

# Gadabouts Report On July Meeting

By Catherine Berger,  
Club Secretary

The Nada/Garwood Gadabouts met July 16, at 2:30 p.m. at the Fire Station.

President Anita Meisner called the meeting to order.

Members attending were: Helen Noteboom, Henrietta Patrick, Leona Wesselski, Anita Meisner, Sybil Balusek, Viola Frels, Janie Kristynik, Edna Shimek, Karol Kallina, Minnie Conner and Catherine Berger.

Minnie led the group in the Pledge of Allegiance and the Club prayer. Catherine read the minutes of the last meeting. Helen

Noteboom gave the treasurer's report.

Gardening: Some still have tomatoes, peppers and cucumbers in their gardens.

Hospitality: Anita reported sending get well cards to Bernard Kristynik, Alfred Prihoda, Meth Hoffman and Milton Minarcik, sympathy cards to the Bill Carpenter family, Arthur Leopold Family and the Balusek family. Birthday cards were sent to Marlene Jensen, Sybil Balusek, Janie Kristynik and Catherine Berger.

Unfinished Business: A motion was made and seconded by Catherine and Helen to give Mike

Kunz a \$50 donation for cooking at the Veteran's Luncheon. Motion carried.

New Business: Anita, Helen and Catherine attended a recent meeting of the Colorado County Fair committee for judging.

It was noted that the next big event for the Gadabouts is the celebration of the 80 and over party to be held in October.

Program: Anita read a poem entitled "My Hands" by a lady from Georgetown, Texas, and a poem entitled "Knock, Knock" composed by Janie Kristynik and her niece.

Announcements: The Nada

KJT will be having a BBQ dinner on July 26, drive-thru only.

The seniors' domino party will be July 29 at 2 p.m. at the parish hall.

The door prize was won by Karol Kallina.

Diane Smidovec is working on plans for Garwood for a Christmas celebration.

Members contributed 185 1/2 hours of service, 412 miles driven and \$389.08 in expenses.

The next meeting will be August 20.

Delicious refreshments were furnished by Anita, Helen, Janie, Sybil and Henrietta.

# Stress Relieving Tips In 60 Seconds Or Less

By the time you finish reading this story, you could have stared at the shapes of the clouds in the sky, enjoyed an indulgent snack or sent a long overdue e-mail to a close friend.

More importantly, that 60-second break could keep your mental health and wellness in check.

With 92 percent of Americans

looking to "take a break" from their daily routine according to a recent study, people need an escape, even if it's brief.

Many individuals don't realize how empowering a short break can feel — or how to go about setting aside the time.

"Finding time to treat the 'you' in yourself is important to maintaining a balanced life, especially

during these hectic times," says Stephanie Marston, lifestyle expert, speaker and accomplished author on topics surrounding life balance techniques.

"Some people just need a little help getting started."

Marston recently partnered with Kellogg Company to develop a list of these quick, stress-

relieving tips as part of its launch for Kellogg's Cinnabon Snack Bars. Enjoying a sensible but indulgent snack is one of many simple ways to hit the reset button on the day.

These short breaks can take place between meetings, waiting to pick up the kids or on the way to the next appointment.

Other relaxing "Cinnaminutes" include:

- \* Sing out loud to your favorite song while driving home from work.
- \* Smell something refreshing like lavender.

- \* Indulge by serving yourself your morning tea or coffee in a pretty cup.
- \* Check out your favorite blog or Web site before diving back into your task.

- \* Spend some time today rereading a book you loved as a child.
- \* Post an inspiring quote on your computer or mirror, where you'll see it every day.

- \* Say or do something nice for someone you don't know.

The full list of Kellogg's "Cinnaminutes" can be found at [www.KelloggCinnaminutes.com](http://www.KelloggCinnaminutes.com).

"There are plenty of ways to combat stress," Marston continues, "but no one is going to force a minute on you to relax."

Keep your mental health top of mind by writing yourself a note, scheduling time for breaks or even taping up this story at your desk as a reminder.

# Views Around The Lake

by Cindy Klopsteck

"Seize from the moment its unique novelty, and do not prepare your joys." —Andre Gide

It's noon on another hot, dry summer day as I drive through the streets of Eagle Lake, wanting to seize the moment in some cool air conditioning.

Yes, there are a number of restaurants to choose from when hungry, but I had just finished my brown bag leftovers. Yes, there are some shopping options but I wanted to just, well... get away: leave reality and Eagle Lake behind for the moment and find myself in another time and place.

So, I went to the local library.

When you enter the Wintermann Library the cool air hits you, and the clean, inviting scent of the written page overrides your hot, dull senses. You can briefly leave your stressed world and enter... another time and place.

I spoke with the ever-friendly and always helpful library assistant Rose Martinez, who at my request politely guided me to the travel section.

I scanned the titles of several books, seriously considering a quick mental trip to Rome since

there were a number of volumes available, but decided instead to travel a short distance to the opposite side of the library to enter one of my favorite places — the land of fiction.

Under "Recent Fiction", I selected a book I had wanted to read. The main character in this continuing saga is a brash, lively lady who lives in New Jersey. Not as exciting a trip as Rome, but it would momentarily take me away from the Texas heat.

Passing the "Texas Collection", I was impressed with all the books referencing our great state. Though criticizing another summer of experiencing the state's unrelenting heat, I'd come back here when I was in the mood for relishing Texas history or reading about some well-known Texas personality.

While checking out and planning to take home my new-found friend, I saw posted on the wall the many names of local boys and girls who had participated in the library's summer reading program "Libraries: Deep in the Heart of Texas." I asked librarian Vicki Powers about this summer's program later in the week. She said out of 86 children participating, 46 received certificates and free books.

My daughter, who so enjoyed

being a summer library program participant many years ago, now takes her three year old daughter to the library on a regular basis, including the summer program.

My granddaughter loves to flip through the pages of a book "reading" to herself. She and her sister love the nighttime books read to them. My daughter now also enjoys participating in a local book club. The value of those long-ago reading programs is now being realized.

My good friend, an English teacher, has started reading books on-line. It's a great way to have the story/book presented to you, but as a lover of books I had to ask her: "Don't you miss turning the pages while you're reading?" She stated she would if that were her only form of reading, but it's just a new phase she is trying out for now.

She knows that nothing beats the flip of a page and the scent of parchment within the hard covers of a good book.

So it's back into the hot car for now, but — for better or worse in the logic of my quote writer — I have "prepared my joy" for this day.

A good cold drink and my Jane Evanovich novel will serve me quite well on this hot summer day.

# Five Arrests For Mailbox Vandalism

Two adults and three juveniles were arrested by the Colorado County Sheriff's Office in connection with the June 23 incident in which mailboxes and private property were damaged or destroyed in the areas ranging from Mentz Road, Frelsburg Lane, Zimmerscheidt Road, Warschak-Schuette Road and Piper League Road.

The estimated value of the damaged property is approximately \$6,492.

John Lewis Spindler, 18 of La Grange and Christopher Kulhanek, 19 of New Ulm and three 16-year-old juveniles from Fayetteville, New Ulm and Columbus were arrested on criminal mischief charges.

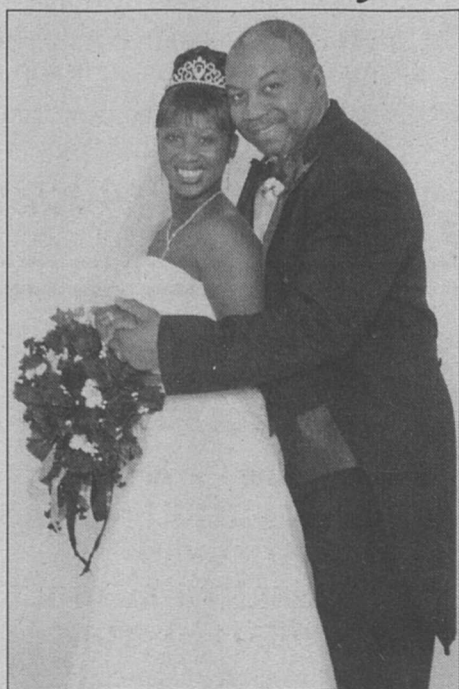
Spindler and Kulhanek were booked and released on personal recognizance bonds while the juveniles were processed and released to the custody of their parents.

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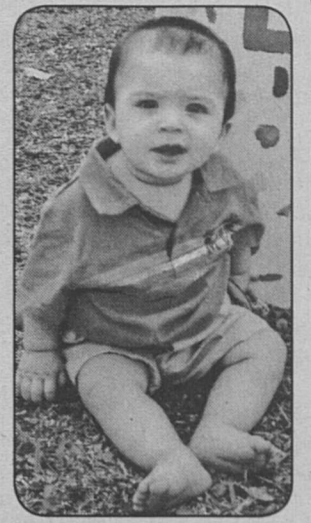
**Little Raider Youth Football Camp**  
July 27-29 • 9-11 a.m.  
At Eagle Lake Elementary School  
Grades 1-6 are asked to attend  
Cost is \$15 • T-Shirt Provided  
For information, call Coach Brad Dumont at 361-772-6995 or Nick Shorter at 713-363-4198

Happy One Year Wedding Anniversary  
Mr. Clinton and Judy Stevens  
Love, Jimario, Myra



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Love, Mom, Dad,  
Landon, NaNa,  
PoPo Ramirez  
and Family



The family of Homer C. Taylor wish to express our heartfelt thanks and gratitude to the many friends, loved ones, and the medical staff who are more than medical professionals, but caring friends. We wish to thank everyone, for your visits, cards, plants, flowers, food and beverages. Thank you for your calls of support and for the continuous support and prayers for Homer and his family during the many months he dealt with every treatment and procedure he endured to try and overcome. Thank you Pastor Jerry and Ms. Lola Greak for the touching service and the spiritual support. Thank you Dr. Thomas and Dr. Cantu, all the Clinic and Hospital staff. Thank the great nursing staff, Respiratory, Lab and X-Ray for always being there for us night and day throughout all his illness and problems resulting from it. We're thankful for the many supporting friends in law enforcement. Judge Cason thank you ever so much, Barry Shepherd and Frank Navarro at Eagle Lake Funeral Home for their most compassionate care of our husband, dad, and our Poppy. We love you everyone, so much and pray God's blessings always  
The Taylor Family

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