



Older Texas Proclamation Signed

Pictured from Left to right - standing - Commissioner Darrell Gertson, County Agent Dale Rankin, Older Texan Taskforce members - Beverly Tuck, Gladys Ulbricht, Betty German, Commissioner Doug Wessels; seated - Commissioner Tommy Hahn, Judge Al Jamison and Commissioner Herbie Helmcamp. Judge Jamison and Commissioners signed a resolution recognizing May as Older Texans Month and in Particular, May 15, 2008 as the 30th anniversary of the Older Texan Fair in Colorado County. The Older Texan Fair will be held at the Sheridan Community Center in Sheridan on May 15. The public is invited to browse the booths. For more information, call the Extension Service Office at 732-2530.



Peace Office Week Proclaimed

Colorado County commissioners Monday proclaimed the week of May 12-17 as Police Week, in recognition of the contributions of law officers and May 15 as Peace Officers' Memorial Day in recognition of officers who have given their lives in service of their communities. Front, from left: Commissioner Tommy Hahn, County Judge Al Jamison, Commissioner Herbie Helmcamp. Back, Commissioner Darrell Gertson, Sheriff R.H. (Curly) Wied; Columbus Police Lt. Ron Myers, Eagle Lake Police Chief Bill Lattimore and Commissioner Doug Wessels.

May Is Mental Health Month

As Americans observe May as Mental Health Month and National Children's Mental Health Awareness Day, West Oaks Hospital asks families to recognize and promote their children's mental health and overall development through increased communication, guidance and emotional support.

The theme for this year's Mental Health Month is "Get Connected" to emphasize the important role of social relationships in protecting and improving mental health and building resiliency.

Research shows that children who feel warmth and caring from their parents are more likely to be successful in school, less anxious and depressed, and have higher self-esteem than those without.

Here are some easy ways for families to "Get Connected" and build their children's mental health:

Give unconditional love - Children need to know that your love does not depend on their accomplishments.

Nurture confidence and self-esteem - Praise and encourage your children. Set realistic goals. Be honest about your mistakes and avoid sarcasm.

Encourage play - Play time is as important to a child's development as food. Play helps children to be creative, develop problem-solving skills and self-control, and learn how to get along with others.

Enroll children in after-school activities - This is a great way for kids to stay productive, learn something new, gain self-esteem and have something to look forward to during the week. If they are home alone, check in on them after school.

Children need to know that even if you're not there physically, you're thinking about them, and interested in how they spend their day.

Provide a safe and secure environment - Fear can be very real for a child. Try to find out what is frightening him or her. Be loving, patient and reassuring, not critical.

Give appropriate guidance and discipline - Be firm, but kind and realistic with your expectations. The goal is not to control the child, but to help him or her learn

self-control.

Communicate - Make time each day to listen to your children and talk with them about what is happening in their lives. Share emotions and feelings with your children.

Get help - If you're concerned about your child's mental or emotional health, consult with teachers, a guidance counselor

or another adult who may have information about his or her behavior. If you think there is a problem, seek professional help right away.

For more information visit our website: <http://www.westoakshospital.com/>

Or call: 713-995-0909 for an assessment at no cost.



Pictured above is Lion Club President Pat Pavlu giving Fire Chief Howard Wilkerson a \$500 donation for the Eagle Lake Fire Department. The funds will be used to purchase radio equipment.

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