

News From Sally Garrett

County Extension Agent



Renovations continue to Purvis Industries 30th branch which will be located in the old Lake Motors building on S. McCarty. A spokes person said they would be looking to open at the end of July, with a staff of three to four people to start with. The facility will have an inventory of bearings, power transmissions, belting and gearboxes to service their clients. Above picture taken May 8.



The old Lake Motors building is being renovated and will reopen this summer as a location for Purvis Industries. This picture was taken May 1.

National Women's Week Celebrated May 13-19, 2007

National Women's Health Week kicks off on Mother's Day, May 13, 2007 and will be celebrated until May 19, 2007, says Sally Garrett, County Extension Agent - Family & Consumer Sciences. Monday, May 14th has been designated National Women's Check-up Day.

Both of these events encourage women to take simple steps for a longer, healthier, and happier life. The theme for 2007 is "It's Your Time: Pamper Your Mine, Body and Spirit".

This week is important because it is a time dedicated to improving the health and well-being of women across the country.

When women take even the simplest steps to improve their health, the results can be significant.

It is also a time to educate women about how they can lead healthy lifestyles and the importance of appropriate health actions based on their background and risk factors.

The National Women's Health Information Center (NWHIC) offers free women's health information on more than 800 topics.

This information can be accessed through their website: www.womenshealth.gov or through their call center at 1-800-9094-9662. The Center has published a guide, "A Lifetime of Good Health - Your Guide to Staying Healthy", which provides quick and trustworthy information on healthy behaviors to prevent and manage many health conditions.

Key preventive steps are outlined in this booklet. An easy-

to-use slide guide for "Important Tests for a Women's Good Health" has been also published by the Center.

These tools will help women make healthy choices for themselves and the people they love.

Both of these preventive tools are available in English and Spanish through the Texas Cooperative Extension Office of Colorado County.

To request a copy be mailed to you call 979-732-2530 or stop by the County Ag Building at 316 Spring Street, Columbus.

Educational programs conducted by the Texas Cooperative Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion, handicap, or national origin.

Farris Hotel Welcomes New Managers

The Farris Hotel & Restaurant is proud to introduce Tony and Faith Powers. The husband/ wife team will be joining forces to offer a full menu Thursday through Sunday and manage the hotel.

Faith and Tony are also planning many special events starting with a Mother's Day Brunch.

With combined experience of over thirty years Tony and Faith Powers have brought new innovations and a standard of excellence to the culinary industry.

From Martha's Vineyard to Waikiki their culinary travels have lead them on many exciting and enriching culinary adventures.

Tony has cooked for four United States presidents and countless celebrities and dignitaries.

He has perfected his career in restaurants and clubs up and

down the East Coast and has trained under two certified master chefs. While on his journey, Tony and Faith's paths crossed and they became a team.

Faith, being of Polynesian descent, started her career cooking local delicacies in Guam. Faith's career working for James Beard Culinary Award Recipients took her to New York and Phoenix where she developed her culinary repertoire.

Today, Tony and Faith cook from the heart; Faith from her Polynesian heritage and Tony from a Cajun and Creole background. They both promise to add a little lagniappe and aloha spirit to the Farris Hotel.

The Farris Hotel and the Cooked Goose Saloon look forward to many fun occasions with Tony and Faith. The restaurant

and bar will be open Thursday through Sunday.

A full menu will be served each evening and a Sunday Brunch will be held from 10:30 AM - 3 PM every Sunday. Tony and Faith will also begin Summer Sundays from 3 PM - 8PM. Summer Sundays will be a great time to sit on the porch, watch a ball game and relax with Tony and Faith.

Tony and Faith will begin serving meals on Thursday, May 10th. A Mother's Day Brunch will be held on Sunday, May 13th from 10:30 AM - 3 PM. The first big event will be held Saturday, June 9th. Tony and Faith will host a crawfish boil and guests will be able to enjoy the live music of Ezra Charles and the Works.

For more information or reservations, please call 979-234-6500.

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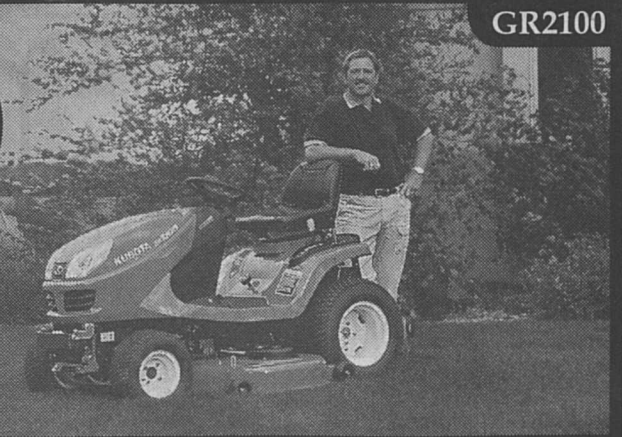
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