

environmental laws to begin construction of the border wall, in accordance with Section 102 of the Real ID Act which allows the DHS secretary to waive whatever legal requirements they find necessary for the construction of roads and barriers.

"The ability to 'waive' laws discredits the pretense that there is a rule of law," the orga-

the riverside. Children threw sticks and rocks into the Rio Grande, trying to see who could throw the farthest or get the rocks to skip.

One of the speakers was 78-year-old Zulema Hernandez, an anti-border wall activist with La Union Del Pueblo Entero. On her walker, she approached the dock and began to speak.

"I was raised on the

ist work. What excites me is that there are so many people who are backing us, who are standing with us."

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CITY SECRETARY

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secretary, who filled the role from October until late last month, did not apply for the position.

The city secretary, in Weslaco, serves as the elections administrator, which coordinates city elections, including accepting applications for a place of the ballot from candidates, confirming their eligibility to be placed on a ballot and conducting the

drawing for the candidates' positions on the ballot.

Garza, who will oversee the city secretary's office and its employees, will also handle public information requests, assemble the agendas for Weslaco City Commission meetings and handle vital statistics information, such as birth certificates, in addition to other duties.

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PUBLIC NOTICE:

NOTICE OF INTENT TO INTRODUCE A BILL

Pursuant to the Constitution and laws of the State of Texas, notice is hereby given of the intent to apply to the 86th Legislature of the State of Texas at its regular session in Austin, Texas, for the introduction of a bill, the substance of the contemplated law being as follows: An act relating to the creation of additional county courts at law in Hidalgo County. All interested parties will, therefore, take notice of the matters and facts set out in the foregoing statement of the contemplated law as required by the Constitution and laws of the State of Texas. If there are any questions or concerns, please contact my office at 512-463-0426 or noah.clark@house.texas.gov.



Extended Coverage by B.R. Whisenant

A MEDITERRANEAN DIET CAN SLOW AGING

Six recent research reports find new correlations between a Mediterranean diet and healthy aging outcomes—while also underscoring the need for careful approaches to the use of data in order to measure the diet's potential benefits.

Among their findings, the reports describe underlying mechanisms of the diet; the positive relationship between the diet and physical and cognitive function; the value of taking a coenzyme Q10 supplement while adhering to the diet; and the role of the diet in reducing inflammation.

Hallmarks of the Mediterranean diet include: a variety of minimally processed whole grains and legumes as the staple food; plenty of a huge diversity of fresh vegetables consumed on a daily basis; fresh fruits as the typical daily dessert; cold pressed extra-virgin olive oil, nuts, and seeds as the principal source of fat; moderate consumption of fish; dairy products consumed in low amounts; red and processed meat consumed in very low frequency and amounts; and wine consumed in low to moderate amounts only with meals.

One of the journal's studies, conducted by researchers at the University of Paris, found that among test subjects, higher numbers on the Literature-based Adherence Score to the Mediterranean Diet were associated with higher odds of meeting certain healthy aging criteria.

In another study by researchers at the Autonomous University of Madrid, closer adherence to the diet was associated with a lower likelihood of physical function impairment in older adults.

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LIGHTHOUSE

From Page 3A

city has been watching for a while.

City officials passed a resolution in July 2018 stating the city's wish to continue their agreement with TPWD.

"Regardless of what happens, we want to keep the same arrangements with whichever agency the lighthouse ends up with," Hockema said.

Several events, such as Lighthouse Market Day, Queen Isabella Market Day and Lighthouse Establishment Cinema are held annually throughout the year.

According to Port Isabel Marketing Director Valerie Bates, the lighthouse has a big impact on the town.

DID YOU KNOW?

- The Port Isabel Lighthouse was built in 1852 to guide ships through the Brazos Santiago Pass to Port Isabel.
- It closed in 1864 due to the Civil War.
- It re-opened in the 1870s.
- It has been used as a tourist attraction since 1900.
- It was declared a Texas State Park in 1952 and is the second smallest park in the state.
- It is the only Texas lighthouse open to the public.

Source: Museums of Port

"It's a tourism beacon," Bates said. "Nearly tens of thousands of people visit the park every year and nearly 20,000 climb all the way up to the lighthouse, so it's an important part of our economic impact for sure."

Scott Hanson and his family made their first trip to the lighthouse from

Boise, Idaho.

"My family and I used to meet at the lighthouse because we could see it since we were together separately," Hanson said. "We figured after we left the lighthouse, we'd get out all of the rest of our things and shops around here."

Dr. Fedora Paulet is pleased to announce her new practice now open in Donna



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