

people

History Mystery

Why was WWI called 'The Great War'?

By PAM STRANAHAM
Chair, Aransas County Historical Commission

This year, 2018, marks the centennial for the end of the Great War (1914-1918). World War I (WWI) was known as "the war that will end all war." President Woodrow Wilson had hopes that would be true. The armistice came on Nov. 11 at eleven o'clock in 1918.

While other conflicts have gotten more notice, we live in an America shaped by WWI. Today Americans support global relief efforts, protect free speech, assist veterans with PTSD, and honor heroes for their efforts. These actions are an outgrowth of WWI. Other little known facts: daylight savings time was instituted to save energy costs during WWI and the Aggie War Hymn was written by a soldier in a trench in France.

More than 200,000 Texans served and more than 5,000 died. San Antonio and Fort Worth became important centers of aviation, which established the new U.S. Army Air Service (later the Air Force).

In 1916 Camp Scurry was established near Corpus Christi for more than 3,000 troops. Other training sites were Fort McIntosh in Laredo and Fort Brown in Brownsville. At Camp John Wise, near San Antonio, the Army Balloon Corps trained aviators and support staff. Balloon observers could spot an individual from five miles away, a vehicle within 10 miles and a train as far away as 30 miles.

In 1918 an outbreak of Spanish influenza weakened personnel around San Antonio. Within two weeks 1,100 soldiers were admitted to that base's hospital. The pandemic lasted just 15 months, but was the deadliest disease outbreak in human history, killing an estimated 100 million people worldwide.

The U.S. declared war on Germany after the Zimmerman letter was released in which Germany promised Mexico the return of lost territories - Texas, New Mexico, Arizona, Nevada and California - if Mexico would support the German war effort.

In Aransas County the "war effort" was active. Fred Bracht signed up - one of 40 men from Aransas County who volunteered. Forty-seven were drafted.

Fred and Oliver Brundrett were surprised at being drafted after delivering horses to the army in San Antonio. Marvin Davis was a local doughboy. Travis Bailey flew his Curtiss "Jenny" airplane to Rockport on the weekend of Sept. 28, 1918 where he was recognized as the "first Rockport boy to visit us in an aero plane." Archie Arthur McLester posed in front of his tent at Camp Wilson in San Antonio.

Fred and Carl Heldenfels of Beeville decided they could build ships but needed water access. Rockport donated 13 acres. The government contracted for four wooden ships. At the peak of construction, more than 900 men worked at Heldenfels Shipyard.

With the Armistice (Nov. 11, 1918), the ships were no longer needed, but Emergency Fleet Corporation agreed for two ships to be completed. The Baychester was launched on July 31, 1919 and the Zuniga on Sept. 9, 1919.

Veterans who returned from WWI organized legion posts. Frank Buckles was the last American WWI veteran. He died in 2011.

WWI symposium set April 7

A symposium to commemorate WWI will be held April 7 at the Fulton Mansion Education Center. It is sponsored by the South Texas Historical Association (STHA) and hosted by local history groups.

Contact Carroll Brincefield at brincefieldc@gmail.com or 361-798-4280 for reservations.



The Heldenfels Shipyard



Little Bay receives funds for ballet

Little Bay Principal Kathryn Stephenson, left, receives a grant from Castaways volunteer Cindy Hondred-Appel. The grant for \$3,500 will help fund a pre-kindergarten and kindergarten trip to see the Cinderella ballet in Corpus Christi.

Contributed photo

ARANSAS COUNTY S-T-R-O-N-G

Agrilife Extension Service news



By Bethany Hammond
Agrilife Extension FCH Agent

Put your 'Best Fork Forward'

March is here and you know what that means. It is National Nutrition Month.

According to the World Health Organization good nutrition is defined as "an adequate, well balanced diet combined with regular physical activity" and this can lead us to a "cornerstone of good health."

Most of the time when we think of eating healthy, we quickly jump to the conclusion that nutritious meals may not taste good or may not include foods we enjoy or may be hard to cook. You may also think about exercising and dread going to the gym or maybe there is not enough time for you to include a 30-minute workout into your busy everyday lifestyle.

According to the Academy of Nutrition and Dietetics there are a few simple key steps on how to "put your best fork forward" and take steps to improve your health and wellness.

The first key message to help you put your best fork forward is to create an eating style that includes a variety of your favorite, nutritious foods. This is really important when trying to improve your eating habits. Rather than trying to quit cold turkey on the foods that you are already eating, you can make a shift in your diet by switching your favorites out for healthier alternatives of the same foods. For example, instead of cutting ground beef out of your diet entirely switch to an option with less fat such as 90% lean/10% fat ground beef.

Another way to make some healthy shifts in your diet would be to practice cooking at home more often and incorporating some of those healthier ingredients that you have been experimenting with. When cooking at home you are more aware what is being added to your food and this can be a way to help reduce the excess calories and fat that you are consuming when eating out.

Portion control is a term that is almost always mentioned when talking about the topic of nutrition, and the third key message explains that the type of foods that we are consuming are equally as important as how much we are eating. One tool that can be used to calculate your nutrition needs is the Super Tracker, which is provided by the USDA and can be found on the MyPlate website. The Academy of Nutrition and Dietetics recommends using this tool as it can help you create a plan for your wellness journey and includes features such as a physical activity and food tracker and virtual coaching.

The fourth key message in how to put your best fork forward is to look for exercise activities that you enjoy doing and incorporate those activities into your schedule most days of the week. If going to the gym is

not something you enjoy doing, switch it up a bit. You may be more motivated to do exercise if it is something you enjoy and this may reduce your feeling of unwillingness. Once you find an activity that you enjoy doing, it is recommended that each week adults do at least 2 hours and 30 minutes of moderate intensity aerobic activity or 1 hour and 15 minutes of vigorous intensity aerobic activity. Physical activity does not need to be done all at once and can be distributed throughout the day. For example, you can separate activities in 10 minute or 30 minute increments to fit your breaks during the day.

The final key message for National Nutrition Month 2018

is to consult with a registered dietitian nutritionist for your health and wellness needs. These individuals are medical professionals that can give you personalized and updated nutrition advice and information.

By taking these few extra

steps, you can make sure that you are putting your best fork forward. For more information on nutrition or National Nutrition Month 2017, visit eatright.org or contact Bethany Hammond at 361-790-0103, or Bethany.Jackson@ag.tamu.edu.



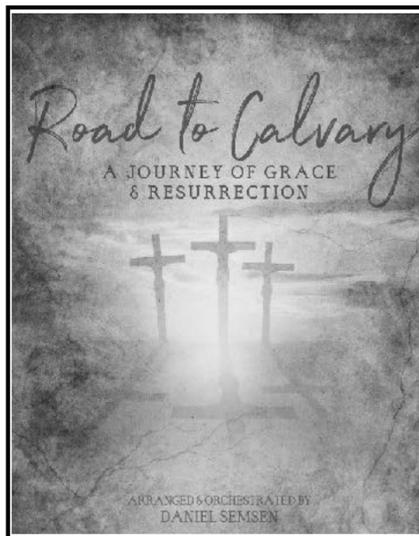
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The Sanctuary Choir of First Baptist Church will perform an Easter Cantata

Saturday, March 24, 2018, 6:00 pm

Sunday, March 25, 2018, 8:30 am

Sunday, March 25, 2018, 11:00 am

Directed by Marcie Peterson
Choral Minister

Lord's Supper will be served during all three performances

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