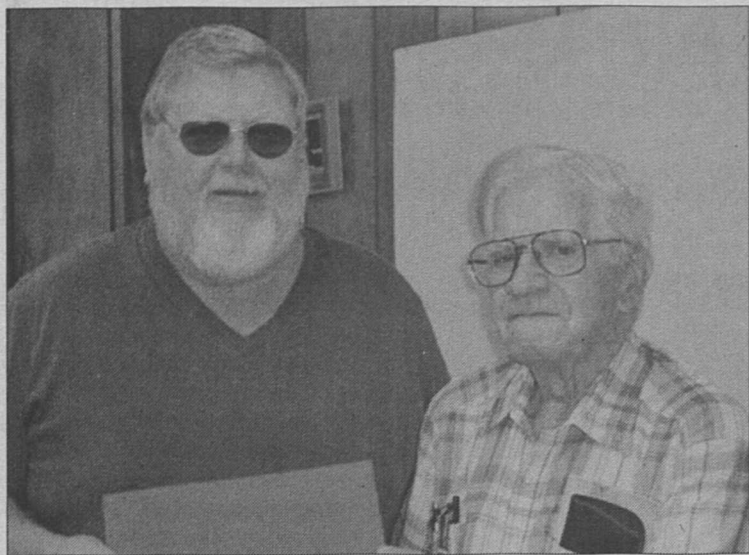




Rotarian program director Frank Davidson (right) presents Dr. Garry McCauley (left) a certificate of appreciation for the excellent program he presented to the Rotary Club of Eagle Lake recently.

Rotary Club Reports On Weekly Meeting

The Rotary Club of Eagle Lake held its' monthly committee/board meeting on Wednesday September 2. The club was honored to have two special guests, Bill Rankin and Ray Viktorin in attendance.

The big and exciting news of the meeting was that the board presented to the membership, and the membership approved overwhelmingly, a change in the bylaws that will allow the club to lower the annual dues by an amount close to 70%. The club also voted to change their meeting time to 7:15 a.m. every Wednesday with coffee and pastries being served. These changes will take

effect October 1.

Last week's program director, Vance Duncan, submitted a certificate of appreciation request for Brad Dumont of Rice ISD which will be presented during the upcoming week.

Each week the club will now invite five different Eagle Lake citizens to have coffee with them in an effort to determine areas in which Rotarians might be able to lend assistance. Anyone interested in attending a meeting, or wishing to explore the possibility of joining the local Rotary Club should speak with a Rotarian they know, or send an email to eaglelake.rotary@hughes.net.

Leukemia, Lymphoma And Myeloma Awareness Month

Run, Walk, Bike or Swim with Team In Training to Support the Cause...

If you are looking for a way to get fit and accomplish a personal goal, while also doing something to help others in need, The Leukemia & Lymphoma Society's (LLS) Team In Training® (TNT) program may be the answer.

Each September the LLS observes Leukemia, Lymphoma and Myeloma Awareness Month to shed light on these diseases and let the public know there are resources available for blood cancer patients and their families.

"Awareness Month is an opportunity to increase the public's understanding of blood cancers and encourage people to support the funding of cancer research and education programs to help patients have the best possible outcomes throughout their cancer experience," said Billie Sue Paris, Executive Director of the LLS Texas Gulf Coast Chapter.

Supporting Team In Training allows one to accomplish a personal athletic victory and support a great cause. Participants help in the fight against leukemia, lymphoma and myeloma by raising funds to support many aspects of blood cancer research, education and services. In return, volunteers are provided with a four-to-five month comprehensive training program by certified coaches, a supportive group of teammates, clinics on nutrition, gear and injury prevention, travel accommodations, and fundraising expertise to help you complete a marathon, half marathon, triathlon, century ride or hike adventure. Team In Training has prepared more than 389,000 participants, from novices to accomplished endurance racers, since its origin in 1949.

In that time, Team In Training participants have raised more

than \$950 million to support LLS's blood cancer research and patient services initiatives. LLS supports investigators' efforts to find new molecular targets for treatment and potential immunotherapies, and helps them translate their laboratory findings into more effective therapies for patients.

"Team In Training gives you everything you need to reach your fitness goals while helping to make a difference in the lives of thousands of people battling cancer," said Kristin Lamb, Campaign Manager for Team In Training.

Register now while space is still available for Team In Training's Spring events; Rock 'n' Roll Mardi Gras Marathon & 1/2 Marathon, February 28, 2010, Armadillo Dash, March 7, 2010, and the Lone Star Triathlon Festival, April 24-25, 2010. LLS's Gulf Coast Chapter is recruiting until space is full.

About The Leukemia & Lymphoma Society

The Leukemia & Lymphoma Society ® (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world and provides free information and support services.

Founded in 1949 and headquartered in White Plains, NY, LLS has chapters throughout the United States and Canada. To learn more, visit www.LLS.org or contact the Information Resource Center at (800) 955-4572, Monday through Friday, 9 a.m. to 6 p.m. ET. www.lls.org

Contact the Gulf Coast office at (713) 680-8088 or go to www.teamintraining.org/tgx.

Study Club Auction Set for September 19

On Saturday, Sept. 19, the 30th annual Study Club Auction will be held at the Eagle Lake Community Center.

The evening begins with a delicious fried chicken dinner and bakery booth at 5 p.m. Eagle Lake Chamber of Commerce will sponsor the meal and tickets can be purchased at the Chamber of Commerce office, Monday-Friday, 2-5:30 p.m.

Also, the silent auction will begin at this time and continue until 6:45 p.m. The main auction will begin at 7 p.m. with Dick Richter returning as auctioneer. Dick and his wife JaNene are former residents of Eagle Lake.

The study club members ap-

preciate and thank all who are working and contributing to this special yearly event. All monies go to the Eula and David Wintermann Library with the Wintermann Foundation matching every dollar raised from this evening's endeavor. Drawing tickets with very special items are available at the library and from study club members.

Please plan to join us on Saturday, September 19 for a fun evening. For more information, you can call the library at 234-5411. Stop by the library to preview many of the wonderful items that have been donated for the silent and main auction. Help support our library!

Tips On Talking To Your Teenager

Do you have trouble communicating with your teenaged son or daughter?

You're not alone.

"Teens often seem like alien beings, and in a sense that's true, since their bodies are different from those of adults.

They release more stress hormones and decision-making circuits in their brains haven't fully developed," says Mark Goulston, a psychiatrist, FBI hostage negotiation trainer and author of the new book, "Just Listen: Discover The Secrets to Getting Through to Absolutely Anyone" (AMACOM).

Teenagers are biologically wired to move quickly from stress into distress, they don't make judgments well, they can't communicate feelings in a mature way, and they're quick to get moody.

"That explains them, but what about you?" asks Goulston.

"All of us make parental mistakes -- we're too overbearing, too protective, too anxious, too much of a doormat.

These mistakes can make our kids respond in crazy ways that we call defiance or just being a jerk."

Here are some techniques from "Just Listen" for getting through to your teen:

* If your teen is sullen, it's time for a heart-to-heart talk.

Wait to begin until you're going for a drive and your child is captive (since most kids hate unsolicited major talks).

* Ask these questions:

What's the most frustrated you have ever felt with your mom/dad or me?

How bad was it for you?

What did it make you want to do?

What did you do?

* Wait patiently for each answer.

The biggest key to help a person vent and then exhale is to let it happen.

Most people short-circuit the venting stage by becoming defensive, trying to offer solutions, or getting nervous and trying to make things better.

Instead, wait until the venting is completely done.

* Pause after your teen is done unloading and then simply say, "Tell me more."

When he or she realizes you're not going to debate, it's disarming.

There's no need to fight you if you don't engage in a fight.

It shows you were listening

and enables your teen to let go of distress.

* If you get your child to answer these questions honestly, then say (and mean it):

"I'm sorry, I didn't know it was so bad."

Don't be surprised if you see tears of relief, followed by the first non-antagonistic, non-confrontational talk the two of you have had in a long time.

Then you can begin to get your message across.

For more tips on how to get through to the unreachable people in your life -- such as co-workers, friends and family -- read the new book, "Just Listen." Visit www.markgoulston.com for more information.

"Getting your teen to exhale and communicate will help your teen bring that strange, impulsive, moody brain under control -- at least for a few blessed hours.

This can save the sanity of everyone in your house," says

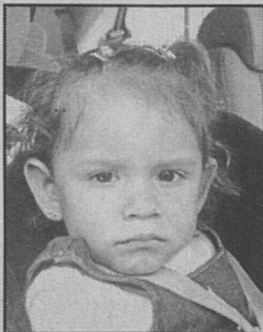
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Clarissa



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Brothers, Grandma, Ralph



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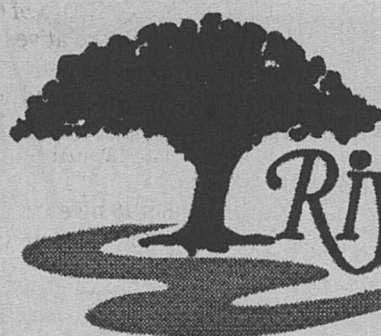
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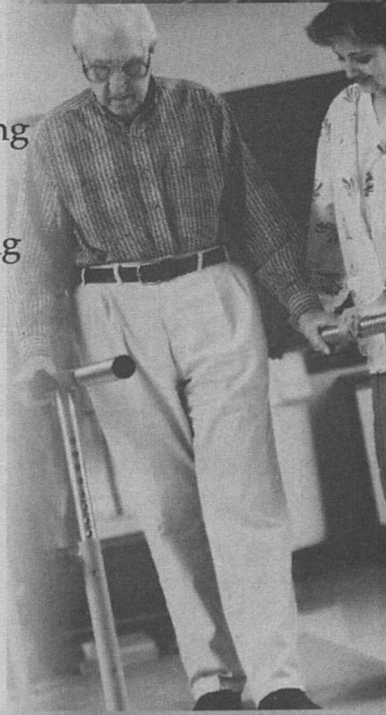
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Czech Society Second Annual Event on October 3

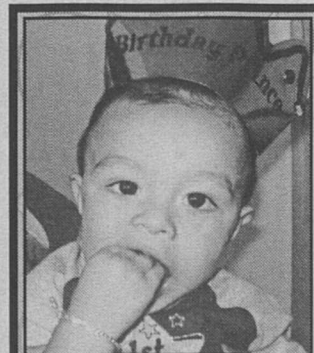
The Texas Czech Genealogical Society (TCGS) will sponsor their second annual Czech Roots and Christmas Memories event on October 3 at the Caldwell Civic/Visitor Center in Caldwell.

The fun-filled day will begin with registration at 8:30 a.m. Activities begin at 9 a.m. with Anne Hyzak's beautiful presentation entitled, "Czech Christmas in a Winter Wonderland".

Beautiful snow-capped, winter scenes will show the breathtaking beauty of the Czechlands in the winter time.

The Czech Chorus Band will provide entertainment and will be joined in part by Rev. John Gantt who will teach us the Czech words to a favorite Christmas time song. Patrick Janis will present, "Treasures and Memories Found In Ancestral Passports", and Dalibor Jerabek will entertain us with "Christmas As a child in Roznov, Czech Republic".

Continued on page 7



Diego Juan Porcayo celebrated his first birthday with a Backyardigan's theme party held on Sunday, August 16 in Eagle Lake.

He is the son of Mr. and Mrs. Humberto Porcayo of Houston, grandson of Mr. and Mrs. Steve Garza of Houston, and great-grandson of Mr. and Mrs. Manuel Gutierrez of Eagle Lake, who hosted Diego's party.

The children enjoyed a walk, sack races, and in carrying with the Backyardigan's theme, a Pablo piñata. Snowcones and popcorn were also enjoyed. The children each received a colorful handmade party bag made by Diego's great-grandmother that was filled with candy and party favors. Guests were served BBQ brisket, hot dogs, potato salad, BBQ beans, chips and dips. Also a Pablo cake and an assortment of desserts and ice cream were served. Diego's special guests included Sofia Santos of Houston, Trey, Jaxon and Zachary Torres of Katy, Mikey and Joseph Crowley of Houston, Maya and Billy Tlass of Houston, Isabel Briscoe of Richmond, Christian Morales of Houston, Cody Rodriguez of El Campo, Jace and Malia Martinez of Baytown, Arianna Maldonado of Bay City, Nayeli Delgado of Houston, Ebelyn Delgado of Houston, Nathan Garcia of Houston, Jayden and Alyssa Meza of Houston, Eddie Porcayo of Houston, along with their parents and other relatives and friends. There were approximately 90 guests in attendance. Our sincere thanks to all those who attended, for the wonderful gifts, and most importantly for being there which made it such a memorable day.