



Judge George Cason presenting Certificate of appreciation to Dr. Russell Thomas

Rotary Club Reports on Recent Meeting

The Rotary Club of Eagle Lake had two very special guests, Margie Cason and Dr. Russell Thomas in attendance Wednesday, October 21.

The club president led the opening song. The stick to making was made that he stick to making coffee.

Dr. Thomas spoke on his life with polio and as a polio survivor. He told the members that having polio does not make one an expert on the disease.

But it became obvious very early in his presentation that he was well versed in the subject.

And it became apparent that one can miss something when they just have a casual conversation with this man.

Hidden within him is a sense of courage and dedication that has brought him to where he is today, one of the top family doctors in the state of Texas.

Dr. Thomas closed his presentation with an impassioned plea that Rotary International not forget the polio survivors that need braces and help in their later lives.

This is an area that seems to be overlooked here in America where many polio survivors have a great need for help.

Dr. Thomas told the members that in all of his life this was the first time he had ever been asked

to speak about polio.

He said that Judge Cason had asked him to do so over 20 times before he finally agreed to do so.

The Rotary Club of Eagle Lake is very grateful that he agreed to do so. Other groups would do well to have Dr. Thomas bring this message to their members.

It is an eye opening presentation.

Program Director Judge George Cason presented Dr. Thomas with a Certificate of Appreciation for his presentation.

A mention was made about the "Swine Flu".

One member said that there will probably be less deaths from the flu than from the Rotary club coffee.

Another topic was the upcoming Putting Championship. Someone said that a female would probably win it because they are the only ones around Eagle Lake that can putt. The response to that was that all the women do is putter around the house. We'll see.

The Rotary Club of Eagle Lake now extends an open invitation to the citizens of Eagle Lake to join them for coffee and pastries at 7 a.m. on Wednesdays at the Community Center.

An RSVP to eaglelakerotary@hughes.net would be appreciated and insure the availability of enough coffee and pastries.

Making Halloween Fun for Diabetic Children

Tricks to Make Halloween a Treat for Children with Diabetes

Today, candy is the central focus of the spookiest holiday of the year. In fact, the average American consumes 24 pounds of candy in a year, most of which is eaten right after Halloween according to the U.S. Census Bureau.

But for children with diabetes, it can be difficult to enjoy the festivities when all their fellow goblins are in a frenzy to get their hands on mounds of sweet treats.

Marc Wolf, registered pharmacist and CEO of Diabetic Care Services, provides the following tips to help parents of diabetic children shift the focus off Halloween candy so the kids can have more fun.

* Explain to your child ahead of time that they should not snack on candy until you are home from trick-or-treating. (Parents, that goes for you too!)

* Lots of walking can affect blood glucose levels, so pack a healthy snack that you can rely on to battle lows.

This way, you avoid the temptation of dipping into the treat bag for a quick solution if your child's blood sugar levels begin to drop.

* Choosing which type of candy to pass out is important because there is a good chance you will have leftovers. According to the American Diabetes Association, avoid choosing treats that contain chocolate; their high fat content slows the progress of glucose in the blood stream.

Instead, choose a hard candy, gumdrops or lollipops. Because hard candy has a long shelf life, you can store the leftover candy in a designated place and use it to battle lows throughout the year.

* Do not feel you have to deprive your child of all Halloween candy. Instead, allow them to choose a fun size, smaller version of their favorite candy.

Just remember to adjust their meal plan based on the number of carbohydrates in the sweet treat. Visit the JDRF web site for a list of common Halloween candy carbohydrate values.

* After trick-or-treat hours are over, sit down with your child and help them choose a few of their favorite pieces of candy they

can enjoy throughout the week. To help your child part with the leftover candy, allow them to exchange it for money, a toy or some other special treat (a special dinner, trip to the movies, etc).

* If you do not want to waste the extra candy by throwing it away, go with your child to donate the leftovers to a hospital or senior center.

Not only will your child learn healthy habits, they will receive a lesson in sharing.

* Take the focus off Halloween candy by encouraging your child to create an exciting Halloween costume.

You can even involve the entire family by designing a day to work on homemade costumes.

* Halloween costumes often require plenty of face paint, body paint and colored hair spray. When the festivities are over, ensure you give proper attention to skin and scalp cleansing and care.

Products like Diabeti-X Hair and Scalp Therapy Shampoo and Dermal Therapy Body Lotion by Bayer, available at <http://www.DiabeticCareServices.com>, can help to safely scrub dye out of hair and moisturize skin after removing dehydrating costume makeup.

* No matter what the costume, ensure your child wears comfortable, closed toe shoes and invest in special diabetic socks that will keep feet clean and dry. Whether trick-or-treating or at a costume party, it is important to protect feet from potential cuts and scrapes and prevent blisters and soreness.

* Offer to host the Halloween party this year. You will be able to ensure your child, and all the guests, enjoy healthy Halloween treats rather than experience sugar shock.

Use food coloring to turn your favorite dip or sugar-free whipped topping orange, and pair with fruit and cheese or vegetables for a festive tray.

For dessert, dish out sugar-free chocolate pudding in individual cups and garnish with sugar-free whipped topping and sugar-free candy worms for a creepy surprise.

Nada/Garwood Gadabouts Host "Make a Difference Day"

By Catherine Berger

Senior citizens of the Nada/Garwood area eighty and over were honored by the Nada/Garwood Gadabouts at a social and luncheon at Lehrer Memorial UMC Fellowship Hall in Garwood on Saturday, October 24, beginning at 11 a.m.

October 24 was "Make A Difference Day" and is celebrated throughout the United States.

After the meal, President Anita Meisner recognized the seniors and recognized four citizens 90 or over, including Leona Wesselski, Adela Popp, Minnie

Lee Conner and Viola Frels.

Ms. Meisner also gave a short program on the H1N1 Swine Flu virus, along with handouts on the subject.

The "Make A Difference Day" celebration has been an annual event for several years and is one way of thanking our seniors for their contributions to the communities.

It is also one of the many events the Gadabouts do for the communities.

At the conclusion of the party, several door prizes were awarded.

Texas Gulf Coast Seeking Volunteers

Winston Churchill said, "We make a living by what we get but we make a life by what we give."

RSVP of the Texas Gulf Coast is part of the national RSVP program which encourages volunteerism and places volunteers where needed.

Volunteers of all ages are encouraged to participate and to make a difference in others' lives.

Volunteers are placed according to what they like to do, what they have experience doing and what they have skills to do.

There are excellent FREE benefits for volunteers aged 55 and over.

They include supplemental

accident, liability and auto insurance, a wonderful yearly volunteer recognition luncheon event with gifts and entertainment, a newsletter and membership in a national organization.

RSVP of the Texas Gulf Coast is all about recognizing and celebrating volunteers and volunteerism.

If you wish to volunteer, please call Nicki Wright, RSVP of the Texas Gulf Coast at 979-865-2445.

Or if you are currently serving as a volunteer, your organization may be eligible to be a volunteer organization of RSVP of the Texas Gulf Coast and thereby receive the free RSVP benefits for their volunteers aged 55 and over.

4-H Dog Club Offering Obedience Training

Is your child's dog more of a problem than a pleasure?

Do you wish that the canine was more of a companion, or at least would come when you called?

Be the leader of the pack by joining Colorado County 4-H Dog Club.

Your child and dog will learn life-long skills that will benefit the entire family and community.

It is never too early or too late to start training. (And we're talking about both the dog and human).

Training includes basic obedience, such as walking on a leash, sits and downs, etc.

Club participants can also learn how to show a dog and go on to enter the 4-H Texas State Dog Show where they compete in a number of events ranging from Conformation to Agility.

Last summer at the state dog show held in College Station, the Colorado County Club "Cleaned Up", winning numerous ribbons and awards, including Overall Best Handler and Best Handler Runner-Up.

Any child age 9 (or in 3rd grade) - 19 is eligible to join 4-H. And the unbelievable thing

How To Prevent Fires At Home

Fire departments responded to approximately 1.5 million fires in 2008, resulting in 3,320 civilian fire fatalities, 16,705 injuries and over \$15 billion in property loss.

The National Fire Protection Association (NFPA) offers this advice on preventing home fires:

Stay in the kitchen when frying, grilling, or broiling. If you must leave, turn off the stove.

Use a fireproof screen to keep sparks inside fireplaces.

Keep things that can burn, such as paper, bedding or furniture, at least three feet from heaters. Turn off portable heaters when going to bed or leave the room.

Have heating equipment and chimneys cleaned and inspected yearly.

Never smoke if you are tired, have taken medicine, drugs, or alcohol that makes you sleepy. Keep smoking materials away from bedding, furniture, and clothing.

Keep lamps, light fixtures, and light bulbs away from anything that can burn, such as lamp shades, bedding and curtains.

Replace damaged electrical cords. Use extension cords for temporary only.

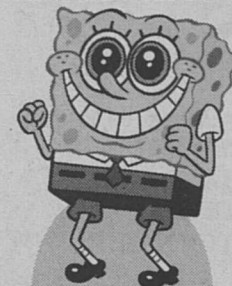
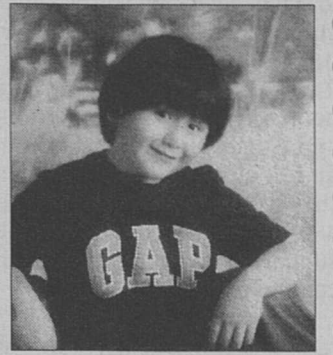
Call an electrician if you have recurring problems with blowing fuses or tripping circuit breakers, flickering or warm wall outlets, discolored lights or a burning or rubbery smell from an appliance.

Install smoke alarms in every bedroom, outside each sleeping area and on every level of the home.

Consider a home fire sprinkler system.

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eaglelakeheadlight.com

Happy 7th Birthday
Jaycee
November 2
Love, Mom, Dad
and brother John



Happy Birthday

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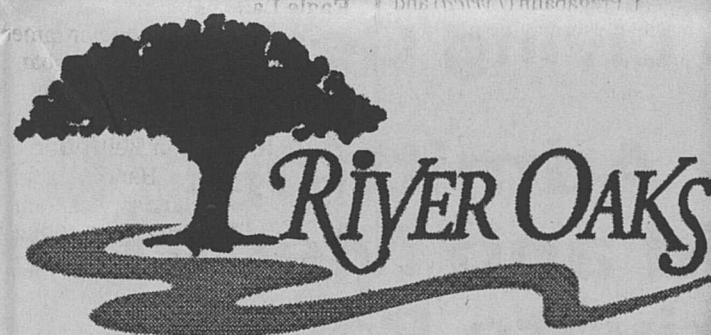
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2009 Chevy Aveo 32K miles	\$11,985
2005 Jeep Wrangler 4X4 30K miles	\$13,985
2008 Jeep Wrangler 4X4 33K miles	\$17,985
2007 Chevy 1500 Z-71 Ext Cab 4X4	\$19,985
2007 Chevy Tahoe LTZ Navigation	\$23,985

** Price includes all applicable incentives. See dealer for details. Not replicable photos. Rebates are subject to change without notice.

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