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Living Well, Living Strenuously

By James M. Decker [Author's Note: This was written on Sunday, August 20, 2023.]

I'm writing this from the road. Now, I'm no literary chronicler of travel like John Steinbeck ("Travels With Charley") or Jack Kerouac ("On the Road") but I did manage to dictate this with the wonders of voice-to-text while driving from Stamford to Colorado.

Two years ago, my friend Ed Roberson unveiled the idea of the "Strenuous Life Retreat," a week-long dedication to the guiding principles of Theodore Roosevelt's life: physical exertion, intellectual stimulation, eating well, and sleeping energetically. The first retreat was held in September 2022 at the Medano Zapata Ranch in southern Colorado, adjacent to Great Sand Dunes National Park.

Last year, that retreat came at something of an inopportune time. It was scheduled only a few weeks after my family was unexpectedly displaced from our home by an electrical fire. I gave a great deal of thought to canceling, but my deeply-caring wife insisted that I go on the trip anyway. She rightly told me that I would forever regret canceling. She was correct. It was one of the most enjoyable weeks of my life and it was certainly the most exhausting, but in the best possible way. This year, the retreat is about a month earlier. There are no life crises this time, but I seem to feel drained and exhausted in a non-strenuous living manner. The summer heat certainly has not helped.

Our daughters are big fans of Daniel Tiger. He is a PBS character and the star of a children's television show that does not drive adults insane. He also descends from the Mr. Rogers universe. There's a song on that show that I have pondered, with lyrics that go, "sometimes vou can feel two things at the same time, and that's OK." It is a great lesson to help small children learn to process their emotions. You can be disappointed about something while also being otherwise happy. I've considered how that might be a great lesson for adults too. Our human tendency is to label everything in neat boxes and make those boxes as simple as possible. It's a Disney-esque false reality: everything is clearly good or bad, right or wrong, and there can be no complexity.

Now, as Alan Jackson once sang, "But here in the real world, it's not that easy at all." Robert Earl Keen further elaborated that "we live and die by shades of gray."

Life can be exhausting, y'all. It is important to understand that we can do good work and pursue truly beautiful and important things, occasionally being worn out and even frustrated. Sometimes that is bad timing. Sometimes it is bad luck. Sometimes it is a human tendency to make life unnecessary complicated and difficult for ourselves and everyone around us. I can be talented at that. We must fight the Disney-esque tendency to think that means something is wrong. Daniel Tiger knows better. Sometimes it is just life.

It is vital that we find ways to re-center and ground ourselves

throughout the year, so that we thrive in our good work and pursuit of beautiful and important things, without getting burned out by them. In the past year, we've greatly reduced the television watching in our house. I've spent much more time kayaking, and gardening. Those have been very positive, but I still don't have it all figured out yet. Wendell Berry's most famous poetry works are collectively called the "Sabbath Poems." They are just what they sound like: poems that he wrote after Sunday morning walks through woods and surrounding his home. Reading those poems is extraordinarily peaceful and cleansing. One can only imagine the feeling from actually living moments that created them.

As I wind my way into the San Luis Valley of Colorado for a week of strenuous life, I think about the downhill slope to the end of the year. We have just enough time to truly re-center ourselves to do the good work of rural revitalization or whatever else you individually are passionate about. Or, we can muddle through four months, look up on New Year's Day, and feel like we're still just in an exhausting slog.

I know what Theodore Roosevelt and Wendell Berry would do. They would make the most of the weeks and months to come, not in a chaotic obsession with productivity, but in living well, doing good work, and focusing on the most important things. May we do the same.

And may I conquer the trail and the climb to 12,000 feet and Zapata Lake!

James Decker is the Mayor of Stamford, Texas and the creator of the West of 98 website and the Rural Church and State and West of 98 podcasts. Contact James and subscribe to these essays at westof98.substack.com and subscribe to him wherever podcasts are found.



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RLISD board meetings minutes told

July 13, 2023

The Robert Lee ISD Board of Trustees held a special meeting on Thursday, July 13, 2023, at RLISD.

Those present included board members Wes Washam, Jeffie Roberts, Linda Burns, Jose Morales, and Erin Oleksiuk. Board members Beverly Sinclair and Cole Bosworth were absent.

The meeting was called to order at 12 noon by President Washam with a quorum of members present.

The invocation and pledge were led by Erin Oleksiuk.

Supt. Hood recommend to adopt an order authorizing the issuance of Unlimited Tax School Building Bonds; levying an Annual Ad Valorem tax and providing for the security for and payment of said bonds; Approving Official authorizing submission of the bonds to the Texas Attorney General; and enacting other provisions relating to the subject. Erin Oleksiuk made a motion to approve the recommendation and was seconded by Linda Burns. All were for.

Supt. Hood recommended awarding the bid to purchase two new SUV's from Ivey Motors. Linda Burns made a to approve recommendation seconded by Jose Morales. All

Supt. Hood recommended to hire Kristi Fowler as an elementary teacher for 2023-2024 school year. Erin Oleksiuk made a motion to approve the recommendation and was seconded by Jose Morales. All

The next regular school board meeting will be held Tuesday, July 18, 2023, at 5 pm.

The meeting adjourned at 12:35 pm.

July 18, 2023

The Robert Lee ISD Board of Trustees held a regular meeting on Tuesday, July 18, 2023, at

Those present included board members Wes Washam, Jeffie Roberts, Linda Burns, Jose Morales, Beverly Sinclair and Erin Oleksiuk. Board member Cole Bosworth was absent.

The meeting was called to order at 5 pm by President Washam with a quorum of members present.

The invocation and pledge were led by Linda Burns. A presentation was held from

TASB on RLISD salary study. The 2023-2024 District Salary

Schedule was discussed.

Jeffie Roberts made a motion to approve the minutes of June 22, 2023, and July 13, 2023, and was seconded by Jose Morales. All were for.

Erin Oleksiuk made a motion

Area Churches Invite You to Worship

Bronte Church of Christ PO Box 346

118 S. Jefferson • Bronte Sun. 10 am & 6 pm, Wed. 7 pm **Central Baptist Church** 324 S. Franklin • Bronte (325) 473-4811

Dale Patterson, Pastor Sun. 10 am Sunday School 11 am & 5 pm Worship

First Baptist Church 424 S. Washington • Bronte (325) 473-2331 firstbronte@gmail.com Pastor George Cooper Sunday 9:45 am Sunday School, 10:30 am Worship Wednesday 6 pm - 8 pm Children and Youth **Bronte Methodist Church**

Corner of Washington & Holmes Bronte • (325) 650-4836 Pastor Keith Fletcher 10:00 am Sunday School 11:00 am Worship

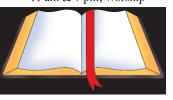
St. James Catholic Church 215 N. Washington, Bronte Rev. Timothy Hayter, Pastor Sunday Bilingual Mass 8 am 4C Cowboy Church Drawer R • Bronte • (325) 895-4080

Robert Lemmond, Pastor Sunday, 10:30 am - Texas Theater Wednesday Bible Study 6 pm -4C Feedlot Youth Building

Coke County Pecan Baptist

PO Box 542 •12 miles West of Robert Lee on Sterling City Hwy (325) 453-2065, Bill Hood, Pastor www.pecanbaptistchurchrl.com Sun. 10 am, Sunday School

11 am & 7 pm, Worship



Robert Lee Bible Baptist Church PO Box 938 • 9th & Austin Sunday 10 am Sunday School, 11 am and 5 pm Worship, Wed 5 pm Bible Study **Emmanuel Pentecostal** PO Box 794 • 1004 Hillcrest Pastor Brantly Robertson (972) 841-2009 Sundays 10 am, Wednesdays 7 pm First Methodist Church PO Box 144 •9th & Chadbourne Robert Lee • (325) 453-2417 Sun. 10 am Sunday School 11 am Worship,

Iglesia Bautista Betel 101 Houston • Robert Lee Sun. 9:45 am • Sunday School 11 am Service • Bible Študy Wed. 6 pm **Southside Church of Christ** PO Box 698 • 8th & Houston Robert Lee (325) 453-2176 Sun. 10 am, Sunday School 11 am Worship

Wed. 6 pm, Worship **Northside Church of Christ** PO Box 508 9th & Chadbourne • Robert Lee (325) 453-2685, (325) 763-2118 or (325) 473-1053 Services: Sun. 10 am

Our Lady of Guadalupe Catholic Church 601 W. 10th, Robert Lee

(325) 365-2687 Rev. Timothy Hayter, Pastor Saturday Vigil Mass 6 pm **Robert Lee Baptist Church** PO Box 493 •22 W. 11th (325) 453-2724

Chris Walls, Pastor Sun. 9:45 am, Sunday School 11 am Worship Wed. 6:30 pm, Prayer Meeting

Victory Assembly of God (325) 453-2208, PO Box 638 202 E. 6th Street, Robert Lee Rev. Rocky Youngblood, Pastor

Sun. 9:45 am, Sunday School 10:45 am & 6 pm, Worship Wed. 6 pm, Bible Study