

Gadabouts Report on Meeting Held September

By Catherine Berger,
Club Secretary

The Nada/Garwood Gadabouts met in the beautiful country home of Sybil Balusek on September 17, at 2:30 p.m. with president Anita Meisner calling the meeting to order and welcoming members and thanking Sybil for opening her home to us.

The opening ceremony was led by Helen Noteboom. September, being National Hat Month, members were asked to wear and/or decorate a hat.

The roll call was answered by telling a short story about the hat you wore. The minutes of the last meeting were read and the treasurer's report was given.

Anita gave the hospitality report and Catherine read thank you notes.

The party to recognize Garwood/Nada citizens eighty and over is slated for October 24 at 11 a.m. at the Lehrer Memorial UMC fellowship hall.

Anita informed the club about the newly formed Garwood Association for Restoration and their plans for a Christmas festival on December 5 to include a lighted

parade, arts and crafts booths and the arrival of Santa.

Announcements:

Sept. 30: Senior citizen domino party at Nada parish hall

Oct. 19: Veterans Library soup and sandwich night

Oct. 24: Eighty and over recognition and party

Dec. 5: GAR Christmas festival

The group enjoyed a very interesting program presented by Sybil.

She showed a movie of the many humming birds that gather at her feeders around her house each year. She puts out four to six quart feeders daily for the birds.

We also enjoyed and viewed live humming birds, as well as other birds, and deer ranging near her home.

Members contributed 609 volunteer hours, 644 miles and \$1157.84 in monetary contributions for the last month.

Following the meeting, the group enjoyed delicious refreshments provided by Anita, Janie, Edna, Leona, Henrietta, Karol, Pauline, Helen, Betty, Sybil and Catherine.



JC Cooper (left), President of the Eagle Lake Rotary Club presents Raider Head Coach Brad Dumont (right) with a Certificate of Appreciation.

Rotary Presents Dumont With Certificate

The Rotary Club of Eagle Lake was honored to have special guests, Stanley Kucherka, Ray Victorin, Vivian Hurst, Mary Kaluza and, Hazel Mason in attendance at the September 16 meeting.

It was also announced that four visitors have expressed an interest in joining the club will be coming on board in the next week or two.

Program Director Bill Harrison Sr. gave a fantastic presentation, complete with authentic pictures, about some of the older buildings in Eagle Lake. Some that are gone and some that are still being used today. It is amazing, the wealth of information Mr. Harrison has accumulated on Eagle Lake and Colorado County.

And he recites most of it from memory.

After the meeting JC Cooper traveled to Altair and, on behalf of Program Director Vance Duncan, presented Coach Brad Dumont with a Certificate of Appreciation for the presentation he had made to the members.

Each week the club will now invite five different Eagle Lake citizens to have coffee and pastries 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



Pictured in the back row are Sponsor Angela Weid, Erin McConnell, Emily Garza, and Jonathan Castaneda; front row, Tyler Mathews and Tallon Canaris.

Junior High Students Compete in Academic Rodeo

On Sept. 11, Rice Junior High competed in the academic rodeo at the Colorado County Fair.

The team of Tallon Canaris, Tyler Mathews, Emily Garza, Jonathan Castaneda, and Erin

McConnell placed first in the quiz bowl.

The team competed against Weimar, Columbus, St. Anthony's, and St. Michael's.

St. Philip Catholic Church Annual Picnic Is Sunday

St. Philip the Apostle Catholic Church in El Campo is making plans for its annual picnic to be held Sunday, September 27.

The entire community is encouraged to dance to the music of the Dujka Brothers who will be performing from 10 a.m.-Noon and 2-4 p.m.

The Twilites will also be performing Noon-2 p.m. and 4-6 p.m. inside the K.C. hall.

The all-day festival will be held at the KC Hall located on Armory Road, just off south Hwy. 71, and will feature a delicious prime-cut beef barbecue and sausage dinner with all the trimmings.

Serving begins at 11 a.m. and meal tickets are \$7 each. You may dine in comfort in the air-conditioned KC Hall, or have

plates to go in a convenient drive-through line.

Hamburgers, barbecue-on-bun and sausage-on-a-stick will be available after 2 p.m. Bulk meats will be sold at the pit.

Other activities include a huge country auction beginning at 1 p.m., Bingo, 'Second Time Around' booth, country store, cake wheel, fish pond and a variety of other activities including rides for the children, plus live music for everyone to enjoy.

Holy Mass will be celebrated at St. Philip the Apostle Catholic Church at 5 p.m. on Saturday, Sept. 26; and at 7 a.m. and 10 a.m. Sunday, Sept. 27.

Everyone in the community is invited for a big day of food, fun and fellowship.

Atwood Takes Mission Trip To Guatemala

Isaac Atwood recently went on the mission field to Guatemala to answer the call of God; to fulfill his vision to reach out to the orphans.

Joel 2:28 says, "Your old men shall dream dreams, your young men shall see visions."

He went to the shelter "Asociacion Nuevos Horizontes" located in Quetzaltenango, Guatemala.

In the orphanage/shelter there may be between 20-50 people living there, 10-30 of who are children aged 0-13 years old.

Isaac volunteered five days a week, three to four hours each day for one month.

He worked with the five to eight year olds in teaching them the English language.

Volunteers are responsible for planning and implementing daily activities.

It is sometimes challenging working with children but ultimately rewarding, as although they may have experienced great difficulties in their lives.

The children are excited by the experiences they can share with the volunteers.

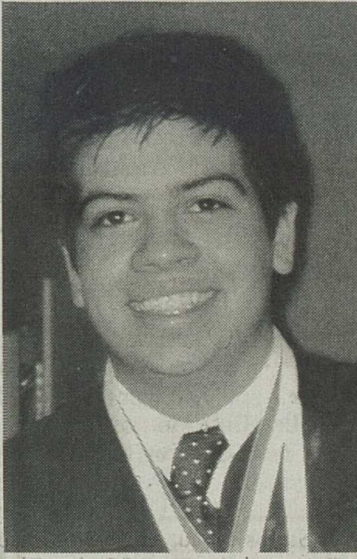
While there Isaac organized a fundraiser event and hosted a benefit party to raise money for the orphanage.

Isaac worked at HEB in El Campo during the summer to earn money for his trip.

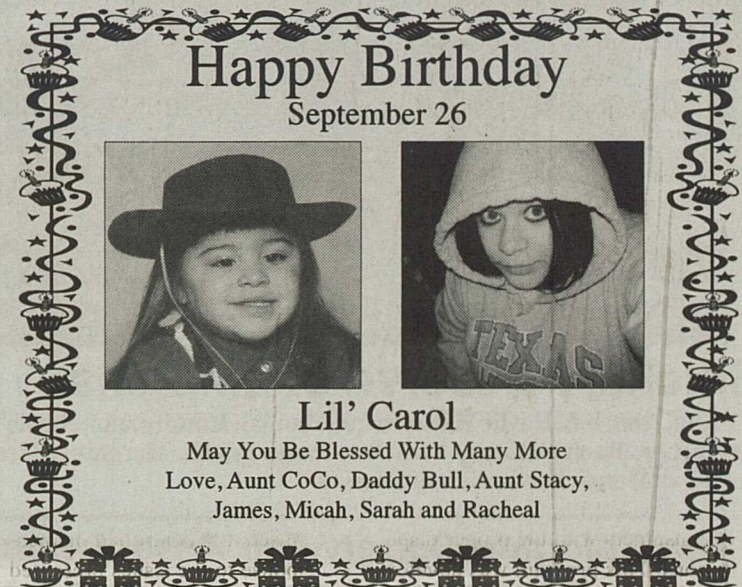
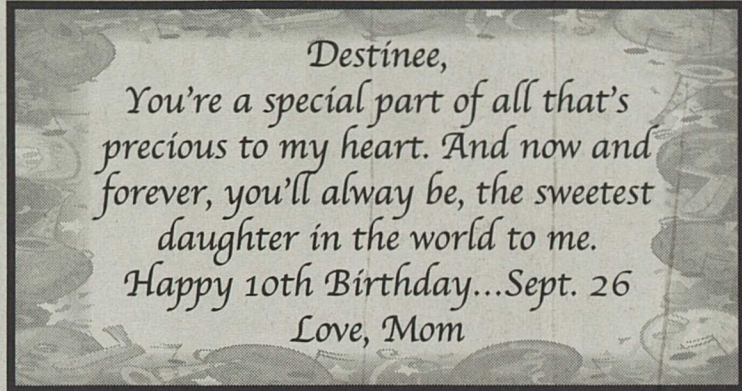
Upon returning to the United States, he went back to college in Austin to begin his second year, at the University of Texas, where he is double majoring in Linguistics and Biochemistry.

Like Isaac we want to encourage the young generation to take the gift that God has given you, academically and apply it to the "Kingdom of God". For such a time as this, for God's glory.

Isaac Atwood is the son of Harry and Delia Allibone of El Campo and Robert Atwood from Colorado and the grandson of G.A. and Febe Rodriguez of Eagle Lake. Isaac is a member of BTAC in El Campo.



Isaac Atwood



Five Common Myths About Bone Health

When you were young, you may have wanted to be "bad to the bone." As you age, you need to make sure your bones don't go bad.

Unfortunately, there are many myths about osteoporosis, a condition in which bones weaken and can break from a minor fall or even from a simple action such as a sneeze.

It's a major threat for approximately 44 million Americans, according to the National Osteoporosis Foundation (NOF), but most don't know they are at risk or how to prevent it.

"Bone health affects overall health," points out bone expert Dr. Warren Levy, CEO of Unigene Laboratories (UGNE), a biopharmaceutical company.

"For example, a new study recently confirmed that older people who break a hip have nearly a 25 percent chance of dying in the next five years."

"The good news is there are steps that can be taken to protect your bones as you age."

Get lots of calcium and vitamin D, avoid smoking and excessive alcohol or caffeine, and do regular weight-bearing exercises.

Medications also make sense for many people," he adds.

Here are five common misperceptions about bone health:

*** It's A Women's Problem:** Both women and men lose bone density as they age.

A man older than 50 is more likely to break a bone due to osteoporosis than to get prostate cancer, according to the NOF.

And some researchers are predicting a 56 percent increase in incidence of male osteoporotic fractures.

*** You'll Know It If You Have It:**

People can't feel their bones weakening. They may not know they have osteoporosis until a bone breaks from a minor fall or a simple action like a sneeze.

Talk to your doctor to see if a simple bone density test is appropriate.

*** Bone Medications Have No Side Effects:**

We've all seen osteoporosis drug ads targeting older women.

Golden sunsets and women exercising or playing with grandkids can obscure the fact that some of these medications have been associated with potentially dangerous side effects like severe bone degeneration over time, muscle or joint pain, heart problems, cancer and kidney failure.

The focus should be on selecting drugs that can help osteoporosis patients without creating these risks, and patients should educate themselves regarding the available options, stresses Levy.

*** Exercise Can Hurt:**

Many are afraid exercise can harm their bones, especially as they age.

Weight-bearing exercises are very effective at building bones even for those who have advanced osteoporosis.

Such exercises include lifting weights, climbing stairs, aerobics, dancing, jogging and tennis.

Check with your doctor to see which exercises are most appropriate for you.

*** Family History Doesn't Matter:**

Genetics and heredity greatly influence a person's risk of developing osteoporosis.

If either of your parents had osteoporosis or a history of broken bones, you're more at risk.

If one had a spine that curved forward or noticeable height loss, osteoporosis might have been the cause.

"Maintaining healthy bones isn't just about preventing painful symptoms."

It's important for maintaining a good quality of life as you age, so take good care of your bones," says Dr. Levy.

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Did you know?

That those over the age of 65 are entitled to the Medicare Hospice Benefit, which covers virtually all aspects of hospice care?

And that most private health plans and Medicaid also cover hospice.

The non-profit hospice ensures that no one is denied hospice services due to lack of insurance or financial resources.

For more information, contact Houston Hospice-El Campo, 979-578-0814.

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