



Pictured above is W.H. (Bill) Harrison, Sr., with copies of Historical Homes of Colorado County, 1832-1915. The book was published by the Colorado County Historical Commission. Harrison provided photos and copy for Eagle Lake homes. Copies of the book are available at Prairie Edge Museum.

Jell-O Popcorn Recipe

Ever wonder why JELL-O® is a fixture in hospitals? Most every meal served in hospitals across the country comes with JELL-O.

That's largely due to JELL-O's status both as a healthy and delicious dessert.

Sugar-free, low-calorie servings of JELL-O contain just 10 calories, making it an ideal choice for those who are resolved to shedding some holiday pounds while not entirely abandoning the joy of eating foods rich in taste.

Another great thing about the dessert is the variety of ways in which it can be served.

Whether packed with equally healthy fruit or served alone, JELL-O comes in many forms, making it one healthy dessert choice you're not likely to tire of anytime soon.

For those looking to do a little more with their dessert and offer guests a healthy and delicious post-meal treat, consider the following recipe for JELL-O Rainbow Popcorn.

JELL-O Rainbow Popcorn

- Makes 16 Servings
- 8 cups popped popcorn
- 1 cup Planters Cocktail Peanuts
- 1/4 cup (1/2 stick) butter or margarine
- 3 tablespoons light corn syrup

1/2 cup firmly packed light brown sugar or granulated sugar

1 package (4-serving size) JELL-O Brand Strawberry or LimeFlavor Gelatin

Preheat the oven to 300 F. Line a 15 by 10 by 1-inch baking pan with foil or wax paper. Toss popcorn and peanuts in large bowl and set aside.

Place butter and syrup in small saucepan; cook on low heat until butter is melted. Add sugar and gelatin and stir until gelatin is completely dissolved.

Bring to boil on medium heat. Reduce heat to low and simmer 5 minutes.

Pour immediately over popcorn mixture, making sure to toss to coat well. Spread into prepared pan, using two forks to spread evenly.

Bake 10 minutes. Cool. Remove from pan. Break into small pieces.

Tips From Sally Garrett

County Extension Agent

Sorting Out Pollutants

Due to the large number of pollutants found in the home, it is natural to ask which pollutant is most important. Indoor air pollutants can be ranked into four categories.

These include those that kill quickly, those that kill many, those that cause serious impairments, and those most often associated with irritation and discomfort says Sally Garrett, Colorado County Extension Agent - Family & Consumer Sciences.

Combustion pollutants such as carbon monoxide can kill quickly. Carbon monoxide is the cause of approximately 500 home deaths per year. Because carbon monoxide has no odor, it is important to equip your home with a carbon monoxide alarm.

Tobacco and radon fall into the category of those that kill many. Tobacco alone causes approximately 430,000 deaths every year. Janie Harris, Housing Specialist for Texas Cooperative Extension, states, "Health risks from tobacco smoke, including secondhand smoke, are far greater than from any other indoor air pollutant. Children are especially susceptible to the hazards of tobacco smoke, and it has even been linked to Sudden Infant Death Syndrome (SIDS). Do not allow smoking in your home, especially around children."

Radon causes between 7,000 and 30,000 deaths per year. Radon is a colorless, odorless gas that can be found in the soil near sources.

Radon can cause lung cancer with prolonged exposure, therefore testing should be done. Inexpensive test kits are readily available at hardware stores, home supply centers, etc.

An indoor air pollutant that can cause serious impairment is lead. Sources of lead include some drinking water, lead-based paint, and residue from leaded gasoline.

Even very small doses, a few granules each day, can impair brain development, affect learning and behavior, and cause many other problems. Large doses of lead can be fatal.

Blood testing for lead is be-

coming more common, especially in children under six, and testing is available for the home.

Formaldehyde, mold and mildew, dust mites, and volatile organic compounds are classified as pollutants that can cause irritation and discomfort.

Formaldehyde is found in many products, such as drapes, permanent press fabrics, and indoor wood products.

However, formaldehyde is a strong irritant that affects about 10% of the population.

Formaldehyde can be detected with relatively inexpensive test kits. Mold and mildew can grow almost anywhere, and their spores are almost everywhere.

Mold problems can usually be identified by smell and visual observation. To reduce the occurrence of mold in your home, keep excess moisture out of the air, make sure drip trays are emptied regularly, and clean humidifiers

often, adding fresh water daily, repair leaky faucets and pipes, and repair roof leaks.

Dust mites account for approximately 30% of the 14 million doctor's visits for asthma every year. Many people are allergic to dust and dust mites, and dust irritants are everywhere. Careful housekeeping is your family's best defense against dust and dust mites. Volatile organic compounds (VOCs) are found in many household cleaning products and furnishings, such as carpet. They can cause eye, nose, and throat irritations.

To lessen health risks associated with VOCs, avoid using products containing these compounds, and follow directions on labels and provide adequate ventilation if you do use them.

For more information concerning indoor pollutants, contact the Colorado County Extension Office at 979-732-2530.

HOROSCOPES

ARIES - Mar 21/Apr 20
You have to strike a balance between your emotions and common sense, Aries. Unless you do so, impulsive actions will repeatedly get you into trouble.

TAURUS - Apr 21/May 21
Deciding on a course of action may prove difficult for you, Taurus. While you can see all sides of the situation, you also envision all of the possible outcomes.

GEMINI - May 22/Jun 21
You've found luck in love, Gemini. Your current match is a keeper and the relationship will last long-term. If you're already attached, the fires of love will burn even more brightly.

CANCER - Jun 22/Jul 22
A friend in need could use a good shoulder to cry on this week, Cancer. Better turn off that cell phone or PDA and devote some attention to this person.

LEO - Jul 23/Aug 23
Some people are growing impatient over an important choice you have to make, Leo. Don't let their eagerness push you into making a premature decision.

VIRGO - Aug 24/Sept 22
The urge to procrastinate rears its ugly head, Virgo, but you won't be swept up by the temptation. You now know it's faster to just breeze through everything.

LIBRA - Sept 23/Oct 23
Your bubbly personality opens doors to which others are often not granted access. Use this skill to your advantage by introducing yourself to as many people as possible.

SCORPIO - Oct 24/Nov 22
Caring for others gives you a warm and fuzzy feeling, Scorpio, even though they may think you're all sting and no substance. Volunteer your time this week.

SAGITTARIUS - Nov 23/Dec 21
This week you hear what someone is telling you with an exaggerated level of clarity. The stars are making sure communication channels are wide open for reception.

CAPRICORN - Dec 22/Jan 20
Capricorn, this week you'll be in danger of giving into peer pressure, playing "follow the leader" in a sense. Resist the temptation to do so because it's a bad road to travel.

AQUARIUS - Jan 21/Feb 18
Your actions of late haven't been the most commendable, but you can balance them out with good deeds this week, Aquarius. For redemption, provide a helping hand to someone.

PISCES - Feb 19/Mar 20
You are in control this week, but not entirely comfortable with this new role. Ease into it, and soon you will find you like the driver's seat.

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THURSDAY, FEBRUARY 15
CATTLE ON HAND-832
HORSES-0 GOATS-1 DONKEY-0
OF SELLERS-145

PACKER COWS		
Higher dressing utility & cutter cows	48-57	
Lower dressing utility & cutter cows	42-47	
Thin Cows	30-41	
PACKER BULLS		
Heavyweight bulls	62-70	
Utility cutter bulls	53-61	

STEERS	#1		#2	
	200-300 lbs	150-177	130-148	
300-400 lbs	135-160	122-133		
400-500 lbs	120-135	108-118		
500-600 lbs	110-125	95-109		
600-700 lbs	98-108	88-97		
700-800 lbs	88-98	80-87		

HEIFERS	#1		#2	
	200-300 lbs	122-142	112-124	
300-400 lbs	115-128	105-114		
400-500 lbs	105-115	95-105		
500-600 lbs	98-108	88-97		
600-700 lbs	88-98	80-87		
700-800 lbs	82-89	77-87		

STOCKER COWS		
Good Stocker Cow/calf Pairs	770-950	
Medium Cow/calf Pairs	625-765	
Common Cow/calf Pairs	525-620	
Good Stocker Cows & Heifers	700-800	
Medium Stocker Cows & Heifers	475-675	

KIDS' corner

What's the Difference?

There are five things different between Picture A and Picture B. Can you find them all?



THIS DAY IN... HISTORY

- 1844: THE DOMINICAN REPUBLIC GAINED INDEPENDENCE FROM HAITI.
- 1951: THE 22ND AMENDMENT TO THE U.S. CONSTITUTION WAS RATIFIED, LIMITING THE PRESIDENT TO TWO TERMS.
- 1991: TROOPS LIBERATED KUWAIT IN THE GULF WAR.

new word

cajuns
nickname for Acadians, French-speaking people in Louisiana

World FACT:
THIS CELEBRATION OCCURS IN MANY PLACES AROUND THE WORLD, BUT THE MOST POPULAR NORTH AMERICAN LOCALE IS IN NEW ORLEANS.
ANSWER: MARDI GRAS

How they SAY it in...

- English:** ICE
- Spanish:** HIELO
- Italian:** GHIACCIO
- French:** GLACE
- German:** EIS

Did YOU NOW?

FAT TUESDAY IS A DAY OF INDULGENCE THAT OCCURS THE TUESDAY BEFORE THE CHRISTIAN LENTEN CELEBRATION.

get the PICTURE?

Can you guess what the bigger picture is featured here?

ANSWER: GRASSHOPPER

Happy Belated Birthday
David Cardenas, Sr.

"Thank You to all of my brothers and sisters. You really made it a great birthday!"

The Race Isn't Over...

Until A Cure For Cancer is Found...
Relay for Life Teams are Needed!!!
For More Information or a Team Packet, contact Lydia Contreras at 979-234-3239

COMMUNITY LENTEN LUNCHEONS TO BEGIN FEBRUARY 26, 2007

The 11th Annual Community Lenten Luncheons will be every Monday, beginning February 26, 2007 through Monday, April 2, 2007 From 11:30 a.m. to 1 p.m. in the Fellowship Hall of The United Methodist Church of Eagle Lake. Each week will feature special music and a guest speaker. A sliced meat and cheese tray, crackers, sandwich bread, hot cornbread, iced tea and coffee will be provided every Monday by volunteers of The United Methodist Church of Eagle Lake.

Volunteers from other churches in our community will provide an array of soups and cookies for each luncheon. A love offering will be accepted and net proceeds will be presented to the Eagle Lake Food Pantry.

The Lenten Luncheons have evolved into a Christian community-wide outreach with the involvement of many local churches. The luncheons have blossomed from a total offering of \$385.17 in 1997, the first year, to a total offering of \$10, 587.77 over the past 10 years.

The luncheons are a wonderful time for food, fellowship, music and meditation. Please join us.....and bring a friend!

Don't forget to get your Lenten Lunch Cookbook with all the great Lenten soup, cookies and bread recipes. Available for purchase in church office and at the Lenten Luncheons each Monday.

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Now is the time to treat for grassburns and weeds in lawns.

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