

## Lynn Received Teaching Award

Marlin High School (MHS) teacher, Angetta Lynn, daughter of Eugene and Narva Henry, Jr. of the Elm Grove/Eagle Lake area, was selected as "Teacher of the Year" by the local Marlin Wal-Mart store.

Ms. Lynn, accepted a totent check for \$1,000 indicating the amount of the grant.

Lynn, who has been teaching for the past 11 years, was also awarded a person gift card in the amount of \$100 by Wal-Mart.

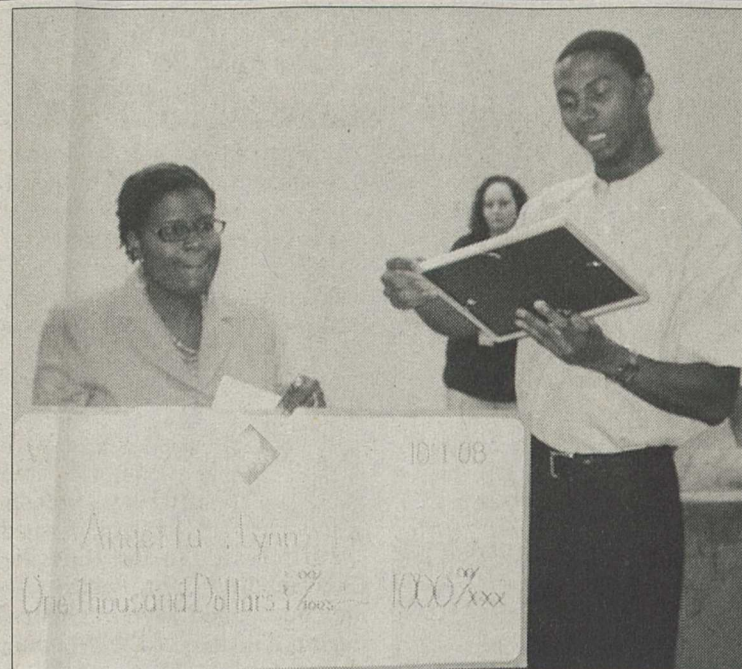
"My thanks goes to Wal-Mart, the community and to parents for entrusting their children's education to me. I hope to instill in them the importance that a good fundamental knowledge of mathematics will have in their future

no matter in which direction they travel." Ms. Lynn said.

She said that the grant money would be used to buy calculators for the math department.

Ms. Lynn teaches Algebra, Geometry and Calculus to 10th, 11th and 12th graders at MHS.

She and her husband, Jimi, are the parents of three children, Tre' a sophomore at the University of Houston; Jordan, a junior at MHS and Ayana, an 8th grader at Marlin Junior High.



Angetta Lynn recently received a Teacher of the Year Award in Marlin. She is the daughter of Eugene and Narva Henry of the Elm Grove/Eagle Lake area.

## How To Beat Aging Aches

The aches and pains of old age now can be avoided, along with many illnesses, say medical experts.

Put simply, it's possible to avoid or prevent many of the problems we associate with aging -- such as weakness and sore joints -- and even many illnesses like heart attacks, diabetes and broken bones.

While we all have to get older each day, year and month, we don't have to give up our good health, say experts, Chris Crowley and Dr. Henry S. Lodge, co-authors of the bestseller books "Younger Next Year" and "Younger Next Year for Women."

"It turns out that most of the biological decay we call aging is an automatic response to the SUV, cable TV, and fast-food lifestyle of the 21st century," says Crowley. "The reality is that how much you exercise, what you eat, and how involved you are with other people are the fundamental signals that run every cell in your body and brain."

The signals of modern living -- such as being sedentary, eating "crap" (as Crowley and Lodge put it) and being isolated and stressed -- are the signals for your body to decay and age at a dramatically accelerated pace.

"Luckily, it is easy to send the opposite signals," stresses Lodge who says that the keys to reversing the negative aging process lie in the three fundamental areas of exercise, nutrition and emotional connection.

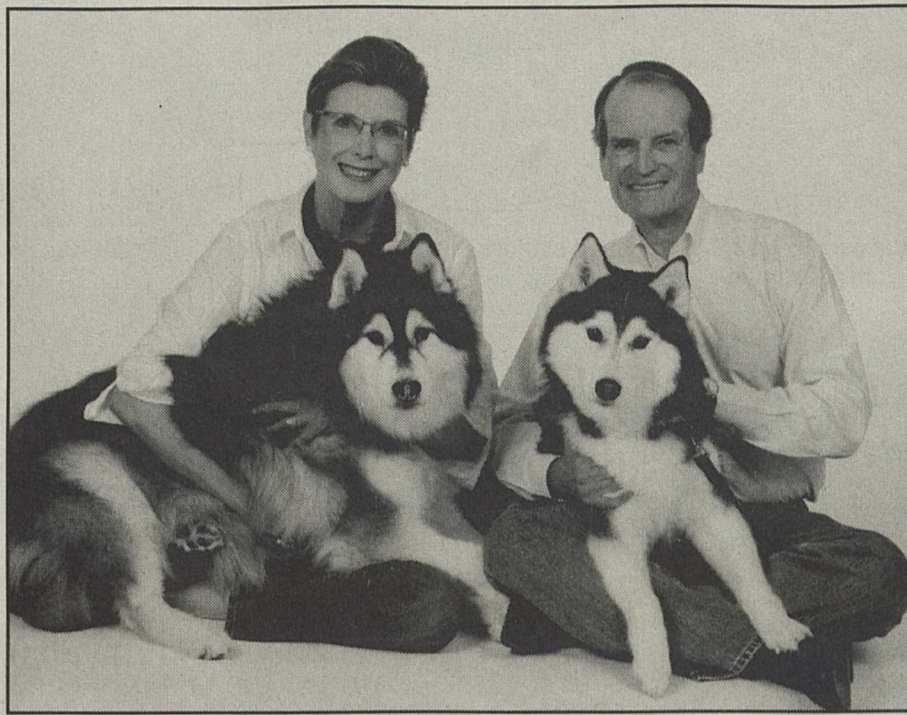
Here are some tips from the book "Younger Next Year" that can help you get started on living strong and fit even as you age:

- \* Exercise six days a week, and be sure to mix aerobic exercise with strength training. Do aerobic exercise four days a week and strength training with weights two days a week. Make sure to check with your doctor that you are healthy enough to begin an exercise regimen. And don't overdo it when you first get started!
- \* Eat right. This one sounds simple -- and it can be. The authors stress that you should avoid fast food and, as they so eloquently put it, any snacks whose names end with the letter 'o.'
- \* Commit to connecting with others and staying involved. As many people age, they become isolated and do less. Get out there with friends and family. Get involved in groups and do communal things, whether work or play. We literally were built to be involved with and to care for one another, and that shouldn't change as we age.

For more tips on how to beat the aches and pains of the aging process, read the book "Younger Next Year" or "Younger Next Year For Women" by Crowley and Lodge, or visit [www.youngernextyear.com](http://www.youngernextyear.com).

While present-day Americans live longer than ever, with an average life span of 77.9 years, we lag behind 41 other countries. This is down from being 11th overall just two decades ago, according to The Census Bureau and the National Center for Health Statistics.

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## Former Eagle Lake Man Writes Book

"The mental aspect of war we have always been exposed to is only that of the ones who were injured or killed in combat," writes Henry Torres, formerly of Eagle Lake, in his new book, *Valiants Die Many Times* ... (published by AuthorHouse). "We believe that these were the fighting men who actually lived through the real experience of war. Unlike the movies, war is not fighting twenty-four hours a day. There is a lot of time in between battles that also produce a devastating effect on the brave men who were there."

*Valiants Die Many Times* ... explores the mental aspects of war rather than the physical ones. Torres explains that, oftentimes, the psychological effects suffered during and after combat are overlooked in the face of physical trauma. He writes:

Why is it that we don't ever see or hear or understand the personal mental wounds of war. The personal mental torments suffered by those who didn't get killed or wounded.

The type of torment a fighting combat soldier faces when he is not in combat. It is when the mind starts playing games with its owner. It is that one single time out of many that no one understands but the person who thinks it. For many generations

the grunt had to live through it all without having any assurance that he would make it home, or maybe, just maybe, making it home sooner than expected other than by being a casualty. Those mental obstacles too, are very serious wounds. Sometimes these mental casualties may be worse than actually dying or getting seriously wounded... These are the unsung heroes.

Part memoir and part rumination on war and its aftermath, *Valiants Die Many Times* ... recounts Torres' upbringing in Texas, chronicling his service in the Vietnam war, how it affected him -- and his fellow soldiers -- and how those experiences continued to resonate with him after returning home. Follow Torres on his journey from harrowing combat and mental anguish to self-actualization in the pages of *Valiants Die Many Times* ...

Henry Torres was born and raised in Eagle Lake, and is the son of the late Bill and Ramona Torres, and now resides in Houston. *Valiants Die Many Times* ... is his first book.

You can order the book through your local bookstore: *Valiants Die Many Times*... ISBN: 978-1-4343-6469-2, Author: Henry Torres or you also can go to: amazon.com, Barnes&noble.com or Borders.com.

## Salinas Completes Marine Basic Training

PFC James P. Salinas II, son of James and Hortensia Salinas of Eagle Lake, completed his 13 weeks of basic training in San Diego, California on August 8.

During his training he served as squad leader for his platoon and received the Company Honorary Award for his platoon.

He demonstrated superior physical achievement by attaining the highest score on the Marine Corps physical fitness test.

Traveling to San Diego for his graduation were proud parents, James and Hortensia, and his younger brother, Robert, who is also in the Marine Corps stationed at Camp Pendleton.



PFC James P. Salinas II

## Senior Citizens Honored At Luncheon

By Catherine Berger  
In recognition of Make a Difference Day, a national day of helping others that was started in 1990 by USA Weekend magazine and is held on the fourth Saturday of October of each year, the Nada/Garwood Gadabouts honored citizens of the area who are 80 or

older, with a social and luncheon on October 25th at 11:00A.M. at the Lester Memorial United Methodist Church fellowship hall. This is the fourth year the Gadabouts have hosted this event.

After a welcome and the blessing by President Anita Meismer,

the group was treated to pimento cheese and chicken salad sandwiches, dip and cookies, iced tea and coffee, all prepared and donated by the Club members. Potted mums and goody bags were presented to the honorees and were donated by Pauline Solomon.



Nominees for Homecoming King and Queen are: Front row left to right: Elda Vasquez, Chelsea Korenek, Tori Rathburn, Dominique Tillman, Cassidy Ramirez. Back row left to right: Bruno Flores, Chaston Shorter, Trent Popp, Tanner Williams, Ziggy Foster. King will be crowned at the pep rally at 2:35. Queen crowned at half-time.

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