

SHERIDAN LIBRARY NEWS

There is less than two weeks remaining in order to get on the printing list of the new "community birthday calendar" for the year 2000. Library board members and volunteers are still taking orders. The cost for individuals is \$5, a business is \$20, and clubs, organizations and churches are \$10. With a business ad or a support ad, a free calendar is provided.

If no one has contacted you for ordering a calendar, call Patsy Fuller, Loretta McCloud, Zelda Walker, Ed Parham, Natalie Dupre, Joyce Ohm, Mary Lou Criswell or Lillian Gohlke. Your support is appreciated.

The Sheridan Friends of the Library continues to grow. Twelve new memberships were added during the month of Sept. Membership dues are \$5 per person. With these funds, the library is able to purchase items not included in the annual budget.

Friends for 1999 include Charles & Mary DeShazo, Marguerite McCoy, Wayne & Natalie Dupre, Harry & Grace Brisco, Rosalie Brockner, Evelyn Holt, Willard & Irene Hagendorf, Everett & Minnie Spittler, Martha Polach, Jenavee Peterson, Jim & Carolyn Brisco, Bill & Lillian Gohlke, Bill & Gail O'Neill, Phil & Elaine Mailoux, Ed & Kay Parham, Gordon & Beverly Mercer, Jean & Zelda Walker, Franklin & Trish Walker, Mark Leah, Courtney & Jesse Ross, Eldon & Joyce Ohm, Mary Lou Criswell; Duane & Kathy Ricks, Omi Kincheloe, Eddie Ray & Lois Taylor,

McDowell & LaVerne Criswell, Bobby Haines, Pat & Louise Brandenburg, Shirley Moore, Dean & Betty Varley, Dot Wartham, Bessie Dorhauer, Lloyd & Ora Spittler, Gary Spittler, Charles Schirmer, Larry, Darnell, Andrew, Tiffany & Kimberly

Varley, Dennis & Wanda Zbrank, Jim & Lucy Ross, Lavo & Ruth Brisco, Ray Lee, Carmen, Leigh, & Chris Jackson, Dollie Botard and Maggie Brewer.

The library received the following

memorials during the month of Sept.: in memory of Ruth Grubert: Ray Lee & Carmen Jackson; in memory of Becky Rodriguez: Stacy & Tracy Rodriguez, Woody & Margie Fuller, Dave, Patsy & Kayla Robertson and Trish Chisum.

4-H... a long history... a great future

More than 275 Colorado County 4-H members and almost 80 4-H volunteers are celebrating National 4-H Week Oct. 3-9.

Organized 4-H programs have been in operation in the state of Texas for 91 years.

There are 11 community clubs and one county-wide project club in Colorado County. These clubs meet on a monthly basis and can be found in all areas of the county.

4-H, one of America's largest informal education programs for boys and girls, teaches practical skills and develops attitudes and habits that help youth to meet the challenges of today and tomorrow. 4-H not only asks youngsters to "Make the Best Better", it gives them guidance to reach their goals.

4-H is family and community oriented. 4-H members devote much time to community service in a wide variety of projects, ranging from helping the elderly and disabled to restoring and maintaining historic sites and to helping preserve their environment.

The 4-H pledge is both a symbol of devotion generations of America's youth have given to the 4-H program and a guide for preparing today's youth to be good citizens.

"I Pledge My Head to Clearer Thinking"

Young people today have numerous career options to choose from, many more than their parents or grandparents did. But today's youth must be better prepared.

Advances in technology have mandated the need for specific skills and critical competencies in the workforce. The future will belong to those who can think clearly and are prepared to meet the challenge of a changing society and workforce.

Programs in 4-H prepare young people to think clearly.

"I Pledge My Heart to Greater Loyalty"

Pledging your heart to great loyalty requires commitment, faithfulness, understanding and caring. These are building blocks of a productive, rewarding life. They are also at the

center of 4-H programs and activities.

In 4-H, young people learn the value of helping others. They learn to become concerned, productive citizens by understanding the history and character of their communities and donating their time to community service projects.

They learn to nurture relationships—both human and animal-based on trust, responsibility, respect and understanding and they discover the importance of cooperating with others, sharing experiences, appreciating diversity and setting goals.

"I Pledge My Hands to Greater Service"

Learning how to serve goes right to the heart of valuable life lessons. Whether it's teaching younger children to care for the environment, creating a wildlife habitat for the community, restoring and beautifying a city park that has succumbed to neglect, caring for a prized animal or packing food baskets for a local food bank, 4-Hers' hands are involved in doing.

(See 4-H, Page 10)



Awareness Week proclaimed

Thursday, Sept. 30, Colorado County Judge Al Jamison signed a proclamation making Oct. 3-9, 1999, Mental Illness Awareness Week in the County. Pictured with him are, from left, John Waddell, Community Relations Director, and Ray Dillard, Care Coordinator at Texana.

Headlight Photo by Carol Nelson

ABOUT TOWN...

•Eunice and Fred Frnka of this city, Janet and J.J. Grigar and Joseph Grigar of Lockhart, and Elizabeth Hyde of Maxwell were in Fayetteville, Arkansas, last weekend to watch the University of Arkansas Ladybacks soccer team win a pair of games.

The Ladybacks broke a four-game scoreless losing streak by defeating Green Bay, Wisconsin, 6 to 3, and Colorado College, Colorado 3 to 0.

Katie Grigar is a freshman member of the U of A soccer team and played in a part of both games, much to the delight of her grandparents, parents and brother.

members came from surrounding counties to wish Fabian a happy birthday.

Guests enjoyed barbecue with all the trimmings, sandwiches, dip, chips and sodas. A great time was had by all. Happy birthday, Fabian, and may God bless you with many more.

•Congratulations to Justin Blain Kubicek of East Bernard for having earned a degree in B Fine Arts Radio/Television in Aug. from Sam Houston State University.

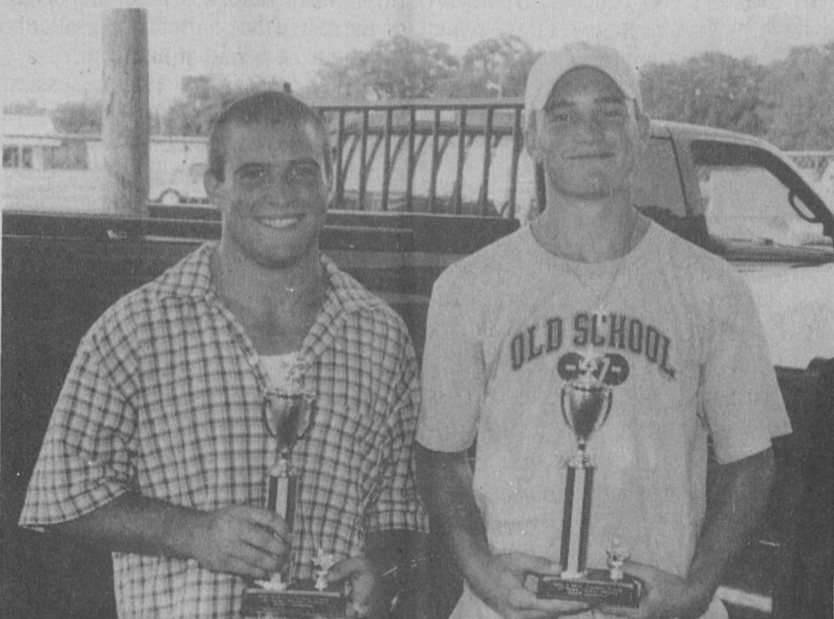
•In last week's edition of the Headlight, it was stated that Johnny and Linda Stribling were from El Campo when in fact they are from Kaufman. Our apologies and best of luck with the new arrival.

•Fabian Zapata, son of Alfredo and Valerie Zapata of Eagle Lake, celebrated his first birthday on Sunday at Beason's Park in Columbus. Family

1999 Colorado County Fair Go Texan winners



The Go-Texan grand champion barbecue cookoff team was from LCRA. Team members were, in back, from left, Paul Heger, John Mangini, Chief Cook Clement Kubicek and Gary Espinosa. In front are children of team members Todd Heger, Tyler Heger and Jeffrey Kubicek. Not pictured was team member Scott Matus.



Senior Go-Texan washer pitching champions were Doug Bradford and Stephen Bradford of Frelsburg.



The team of boys who were Go-Texan horseshoe pitching champions were Rusty Moore and Zach Perry of Altair.



Men's Go-Texan horseshoe pitching champions were Dwayne Hennek of Cat Spring and Troy Fraysur of Columbus.



Go-Texan reserve champion barbecue cooking team was "Texas Original Cookers of Weimar". Pictured are Craig Elstner and Harris Kainer.



Women's Go-Texan horseshoe pitching champions were Glenda Moore and Wanda Henry of Eagle Lake.



Junior Go-Texan washer pitching champions were Tyler Sparks and Dustin Herzik of Weimar.

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What to Do About Exercise-Induced Asthma

Some adults and children who experience an attack of exercise-induced asthma (called EIA) may think they simply are out of shape. As a result, such persons sometimes avoid sports and less strenuous exercise programs out of fear of being embarrassed. A proper diagnosis of EIA and information about this condition can help these asthmatics distinguish between asthma symptoms and whether or not they are out of shape physically. Here are a few tips that may help minimize EIA attacks:

- Don't exercise in cold, dry, or smoggy weather (most EIAs occur in such weather types).
- When exercising, breathe through the nose and not the mouth, so that the nose may filter out irritants before they reach the lungs.
- Get in shape and stay fit. Regular physical conditioning decreases the overall reliance on medicines and may actually decrease the incidence of EIA.
- Use prescribed bronchodilator inhalers before routine exercise. *Albuterol* and *cromolyn* usually are effective if exercising for three hours or less. For longer periods, the long-acting bronchodilator *salmeterol* may be best. A long-acting steroid inhaler also may be needed for those exercising strenuously for long periods.

Photos Courtesy of Henry Potter