

How You Can Support Our Troops

With hundreds of thousands of U.S. troops continuing to be stationed everywhere from Iraq and Afghanistan to Germany and Japan, American citizens at home are continuing to mobilize to show their support of our men and women overseas.

Individuals and businesses are doing everything from organizing donation drives and sending care packages to actually getting involved in developing medicines for soldiers on the front lines or working to find homes for disabled troops when they return.

Some of the more popular things you can do to help include donating computers, frequent flier miles, DVDs and phone cards, or sending care packages and letters to the front lines.

To help people learn how to get involved with donation drives and troop outreach programs, the U.S. Department of Defense has set up a Web site, listing such initiatives by type. Visit www.ourmilitary.mil/help.shtml to peruse the ways you can help.

Many are choosing to not only get involved themselves, but

to organize their co-workers to help out. This can increase the effectiveness of a donation drive, as many employers are choosing to match donations or simply to donate resources like computer and phone time or stamps to help expand a donation drive.

Some small businesses are taking the patriotic call a step further by creating much-needed products for the troops. One such company, PolyMedix, Inc., a biotechnology company that develops drugs for infectious diseases and cardiovascular disorders, has turned its attention on helping the armed services by creating drugs and other treatments that soldiers can use against anthrax and other bio warfare pathogens.

And the company's work is being recognized by the U.S. Government, which has awarded it several grants and research contracts through the Defense Threat Reduction agency, the Office of Naval Research, and U.S. Army Research Office to help PolyMedix develop new drugs for the troops.

So, when looking for ways to help out, consider things you can do at home and at your job with the participation of your employer.

Of course, most citizens don't have the resources to develop medicines or ship lots of goods overseas. But there are many ways individuals and families can help out.

If you are getting involved in any initiative to help the troops, consider asking friends and family for assistance and for participation from your employer, your child's school and even local community and religious organizations.



Pictured with Larry Wix's '31 Model A Coupe, front row, left to right, Raymond Martinez, Jonathan Allen, Rick Martinez, J.R. Parr, John Baros; back row, left to right, Katherine Sommers, Mary Martinez, Melinda Baros, Annette Bertrand, Dora Martinez and Mary Wix.

Autofest Rolls Again This Weekend

On Saturday, October 3rd the City of Wallis Development Corporation will once again play host for the Eighth Annual Wallis Fine Rides Autofest, to be held at the Guardian Angel Catholic Church grounds.

A volunteer Planning Committee has been diligently planning this year's edition of what has become a premium regional car event.

The Autofest has gained a reputation of being a friendly and relaxed car show with a family atmosphere.

The show's high standard of quality has been a major contributing factor to its growth from 66 vehicles the first year to 169 last year.

The Planning Committee dedicates a large part of its time to assuring that each year's Autofest edition preserves and enhances its tradition of excellence.

The event is an "Open Car Show", meaning all types of vehicles are invited to enter. First, second, and third place trophies will be awarded in each of 16 different classes, along with "Mayor's Choice", "Best Club Participation", "Best Work in Progress", and "Best of Show"

award trophies.

Attendees will be treated to lots of good food and beverages provided by Las Flores Restaurant and the Wallis Knights of Columbus.

Nostalgia will fill the air with good old Rock & Roll music provided by local DJ, the very talented Ian Supak.

The Autofest has become known for offering some of the biggest and best door prizes in the car show circuit.

Such prizes will be offered to show entrants, with drawings taking place throughout the day.

Additionally, a free T-Shirt will be given to all entrants who pre-register prior to September 30.

Pre-registration is \$20 and day-of-show registration is \$25. Admission is free for the public.

All proceeds from the Autofest go to support the Development Corporation's Community Improvement Fund.

In the past the Community Improvement Fund has funded new street signs for the City of Wallis, and is also currently providing funding for improvements to the City's Nature Park.

Mayor Salazar praised the hard work and dedication of the Planning Committee.

"These volunteers give a lot of their time to make the Autofest what it is, and I, as Mayor, truly appreciate what they do to make our community better", said the Mayor.

For more information and entry forms go to the "Events" tab at www.wallistexas.org or call 979-478-6712.

Garwood Volunteer Fire Department Hamburger Supper Garwood Fire Station October 5, 2009 • 6 to 8 p.m.

Come and Enjoy
Eat In or Take Out



NOW OPEN WIDE

"Now, open wide." To millions of Americans, these are the most terrifying words in the English language. Many people are afraid when it comes to facing the dentist, putting off routine check-ups until pain finally forces them to make an appointment.

It's true that we perceive pain in the head and neck more strongly than in other parts of our body, but these days dentists have several techniques to take the "ouch" out of treatment. Whether you're there for a routine cleaning or a root canal, a mild sedative or nitrous oxide (laughing gas) can help you relax during the procedure; discuss these options with your dentist beforehand.

If you need a local anesthetic, your dentist can reduce the pain of the needle by wiggling your cheek and injecting the medication slowly. Fear of pain can cause tension, which in turn leads you to feel discomfort more acutely. Arranging for a time-out signal-such as raising your hand when you want the dentist to stop working-will reassure you that you'll be able to halt the procedure any time you're uncomfortable.

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Thank You...

I would personally like to thank Ben Davis Funeral Home, Rev. Obie Rhodes, Rev. Coby Shorter, Jr., Rev. Barrow, Rev. Holloway, M Prints, Rev. Dennis Davis, Annie and Willie Dancy, Robbie Johnson, Anita and Melvin Jones, Margaret McTear, Jacqueline Williams, Eric and Sheena Bluntson, Leonard Davis, and my mother, Mary Nell Dancy, for the help and support you gave me and the kids during our time of need. We would also like to thank everyone for the calls, visits, donations, flowers, food and words of encouragement that we received in the death of our Rodney. We would not have made it through these tough time without your help. Thanks alot, Demetria, Rayel and Shak

Thank you...

I would like to personally thank Eagle Lake General Store for buying my pig in this years Colorado County Fair. I would also like to thank Darilyn Henderson, Monte Williams, Mrs. Spiller, First National Bank, Winco Inc., Austin's BBQ, Kevin Williams, and Wiese Crop Insurance for your help and/or donations that were contributed to me. Shak Norris

Food Bank Outreach Tour Set For October 16

Theresa Calderon, Food Bank of the Golden Crescent Outreach Coordinator, will be in Colorado County on Oct. 16 from 11 a.m. to 2 p.m. at the Columbus Food Pantry.

The pantry is located at 419 Washington.

She will be there to assist low-income households; seniors; immigrants; and individuals who meet eligibility requirements with completing required paperwork to apply for food stamps, TANF, CHIP/Children's Medicaid, Adult Medicaid, Women's Healthcare and Long Term Care.

Hunger is an important issue in this community and the Food Bank of the Golden Crescent along side its partner agencies within the county, is working to ensure that residents who are eligible for the Supplemental Nutrition Assistance Program (SNAP) know about it and are able to access food stamp benefits.

As the cornerstone of the nation's nutrition assistance safety net, SNAP helps low-income families and individuals purchase nutritious and healthy food by providing much-needed temporary help.

Diabetes And The Flu

As cold and flu season rapidly approaches, it is extremely important for people with diabetes to take care of themselves.

Not only does being sick increase blood glucose levels, but, it also typically prohibits proper nutrition and eating habits.

Additionally, diabetes can make the immune system more susceptible to severe cases of the flu.

In anticipation of a severe flu outbreak this season, Marc Wolf, registered pharmacist and CEO of Diabetic Care Services, provides the following tips for people with diabetes to properly care for themselves throughout the cold and flu season.

* **Wash your hands frequently.** Carry and use hand sanitizer when soap and water are not readily available.

* **Continue to take your diabetes medications (pills or insulin) even if you are unable to eat.** Contact your physician or pharmacist and see if he or she recommends taking additional insulin.

* **Test your blood glucose every three to four hours.** When you are sick you feel lousy regardless of blood sugar levels, making it difficult to identify blood sugar highs and lows. If your blood glucose is lower than 60 mg/dL

or remains more than 300 mg/dL, call your doctor or go to the hospital.

* **It is safe to take over-the-counter medications;** however, many liquid cold and flu medications and cough drops are high in sugar.

Be sure to select a medication that is low in sugar like Diabetic Tussin.

* **Weigh yourself daily while you are ill.** Losing weight without actively trying can be a sign of high blood glucose.

* **Drink plenty of liquids** to stay hydrated, but stay away from drinks with caffeine or those high in sugar.

* **Try to eat as much as you usually do.** If you are having a hard time eating or keeping down solids, eat soft foods like toast, yogurt or soup and drink liquids to consume the same number of carbohydrates you typically do when you are well.

If it is difficult to manage soft foods and you need glucose in your diet, try a product like Glucose RapidSpray, which quickly and conveniently provides glucose in a spray (no chewing or swallowing required).

* **Check your ketones.** If they get too high, call your doctor as quickly as possible to help prevent serious complications.

Farm Bureau Says Cap-and-Trade Comes With Hefty Price

Americans will effectively face a 15 percent tax hike if the cap-and-trade provision of the current energy policy in Congress becomes law," Colorado County Farm Bureau (CCFB) President Marv Ulbricht said.

"U.S. citizens will pay up to \$200 billion annually, or approximately \$1,700 per household," said Marv, explaining the analysis by the U.S. Treasury Department.

"It would be like a 15 percent hike in personal income taxes for every American household."

The bill, which narrowly passed by the House this summer, would impose enormous costs on the agricultural community.

FB has long maintained that competing nations like India and China may not adopt similar programs, thus depending on the U.S.

for the saving of energy.

With little plans to provide alternate energy programs, energy costs will not get any lower.

"We believe this plan will fail to greatly impact the environment because it isn't promoting similar countries to do the same," Marv said.

"If we want to lower greenhouse gas emissions, it is going to take much more than the U.S."

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