



(Family Features) Looking for a new creative outlet or a way to preserve memories? Scrapbooking might be a great hobby for you, and you certainly wouldn't be alone. The Craft and Hobby Association reported in its 2010 Industry Statistics report that 18.4 million households participate in scrapbooking and the popularity of scrapbooking is growing.

With today's archival-quality supplies, scrapbook pages have the ability to last generations. Today's scrapbooks are not just for photos either. Many are used for art and memorabilia preservation. Beginner scrapbooking sets are available even for tweens and children.

Not ready to try it on your own? Classes, workshops, and all-in-one album kits make it easy to jump in. Helpful online sources, such as [www.spottedcanary.com](http://www.spottedcanary.com), offer inspiration and instruction across a bevy of crafting interests. Those that do become involved often become passionate about the hobby. A Volt Marketing study found 78 percent of scrapbookers dedicate space in the home to the craft.

"We subscribe to three tenets central to our business: Inspiration, Education and Innovation," says Kevin Fick, EKSuccess Brands president. "We promise to continue to provide consumers with new and innovative ways to express their creativity through the power of crafts."

### "Love Every Day" Layout

#### Materials List

Clear Small and Medium **Blocks**  
Mindscaapes Morphic Flowers

#### Stamps

Special Thoughts Stamps  
One Plus One Stamps  
Embossing Powder-Clear  
Embossing Magic  
Glitter Powder Collection  
Remake Berry Pinks Chipboard

#### Alphabet

Cut 'N Paste Dots & Roses  
Foil Paper  
Cut 'N Paste Today Glitter  
Paper

Life's Journey Random  
**Embossed Stickers**  
Cutter Bee Scissors  
Cutterpede Straight Edge  
**Trimmer - Pink**  
3D-Dots - White Adhesive **Foam**  
**1/8 inch Squares**  
Stamp-a-ma-jig  
Girly Girl Writers 6 Piece Set  
Reds & Purples Pigment Ink  
**Stackable Multi-Pad**  
HERMA Dotto Permanent Dry  
Adhesive Blue Dispenser  
**Other Items**  
Embossing Heat Tool

length can vary. Determine the patterned paper for each section.

**STEP 3:** Stamp images on each piece of patterned paper to create a rich and textured pattern. Use a scrap piece of cardstock and a Stamp-a-ma-jig to help you lay out the stamped images. Arrange on the cardstock and then adhere your finished design to the cardstock test piece for extra stability. Make sure to heat dry the pigment ink and emboss some of the stamped images.

**STEP 4:** Cut Dots and Roses Patterned paper in 1/2 inch strips and use as a border between the 5 sections of patterned



Patterned Photo Mat Pad: **Berry Pinks**  
Cardstock: Cream  
Rhinestones  
Wire  
Buttons (6)  
String  
Ribbon  
Jump Rings  
Office Clip  
Old Book Pages

**STEP 1:** Cut a half sheet of the Today patterned paper and adhere to the top section of the cream cardstock backing.

**STEP 2:** Divide the lower section of the cardstock into 5 sections. Their width and

paper.

**STEP 5:** Adhere gathered ribbon to the back of the 5 x 7 inch photo. Place on layout with 3D-Dots.

**STEP 6:** Embellish photo with string and the stamped charm "love."

**STEP 7:** Add title using chipboard letters. Try changing chipboard letters to match your layout's color palette.

Embossing letters, paint, pattern paper, or even glitter will help create a match.

**STEP 8:** Embellish butterflies with rhinestones and wire. Add texture to the layout with buttons.

**STEP 9:** Write journaling and add stickers for more texture. Attach to layout with an office clip.



# Hunting birds

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● BYHENRYBYNUM

Hunting birds in South Texas is a passion for many people with the Bob White Quail being the most popular.

Quail hunting "South Texas Style" has become an art form. Special designed four wheel drive vehicles with built in dog boxes, ladders, gun racks, and ice chests loaded with beer, water, and soft drinks is just one step in the pursuit of quail. Dogs must be bred, trained, and fed year round, then fitted with radio controlled collars. After the dogs run for about an hour they are put back in their cages and other dogs are released.

A guided South Texas style quail hunt starts early morning with the hunters meeting then going to a lodge. After registering the hunting license numbers, you load onto the hunting vehicle to drive the roads and senderos. Three or four dogs are put out to locate a covey of quail. When the covey is found, three or four hunters walk up and flush the birds. Shot guns go off all over the place and downed birds, if any, are gathered. The dog handler will normally have a special dog to locate downed

birds in the tall grass. The quail that flew off only go a short distance and may be followed and shot at again. When the next covey is found, the other hunters now have their chance at birds. Usually there will be about eight hunters per vehicle. All this continues until noon when lunch is served at the lodge. Lunch will be a ranch barbeque of rice, beans, and fajitas with homemade tortillas.

You may ask, "How do you get to go on one of these hunts?" The best way is to be an invited guest. You can buy a hunt throughout the year at one of the charity functions. You can join Quails Unlimited to find opportunities or you can book a hunt. Normally, a purchased hunt will run over five hundred dollars per person. You will need to have a gun, shells, and license. If you are lucky and end up with ten or twelve birds at the days end, you may have about four pounds of edible quail. When you do the math on this, you can see the quail you bring home only cost about \$150.00 per pound.

Another bird hunted in South Texas is the dove. Dove hunting is normally done around ponds or along brush lines where you try to intercept the birds going to roost, feed, or water. It normally takes me ten shells per bird if I am having a good day. The birds are fast and elusive but many (most) people are better at shooting birds than me. I have a good friend, Wayne Strickland, who is a very good shot and can actually have the bird fall into his pouch.

Some dove hunters use a dog to retrieve birds once they are down but I like to pick up my own. I like to wrap dove breast in bacon and grill or bake them. Since I have a place to hunt dove, and due to the number of shells per bird, it makes my dove meat cost only about ten dollars per pound. What a bargain!!

The other popular bird in South Texas is the Rio Grande turkey. Your hunting license allows you to shoot four turkeys per year and these birds normally weigh about twenty pounds. Wild turkey is very good eating and can be prepared as any other turkeys. I like to cut thin slices off the breast and chicken fry them.

There are turkey hunters that pursue turkeys with a passion and think the turkey is the hardest bird to hunt. They will go after an Eastern turkey, then an Ocellated turkey, then a Meriman turkey as well as the Rio Grande bird. There are special turkey calls they use as well as scent free clothing, blinds, and decoys. Some people will spend a ton of money pursuing turkey. I normally get a couple of Rio Grande turkeys per year while deer hunting. They come readily to corn and do not really seem very smart. I killed a very rare solid white headed Rio Grande gobbler by sneaking up on him while he was tending his flock of hens.

The cheapest way to hunt birds in South Texas is to get in your car or truck and make a trip to Wal-Mart or HEB. Go to the poultry section and pick out a nice hen, fryer, or butterball turkey. Cook it and as you are eating you can dream about being out on a bird hunt.



2009



2005

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**Move over apples:  
For some patients,  
an aspirin-a-day  
may keep the doc-  
tor away**

(ARA) - The statistics are staggering: As the leading cause of death in the United States, cardiovascular (or heart) disease accounts for more than 2,200 deaths per day, or one every 39 seconds. Furthermore, the American Heart Association (AHA) and Centers for Disease Control and Prevention currently estimate that every year about 785,000 Americans will have their first heart attack, and another 470,000 will have a recurrent attack.

Adults should know how they can avoid becoming a statistic of heart disease. For many, knowing the leading risk factors and maintaining a heart-healthy lifestyle will go a long way. And for a number of patients, talking to their doctors about low-dose daily aspirin therapy


may be the "heart-smart" thing to do.

"You should never start aspirin therapy on your own," says cardiologist Prerana Manohar. "If you feel that a daily low-dose aspirin regimen may make sense for you, be sure to talk with your doctor about its benefits and risks."

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Allegan, Mich.-based Perrigo is a pharmaceutical company which offers consumers a variety of affordable store-brand aspirin choices that compare with a variety of brand names, including Bayer, Ecotrin and St. Joseph.





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## How to have easy-blooming flower power for any size garden

(ARA) - Tired of winter white? Chances are you're itching to dig in the soil and fill your garden with plants and flowers bursting with rich color.

"Designing with colorful, low-maintenance plants that bloom year round is one of my greatest pleasures," says Susan Olinger, president of the Association of Professional Landscape Designers.

For the average person that's



not as simple as it sounds, but coming this spring, it will be easy to add plenty of "flower power" to any garden, patio or balcony with new Bloomtastic! flowers and plants from Hines Growers.

These easy, low-maintenance flowers have been handpicked to provide rich color and gorgeous blooms that turn ordinary yards into show-stopping gardens from spring to late fall.

Check out these tips from garden pros for eye-popping color and abundant blooms spring through fall.

1. The right plant for the right spot. Too often we're seduced by pretty plants at a garden center, only to find it withers and dies when we plant it in our garden.

"You'll have greater success if you know what plants work best in your yard's conditions," says Justin Hancock, garden editor for Better Homes and Gardens online. "Know how much sun, soil and water the plant needs and make sure it can handle

the heat and cold in your area before you buy it."

Lack of rain can ruin a garden. Plants like new Agapanthus Summer Sky and a new Black Hawaiian Spider Lily called Crinum Purple Dream can handle drought conditions once established.

If you have deer, choose plants they don't eat like Agapanthus Summer Sky. This airy plant with striking blue flowers and variegated foliage is perfect for containers, English gardens or mass plantings throughout your landscape.

2. Design for continuous garden interest. When designing your garden, don't buy plants that bloom at the same time. Instead, Hancock suggests you add plants that bloom in spring, summer and autumn. "Look for long-blooming plants to be the backbone of your garden design."

Decorate your patio, deck or garden with spring and early summer bloomers like the new Bambino bougainvillea in eight dazzling colors with unique foliage. Then turn up the color wattage for summer and fall with the new Hibiscus Bahama Bay Amazon Queen. Its deep orange tones add tropical punch to any patio or yard.

3. Create drama with foliage. "Don't forget how powerful foliage can be," says Hancock. Many plants have different colors in their leaves and can show off brilliant color in a small garden or in containers.

"Plants with deep purple leaves are important in garden design because they look good all season long," Hancock adds. Purple Dream's leaves look almost black when grown in full sun and are dramatic against its showy pink flowers.

4. Make your garden nature friendly. Flowers that attract hummingbirds, butterflies or song birds are good for wildlife and add extra interest beyond their beautiful blooms.

A new dwarf butterfly bush, Lavender Veil, grows low to the ground and is covered with fragrant flowers that attract hummingbirds and butterflies well into fall. "This new butterfly



bush is perfect for hanging baskets or containers and drapes any landscape in a sea of purple," says Hancock, who recommends mass planting three to five of the compact butterfly

bush for vivid flower power.

With a little planning and the right plants, you can transform your garden from winter doldrums to a vibrant garden paradise with little maintenance.

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