

Bake sale benefits Juvenile Facility

Board members of the Colorado County Juvenile Facility held a bake sale Nov. 22 to raise money to be used in part for physical plant improvements and scholarships. Board members wish to thank the community for their support not only for the bake sale but also for all the volunteers who mentor, teach life skills, religious services and holiday bay parties.

This year, holiday parties will be Dec. 9 through Dec. 22. Groups hosting parties are First Baptist Church of Eagle Lake, Episcopal Church of Eagle Lake, Youth & Family Services of Columbus, Catholic Daughters of Gar-

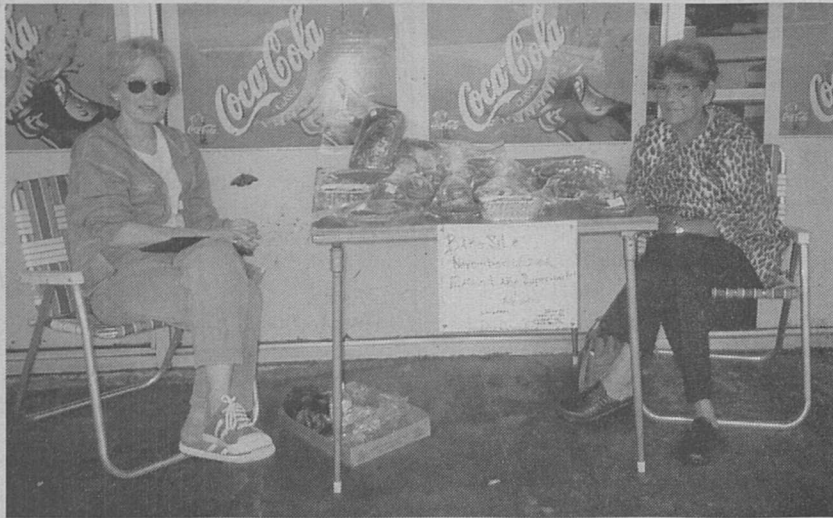
wood, Catholic Daughters of Eagle Lake, Parish of the Nativity and the Lissie Methodist Church.

Recently, Alpha Delta Phi gave the staff at the facility a tray of baked goods to show their appreciation of the work they're doing in our community.

We currently have volunteers going to the facility weekly to provide support to the youth and staff through

one-on-one talks with assigned youth, bible study, Sunday morning church services and evening life skills classes. Thank you one and all for your dedication and commitment to helping youth.

A meeting is being planned for 6:30 p.m. Thursday, Jan. 15, at the Methodist Church on Prairie St. in Eagle Lake for all approved volunteers.



Margo Harrison, Board Secretary, and Mary Rodriguez, Board Member, staffed the Eagle Lake Supermarket location.

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Civic Garden Club

By Patty Holloway

Christmas came too quickly for me this year as it did for quite a few other people. But, it's still the most wonderful time of the year.

In case you still have some last minute shopping to do, you might want to consider a living plant. Amaryllis, paperwhites, Christmas cactus and, of course, poinsettias can all be enjoyed now and for many seasons thereafter. Each of these plants will reward you season after season with just minimal individual care.

Next month, after the blooms have faded on these plants, I will discuss what steps to take to ensure this yearly pleasure.

If you haven't driven around town yet to see the Christmas lights, be sure to make it part of your holiday plans to

do so.

To start with, Avenue A and B along with Raezer Street have shown great Christmas spirit with their many light displays.

The 500 block of Union St. and 304 and 305 Davitt St. are certainly worth a drive-by.

The 900 block of Church St. - both sides of the street - have a lot of Christmas spirit on display.

The home at 303 Center St. is most attractive with a neatly well done red and green display of lights.

Little green trees along with angels decorate the yard at 614 Pendleton.

There is a lovely Christmas display at 1069 Clipson but you will need to drive slowly so that you can see everything. The home on Stockbridge and State is once again lively; even the li-

ons at the front door are wearing red caps.

Over on Burns that clumsy fellow-I think is name is Flip-is back again. I don't know why the people keep hiring him to hang the lights because he is hanging upside down again, having fallen off the ladder just as he did year before last.

Be sure to drive down Partridge Lane because nearly the entire street is decorated and it's very pretty.

Melody Lane, as always, is beautifully done.

At the end of Laughlin Rd., you will find a huge display of lights-very nice. There are a number of good light displays on 90A.

Merry Christmas and thanks to everyone for sharing your Christmas spirit.



Gertson visits Garwood students

While on R&R from duty in Iraq, Matt Gertson visited with the seventh and eighth grade classes at Garwood School Friday, Dec. 5. The eighth graders have been writing to him since he was deployed last spring. Both classes were excited to visit with Matt and his family and learn about his experiences and the Iraqi people.

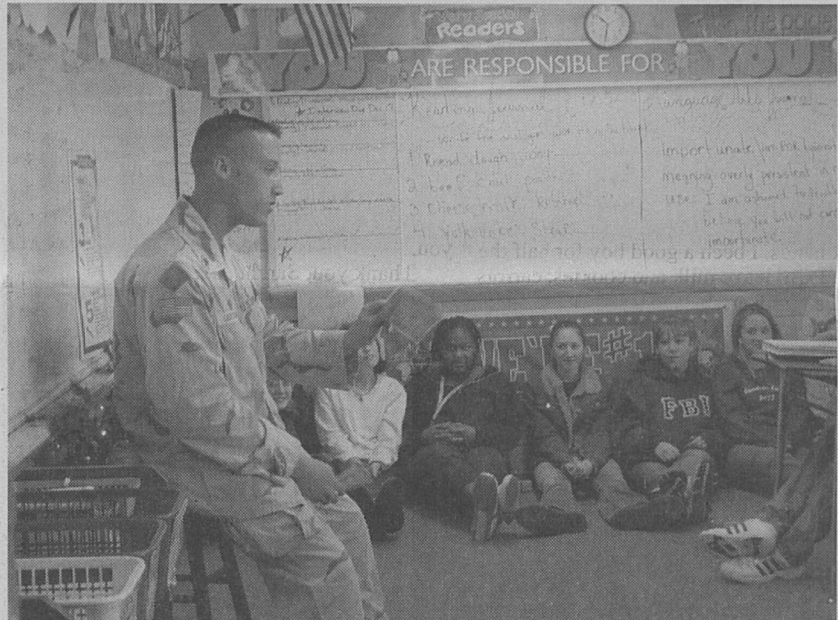
Photos Courtesy of Roxane Hartley

Sheridan

Continued from Page 5

a total of 131 pounds. The fourth grade contributed 145 pounds to win the elementary division. Both classes will be awarded treats from the Dairy Delite compliments of the Student Council. With the other classes, 732 pounds were collected. Thanks to all the students who made the drive a success.

Happy birthday this week to: Helen Brisco, Tracy Rodriguez, James Chovanetz, Marilyn Walker, Christy Kutzer, Shane Crumpton, Judy Polach, David Gohlke, Ricky Heindol, Jack Mayes, Monte Wade Peck, Betty Kazmir, Andy Beaubouf, DeWayne Dopslauf, Bradley Gohlke, Eric Garza, Bill McCauley, Rhonda Botard, Sonny Hollub, Max Embrey, Cynthia Wickersham, Connie Laake, Lori Cowan and Rachel Peterson.



LCRA employees donate to food pantries

Food pantries and food banks in 21 counties, including the Eagle Lake Ministerial Alliance, will get stocked with stacks of food with the help of \$40,700 in donations from employees of LCRA.

The donations will provide food for more than 227,000 meals to needy individuals and families around the region.

A portion of the donations also will cover costs of food delivery to rural communities.

The donations are being divided among 34 organizations in the following counties: Bandera, Bastrop, Blanco, Brown, Burnet, Caldwell, Colorado, Fayette, Hays, Lampasas, Lavaca, Lee, Llano, Mason, Matagorda, McCulloch, Real, Travis, Waller, Washington and Williamson.

The donations came from an LCRA employee food drive as well as the LCRA Employees' United Charities program.

Employees voluntarily donate up to two hours of pay monthly to support the United Charities program, and then decide how the funds will be distributed.

United Charities contributes more than \$355,000 annually, supporting a variety of nonprofit organizations in the region.

"Especially during the holidays, it is important for us to remember the less fortunate," said Becky King, chair of the Dalchau Service Center's United Charities chapter in Austin. The chapter is one of nine employee committees of United Charities throughout LCRA's service area. "We are proud

of the commitment that LCRA employees have made to assist the needy throughout the region."

Too many food rules may lead to weight problems
Parents who try to tightly control the eating habits of their little girls may be contributing to their later weight problems.

Dr. Jennifer Fisher, assistant professor of pediatrics at Baylor College of Medicine, found that girls ages 5 to 7 who eat regardless of hunger have a higher risk of being overweight. The risk of eating in the absence of hunger at age 7 increased when parents tried to restrict their food intake.

"We think that eating in the absence of hunger is produced in part by parental restrictions," said Fisher, also a researcher at the USDA/ARS Children's Nutrition Research Center at Baylor.

"Kids, just like adults, don't like to be told what they can't do," said Fisher. "Restrictions may focus children's attention away from their own hunger and fullness cues."

Views On Dental Health

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CLEANING RETAINERS

Pink polka dots, rainbow stripes, camouflage - current fashion trends? Actually, they're the latest designs in removable orthodontic appliances, known to millions of teens as retainers.

While the new designs may brighten the way teens view their retainers, fancy colors simply cannot mask one difficulty: Keeping the devices clean and odor-free. The customary way of cleaning retainers - with brush and paste - can leave behind bacteria that produce unpleasant odors. When this happens, some patients resist wearing their appliances. If retainers are not worn as directed,

teeth can quickly shift back to incorrect positions.

To better clean these devices, many orthodontists now encourage soaking the appliances in denture cleanser in addition to brushing. Using the denture cleanser is neat and easy. Simply place the retainer in a glass of warm water with one of the effervescent tablets. In 10 minutes the device is clean, fresh and ready to wear.

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