

Avalon Place celebrates millennium birthday

Avalon Place Nursing Facility in conjunction with the Texas Chapter of the Coalition of Women in Long Term Care (COWL) is celebrating a new millennium project. "A 365-day CELEBRATION of Three Centuries of Living". We are celebrating the lives of Texas Citizens in their community whose life spans over three centuries; from the 1800s to the 1900s, moving into the year 2000.

Avalon Place is celebrating the 112th birthday of Maude Conic.

Reared on an East Texas farm, she moved to Wharton County at age 16 when she married Phil Conic who was a handyman at Pierce Ranch. They

had two children.

In 1955, at age 69, she took on a whole new group of children, ranging in age from nine years to an infant, to raise as her own. She was their great aunt; their dad couldn't raise them. She is proud of all of her children, not one has ever seen the inside of a jail. They are all good citizens.

Her children love her and want to be with her as often as they can. If she had to do it again, she would do it the same way. Her advice is to work hard to set the example. "I was strict, but that made good children out of all of them."

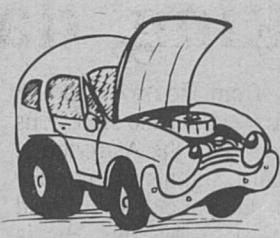
The Texas Chapter of COWL was

formed in the mid 90s to create an independent advocacy forum for shaping women's issues in public policy. Membership to COWL is open to both men and women interested in women's issues for long term care.

For information on COWL, contact Regina Franklin at 940-380-3250.

The public is welcomed to come by and visit Mrs. Conic. She loves children and is a delightful person to visit with and talk about her life experience, especially the great storms that devastated Galveston. She is a survivor of that storm.

Her birthday is Aug. 18. The community is invited to a reception in her honor Friday, Aug. 18, from 9:30 to 11:30 a.m., come and go.



CAR CARE CORNER

Make Fewer Trips To The Pump

(NAPS)—Filling up at the gas pump has become a draining experience, to say the least. With gasoline prices at their highest levels in years, drivers are beginning to seek ways to improve their autos' fuel efficiency.

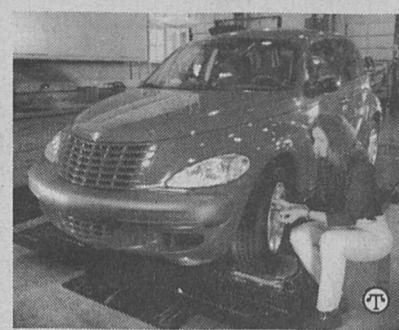
Fortunately, there are numerous ways to save money at the pump, say automotive experts at the Specialty Equipment Market Association (SEMA).

SEMA, whose members have been helping people make the most of their vehicles for nearly 40 years, suggests drivers invest a few dollars now to save money in the future and to enjoy their vehicles more.

"It's easy to improve a vehicle's fuel economy and get improved performance at the same time, at any stage in the life of a car," says Chris Horn, SEMA's vice president of consumer affairs. "Simple changes, like snapping on a high-performance air filter and changing to a less-restrictive muffler or exhaust system, help an engine breathe easier, so it produces more power and is more efficient."

"Improving a vehicle's ignition system also can make the engine more efficient, so it needs less fuel and performs better."

Good engine and tire maintenance are also powerful contributors to better gas mileage, explains Horn. The Federal Trade Commission estimates consumers



Good tire maintenance is a powerful contributor to better fuel mileage.

can save several hundred dollars a year on gas just by keeping the vehicle's engine tuned and tires inflated to the proper pressure.

"Pickup truck owners can reap some of the biggest benefits in terms of improved gas mileage," he says.

Air traveling into a pickup's bed runs smack into the tailgate, creating serious resistance. Some people drive around with the tailgate down, but this reduces a truck's utility. A better solution is to replace the tailgate with a specially designed net. Another option is to top off the bed with a truck cap or tonneau cover that will improve aerodynamics substantially and provide more secure storage space.

"Clearly, there are a number of enhancements you can make to your car or truck that will improve the aerodynamics and engine per-

formance," Horn says. "But don't forget the contribution of good personal driving habits."

Driving at a consistent speed is one way to improve gas mileage, so it makes sense to use cruise control. If you don't have it, it's simple to get cruise control installed, SEMA experts recommend.

"Tires are another major contributor to fuel efficiency," adds Horn. "Studies have shown that it's not uncommon for vehicles to have six percent increased fuel consumption due to under-inflated tires. Maintaining proper tire pressure can get you up to 20 more miles from a tank of gas."

"Under-inflated tires also wear more quickly, so it's worthwhile to keep a tire gauge handy and use it. If you're not mechanically inclined, consider permanent, stem-mounted gauges so you can tell at a glance if your tires are low."

Horn says an even better investment is to install a tire monitoring system that will let you know when your tires need air—and when you're at risk of having a blowout. In addition, switching to one of the newer tire designs on the market can improve fuel efficiency.

To learn more about how to improve your vehicle's performance, utility and style, visit www.enjoythedrives.com, or write SEMA Consumer Affairs at 1575 South Valley Vista Drive, Diamond Bar, CA 91765.

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ROTARY-TYPE TOOTHBRUSHES

There's a new kind of toothbrush that could be a significant advance in the war on tooth decay. It's called the rotary-type brush. It was developed by European dentists and provides the same kind of rotary brush cleaning as professional instruments. The rotary action of these brushes against the teeth is superior to standard tooth brushes. It effectively removes bacteria and plaque from the teeth, massaging the gums and even cleaning areas between the teeth and below the gum line where plaque tends to accumulate.

The rotary-type brush is especially

useful for patients with difficult-to-clean spaces between their teeth, for those who wear braces, and for anyone suffering from periodontal problems.

The rotary-type brush is small and easy to handle, but it does take time to use it properly. Even if you use a rotary-type brush, it's still important to floss and come in for your regular checkups. However, from what we've seen, this new instrument can certainly help improve your dental health.

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Vegetable gardening clinic set

The Organic vs Inorganic methods of vegetable gardening will be discussed during the Colorado County Vegetable Gardening Clinic scheduled for Thursday, Aug. 17, at the County Ag Building, 316 Spring St. in Columbus. The clinic begins at 6:30 p.m. and will conclude at 8:30.

Dr. Marvin L. Baker, associate professor and extension horticulturist with the Texas Agricultural Extension Service (TAES), will conduct the clinic.

Dr. Baker has done extensive work, looking at the organic and inorganic approach to producing quality home gardens.

He will cover topics on insects and their control, diseases and their control, earthkind gardening and new and innovative approaches to home vegetable gardening using both inorganic as well as organic approaches.

Dennis Neumann, Natural Resource Conservation Service (NRCS) resource team leader for Colorado/Fayette Counties, will also have an in-depth discussion on soils in Colorado County.

If you plan to attend this clinic, please call the Extension office by 5 p.m. Aug. 16. Due to limited space, we ask that you call earlier.

This program is being sponsored by the TAES, NRCS and the Colorado County Horticulture Committee.

If you have questions, call 979-732-2082 or NRCS at 732-9565.

New name chosen for ICE House

The governing body of the youth ministry known as the ICE House met last week and elected to change the name to the *Lighthouse*.

It was felt that the new name displayed a more positive image in the community and depicts the mission of the ministry.

Father Steve Whitfield stepped down from the presidency but will remain an active member of the board. Mrs. Linda Ferguson was placed in the president's position by acclamation of the remaining board members.

Jana Sooter is the director of the facility.

There has been a great deal of activity at the facility this summer.

In the month of June, there were 68 children registered. The doors were open 20 days with the total number of individual children attending being 302. The number of participants' hours was 1,434.

There was a total of 400 hours of volunteer time donated by 55 volunteers.

The facility, located at 200 Ice Street, has been pressure washed and painted inside and out.

The bathrooms have been decorated and beautiful banners have been made and hung in the lower level.

There are still a great many needs and wants for the *Lighthouse*. If anyone would like to help or volunteer, please call Sooter at 979-234-7990.

The Tae Kwon Do program is still going strong with Scott Jones as the principle instructor. Mr. Jones, from East Bernard, is the director of a Christian youth program named Kid Fit. He is a black belt in Tae Kwon Do. The program is presented Monday and Wednesday afternoon 3:30 to 5 p.m. There currently is no cost for the lessons for the children.

There have been several day trips

for the children this summer including the water park, a trip to the movies and several trips to the local swimming pool.

The activities at the *Lighthouse* have included crafts, Bible study and a daily reading time with volunteers reading to the children.

Christian videos are shown, water games played and great snacks have also been on the agenda this summer. There was a need identified by the board concerning the older youth in the city. There is no entertainment in the city for teens on weekend nights.

A coffee house ministry named *Common Grounds* started June 9. Christian bands play live each Friday and Saturday night from 8 to 11 p.m.

The largest number of persons attending has been 75. The music is great and the fellowship wonderful.

The "Rock" is under construction. This is a rock climbing wall that will be located in the lower level of the building. There will be a rock climbing program offered by Shane and Jana Sooter beginning in the fall. This has been a vision of these two since they became involved in the *Lighthouse* Ministry.

We at the *Lighthouse* would like to invite the community to come by and see what we're doing. You can come by during the day or on the weekend nights to see what's happening.

We would also like to invite anyone interested in volunteering some time or items on our need and wish list to contact J. Sooter at 234-7990.

Did You Know...

•Abigail Fillmore, First Lady of President Millard Fillmore, created a stir by installing a bathtub in the White House.

•In 1713, sledding was forbidden in New York City. Officials were ordered to confiscate any sleighing device and "break them to pieces".

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