committee didn't create these projects but is supportive of them. Included in that list is addressing the congestion issues at Cascade Caverns

Additionally, it became clear during the subcommittee's meeting Wednesday it would like to see a shortterm solution of adding a turn lane to Old San Antonio Road but would eventually like to see the road turn into a five-lane road with biking and pedestrian lanes on either side.

Although several county and city officials have said the transportation committee will need to make more difficult and controversial decisions to address congestion issues across Kendall County, Pratt said the new list of projects only includes recommendations where the city or county has the right of way already. She said the plan for the subcommittee is to avoid contentious recommendations that would warrant acquiring private property, saying that argument would need to happen at a bigger level and table.

"All our projects are looking at existing roads and not adding roads at this point in time," Pratt said. "We're just trying to use what we got and build on what the community has told us in the past and stuff that's never been done that the community has talked about doing."

The subcommittee solely used the BISD demography reports to establish where growth will be in the county, and the members identified the southeastern quadrant of the county - south of Highway 46 and east of Interstate 10. Pratt said the subcommittee worked clockwise around quadrants of the county separated by Highway 46 and Interstate 10 from the southeast quadrant, where she said the greatest growth is expected.

Although Pratt acknowledged growth across the quadrants is consistent, not many transportation project recommendations can be expected for the northwest quadrant because the majority of roads in that region are within developments and not public roads.

Pratt also said there isn't really demand for transportation solutions in the northwest quadrant of the county because any developments in that region are subject to the 6-acre-per-water-well density limitations set forth by the Cow Creek Groundwater Conservation



NOTICE OF PUBLIC HEARING ON KENDALL APPRAISAL DISTRICT BUDGET

THE KENDALL APPRAISAL DISTRICT WILL HOLD A PUBLIC HEARING ON THE PROPOSED 2022 APPRAISAL BUDGET

DATE August 11, 2021 9:00 AM **TIME**

Kendall Appraisal District LOCATION

118 Market Avenue, Boerne, Texas 78006

A summary of the Appraisal District Proposed Appraisal budget follows:

Total amount of the proposed budget \$129,9528

Total amount of increase from the current year's budget \$118,902

The number of employees compensated 15 under the proposed budget

The number of employees compensated 15 under the current budget

The budget is supported solely by payments from the local taxing units served by Kendall Appraisal District.

If approved by Kendall Appraisal District Board of Directors following the public hearing, the proposed budget will take effect automatically unless disapproved by the majority of the governing bodies of the county, school districts and cities served by Kendall Appraisal District.

A copy of the proposed budget is available for public inspection in the office of each of those governing bodies. A copy is also available for public inspection at the Kendall Appraisal District office.



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Here we go! ... It's back to school time

When I was a youngster growing up in Northwest Indiana, I routinely got excited when the first day of school was just around the corner.

Now don't get me wrong. I loved summer and summer vacation, and those warmer months minus the classroom were filled with sports, vacations, neighborhood friends (and later, girls) and other absolutely terrific things. It's just that when I realized that the inevitable was coming - back to school – I looked forward to it.

Of course, we then started counting down the days to Christmas vacation on about the second or third day of classes, and then to next summer's vacation when the holidays rolled around.

But, the first day of school was, well, the first day of school.

For some reason, I can remember getting excited when the list of school supplies would come in the mail. There was no internet or email back then, and no computers, so snail mail - or telephone was the communication device.

In grade school, when we received our supply list, we also found out who are our teacher was going to be. If he or she was who we wanted, it was a great day. If it wasn't, well, you might as well get used to bending over for the

Side note: For some reason, I have my fifth-grade teacher's paddle we gave to her later in life when she retired. We all signed it and had it shellacked for safe keeping.

Why I have it, I don't know. That's my story, and I'm stick-

ing to it. ... And "punishments" certainly have changed over the decades.

And then, later in life - the high school days - I looked forward to seeing if my girlfriend or buddies and I would be in any classes together. Back then, you had limited freedom in choosing high school electives, but the three "R's" and other things were required. We never knew which hour would be what – and with whom – until that list or schedule came in the mail.

In elementary school, when you found out which teacher you had, you also found out which friends

COFFEE WITH KEITH KEITH E. **DOMKE** GENERAI MANAGER

would be in your class, too. Again, an exciting day.

It also was exciting when Mom and I would go to the store to purchase supplies.

Everything had to be new, even when it didn't need to be. If I had 199 sheets of a 200-sheet spiral notebook available, it wasn't good enough. I needed a new one.

And back in those days, we needed three-ring binders, rulers, pencil sharpeners, compasses and protractors. And, of course, what are pencils - the old No. 2s without a pencil box?

Oh, and glue. Yep. Just don't

I also remember the importance of entering fourth grade. We used pens for the very first time. Black or blue? Which color to get? Sometimes the supply list would give a choice.

Those were tough decisions back then.

On the first day of school back in those days, everyone wore a new outfit - shirt, shorts and brand new sneakers for us guys. When I was little, the shoes were Red Ball Jets - and they were cool. And I had red ones.

In later years, I'd mix T-shirts and dress shirts, jeans and nicer pants, and sneakers and dress shoes. It all depended on the day and maybe the occasion.

Of course, by the middle of September, we didn't care what we wore, unless it was picture day when we would dress up or game day when we would wear our jerseys.

And, those still pretty new spiral notebooks had torn edges with pages nearly falling out of the spiral. Pencils were nubs, compasses were broken. ...

So, here we are at the beginning of another school year. Boerne ISD starts next Wednesday. Comfort gets underway on Monday, August 16. Geneva begins the day after Labor Day in September.

This year again holds promise

for those who walk the hallways and sit in the classrooms. Hopefully, it will be a year much closer to normal. We'll see. Please get vaccinated if you haven't already. Do your part.

But in the meantime, get those new supplies - even though they've changed drastically over the years. And be proud where you or your children attend school. You have every reason to be around here.

We're extremely fortunate in these parts to have three wonderful opportunities for an education Boerne, Comfort and Geneva. All are terrific. All are solid. All provide a quality education with quality teachers. All are well above the curve.

And it remains a privilege to be on the other side and witness our children getting that top-notch education – and reporting on that very thing.

I just still don't know what to do with that paddle – or with that half-full spiral notebook.

As always, thanks for reading.

THE BOERNE STAR **ONLINE POLL**

With the delta variant of COVID-19 causing increased virus infections across Texas and with the CDC's new guidelines targeting more stringent mask-wearing and urging more people to get vaccinated, should Kendall County take action to help prevent local spread?

Yes ■ No

52% 48%

Based on votes as of noon Thursday. To vote, visit www.boernestar.com. To comment, visit our Facebook page.

Editor's note: The Star is quoting Hebrews 11, also known as the "Hall of Faith" chapter of the Bible.

"By faith Abraham obeyed when he was called to go out to the place which he would receive as an inheritance. And he went out, not knowing where he was going. By faith he dwelt in the land of promise as in a foreign country, dwelling in tents with Isaac and Jacob, the heirs with him of the same promise; for he waited for the city which has foundations, whose builder and maker is God."

-Hebrews 11: 8-10

"Life without love is like a tree without blossoms or fruit.'

–Khalil Gibran

The opinions expressed in the columns, cartoons and letters on this and any other page do not necessarily reflect the viewpoint of this newspaper.

THE BOERNE STAR

www.boernestar.com

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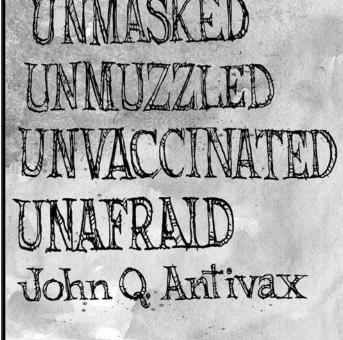
MEMBER Texas Press Assn., National Newspaper Assn., South Texas Press Assn., Texas Gulf Coast Press Assn.



941 N. School Street • Boerne, TX (UPS 059-740)

830-249-2441

THE BOERNE STAR is published twice weekly for \$60 per year in Kendall County. \$70 elsewhere in Texas and \$80 per year outside of Texas by The Boerne Star, 941 N. School St., Boerne, Kendall County, TX. 78006, Periodical postage paid at Boerne, TX. POSTMASTER: Send address changes to THE BOERNE STAR, 941 N. School St., Boerne, TX 78006–0820. U.S.P.S.059-740





Freedom and the opportunity to succeed

Recently, thousands of Cubans took to the streets throughout the island, demanding an end to the 62-year communist dictatorship while protesting the lack of food, basic services and deteriorating living conditions.

Videos posted on social media showed Cubans shouting "We're not afraid. Freedom!" Such protests are unprecedented in a country with tight police control and surveillance on dissidents.

Cuba's communist government cracked down against activists, deploying security forces across the country and arresting hundreds. As demonstrators sought to broadcast the protests live with cellphones through social media, Cuba's government cut internet service.

Independent journalist Abraham Jimenez wrote on his Twitter account, "I saw many people beaten and arrested." Ernesto Hernandez Busto, a dissident Cuban writer, added, "It's the end of an era where a deep fear prevailed; the symbolic fear of going out to protest. It marks a tremendous turnaround."

President Miguel Diaz-Canal vowed that the government would not yield to protestor demands, stating, "They will have to go over our dead bodies if they want to overturn the revolution."

Initially, the Biden administration's response was disappointing. Homeland Security Secretary Alejandro Mayorkas said, "Allow



me to be clear. If you take to the sea, you will not come to the USA," adding that there would be no entry even for those who can prove a wellfounded fear of persecution or torture. Contrast this with the open borders policy of the Biden team and one has to wonder what these people are

thinking. Four days after the protests began, President Biden did express support for the demonstrators, and that is appreciated. But as Florida Senator Marco Rubio, the son of Cuban immigrants, noted, "The president left out the words 'Marxist,' 'socialist,' or 'communist," in his criticism of the authoritarian regime.

The Voice of America did the same. This taxpayer-funded agency gave considerable reporting to the Cuban government's claim that the country's troubles are the fault of U.S. policy and that the protests were a provocation against a peaceful country. Following this biased reporting, Press Secretary Jen Psaki finally admitted that Cuba was an authoritarian communist state with a failed ideology.

But Cuban protestors have yet to hear any support from the likes of Bernie Sanders or the "Squad," who have at times praised the Cuban dictatorship. This is very troubling.

Just as Republicans should denounce QAnon conspiracy theorist nutjobs within their ranks such as Rep. Marjorie Green, Democrats should oppose the radical leftists in their party who openly support our enemies.

That Cuba's leaders blaming the USA for all its economic shortcomings is a convenient excuse for the failures of communism. Isn't 62 years enough time for Cuba's dictators to provide prosperity to its people? The truth is that communism has never worked anywhere on earth.

Many Cubans rely on remittances from family members in the USA to survive. The 2.3 million Cuban-Americans earn more income in a year than the entire Cuban population of 12 million. Cubans realize that there is more opportunity for economic success in the USA than in their own country.

Charles Lipson, a retired University of Chicago economics professor, stated, "Economic outcomes depend on property rights, the rule of law and other basic features of the American political-economic system. Competitive, capitalist systems don't just produce better outcomes; they produce far better outcomes with far more prosperous lives for ordinary citizens.

"To take advantage of economic opportunities all around them, entrepreneurs need to know they will reap most of the rewards, not have them ripped off by government kleptocrats. They need secure property rights and a stable political environment to make long-term investments. They need limits on taxation and public corruption so all the profits aren't stripped by predators. They need to be able to compete in the marketplace, win or lose, and not have the government reserve all the glittering prizes for its political supporters. They need a government that doesn't encumber every private initiative with page after page of regulations, which not only stifles innovation but also encourages corruption by making it easy for politicians to cozy up to businessmen and say 'I can help you get around these rules for a small consideration. Better yet, I can

write new rules just for you.' "When predatory regimes violate these basic points, as Cuba has for decades, they become insurmountable obstacles to prosperity," Lipson concluded.

Lipson is 100 percent correct. Freedom, property rights and opportunity to succeed are the hallmarks of American society. Most Americans know this.

Overwhelmingly, our nation's immigrants, the majority of whom are people of color who voluntarily came here, know and appreciate this about America. It's unfortunate that there are many Americans like Sanders and his ilk that don't realize the greatness of the nation they live in. The rest of us must persevere in promoting the truth.

Letters to the Editor Policy

The Boerne Star welcomes letters on any public issue.

Letters may be mailed, faxed, emailed or hand-delivered but must contain the writer's name, address and phone number. Addresses and telephone numbers are for verification purposes only and will not be published. Names and city of residence will be published. Letters should be short and concise, long enough only to make your point. We reserve the right to edit all letters for style and content and refuse letters that would be objectionable to readers. We also will not publish anonymous letters. Priority will be given to letters 300 words or less that concern local topics and written by people who've not published a letter in the last 30 days.

The Boerne Star does not accept letters to the editor urging voters to vote for or against candidates in local elections. In light of this policy, we reserve the right to reject or edit letters for references to candidates and whether or not they should be elected.

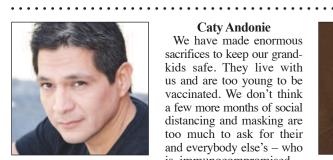
Call 830-249-2441 with questions regarding the submission of letters to the editor for publication.

Letter to the Editor, PO Box 820 Boerne, TX 78006 or news@boernestar.com

STREET BEAT:

The Boerne Star asks area residents to respond to its poll question.

Poll question: With the delta variant of COVID-19 causing increased virus infections across Texas and with the CDC's new guidelines targeting more stringent mask-wearing and urging more people to get vaccinated, should Kendall County take action to help prevent local spread?



Steven Huron

Kendall County should not act based on infection rates. The Infection rate will rise & fall, including that of any future variants. COVID is here to stay, but the questions are choice and health impacts. Most Americans have had the chance to get vaccinated, except for the youngest, who are normally the strongest and are COVID asymptomatic. It's time to trust our immune system and confront our fear of COVID. The youngest kids should continue wearing masks in close contact school until their vaccinations become available later this year. The rest of us should have the choice of wearing masks... or not, and live with our choices. Either way, these are tough decisions for all of us, including the CDC, politicians of both political parties, and parents alike. We have been in uncharted waters throughout this pandemic and we all need to stick together as Americans

Kay Perkins Kersh

through these difficult times.

Everyone has to make their own choice!! NO MANDATES! We Live in a Free country ... well, at least last time I checked!!

Caty Andonie We have made enormous

sacrifices to keep our grandkids safe. They live with us and are too young to be vaccinated. We don't think a few more months of social distancing and masking are too much to ask for their and everybody else's – who is immunocompromised safety. Kids have themselves sacrificed SO much that we owe it to them to do what's necessary to stop the spread of this deadly virus. We think, as Catholics, that it is our duty to look beyond ourselves and with kindness and love do what we can for others.

Peggy Alvarez-**Calderon Butler**

I will not go back to wearing a mask. We were sold this vaccine as prevention from Covid and the mutations to follow. The ones who were vaccinated did their part, the others should do what they feel is best for them and know there may be consequences.

Cheyanne Richmond

The fact that kids are unable to get the vaccine is enough of a reason to be more stringent on mask-wearing. 'Should Kendall county take action to help prevent a local spread?" If they care about the children in this community, it shouldn't even be a question.

Glen Smoot

Absolutely! They should encourage folks to be selfaware, wash their hands, be neighborly but not lick doorknobs.



Shawn O'Brien

would recommend Kendall county to not implement any new mask mandates. Enough is enough. I have a case of whiplash from trying to keep up with the CDC, NIH, Fauchi, and the rest of 'em. I am sure I am not the only one.

Jake Taylor

I got the vaccine, good luck getting me to wear a mask again. That's what they sold the vaccine as, but in typical CDC fashion, they flip flop more than a pair of reef sandals. End of the day it comes down to choice, the foundation of this country. If you are vaccinated and want to virtue signal and look down on people not wearing a mask, that's fine. If you are vaccinated and don't want to wear a mask, that should be fine too since they sold this whole vaccine on that very notion. At this point it iust comes across as what can we get away with? And I'm sad to say at this point in time, it seems the federal government with the University of Phoenix grad "Dr." Fauci and the CDC leading the charge, can get away with a lot.



Rashanna Till

As someone who is immune system deficient, I feel it's on me to ensure my safety. If you see someone wearing a mask, don't make a joker out of yourself by intentionally coughing on them or get in their space to harass them over a mask.

Kelly Corn Is there local spread or widespread pandemonium? I'm vaccinated so I didn't have to worry about this, so I could surround my ineligible child with people who are vaccinated at home and keep the spread away. Mutations will occur until enough people are vaccinated to either block spread or natural selection does its job. With all that said, I either don't take my son into indoor public or he wears a mask. Î'm torn between my right to protect my rights and my responsibility to a greater good in this one. If I have to I have to. But I'm not gonna be happy about it. Then again I don't remember happiness being a requirement to survive a global pandemic. Suck it up buttercups so this can be over. At the end of the day it won't be until big brother says it will be anyways.



Michele Segura No. The rise in mental and

behavior health needs in our schools and community should be signal enough that we must stop these overly aggressive mask mandates. Our teens and children are suffering from anxiety and depression with a 41% increase in cases in the last year and this cannot be overlooked when making decisions like this. Studies. like the one from Stanford cardiology department, continue to provide that "medical and non-medical facemasks are ineffective to block human-to-human transmission of viral and infectious diseases such as SARS-CoV-2 and COVID-19. However, wearing facemasks has been demonstration to have substantial adverse physiological and psychological effects to include hypoxia, hypercapnia, shortness of breath, increase acidity and toxicity, rise in stress hormones, immunosuppression, fatigue, headaches, decline in cognitive performance, predisposition for viral and infectious illnesses. anxiety and depression. Longterm consequences of wearing facemasks can cause health deterioration and the developing and progression of chronic diseases.

No we should each be responsible for ourselves. This is a FREE nation and I will not be locked down or masked again! As always if you are afraid stay home, but I'm not. God gave me an immune system and I will let it do its job. I can't believe in America that we are allowing the government to dictate our lives. The government has divided us and pitted us against each other over this virus. We are being forced to decide between a shot that obviously does not prevent this virus/is not FDA approved and our

Jessica Miller Windle

Rebecca Francoeur

jobs/lively hoods. I myself

choose to live life to the full-

est and believe that God has

a plan for me and I will leave

this world when HE decides. I

will NOT live in fear!

I like the idea of personal choice but know that the cost is more mutations that may be increasingly more contagious and deadly. We need to weigh the costs vs benefits and unfortunately too many people don't want to acknowledge the costs. Maybe they are scared to admit that it is possible for this to get very out of control if we don't do something now while we still can. An ounce of prevention is worth a pound of cure. I say do absolutely everything you can personally do to slow this thing down.

> Answers were taken from responses given after we posted the question on our Facebook page.

Welcome back!

he Boerne Independent School District welcomed back teachers and staff on Tuesday morning with a convocation in the Champion High School Auditorium. The theme for the day was the Starlight Lounge as interviews, skits and other performances highlighted the activities



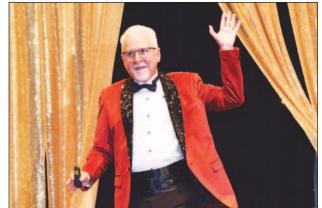
Boerne ISD board of trustees President Donna Sharp sits in the Starlight Lounge as she answers a question.



Boerne ISD Athletic Director Stan Leech jokes around with some school mascots during a skit.



Champion trombone player Mason Jackson joins other musicians from his school and Boerne High School in the playing of the National Anthem.



Superintendent Tom Price makes a grand entrance onto Star photos by Keith E. Domke the stage.

REPORTS

LAW ENFORCEMENT The following is a brief, partial recap of incidents reported by the Boerne Police Department, Kendall County Sheriff's Department and the Fair Oaks Ranch Police Department. General locations are listed rather than specific addresses. An arrest should not imply guilt or innocence which will be decided in court at a later date. Anyone with information about any of these incidents is asked to call the Boerne Police at 830-249-8645, the Kendall County Sheriff's Office at 830-249-9721, the Fair Oaks Ranch Police Department at 210-698-0990 or Kendall County Crime Stoppers at 1-800-348-LEAD (5323) or kc-crimestoppers.com.

BOERNE POLICE DEPARTMENT July 26

3:07 a.m., 513 MM I-10 E.- A woman with Kerr County reported a vehicle travelling into Kendall County with illegal aliens. The woman was with the Ker County Sheriff's Office and said three vehicles were involved in a pursuit, but one of the vehicles was found to be "loaded with illegals" during

the traffic stop. Nine individuals ended up being detained in Kendall County, and the driver was transferred to border patrol.

12:15 p.m., 540 MM I-10 E.- A driver was tailgating a man and held his hand like a gun toward him. 4:26 p.m., 1381 S. Main St.- A

woman was throwing construction

cones at vehicles passing by. 5:23 p.m., 100 City Lake- An individual threatened the Boerne Lake attendant and threw a coke can at the booth.

6:23 p.m., 440 W. Bandera Rd.-Employees felt threatened when a customer said they would blow the place up because the restaurant didn't have a particular food

8:17 p.m., 1381 S. Main St.- A man who appeared drunk was chowing on produce and crying without paying. He caught on that an employee was following him and tried to leave, but the employee was concerned he would drive while intoxicated. A wrecker was called by deputies, but it's unclear if the man was taken into

custody. Officers also conducted eight security checks, made 12 traffic stops, assisted the public 12 times, removed a traffic hazard and worked two false alarms, two non-injury accidents, one animal call and one reckless driver.

July 27

12:04 a.m., 100 block Herff Rd.- A man was concerned for his younger brother who had been missing since Sunday afternoon when he went to a church function at the Bevy Hotel. The brother told the event coordinator he would stay the night at the hotel, but nobody heard from him after. The officer advised the man to contact the Methodist emergency room to find his brother.

6:46 a.m., 1351 S. Main St.- A opossum was wandering around the building and appeared to be sick. Animal control couldn't locate the animal.

2:51 p.m., 101 Herff Rd.- An employee at the hotel was frustrated because a "future guest" kept having packages delivered to the hotel then asking to have it shipped elsewhere once the employee confirmed delivery. The employee said it had happened at least four times already. 5:19 p.m., 33000 I-10 W.- A man

didn't appreciate his neighbor calling him a drug dealer. 8:41 p.m., 539 MM I-10 E.- A man

said an 18-wheeler was trying to run him off the road before another 18-wheeler attempted to do the federal agent and armed.

same thing. The man said he was a 9:56 p.m., 1000 block Johns Rd.-A man was seen walking in the middle of the road with a woman

beside him.

Officers also conducted eight security checks, made one traffic stop, assisted he public 14 times, removed two traffic hazards and worked seven false alarms, two non-injury accidents and one reckless driver.

KENDALL COUNTY SHERIFF'S OFFICE

July 26

6:21 a.m., 535 MM I-10 W.- A grey Chrysler 300 was seen swerving all over the interstate.

7:03 a.m., 600 block Front St.- A man was arrested during a traffic

8:31 a.m., 200 block Hwy 27- A man was checked on for a second time by a second neighbor in a week after he stopped mowing his lawn, which he typically mowed very regularly. Again, officers notified the neighbor to let them know the man's lawn mower broke, and he was fine.

9:28 a.m., 43 Hwy 87 N.- A man accidentally locked his dog in his car while getting gas. He managed to get his truck unlocked within the 12 minutes it took a deputy to arrive.

10:51 a.m., Sabinas Ridge- A home under construction was broken into and tools were stolen.

1:39 p.m., 600 block Third St.-Employees with the school district asked that deputies run the tags

on two vehicles that were parked

at the location. The vehicles came back registered to the Benedictine Church.

2:02 p.m., 1000 block Diamond Ridge- A woman snitched on who she predicted might not be residents of the neighborhood who were fishing in the lake.

5:45 p.m., 100 block FM 3351 S.- A woman reported seeing subjects on her property, which she said she had reported several times before. She was frustrated because she said officers check the area, but nobody believes her. She suspected her ex-husband was harassing her by sending the men onto her property because he was trying to have her

5:51 p.m., 300 block Hwy 46 W.- A 13-year-old girl was threatening to harm women and babies, saying she wanted to murder someone at the time.

11:54 p.m., 524 MM I-10 W.- One individual was arrested after a positive K9 alert during a traffic stop.

Deputies also conducted 13 security checks, 16 traffic stops, assisted the public 16 times, removed five traffic hazards and worked one false alarm, one animal call and two reckless drivers.

July 27

11:05 a.m., 100 block Upper Balcones Rd.- A blue Mustang with a white stripe was speeding, going 90 miles per hour down the road.

11:36 a.m., 543 MM I-10 W.- A woman was upset that an 18-wheeler cut her off.

1:52 p.m., Staudt Street- A Bandera emergency medical services employee reported a young girl who was noted as a runaway was picked up by her sister-in-law, and she said something seemed "fishy."

2:53 p.m., Laurens Lane- A 45-year-old man left work the day before and hadn't been heard from since. A woman was concerned for the man who delivered Walmart groceries.

6:10 p.m., 40 block Rust Lane- A woman said her brother and sister-in-law were squatting on her property and changed the locks so she couldn't gain access. An argument ensued between the sister-in-law and the property owner, but no resolution was reported by dispatch.

10:35 p.m., 100 block Cibolo Branch- A woman was concerned about four people in a sedan who kept having two passengers get out and stand in the driveway. She said they did it at two different homes.

Deputies also conducted 12 security checks, made 48 traffics stops, assisted the public 16 times, removed four traffic hazards and worked three false alarms and one animal call.

Two BISD softball players named TSWA all-state

BY KERRY BARBOZA

Sports Editor

Two Boerne ISD softball players – one from Boerne Champion and one from Boerne High – were recently recognized by the Texas Sports Writers Association.

Champion's Blake Holtorf and Boerne High's Brooke Sivek were both named all-state by the TSWA for the 2021 season. Holtorf was named to the 5A third team as a utility player. The versatile Holtorf pitched and played shortstop and was also a home run threat for the Chargers.

Holtorf wrapped up her senior season and will continue her career at Charleston Southern University.

Sivek was named a 4A honorable mention shortstop by the TSWA. Sivek wrapped up her junior year and was the leadoff hitter for the Lady Greyhounds that made it to the regional finals and was known for her ability to bunt and beat out the throw at first with her speed.

Sivek has committed to Texas A&M – Kingsville as she enters her senior season. Sivek was also named to the Texas Girls Coaches Association 4A All-State Team, while Holtorf was named the Express-News 5A MVP for the greater San Antonio area.



Boerne High's Brooke Sivek was named a 4A all-state softball player by the Texas Sports Writers Association.

Star photos by Kerry Barboza

Next year is here!

Boerne Champion's

Blake Holtorf

all-state

was named a

softball player

by the Texas

Sports Writers

Association.



Champion, BHS, Comfort and Geneva School of Boerne fall sports team started workouts this week. Pictured: Greyhound quarterback Rashawn Galloway throws into the net during one of their drills at practice this week.

Star photo by Kerry Barboza



The Boerne High cheerleaders were at the National Cheerleaders Association Summer Camp and pose with the awards they won.

Submitted photos

BHS cheerleaders shine at NCA Summer Camp

The Boerne High cheerleaders recently attended the National Cheerleaders Association Summer Camp in San Antonio where 16 of the 21 BHS cheerleaders were nominated for All-American Cheerleader.

Karlee Yarnell made the coveted All-American Cheerleading team and her skills were so exemplary that she was asked to try out for the NCA staff. Also, for the Lady Greyhounds, Madeleine Goodrich and Brinley Wilson received the Pin-it-Forward Award.

The BHS varsity squad came away with two Supe-

rior Ribbons, a Top Team trophy for their cheer and a Spirit Stick, while the JV returned to Boerne with two Outstanding Ribbons and a Spirit Stick as well. Both Boerne cheer teams received a bid to the NCA nationals in Dallas this coming February.



Boerne High's Karlee Yarnell was named to the All-American Cheerleading squad at the camp.

Boerne mayor proclaims August 'Boerne Athletics Appreciation Month'

BY KERRY BARBOZA

Sports Editor

The awards just keep pouring in for Boerne ISD athletics.

After recording-setting performances by BISD athletic teams during the 2020-21 school year, they received another award on Tuesday.

Boerne mayor Tim Handren proclaimed August "Boerne Athletics Appreciation Month."

Handren was on hand Tuesday at the Boerne ISD Athletic Office to read the proclamation aloud to the 15 or so guests and media that attended the ceremony before handing the proclamation to BISD Athletic Director Stan Leech.

Leech had no idea the athletic department was receiving the award and was genuinely surprised and grateful.

The Chargers and Greyhounds both had excellent athletic school years in 2020-21.

BHS won the Cook Cup for being the top athletic program in the greater San Antonio area. In the Lone Star Cup standings, the Greyhounds finished as the third best 4A



athletic program in the state, while the Chargers recorded a top 10-finish in the 5A Lone Star Cup standings.

Nine different teams or individuals at BISD won regional championships in the last school year and two of the teams – one from each high school – claimed state titles as well after the Champion girls cross country squad and the Boerne High boys soccer team were crowned state champions.

The Chargers and Greyhounds also had several individuals earn medals at state events this past year.



Boerne Mayor Tim Handren named August "Boerne Athletics Appreciation Month" through a surprise proclamation he read in Boerne ISD Athletic Director Stan Leech's office Tuesday afternoon. Celebrating the occasion with Handren were, from left, Boerne High football coach Che Hendrix, Boerne City Councilman Ty Wolosin, BISD Trustee Rich Sena, BISD Assistant Athletic Director Terry Gault, Handren, Leech, BISD Superintendent Tom Price, Champion football coach Keith Kaiser, BISD Trustee and school board President Donna Sharp and BISD Trustee Maritza Gonzalez-Cooper.

Star photo by Keith E. Domke







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So do not fear, for I am with you; do not be dismayed, for I am your God. *I will strengthen you and help you; I will uphold you with my righteous* right hand.

Isaiah 41:10



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886 Mountain View Lane • Pipe Creek, just off Hwy 46 510-4731 • www.hillcountrychapel.org Sunday School, 9am for all ages, Morning Worship, 10am, Evening Worship, 6pm, Wednesday Bible Study, 7:00pm for all ages, First Sunday Evening of the Month is Family Night at 6pm

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THE BOERNE STAR



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A further examination of faith in Go

first verse of the 23rd Psalm, particularly the portion that says "I shall not want.'

Dallas Willard, a best-selling Christian author and long-time professor, wrote a book titled "Life Without Lack." It is definitely worth the read.

The "I shall not want issue is the central issue of faith, but it raises the question of whether or not God is indeed trustworthy. Here is a quote from one of my previous articles on faith.

"I don't know if you have noticed this or not but it is easier to have faith when the need is small, like when you need a parking space or an appointment on a particular day.

when there is desperate need. If you don't exercise faith in the moments of desperation you are only toying with faith. Faith is tried and proven in the fire of heartache, not headache."

In his book, Willard says, "This is why we need to live in clear view of the cross. When we look at what Christ did for us on the cross and keep that as the center of our vision. there are not many things that will bother us, or even matter at all."

The problem that most of us have today is we are focused on ourselves above all else. When things interfere with our plans we can get upset or angry. People should be paying more attention to our needs.



Again Willard says, "One of the fundamental changes that takes place as we move from the faith of desperation to the faith of sufficiency is that we take our minds off ourselves and place them on God."

The book of Job is an interesting study in faith, but one that requires a good bit of digging to really understand its fuller meaning. Job, although suffering enormously as God allowed it, came to faith in God like so many others in the Bible and in life.

Does faith come about because one chooses spiritual discipline and devotion in the midst of need? I think faith comes to a person when on a given day he or she sees God for who he is.

In one example after another in Scripture, those who exhibit what we might call extraordinary faith all come to the same place. The people to which we ascribe great faith were often simple people, with little or no religious background or experience. Yet somehow they saw something in Jesus that allowed them to believe.

To begin to list the healings of Jesus brought about by the faith of

people that only experienced his presence is too much to think about, and we only have the records of a small portion of them. What may not be clear in Scripture but is so very necessary is – one must get their eyes off themself and on to Jesus.

When you look back, what is obvious in all the cases of healing found in the Bible? They all have the same characteristic. These people were focused on the one who heals. not on themselves.

Jesus said in Matthew 9:22 ."Daughter, take courage, your faith has made you well."

As in everything of consequence in the Christian life, it always turns out better when our focus is off ourselves and on the Savior.

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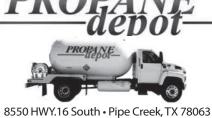
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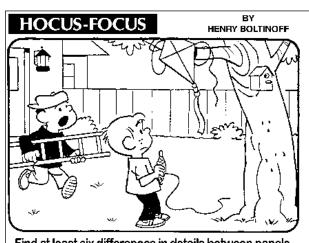
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TRIVIA TEST

By Fifi Rodriguez

1. GEOGRAPHY: In which European city

2. TELEVISION: What were the names of

the parents on the animated TV show "The

3. LITERATURE: Which 20th-century novel

4. U.S. STATES: What is the state capital of

5. HISTORY: What was the pen name used to

publish The Federalist Papers in 1787-88? 6. ADVERTISING: What product is advertised in commercials that feature The Most Interest-

7. MOVIES: Which movie features the often-

quoted line, "Round up the usual suspects"?

8. FOOD & DRINK: What kind of fish produces

9. ENTERTAINERS: What were the names of the sock puppets used by ventriloquist Shari Lewis? 10. SCIENCE: How many elements are on the

Ding; 10. 118. (c) 2021 King Features Synd., Inc.

Lamb Chop, Charlie Horse, Hush Puppy and Wing 6. Dos Equis beer; 7. "Casablanca"; 8. Sturgeon; 9.

3. "The Princess Bride"; 4. Carson City; 5. Publius; Answers: 1. Rome, Italy; 2. George and Jane Jetson;

> 22 23

30

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48

begins with the line, "This is my favorite book in all the world, though I have never read it"?

would you find the Spanish Steps?

Jetsons"?

Nevada?

ing Man in the World?

X C B Y U Q N J F C Y V R O L HMREBXUROLIEBYV SOAEQNKHEBYWTRO LONJTGYEBYWURPN KN(DEPARTURE) I GDB

ZXEVDSWNIEQOMKI G E N D O R E C A C Y W L U S

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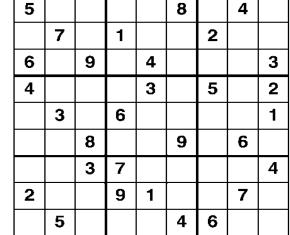
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Unlisted clue hint: Must Pay Before Passing Through Flood Tail Garden Moon Brandenburg Water Wooden Golden Sluice City

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Weekly **SUDOKU**

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging ♦ ♦ ♦ HOO BOY!

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CryptoQuip

for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Y equals T

OQBD F LFD YZKBT YS USLIBA RSJ YS NJR F NSFY, OSJAC RSJ

USDTKCBZ KY F TFKAT IKYUQ?

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CryptoQuote **AXYDLBAAXR**

One letter stands for another. In this sample, **A** is used for the three L's, **X** for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different.

PUH WQHJPHBP WYGPB XKI OJE WYCH XKIQ OUYSFQHE JQH

PUH QKKPB KG QHBZKEBYVYSYPX

JEF PUH TYEWB KG YEFHZHEFHEOH.

— FHEYB TJYPSHX

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· ANSWERS · ANSWERS

consider it a sails pitch? to buy a boat, would you When a man tries to compel you

> guzwei CryptoQuip

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 Denis Waitley independence. and the wings of the roots of responsibility can give your children are The greatest gifts you suswer

CryptoQuote

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19w2nA								

Meekiy SUDOKU



Super Crossword in each Tuesday's issue of The Boerne Star

City of Fair Oaks Ranch 15 Day Average 1089.08 1075.00 1060.00 Stage 1 1045.00 Feet Stage 2 1030.00 Stage 3 1015.00

July 27, 2021

Trinity Aquifer

As of July 27, 2021, the City current conditions are:

* Well Level 60-Day Average = 1089.08 feet above Mean Sea Level

* GBRA Canyon Reservoir elevation above trigger point

Please See the Drought Contingency Plan for additional Information.

King Crossword

16

34

43

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ACROSS

Glitz partner

Periodic Table?

- 5 Body powder 9 Use a straw
- 12 Andean land
- 13 Jannings of
- old films
- 14 Travail
- 15 Former Cubs slugger
- 17 Tolkien creature
- 18 Porgy's love
- 19 Witherspoon of "Wild"
- 21 Inventor Nikola
- 24 Pugilist's
- weapon 25 Yard tool
- 26 "CSI" procedures
- 30 Egg (Pref.) 31 Topped with
- froth
- 32 Picnic dessert 33 Like ghost
- towns 35 Dog's trea-
- sure 36 Cambodia
- neighbor 37 "What the
- Butler Saw" playwright
- 38 Ink stains
- 40 Onetime "This 4 Speak Old House" host Bob
- 42 Back talk
- 43 "Georgia on

My Mind," for

48 Mine material

one

- 49 Sunrise direction
- 50 Counterfeit 51 Petrol
- 52 Obligation
- 53 Meditative
- practice
- **DOWN**
- 1 Family docs 2 Grazing land
- 3 Branch
- unclearly
- 5 Dick Tracy's love
- 6 Hebrew

- prophet

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- Sampras 16 Verily 20 Jargon suffix
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- 22 Roof overhang
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- tions 24 Notoriety
- "- you're told!"
- 27 Rebel Turner 28 Ex-Yankee
- 38 Online journal 39 Turkish money 40 Expansive 41 — -bitty
 - 45 Discoverer's call 46 Pester

44 Greek cross

47 "Today" rival, briefly

STSWELL King Crossword Look for the



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ATTENTION **FORMER BAND STUDENTS** AND PARENTS! Did you know that you can donate used band instruments to SAM'S and count it as a deduction? SAM'S Kids needs used band instruments for BISD students. For more information, please contact Janet D'Spain at BISD. 830-357-2006 or Lori at 830-981-4536.

SERVICES

Tree Service & Removal, mowing, tilling, trash/brush hauling. 30 years experience. 830-995-2782, 830-377-7548.

David's Lawn Service. Fair Prices. Est. 2014. 210-264-

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consider HAVING A **GARAGE SALE?**

ADVERTISE! Contact the BOERNE STAR to place an ad! 249-2441 Bureau.

Advertising

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HELP WANTED

Lindner Animal Hospital is seeking a full-time vet tech & also full-time kennel tech positions.

Weekends & some holidays required. Apply at 52150 IH-10 West, Comfort; or send resume to lindneranimal@outlook.com

NEW JOB OPENING!!

There is an opening at a local insurance agency. Position is full-time customer service representative. Standard hours and salary with benefits. Licensing required but can be obtained on the job.

Please send resume to:

First Insurance 123 Commerce St Ste B

Kerrville, Texas 78028

LEGALS

LEGALS

NOTICE TO CREDITORS

NOTICE OF APPOINTMENT OF JOHN CAMERON CARDENAS. as Executorof the Estate of Marjorie C. Cardenas, Deceased.

Pending in the County Court of Kendall County, Texas in Matters of Cause No. 21-083-PR.

TO ALL PERSONS INTERESTED IN THE ABOVE ESTATE:

WHEREAS, on the 20th day of July 2021, in the Kendall County Court, the undersigned duly qualified as the Executor of the Estate of Marjorie C. Cardenas,

Notice is hereby given that Original Letters Testamentary for this estate were granted and this is to notify all persons having claims against said estate that they are required to present the same to the undersigned within the time and the manner prescribed by law. Any person indebted to the estate is hereby notified to pay the same to the

JOHN CAMERON CARDENAS, Executor of the Estate of Marjorie C. Cardenas, Deceased.

Address: c/o Lacey Ashworth Barriga, Law Office of Lacey Ashworth Barriga, P.O. Box 782326, San Antonio, Texas 78278.

NOTICE TO CREDITORS

NOTICE OF APPOINTMENT OF LACEY ASHWORTH BARRIGA, as Guardian of the Person and Estate of Betty Jay Ross Birdsong, an incapacitated person.

Pending in the County Court of Kendall County, Texas in Matters of Cause No.19-162-PR.

TO ALL PERSONS INTERESTED IN THE ABOVE ESTATE:

WHEREAS, on the 15th day of July 2021, in the Kendall County Court, the undersigned duly qualified as the Guardian of the Person and Estate of Betty Jay Ross Birdsong, an incapacitated person.

Notice is hereby given that Original Letters of Guardianship for this estate were granted, and this is to notify all persons having claims against said estate that they are required to present the same to the undersigned within the time and the manner prescribed by law. Any person indebted to the estate is hereby notified to pay the same to the undersigned.

LACEY ASHWORTH BARRIGA, Guardian of the Person and Estate of Betty Jay Ross Birdsong, an incapacitated person.

Address: c/o Lacey Ashworth Barriga, Law Office of Lacey Ashworth Barriga, P.O. Box 782326, San Antonio, Texas 78278.

SERVICES

SERVICES

PUBLISHER'S NOTICE:

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18.

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



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Register online @ CJCBoerne.org/programs or call Monay at (830) 331-9916.



R&S Dairy Queens, Inc., is now hiring for Assistant Manager

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Education and Experience:

- High School Diploma or equivalent
- 1 year office experience or Associate's Degree

Please submit your resume to

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LEGALS

CITY OF FAIR OAKS RANCH **REQUEST FOR PROPOSALS**

RFP #FOR-2021 Due Date: Friday, August 20, 2021 by 2:00 p.m. CST

The City of Fair Oaks Ranch is soliciting qualifications from vendors for Fully Insured Medical, Dental, and Vision benefits.

The complete RFP packet and any subsequent Addendums may be obtained by contacting HUB International by email: caroline.smith@hubinternational.com

One (1) electronic copy (USB) to be delivered to: **HUB** International

Attn: Caroline Smith 1801 E. 51st Street, Suite 365 #366

All inquiries about this RFP shall be submitted no later than 5:00 p.m. CST Friday, August 13, 2021. Qualifications received after the deadline stated herein will not be

the addresses listed above until 2:00 p.m. CST, Friday, August 20, 2021. The City of Fair Oaks Ranch reserves the right to reject any and all qualifications waive irregularities, and to accept the qualifications deemed the most advantageous

opened and shall be considered void and unacceptable. Responses will be received at

All requests for information and inquiries regarding this RFP must be made, in writing to HUB International, at $\underline{caroline.smith@hubinternational.com}$

CITY OF BOERNE BENTWOOD DRIVE SIDEWALK IMPROVEMENTS

ADVERTISEMENT FOR BIDS

Sealed Bids for construction of the Bentwood Drive Sidewalk Improvements Project will be received by the City of Boerne Development Services Department, Attention: Cheryl Rogers, 447 N. Main St., Boerne, Texas 78006, until 10:00 am local time on August 10, 2021, at which time Bids received will be publicly opened and read aloud. Bids received after this time will be returned unopened. The Project consists of all labor, equipment, and work for construction of a 5-foot sidewalk, curb, culvert extensions, wingwalls, pedestrian handrail, waterline and miscellaneous appurtenances to provide a continuous pedestrian route along Bentwood Drive. This project is subject to all required utility testing in accordance with the construction plans and City of Boerne specifications.

Bidding Documents may be viewed at the City of Boerne Development Services Office (Issuing Office) at 447 N. Main St., Boerne, Texas 78006. Plans and specifications may be viewed or downloaded free of charge from https://www.civcastusa.com, Project ID "City of Boerne Bentwood Drive Sidewalk Improvements". It is the bidder's responsibility to determine that a complete set of documents, as defined in the Agreement are received. Neither the Owner or Engineer are responsible for full or partial sets of Bidding Documents, including Addenda, obtained from sources other than the Issuing Office or civcastusa.com. Bids will be received for a single prime Contract. Bids shall be on a unit price basis as indicated in the Bid Form. Bid, payment, and performance bonds are required. City of Boerne reserves the right to reject any or all bids or waive any informalities in the bidding. A pre-bid conference will be held at 10:00 am local time on August 2, 2021 at the City of Boerne Public Works Department. Attendance at the pre-bid conference is highly encouraged but is not mandatory. All technical questions shall be submitted via https://www. civcastusa.com. The deadline for questions is 5:00 PM on August 4, 2021. Answers to all written questions received prior to the deadline will be posted to https://www. civcastusa.com on August 6, 2021.

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Esperanza developer earns awards | Is a Roth IRA better

The Lookout Group, a real estate development firm specializing in master planned residential communities and mixeduse commercial projects, announced it received multiple industry accolades for its residential Esperanza community in Boerne.

The Texas Association of Builders' Star Awards are the only statewide tribute to excellence in the homebuilding industry and focus on recognizing residential real estate groups and professionals across more than 110 categories, information from the developer stated. Esperanza and The Lookout Group took home the grand prize of "Best Overall Community" in the 51- to 299-acre category.

More than 720 project and nomination entries were submitted by 120 companies from 60 cities across Texas, and the winners were announced at a formal ceremony on July 15.



Lookout Group Vice President of Sales Connie Hentosh, Esperanza Lifestyle Coordinator Stacie Klem and Lookout Group Vice President Kelly Atkin, from left, recently attended the Summit Awards where the developer was recognized.

have achieved excellence in

the home building industry.

awards ceremony, Espe-

ranza and The Lookout

Group earned six awards,

including the Grand

Award. Others received by

the developer were Best

During the July 29, 2021

Submitted photo

Television Commercial.

The Esperanza development is located on the north side of Highway 46 on Boerne's east side.

Amenity/Common Area Facility, Best Sales Brochure, Best Billboard, Best Social Media and Best

Goosehead Insurance - Gonzalez Agency

Additionally, Esper-

anza was submitted by

The Lookout Group to

the Greater San Antonio

Builders Association's

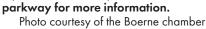
2021 Summit Awards. The

awards are given to build-

ers, remodelers, developers

and associate members who

The Greater Boerne Chamber of Commerce recently celebrated the opening of Goosehead Insurance-Jose Gonzalez with a ribbon-cutting ceremony. Jose Gonzalez is an agent with Goosehead Insurance located at 8000 Fair Oaks Parkway, Suite 208 in Fair Oaks Ranch. Using cutting-edge technology to shop with dozens of A-rated insurance companies in just a few short minutes, the agency is able to find the right coverage at a competitive price. Call Jose 281-667-6190 or go online to agents.gooseheadinsurance.com/ tx/fair-oaks-ranch/8000-fair-oaks-





Handmade on Main



The Greater Boerne Chamber of Commerce recently celebrated and welcomed Handmade on Main into the Boerne community with a special ribbon-cutting ceremony. Handmade on Main is a one-stop handmade shop that sells local goods from local folks including home, bath, body, toffee, popcorn, candles, crocheted stuffed animals, plants, olive oils, ceramics, tea towels, play dough sensory boxes, wooden signs and décor and so much more. Stop by and visit Handmade on Main at 347 N. Main St. or shop online handmadeonmainboerne.com.

Photo courtesy of the Boerne chamber

for young workers?

If you're in the early stages of your career, you're probably not thinking much about retirement. Nonetheless, it's never too soon to start preparing for it, as time may be your most valuable asset.

So, you may want to consider retirement savings vehicles, one of which is an IRA. Depending on your income, you might have the choice between a traditional IRA and a Roth IRA. Which is better for you?

There's no one correct answer for everyone. But the more you know about the two IRAs, the more confident you'll be when choosing one.

First of all, the IRAs share some similarities. You can fund either one with many types of investments - stocks, bonds, mutual funds and so on. And the contribution limit is also the same – you can put in up to \$6,000 a year. (Those older than 50 can put in an additional \$1,000.)

If you earn over a certain amount, though, your ability to contribute to a Roth IRA is reduced. In 2021, you can put in the full \$6,000 if your modified adjusted gross income (MAGI) is less than \$125,000 and you're single, or \$198,000 if you're married and file jointly. The amount you can contribute gradually declines and is eventually limited at higher income levels.

But the two IRAs differ greatly in how they are taxed. Traditional IRA contributions are typically tax-deductible (subject to income limitations), and any earnings growth is tax-deferred, with taxes due when you take withdrawals. With a Roth IRA, though, your contributions are never tax-deductible - instead, you contribute after-tax dollars. Any earnings growth is tax-free when withdrawn, provided you've had your account at least five years and you don't take withdrawals until you're at least 591/2.



So, which IRA should you choose? You'll have to weigh the respective benefits of both types. But when you're young, you may have particularly compelling reasons to choose a Roth IRA. Given that you're at an early point in your career, you may be in a lower tax bracket now than you will be during retirement, making the tax-deduction of traditional IRA contributions less beneficial. So, it may make sense to contribute to a Roth IRA now and take tax-free withdrawals when you're retired.

Also, a Roth IRA offers more flexibility. With a traditional IRA, you could face an early withdrawal penalty, in addition to taxes, if you take money out before you're 59½. But with a Roth, you'll face no penalty on withdrawals from the money you contributed (not your earnings), and you've already paid the taxes, so you could use the money for any purpose, such as making a down payment on a home. Nonetheless, you may still want to be cautious about tapping into your IRA for your spending needs before you retire, since IRAs are designed to provide retirement income.

If your income level permits you to select a Roth or traditional IRA, you may want to consult with your tax advisor for help in making your choice. But in any case, try to max out on your IRA contributions each year. You could spend two or three decades in retirement – and your IRA can be a valuable resource to help you enjoy those years.

This article was written by Edward Jones for use by your local Edward Jones financial advisor.

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Chris Lange, "Late Summer Snow Storm, Jackson Hole, Wyoming," oil.

Boerne Art League names August artist of the month

The Boerne Art League introduces August Artist of the Month Chris Lange to the community. From an early age, Lange had an interest in the outdoors.

Her inspiration is drawn from the many national and state parks she has visited, along with many prime locations in Texas. Collectors of Lange's work appreciate her use of light on her landscapes, as well as the movement of horses when placed in her paintings. She successfully captures the beauty of changing light in the course of the day over the elements of rock, animal, plant and sky.

Lange is a willing participant in all things community. She enjoys current memberships in the American Plains Artists, Oil Painters of America and is past president of Boerne Professional Artists. You can view Lange's work at Helotes Gallery, 14391 Old Bandera Road, Helotes, 210-370-9204, and at her website, www.chrislangeart.

Like us on Facebook! Refer to our website often at www.hccarts.org. For information, call Paula at 210-269-8349 or send inquiry to president@hcc arts.org.

HCCArts calendar

• August 7: S.T.A.G.E. Inc. registration and auditions for Youth Theatre Arts classes, 10 a.m., Stage Theater Main Lobby, 1300 Bulverde Road, Bulverde. Registration forms and information can be accessed at www.stagebulverde. org. Cost is \$100 per child, multiple children discounts available.

• August 14: Fast Fire Raku Workshop offered by Cat Dog Ceramics. Register today for one-day studio instruction from 10 a.m. to 4 p.m. Limited to eight registrants. Cost is \$130 and includes all supplies. Bring a brown bag lunch, snacks and water provided. Masks and social distancing requested indoors as a COVID-19 precaution. Wear closed-toe shoes and bring an old lightweight,



Chris Lange, Boerne Art League, artist of the month for August.



long-sleeved shirt. Payment can be made day of the workshop. R.S.V.P. attendance via email at catdog ceramics@gmail.com or call 210-264-1653.

HCCArts Art AfterHours, Summer Series 2

Art AfterHours classes take you through a clip of art history, a script of art terminology, and a dip into art mediums, all in a playful exploration environment. Experiment with costly equipment and supplies to discover your passion without making a huge investment. Tuesdays, 7-9 p.m., Pioneer House at The AgriCultural Museum and Arts Center, 102 City Park Road. Register at www. hccarts.org. Classes limited to 12 students.

• August 10: Hollow beads.

Explore your playful side. Our hollow beads are formed from extruded polymer clay. Work with vibrant mica powders and transform this this unique medium into beads for jewelry and embellishments.

 August 17: Dimensional weaving.

If you've ever wanted to investigate weaving, this class is a great way to start. We use table top looms to finish a woven piece with mixed media. In addition, we will dabble with air dry clay to create 3-dimensional effects.

 August 24: Cold connections.

The art of joining metal without heat. We use rivets and eyelets to join filigree and handcrafted components to a copper base. Make your own distinctive piece with layers of design.

• August 31: Batik.

Come be a part of the comprehensive resist process of batik. In this twohour class, we will strive to examine the procedures for applying wax to create design, add color with dve and finally the finishing technique of removal. The result is a vivid individualized piece of cloth ready for display or fabrication.





Here is some good food for thought

As part of this month's lifeskill, meals, we will be focusing again on how wellness has everything to do with not just the food you eat but also the thoughts you ponder. Wellness also has everything to do with those four basic applications mentioned in my previous

 Take care of your body: Hygiene, quality nutrition, movement/exercise (age and condition appropriate), and stress management.

- · Quiet time: Rest and
- · Wholesome fun and laughter with family and
- A vibrant spiritual-faith

I am sure questions still linger on how to go about living these four basics in a world of wellness dilemmas and possibilities with our nation's evolving 21st century healthcare world. Then add how COVID-19 and any chronic health conditions have personally impacted your life and still do.

My hope is your family has embraced a new determination to reach for a higher level of wellness than at any time in your life. Yet, you are not alone with your ponderings. We all probably share many of the same questions and barriers to wellness with millions of Americans across our nation. Here are just a few examples of what physicians experience with their patients as they try to instill adherence to their treatment recommendations.

According to a comprehensive literature review and industry practitioner insights, "Treatment Adherence in Integrative Medicine," an executive summary by Integrative Medicine, a clinician's journal in collaboration with FullScript, the results are an eye opener. I encourage you to obtain a copy of this special edition (Vol. 20, No. S2).

To start with, we need to realize "Treatment adherence is a topic that is well studied but not well understood. Low treatment adherence is a significant issue that limits the effective management and treatment of chronic conditions, creating significant healthcare burden, costs and poor patient outcomes." Yet, there does not seem to be a clear solution to solve treatment non-adherence.

The cost for U.S. non-ad-



herence is estimated to be from \$100 billion to 290 billion. About 30 to 69 percent of hospital admissions are because of medication non-adherence. For conventional as well as integrative and functional medicine providers, the complexity of reasons require "... a personalized approach to understanding, identifying, analyzing, addressing, monitoring and evaluating both the reasons for non-adherence and the strategies that may facilitate acceptance of and commitment to treatment plans."

The Centers for Disease Control and Prevention (CDC) estimates 60 percent of U.S. adults live with at least one chronic disease, and 40 percent of adults live with two or more chronic diseases. Whether conventional, integrative or alternative medicine, the rate of adherence treating chronic disease is 50 percent.

These stats only emphasize the cost and complexity for solving our wellness barriers. We are all at times a stubborn and lazy patient. Yet, we are also generally more aware of possible treatment alternatives than just prescription medicine.

Doing our homework and talking with our doctors are even more important today with so much baffling and sometimes questionable alternative claims. Unfortunately, many of our 21st century healthcare providers are often not educated or practice more established alternatives.

We patients then end up going to different practitioners who do not communicate with each other, only further complicating matters. We patients also often feel intimidated by our doctors, avoid asking questions and opt in to just experiment on our own.

Sometimes it works out. Other times, it does not and only complicates and confuses our wellness paths we are trying to take.

So, what factors cause adherence rates to decline for all patients over time? Although there are several hundred different barriers depending on stages of disease management, integrative practitioner surveys and interviews identified these as primary barriers to

adherence: · Lack of practitioner/ patient education and

communication.

- · Overall cost for both patient and practitioner.
- · Lower feasibility or likelihood of adherence through complex interventions.
- · Patients' feelings of being overwhelmed.
- · Patients not ready to change.

Here is one hint practitioners can embrace themselves among several to increase likelihood of adherence – establish trust. How do you see yourself and your doctor with these barriers? Which ones are paramount and need to be addressed with your family and doctors?

While you consider these questions in the days ahead, the next article hopefully will offer answers to this question: "What factors help us patients with treatment adherence and improve our chronic conditions to reach our wellness goals?"

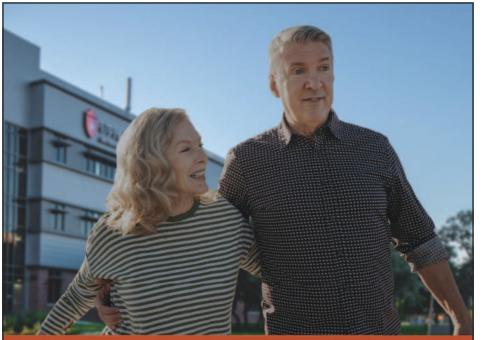
Remember, it takes two to establish trust. So, we patients also have our own set of choices and actions to take.

As a professional lifeskills/ wellness coach for many years, I recall how much my clients taught me as I helped them seek, reach and achieve their life and wellness goals. That is where I still have my greatest passion ... to help us all become proactive wellness seekers and advocates.

For that reason, I am considering starting an lifeskills/ wellness advocacy support group, meeting online twice per month. Let us help each other make the connection together.

Are you interested? If so, simply email me (info@) celebratingyourjourney. com). I will keep you in the loop for when it starts and what our focus through time will be helping each other.

Sharon L. Benedict is a writer/author, weaver, and web creator ... and loving it! She welcomes your questions and comments and can be contacted at info@ celebratingyourjourney. com. Visit her website at https://www.celebratingyour journey.com/.



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