

Rotary Club Reports On Recent Meeting

The Rotary Club of Eagle Lake held their club meeting on Wednesday December 16, at 7:15 a.m.

The club president presented a program regarding the H.A.A.R.P. project. <http://www.haarp.alaska>.

How To Be A Better Spouse

The human race has conquered land, sea, air and space, yet many of us still have trouble maintaining strong, healthy relationships.

Whether it's high-profile cases of celebrity infidelity or troubles in one's own home, marriage is an inexact science.

By following some advice from experts and with some effort, being a better spouse is possible:

Be Organized

Keeping your spouse happy is a big part of maintaining your end of the bargain.

In some cases, this can be done simply by keeping a schedule and remembering key dates.

Birthdates and anniversaries are givens, but a simple reminder to get your better half a gift to commemorate a less-obvious occasion can go a long way.

Is next week the anniversary of the first time you went bowling? Why not reserve a lane?

Learn From Others'

Mistakes

With a media industry fascinated by scandal, there are constant reminders of how NOT to conduct healthy relationships.

From presidents to sports heroes to movie stars, the infidelities keep on coming.

With gossip coverage comes at us from all sides, you can learn

edu.

The HAARP Project is rumored to be the "Doomsday Weapon" and some say it went haywire during testing and caused the tsunami that killed over 250,000 people awhile back

a lot from other people's transgressions.

Shut Up and Listen

You may have heard this one before. It's an old standby, quickly forgotten.

Even in a nice, respectful relationship, at some point one party will need to vent frustrations, whatever they may be.

If that person happens to be your spouse, close your mouth and listen to what he or she has to say. Remembering those grievances can come in handy later.

Beware Of the Road

If you are away from your spouse for business or pleasure, steer free of temptation.

Happy Wife, Happy Life

The phrase may have been coined by Aristotle, or perhaps Gandhi.

Either way, it's a mantra that has served countless husbands for years.

When all else fails, many husbands simply refer to this fine point.

Of course, the expression serves true for wives, as well.

Unfortunately, nothing rhymes with husband.

Some of the finer points of marriage can get lost in our overwhelming daily routines.

But with a conscious, patient mind, being a better spouse can become easier.

and possibly the convergence of very large hurricanes.

The project is made up of 180 antennas that are 72 feet high placed on a 23-acre plot of ground in Alaska.

It can send a single beam of over 3 billion watts into the ionosphere, thus heating it up and changing weather patterns.

The pentagon had long denied its existence, then finally admitted they were working on it and now are having to answer all kinds of questions as to its' ultimate purpose.

That purpose is rumored to be anything from weather control to mind control of the entire population.

During the Christmas holidays

Garwood/Nada Lighting Contest Winners Announced

The Garwood/Nada area recently held their lighting contest. Winners were as follows: **Garwood:** First place, Todd and Vicki Nelson; Second place, Mr. and Mrs. Albert Bittner; and Third place, Mr. and Mrs. Smidovec.

Hefner Attends Seminar in Galveston

Judge Billy Hefner, Colorado County JP 1, was certified at the recent Twenty-Hour Justice of the Peace Seminar held Dec. 6-9 in Galveston.

The seminar was sponsored by the Texas Justice Court Training Center, a division of Texas State University - San Marcos, with offices in Austin.

The seminar is one of six held for elected Justices of the Peace so they can fulfill their continuing judicial education requirements as set for in Article 27.005 of the Texas Government Code.

The seminar addressed topics such as family violence, pre and post judgment issues, rules of evidence, residential evictions, commercial evictions, manufactured housing, tenants rights, elderly drivers, commercial driver's license, traffic law, enforcement of judgments, mediation, torts, contracts, contempt, judicial demeanor, death investigation, judicial liability, judicial ethics, juvenile gender issues, failure to attend school, rights of the accused, civil round table discussions, credit card round table discussions and criminal round table discussions.

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there will be no meeting on December 23 or on December 30.

The monthly committee and board meetings will start the New Year on January 6, 2010.

The Rotary Club of Eagle Lake wishes everyone a Merry Christmas and a most Happy New Year and thanks everyone for their support.

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.

Nada: First place, Kevin and Tammy Till; Second place, Mr. and Mrs. Walter Schoellmann; and Third place, Chris and Sandy Wishert.

Want a special gift
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(979) 335-4753 or send an email to
mjsodolak@wildblue.net
for an itinerary of the trips.

Private Applicators Training and Testing Announced

A pesticide applicator training and testing has been announced for January 6, 2010.

The training and testing will be held at the Fayette County Agricultural Building, 255 Svoboda Lane in La Grange.

Registration will begin at 7:30 a.m. with the program beginning promptly at 8 a.m.

The cost of the program is \$40 per person and you must pre-register at the Fayette County Extension Office by January 4.

The registration fee will cover the study manual, handouts, refreshments, and lunch.

Please bring a pen and/or pencil and a simple calculator to aid with the test.

At the conclusion of lunch, the TDA representative will be on hand to administer the test.

If you have any questions, please call the Extension Office at 979-968-5831.

Educational programs of the Texas AgriLife Extension are open to all citizens without regard to race, color, sex, disability, religion, age, or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Co-operating.

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this meeting are encouraged to contact the Fayette County Extension Office at 979-968-5831 two work days prior to the meeting to determine how reasonable accommodations can be made.

THC Workshop Tools Enhance Collections

In January, March and April 2010 the Texas Historical Commission (THC) will offer practical workshops on collections care targeting small history museums throughout the state.

The aim of the workshops is to raise awareness of effective collections management policies and procedures for these facilities.

"Knowing What You Have: An Introduction to Collections Policies and Documentation" will be led by THC Museum Services Program staff Laura Casey and Carlyn Hammons and are coordinated in partnership with the Texas Heritage Trails Program.

Occurring in 8 locations throughout the state, the workshops incorporate lectures, demonstrations, group discussions and hands-on exercises to help participants understand standards for collections management and duties as stewards.

Attendees will gain knowledge and practical skills that can help develop effective policies and procedures to benefit the preservation and documentation of collections.

The workshops are geared

toward history museum staff and volunteers who are new to collections care and museums that do not have an official collections management policy.

The cost of each workshop is \$25 and limited to two registrations per organization. The first workshop will be held in Johnson City on Jan. 14.

To register for the workshops visit www.thc.state.tx.us for details.

For more information about the THC's Museum Services Program contact the History Programs Division at 512.463.5853.

H-GAC To Hold Free Classes

The Houston-Galveston Area Council/Area Agency on Aging and the Texas Department of Aging and Disability Services are sponsoring a free, "Alzheimer's, Dementia and Communication" class. Saturday, January 23, 2010, from 10am - 2pm (4 hours total). This class will address the following areas: 1) Types of Dementia and diagnostic criteria, 2) Memory Systems, 3) Communication in each of the 3 stages of Alzheimer's, 4) The correlation of exercise and language, and 5) Sample exercises and language activities.

The class will be held at: First United Methodist Church, 419 Washington Street, Columbus, Texas 78934. Dress comfortably and wear sneakers or rubber-soled shoes. Snacks, juice and water will be provided. Bring your lunch, if you wish. Certificates are issued upon completion of the course.

In addition, the first 50 class attendees will receive a free copy of the book entitled, "Learning to Speak Alzheimer's". RSVP for this class by calling the toll free telephone number, 1-877-747-1542 by January 21.

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Hives: Causes and Treatments

Urticaria, also known as *hives*, is a common condition of the skin characterized by a red, itchy rash. There are many different causes. Allergic reactions occur when a trigger, such as a food or insect bite, causes a reaction leading to histamine release. Insects that can cause a reaction leading to hives include hornets and fire ants. Certain foods, such as eggs and nuts, can cause an allergic reaction, typically within 30 minutes. Latex, soaps, and detergents also can lead to hives. Certain medications, including penicillins and sulfa-containing medications, can also result in allergic reactions.

Treatment of hives largely involves identifying and avoiding reaction triggers, such as a certain food or type of detergent. Antihistamines are used to control associated itching, which is a result of histamine release. Antihistamines are classified as histamine-1 (H1) receptor blockers and histamine-2 (H2) receptor blockers. Hydroxyzine (*Atarax*, *Vistaril*) and diphenhydramine (*Benadryl*) are first generation H1 receptor blockers, and may cause drowsiness. Second generation H1 receptor blockers are more likely used for persons with hives lasting more than a few days. Loratadine (*Claritin*) and cetirizine (*Zyrtec*) are examples of second generation H1 receptor blockers. They tend to be less sedating than the H1 blockers.

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HERITAGE 20X20	NOCE	290.52	290.52	\$2.25/SF	.95¢/SF
PATIO 13X13	GREY	3934.08	3934.07	\$2.00/SF	.80¢/SF
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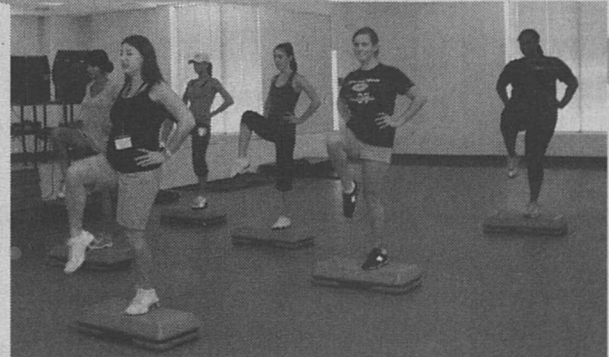
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