

Tips For Keeping Active During The Summer

Making Changes One Step at a Time: Fitness on Your Own

School is out and summer time is here but it is still important that children try to find ways to be active while at home so that they can be more fit, feel more energetic and even feel less stressed says Sally Garrett, County Extension Agent - Family & Consumer Sciences.

Listed below are ideas that youth and their families can choose from 3 or 4 activities to try each week. It is recommended that youth work with their parents or an adult and choose what is right for them at their age level as well as what is safe to do in the home, especially when they are alone. Each day youth need to try to do less sitting - keep moving instead.

All youth need to have a goal of being active for about one hour

a day. It is recommended that they do an activity for at least ten minutes. These ten minute increments can be added up until youth reach one hour of daily activity (6 ten minutes activities). Youth need to take it slowly at first and work up to the hour. By marking a calendar or keeping a chart youth can see that they are meeting their daily goals.

- Shoot hoops with a sponge or wiffle ball and net hung on the back of a door or in a garage.
- Set up a goal in your garage or yard and practice shooting/kicking soccer balls.
- Turn the radio on and dance around the house. You can even do this while getting household chores done.
- Jump rope - make sure there is nothing in the way.
- Build a fort with blankets, cushions, chairs, tables, or old boxes. Crawl in and out making up your own story or adventure.
- Practice marching band formations or make up your own - play an instrument or just pretend.
- Set a timer and see how fast you can clean your room - at least it will make it a little more interesting.
- Draw hopscotch with chalk on the garage floor or use yarn, string, or blankets to form hopscotch blocks indoors. Play, using a bean bag or stuffed animal, instead of a rock indoors.
- Plan and practice dances, skits, plays, or other programs to perform for family and/or friends later - or just for the fun

of it. Dress up for the part.

- Make a kite out of newspaper, tape, and string - then try to fly it when you can.
- Plant an indoor or window box herb garden. Call your county Extension agent or ask your mom or dad to help you find out what grows best and when. Once you have the seeds or starter plants, you can go in the garage or put newspaper down in a kitchen or laundry room and plant and water them. Have someone help you learn to make healthful meals with the herbs you grow.
- Help mom or dad out - vacuum, sweep, or mop, it keeps you moving and fit and helps out around the house.

SHSU Awards Degrees

The Dean's List at Sam Houston State University for Spring 2007 includes Hannah Kallina, a senior, of Sheridan; Britney Altman, a senior, of Columbus; Kyria Kana, a senior; Brooke Ondras, a junior; and Daryl Pruitt, a senior, all of East Bernard.

The Dean's List at SHSU consists of all full-time students having grade point averages of 3.5 and above. A perfect record (A) averages 4.0.

The following students received degrees from SHSU in May 2007.

From Columbus: Jessica Wysocki, Bachelor of Science in Criminal Justice; Britney Altman, Bachelor of Music; from East Bernard: Shawn Farrell, Bachelor of Science in Journalism; Derek Kopycinsky, Bachelor of Fine Arts in ART-ADV/Graphic DSGN; and Tiffany Wenglar, Bachelor of Science in Kinesiology.



"Antiques Appraisal Night" co-chairmen Paula Frnka and Ester Chandler show some items to be appraised at the Live Oak Art Center Fundraiser on June 23.

Live Oak Art Center Hosting Antique Appraisal

The Live Oak Art Center is offering Columbus area residents an opportunity to have collectible or antique keepsakes appraised at a very reasonable price by an expert appraiser. The "Antiques Appraisal Night" is being held on Saturday, June 23rd from 6:00 - 9:00 p.m. to raise funds for the educational and scholarship programs sponsored by the art center.

Anyone with a ticket may sign up for a time slot to have their treasure appraised. Items may not include large items such as furniture or large paintings that must be hung. Tickets are \$15 for

each item to be appraised with a limit of two per person. Those wishing to attend to watch the fun and see the items may make a \$5 donation at the door. Light refreshments and drinks will be served. Appraisal tickets are limited to 100 to be sold, so tickets should be purchased early.

Tickets may be obtained from any Art Center Board member or at the Art Center at 1014 Milam. For more information or tickets, contact the event co-chairman Ester Chandler at 732-9525 or call the Live Oak Art Center at 732-8398.

Happy Belated Birthday!!!

Deborah
June 6, 2007



Love Ya, From,
Dominique and Clarenia,
Hazel, Pam, Briana and Ty'vone

Happy 52nd Birthday

Anthony "Pimpos" Cardenas

(Grandma Lucy Used to Call You This)

Love,
Mom, Dad, Brothers and CoCo

It's Lots of Fun
When You're
Turning One,
Happy 1st Birthday
Miss Whitney E. Coats
(Mee-Mee)



Lots and Lots of Love from,
Maw-Maw, Paw-Paw and Family June, 16th



Erin Laine Gold of Garwood graduated from the University of Texas at Austin with a Bachelor's degree in Government with a minor in English. She is the daughter of Ed and Kim Gold and granddaughter of Agatha Gold of El Campo and Jolly Manis of Columbus. The commencement was held Friday, May 18, 2007 at 9:00 a.m.

Attending were her parents and brother, Layton, Judd Kallina, Robert and Donna Woolard, Leslie Woolard, Curtis Dornak, Robert "Bubba" Woolard, and James and Sandy Gold. After graduation, everyone enjoyed lunch at Threadgill's Restaurant in Austin. Erin is a 2003 graduate of Rice High School. Erin's plans are to continue her education.

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Gators Compete In Wharton Meet

On Saturday, June 9 the Eagle Lake Swim Team competed against Wharton and Angleton in their second swim meet of the season. The team has over 40 hard working athletes that practice 5 days a week and then compete each Saturday during the swim season. Way to go Gators and good luck at your next meet!

The Eagle Lake Gators would like to thank all their sponsors who make their swim team possible, Judy Pustejovsky, Blue Dolphin Unlimited Investments L.P., Eagle Lake Insurance Associates, Inc., City of Eagle Lake, Johnny's Sport Shop, The Baumgart Agencies, Class Concrete, Colorado County Rice Mill, Inc., Eagle Lake Dental Associates, Golden Goose Designs, Lake Lumber Co., Inc., Jeff Frnka, Ralph Truly, Truly Properties, Wiese Crop Insurance, WINCO, Inc., Eagle Lake Knights of Columbus #4843 and

ELC Internet Services, Inc.

Results listed are for swimmers that placed in the top eight for that event and ribbon swimmers (R).

Note: For relays, only during regular season swim meets, swimmers can move one age group up and swim on a relay.

Girls

- 25 & Over, 200 yd. Medley Relay: Lois Quenneville, Vickie Kelley, Jennifer Karnes, Lena Ferguson, 1st.
- 9-10, 50 yd. Free: Diamond Cadriel, 1st, Victoria Denard, 5th
- 11-12, 100 yd. Free: Keslie Perez, 3rd.
- 15-24, 100 yd. Free: Victoria Alvarado, 3rd.
- 6 & Under, Backstroke: Kayla Mazzeo, 1st.
- 7-8, 25 yd. Backstroke: Cameron Marsalia, 3rd, Hailey Ferguson, 4th, Ariel Quenneville, R, Carlee Vandermark, R.

9-10, 25 yd. Backstroke: Emma Kelley, 1st, Genny Quenneville, 5th, D. Cadriel, R. V. Denard, R.

11-12, 50 yd. Backstroke: Samantha Muzny, 5th.

13-14 50 yd. Backstroke: Allyssa Young, 2nd, Michala Herrera, 3rd.

15-24 50 yd. Backstroke: V. Alvarado, 3rd.

8 & Under, 25 yd. Breaststroke: C. Marsalia, 2nd, A. Quenneville, 3rd.

9-10, 25 yd. Breaststroke: E. Kelly, 2nd.

11-12, 50 yd. Breaststroke: Gabrielle Herrera, 2nd, K. Perez, 3rd.

13-14, 50 yd. Breaststroke: A. Young, 1st, Paige Vandermark, 3rd, Michala Herrera, R.

25-39, 50 yd. Breaststroke: V. Kelley, 1st.

40 & Over, 50 yd. Breaststroke: L. Quenneville, 1st.

9-10, 25 yd. Butterfly: G. Quenneville, 5th.

15-24, 50 yd. Butterfly: D. Herrera, 3rd.

6 & Under, 25 yd. Free: Kayla Mazzeo, 1st, Emily Denard, 2nd.

7-8, 25 yd. Free: A. Quenneville, 1st, C. Marsalia, 2nd, H. Ferguson, R, C. Vandermark, R.

9-10, 25 yd. Free: D. Cadriel, 3rd, V. Denard, 6th.

11-12, 50 yd. Free: G. Herrera, 2nd, K. Perez, 3rd, S. Muzny, R.

13-14, 50 yd. Free: M. Herrera, 4th, P. Vandermark, 6th.

15-24, 50 yd. Free: V. Alvarado, 3rd.

25-39, 50 yd. Free: L. Ferguson, 1st.

9-10, 100 yd. IM: E. Kelley, 1st

11-12, 100 yd. IM: G. Herrera, 2nd.

13-14, 200 yd. Free: A. Young, 2nd.

15-24, 200 yd. Free: D. Herrera, 4th.

Boys

8 & Under, 50 yd. Free: Hunter Adkins, 1st, Zachary Denard, 2nd.

11-12, 100 yd. Free: Logan Young, 2nd.

13-14, 100 yd. Free: Taylor Alvarado, 3rd.

7-8, 25 yd. Backstroke: Z. Denard, 2nd, H. Adkins, 3rd.

9-10, 50 yd. Backstroke: Ryan Almanza, 2nd, Jacob Gonzales, 3rd.

11-12, 50 yd. Backstroke: Paul Cadriel, 3rd, Noe Belmares, R.

13-14, 50 yd. Backstroke: T.

Continued on page 7

There's a new Doctor in town!

Dr. Chantal Culpepper's list of insurance plans she can accept is growing!

"I'm happy to be providing medical care to the community of East Bernard. I've had a great time getting to know the patients that have come to see me and now that I'm on more insurance plans, I'll be able to care for many more!"

Insurance plans now accepted:

- United Health Care ♥ Aetna HMO/PPO
- Texas Children's (Chips) ♥ Galaxy HMO Blue ♥ PPO Next
- Humana ♥ Texas True Choice Texas
- Cigna ♥ Blue Cross/Blue Shield

Family Practice

Chantal Culpepper, MD
Wildon Rouse, PA-C

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