



# TxDOT Family News



Best of luck to 6th grader Israel Medina, who has raised four steers that he will show at various shows around La Pryor in the next couple of months. Israel is the son of Martha P. Medina, who works in the La Pryor Maintenance Office.



Frank Jones of Huber Energy was the first paying customer at the Camino Colombia Toll Road. Pictured in this photo on November 8, Mr. Jones pays his toll fee to CCTR employee Chris Huerta.

## Welcome !

Eloy Tijerina- Transp. Maint. Tech.  
Raul Andrade, General Clerk  
Christopher Huerta, General Clerk  
Israel Arriaga, General Clerk  
Gilberto Ibarra, General Clerk  
Luis Castillo, Transportation Maint. Tech.  
Joel Jay Villarreal- Equipment Mechanic



## Farewell

- Bibi Garza Gongora- retired in October
- Daniel Rodriguez- went to work in the private sector
- Dubie Williams- transferred to the San Antonio District
- Malcom Gonzalez- transferred to the San Antonio District
- Fernando Salazar- transferred to the San Antonio District
- Jacqueline Clark- will retire Dec. 31



# DISTRICT NEWS

## It's official

### Don't Mess with Texas merchandise for sale



"Don't Mess with Texas" is a straightforward litter-prevention slogan that, while often imitated, is a true original.

Now the same thing can be said of merchandise showcasing the popular phrase.

The Texas Department of Transportation (TxDOT) announced today that a line of adult and children's T-shirts, hats and mugs is available for the first time in the litter-prevention campaign's history. The merchandise is being sold online at [www.dontmesswithtexas.org](http://www.dontmesswithtexas.org).

A portion of merchandise sales will help fund the Don't Mess with Texas litter-prevention campaign.

"Too many people, not just in Texas but nationally, don't realize Don't Mess with Texas was created nearly 20 years ago as a litter-prevention slogan for TxDOT," TxDOT Travel

Division Director Doris Howdeshell said. "The slogan has since been borrowed by many in the souvenir world, but now for the first time TxDOT is offering an official line of quality Don't Mess with Texas merchandise that in turn keeps Texas roadsides beautiful."

Consumers can identify the official merchandise by its logo, which features the words "Don't Mess with Texas" inside a red oval accented by a blue star containing a highway lane stripe. The logo also bears a trademark symbol. All

official merchandise is tagged with a litter- prevention message. According to TxDOT research, 96 percent of Texans know the Don't Mess with Texas slogan, but only 75 percent know it means "don't litter."

"While we're glad our slogan has become so popular, it's sometimes used to signify state pride rather than litter prevention," said Howdeshell. "We hope having official merchandise tagged with a litter-prevention message will help people remember the slogan's true meaning."

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# Big Hearts

## Employees donate to charitable campaign

Thinking of those who are less fortunate and with the desire to help, TxDOT Laredo District employees dug deep into their pockets this year and donated to the State Employee Charitable Campaign. With an increase of \$3,850 (17.74 % ) from last year's donations, Laredo District donated a total of \$25,708.

"It is so wonderful that our employees found it in their hearts to help those in need," District Engineer Luis A. Ramirez, P.E. said. "While we may all face hardships and obstacles in our lives from time to time, it is important to help others when we can do so. This is what a community is all about."

The donation totals are as follow:

• **Administration:**

Donated: \$5,111  
44.42 % increase

• **Brackettville Maint.:**

Donated: \$ 1,604  
11.54 % increase

• **Carrizo Springs Area:**

Donated: \$1,036  
55.38 % increase

• **Carrizo Springs Maint.:**

Donated: \$1,036  
3 % decrease

• **Central Design:**

Donated: \$3,006  
58.54 % increase

• **Cotulla Maint.:**

Donated: \$463  
16.62 % increase

• **Del Rio Area:**

Donated: \$501  
36.51 % increase

• **Del Rio Maint.:**

Donated: \$365  
\$588.68 % increase

• **Del Rio/Lrd. Shop/Stripe:**

Donated: \$378  
16.67 % increase

• **Dist. Constr. & Maint.:**

Donated: \$3, 256  
12.78 % decrease

• **Dist. Traffic Oper.:**

Donated: \$3,032  
37.19 % increase

• **Eagle Pass Maint.:**

Donated: \$593  
40.70 % decrease

• **Freer Maint.:**

Donated: \$640  
15.11 % increase

• **La Pryor Maint.:**

Donated: \$337  
36.44 % increase

• **Laredo Area:**

Donated: \$1,976  
22.66 % increase

• **Laredo Maint.:**

Donated: \$348  
36.15 % decrease

• **TP&D:**

Donated: \$1,813  
45.51 % increase

• **Jim Hogg/Zapata:**

Donated: \$643  
47.08 % decrease



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Comments, story ideas or questions may be directed to:  
Luis A. Ramirez, P.E.  
District Engineer  
(956) 712-7405  
[Laramirez@dot.state.tx.us](mailto:Laramirez@dot.state.tx.us)  
or  
Diana C. Vela  
Public Information Officer  
(956) 712-7411  
[ddelag@dot.state.tx.us](mailto:ddelag@dot.state.tx.us)



# New year: new start?

For most of us, as each year comes to an end, we pause and ponder about the coming year. As we ponder, many of us often establish goals and objectives to eliminate weaknesses or faults that we encountered this year and that hope to remedy in the next. Most often than not, these goals, known better as "New Year's Resolutions," include being a better person, sibling, parent, etc., or being more spiritual, resourceful or organized. However, the number one New Year's Resolution is the same year after year- to improve our physical appearance. So before you begin your research on the famous miracle diet or try to determine how many crunches you need to do before you get a six pack, consider the following tips, written in the hopes that you will attain your desired goal.

1. **Less is more:** When considering your "New Year's Resolution" it is helpful to limit your resolutions to two or three. Trying to make too many changes in your life is likely to feel overwhelming.  
2. **Be realistic-** While you do want to motivate your self for success, you don't want to feel overwhelmed. So, when you establish your goal, keep in mind that it should be something attainable. For example, if you plan to lose 30 pounds in two months, or consume only water and crackers for the next couple of weeks-that's not a realistic goal. However, if you plan to lose 30 pounds in the next 6 months and eat less junk food and more fruits, that is realistic. An essential thing

to remember is to take baby steps. Don't be disappointed in the first month because you only lost two pounds, instead, congratulate yourself for losing those two pounds and let them serve as motivation to continue losing weight in the months to come.

3. **Love your self:** Changing your lifestyle is never going to be easy, and so it is important to remember that you will have your moments of weakness. During these moments, it is essential to love your self. Only by loving your self will you ever have the self esteem and determination needed to succeed and push on.

### Easy Exercise TIPS:

*You don't have to spend endless hours at the gym in order to get in shape. Believe it or not, the simplest activity can get you on the road to a more fit lifestyle.*

- Park farther away from the office or shopping center
- Take the dog for a walk. If you don't have a dog, enjoy a walk with your spouse or children
- Replace a bag of potato chips with baby carrots or fruit (you can still put chile in it if you want)
- Wash your car by hand instead of going through the drive through
- Get enough sleep
- Do calf raises while waiting for the toast to pop up or while washing dishes
- Eat slowly and leave a por-



tion of each meal untouched (remember it takes 20 minutes for your brain to register when you're full)  
• Do body squats while watching your favorite program (you'll be so focused on the program you won't even feel the burn!)

## Holiday Humor

**If athletes get athletes foot what do astronauts get?**

Missle toe!

**What do reindeer sing to Santa on his birthday?**

Freeze a jolly good fellow.

**What do you get when you cross a snow man with a vampire?**

Frostbite

