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4-H reaches youth in many ways

By VERONICA HUNDL
County Extension Agent

Today's 4-H program is noted for its flexibility. A feature that makes it the largest youth serving organization in the country.

4-H is flexible because it is organized in different ways, for different needs, in different places. Organization may take the form of community or neighborhood clubs, project clubs, special interest groups, television and special activities. Young people may take part in 4-H through any or all of these.

The community or neighborhood 4-H club is associated with an area known to local people, such as the crossroads, a small community, town, a section of a suburban community, a city block or blocks, or a housing complex. The number of 4-H members in a club may range from five or six to more than 100. This type of 4-H club continues from year to year. Usually both boys and girls belong to the club, enrolling in projects according to their interests.

In many areas, 4-H is organized on a "project club" basis. Young people are encouraged to form these clubs for a year or less. Examples include project clubs for garden, clothing, dairy, automotive, horse, bicycle and small engine. These 4-H clubs vary in number of members from five to 50 or more. The 4-H project club territory may range

from a neighborhood cluster of a few families to a city block to two or three towns - or an entire county. In many counties, members of community or neighborhood 4-H clubs may belong to a larger area 4-H project club. Teenagers especially like this system.

In special interest groups, the subjects taught depend on the interests and ages of the girls and boys related to the needs of their community. Young people may take part in this kind of intensive short-term group if they do not wish to be members of a 4-H club.

They may get training in bicycle safety, health, first aid, fire prevention and safety or jobs in local businesses.

Special education activities often supplement 4-H programs.

Group and individual 4-H'ers take part in special activities as they gain experience and can benefit from them.

Whichever method suits youngsters best, 4-H has a way for them to learn and to have fun in an exciting youth program. For more information, contact the county Extension office at 732-6094.

Hospital News

Patients (February 10)

Eagle Lake: Eduardo Jaramillo, Edna Nobavitz, Hoy DeShazo, Calvin Gertson, Claudette Powers, Mary Balleu, Janelle Mascheck, Vera Domak, Lorenzo Israel, John McKee, Ida Shorter, Gary Grasshoff, Richard Alvarado, Johnnie Psenick, Bobby Green, Tiffany Wilkerson, Oliver Johnson Jr., Juanita Dufner, Floyd Owens.

Wallis: Vlasta Sowa; from Sheridan: William Goode; from Alleyton: Lena Braden; from Hallettsville: Janice Rother and baby boy.

Dismissals
Eagle Lake: Hazel Williams, Ruth Frenzel, Thomas Trevino, Ella Pettis, Benjamin Gonzales, Caroline Rodriguez;
Columbus: Henrietta Sommerlatte, Stewart Kaiser, Lillian Schneider, Brenda Vasquez and baby girl; from San Antonio: Guadalupe Lopez; from Abilene: Arthur Binkley; from Wallis: Adolph Felman, Joseph Supak; from Kenedon: Clara Ray; from Rock Island: Catherine Frederick; from East: Richard Joeche; from Garwood: Raymond Wied.

Garwood News

By Mrs. Struska

Mr. and Mrs. Max Faykus of Victoria visited his mother, Mrs. A.G. Faykus, last Monday.

Mr. and Mrs. Lawrence Berger spent last Friday and Saturday in Dallas where they attended the Bowles Seal Fast Corp. regional sales meeting. On their way back, they visited Mr. and Mrs. Bob Jennings in Waco.

Correction: Mrs. Marsha Pysmeyer is president of the women of the Lehrer Memorial United Methodist Church and not Mrs. Berger as stated in last week's column.

Mrs. Gladys Lewis spent several days last week with her sister, Mrs. Gayle Harry.

Friends in Garwood and Nada extend their sympathy to Mrs. Frank Zhanek and family in the death of her husband, Frank Zhanek. Funeral services were held from St. Mary's Catholic Church in Nada and burial was at Talm.

The area encountered some rough weather last Thursday with hail and rain. The ground was white, covered with hail.



Judges attend seminar

Forty-three justices of the peace attended a 40-hour seminar January 12-17 in Austin conducted by the Texas Justice Court Training Center headquartered at Southwest Texas State University in San Marcos. Attending were, from left, James W. Woltz of Friendswood, Galveston County; Lindon Williams of Baytown, Harris County; James C. Adolphus of Richmond, Fort Bend County; and Mary Lou Szymanski of Eagle Lake, Colorado County, Precinct 8, Place 1. The seminars are held in compliance with Article 5972, Section B, of the Texas Revised Civil Statutes. Topics covered include justice court venue, defensive driving, forcible entry and detainer statutes, license and weight laws and new game and fish laws. New legislation relating to the justice court that was passed by the 69th State Legislature also was reviewed.

Renick running for county treasurer

Juanita (Nita) Renick, of Columbus, has announced her candidacy for treasurer of Colorado County.

"I have been a resident of Colorado County for 24 years. My business experience consists of being office manager of Russell Electric for 17 years. I was owner and operator of a nursery school for 3 and 4 year old children for 5 years.

"Prior to moving to Columbus, I was temporarily employed by the District Clerk of Burnet County. I also was employed twice by The City of Burnet to prepare the tax roll.

"I feel that I have the knowledge and ability to serve as



your county treasurer. Your vote and support on May 3 will be appreciated."

Vitamin and mineral supplements

By PEGGY KALINA
County Extension Agent

Vitamins and minerals are undergoing a promotional craze. Health food stores, door-to-door sales, and newspaper and magazine articles promise that the consumption of vitamin or mineral supplements will increase health. Americans are concerned about their health but many have misconceptions about what vitamins and mineral supplements can do to increase health. As a result, some people gobble vitamin and mineral supplements like popcorn, adhering to the philosophy that if a little of something is good, more must be better.

According to a recent USDA study, about 40 percent of the adult U.S. population use vitamin and mineral supplements. Only seven percent of the people who take the supplements do so under the guidance of a doctor. Vitamin and mineral overdosing has become a major health threat, causing problems from intestinal disorders to liver damage. Every 24 hours, 11 people in the U.S. are treated by a doctor for vitamin or mineral toxicity. Many more cases of subclinical toxicity are never seen by a doctor.

The American food supply has never been more wholesome. We are enjoying a tremendous variety of foods and have never been better nourished. Contrary to popular belief, our food supply is not void of vitamins and minerals nor do many people experience vitamin and mineral deficiencies. Nutrition surveys show that low nutrient intake levels occur within some segments of the population. For example, some teenagers consume less than RDA amounts of iron. Most of these problems can and should be solved by dietary improvements. Most vitamin and mineral supplements are promoted as an "insurance policy" to guarantee good health.

The implication of such advertising has contributed to the myth that even a balanced diet cannot provide adequate nutrients. Other ads imply that modern farming methods have depleted the soil and that food itself no longer contains adequate nutrients. These promotional assertions are untrue. More is known about the nutrient content of food today than ever before. And more is done, through modern farm practices, to protect and enrich the soil than was possible in the "good old" days.

New DRT members honored at ceremony

La Grange City Hall was the scene of activity January 19 when members of the Daughters of the Republic of Texas and their guests gathered to honor the newest members of this patriotic society.

The 2 p.m. ceremony and silver tea marked the formal chartering of the Monument Hill chapter of the Daughters of the Republic of Texas, and the installation of its officers.

DRT state officers participating were: Mrs. Grady Rash Jr., president general; Mrs. Frederick White, first vice president general; Mrs. Erin Patrick, second vice president general; Mrs. Lamar Good, fifth vice president general; Mrs. Henry Averette, registrar general; and Mrs. Mary B. Oberhaus, Texas Star chapter.

Houston, Other state officers in attendance were Mrs. Karen Thompson, custodian general, and Mozelle Ridout, District III representative. Garland.

Dorothy Albrecht, chartering president, spoke briefly on the history of this new chapter before introducing Mrs. Rash, who administered the oath of membership to the newest members including: Mrs. Warren O. Albrecht, Mrs. Charles Darnell, Mrs. Lillian Stuermer Dyer, Mrs. Richard A. Garbus, Mrs. William

T. Higgins IV, Miss Glen Denise Higgins, Mrs. Clyde Hill, Mrs. Jay Jervis, Mrs. Jerold R. Johnson, Mrs. Alfred William Karnau, Miss Sally Ann Karnau, Mrs. James C. Kolbe, Mrs. Michael D. Mabry, Mrs. Wilbert O. Miller, Mrs. Francis A. Peterson, Miss Joan Phillips, Mrs. Leonard Phillips, Mrs. Robert M. Saunders, Miss Darlene Stancik, Mrs. Evelyn Stuermer, Mrs. Vernon Weber, Mrs. Samuel Wenske.

Officers installed for a term of two years were Dorothy Albrecht, president; LaDoris Weber, vice president; Chris Jervis, chaplain; Claudine Saunders, secretary; Roxanne Johnson, treasurer; Marilyn Miller, registrar, and Joyce Stancik, historian.

Introduced as prospective members with applications in transit were Mrs. Joe E. Bean, Mrs. Kenneth Behlen, Miss Diana Ditsman, Mrs. Daniel Charles Hoffman, Mrs. John Mark Luther, Mrs. Lawrence John Stuermer, Mrs. Roy Williams.

Guest speaker, Marjorie L. Williams, B.A., M.A., J.D., Weber of Ammanville, was introduced by the new chapter. She was the first woman to be elected to the office of "Woman's Point of View." This most interesting topic covered the lives of three pioneer Texas

women, Dilue Rose Harris, Mary Crownover Rabb and Elise Willich. A gift was presented to Mrs. Williams by Deena Wenske on behalf of Monument Hill chapter, La Grange.

Guests then enjoyed a tea consisting of silver trays laden with cucumber, ham salad and chicken salad sandwiches, an array of cookies and coffee or hot apple cider. Arrangements of silk bluebonnets were attractively placed creating the desired effect.

Members and their guests gathered for a tree planting ceremony at Monument Hill State Park immediately following the ceremonies. Chris Jervis, chaplain of the newly chartered chapter, opened the ceremonies with a prayer. Guest speaker, Ellen Buchanan, superintendent of Monument Hill State Park, spoke of the heroes of the Mier-Dawson expeditions and the history of the monument. She outlined the improvements which have been made at the site as well as their plans for the sequentennial year.

The national Live Oak tree, donated and planted by Vernon Weber of Ammanville, was dedicated to the memory of the citizens of the Republic of Texas and to the heroes "at rest on Monument Hill." LaDoris Weber then introduced Dorothy Albrecht, president of Monument Hill chapter, citing her as the inspirational force and the key figure responsible for the chartering of this new chapter.

Mrs. Albrecht, using a red, white and blue shovel, then placed the first ceremonial soil on this newly dedicated tree thus completing the first official act of this newly chartered chapter.

Altar Society plans upcoming events

Twenty-five members and twenty-seven guests of Our Lady of Perpetual Help Catholic Church Altar Society enjoyed a Valentine party and covered dish dinner on Thursday evening, February 6 at seven o'clock. The meeting, called to order by president Dorothy Kohlefeld, was opened with prayer led by Carolyn Niska. Mrs. Kohlefeld welcomed the large group in attendance.

Minutes of the January meeting were read by secretary Connie Gertson, and treasurer Phyllis Psenick gave the financial report.

Old business was discussed including concessions at the Knights of Columbus Las Vegas Night; the January deaconry meeting in Frydick; the KC blood drive; bingo; concession sales; and the hospitality bags which the local society is responsible for at the state convention.

Altar Society members served food at the Chester Glacier family following the funeral and a cold cut platter was taken to the Arthur Mahalik family upon the passing of Mrs. Mahalik's mother. The society

has purchased new vestments for Father Ray.

Upcoming events include the deaconry meeting in Mentz on April 15; the parish Easter Egg Hunt on March 26; and the parish Senior Mass and dinner on April 5.

Mrs. Kohlefeld then recognized the five guests of honor and presented them with their 25-year membership medals. Honored for their dedication and service for the past 25 years were Georgie Dierschke, Agnes Hengst, Dorothy Jones, Tillie Matzke and Emily Siles.

The president went on to speak of the importance of new members in the group and recognized the three new members in 1985: Loretta Morgan, Nancy Nelson and Sandy Thomson.

Following the blessing, barbecue brisket and ham and a variety of covered dishes were enjoyed as well as desserts prepared by the hostesses. Many door prizes were awarded by hostesses Martha Sommer, Emily Siles, Mary Thuman and Dorothy Kohlefeld.

To conclude the evening, an informative presentation on the Pilot Club's Lifeline project in this community was given by Gwen Paschal, Mary Ann Kaluz and Doris Thomas, local Pilot Club members.

Pastor's Study

By E.B. Beasley, Jr.,
pastor of Lissie, Wallis
United Methodist Churches

There is the story of a hatter in Philadelphia who desired to place a signboard over his shop. He wrote it down, "John Brown makes and sells hats for ready money."

"O dear!" said a friend, "cut out 'makes and' Nobody cares who makes the hat as long as it is good." Then the sign read, "John Brown sells hats for ready money."

"Dear me!" exclaimed another friend. "Why, this is an insult to the community! 'Ready money,' indeed! Strike it out!" The sentence then read, "John Brown sells hats."

"Absurd!" cried a third friend, "do you suppose people expect you to give hats away? There is no need to say they are for sale!"

And he went to the sign writer and ordered him to paint the board bearing the simple legend, "John Brown, hats."

"Ridiculous!" cried a fourth. "People could see that it is hats you are selling." Off went "hats."

A fifth friend finally completed the wipeout: "Everyone knows who you are sooner or later - why bother having 'John Brown' on a permanent signboard?"

As ridiculous as that sounds, this is how many people rationalize their lack of a witness for Jesus. Phrases like "Everyone will know..." and "People can see..." come very naturally to our lips and our minds when we need to be a witness for Him. People do know and people can see, but that is not always enough. We understand about advertising in our businesses, and we should see the value of advertising for His business.

As Wednesday and Lent are before us. In many churches, this is the time to make special preparation to celebrate Easter and to give a special effort to radiate our lives for Christ. Is this a good time considering what kind of a "sign" our lives are for Christ?

"Good service,
good coverage,
good price -
That's
State Farm
insurance."



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Heritage House News

By Patricia Hordndt

Heritage House department heads, Ann Zhanek, D.O.N., and Marian Werland, administrator, attended the Don James seminar at Herman Demensions, Inc. in Houston last week. Human Demensions, Inc. is a professional management consulting firm on time management.

The final session, in a series of six, is designed to increase effectiveness. The session dealt with evaluation of time management behaviors. Principles of good time management: time waster, time analysis and good setting.

Mrs. Marian Werland recently attended a seminar in Houston at Heritage House. Ms. King was chosen as employee of the month in seven categories, which she was fully qualified for. Bea is a "top top" nurses aid on the 11-7 shift and she is always read to do her job.

Bea has been employed at Heritage House since 1972, has two children and lives in Eagle Lake.

As employee of the month, Bea

received a free photo session at Seashell's Photography, a private parking space, a beauty salon appointment at the salon of her choice, and a luncheon with Marian Werland, administrator of Heritage House.

Everyone had a great time.

We want to welcome to our facility, Vester Booker, Clarabelle Haines and Caroline Hlavinka. Employee of the month of January is Ms. Bea King, nurses aid at Heritage House. Ms. King was chosen as employee of the month in seven categories, which she was fully qualified for. Bea is a "top top" nurses aid on the 11-7 shift and she is always read to do her job.

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