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Wesley Chapel United Methodist Church

FRY

or Chicken Wing Dinner

(Includes potato salad, green beans, bread and dessert)

Friday, Jan. 22

Serving from 10:30 a.m. - 1:30 p.m.

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VFW Reports On Recent Meeting Activities

VFW Post 8783 Eagle Lake, Texas held its regular monthly meeting on Thursday, January 14.

The meeting was called to order by Commander Len Matula at precisely 7:30 p.m.

Reports were given concerning the success of the post Christmas party that took place at the Sportsman's Restaurant.

A good time was had by all. A really good time was had by some.

A few business matters and some housekeeping matters were attended to.

Quartermaster Earl Rodgers took the night off to be with his son on a special birthday party.

JC Cooper filled in for him and according to the members the best thing they could say was that he looked as if he had cleaned up, dressed nice and sat up straight in the chair.

The post welcomed, and was very happy to have in attendance, new member Albert Thomcheson.

He is one fine gentleman and a very welcome addition to the

post.

Also, a member that has been missing for a time due to time constraints involving work, was at the meeting and it was a real treat to have him there.

Billy Salazar told of his exploits being an umpire for some little league ball games. He showed that he had a tooth missing. He said it was a result of an altercation with a parent over a call he made that the parent disagreed with.

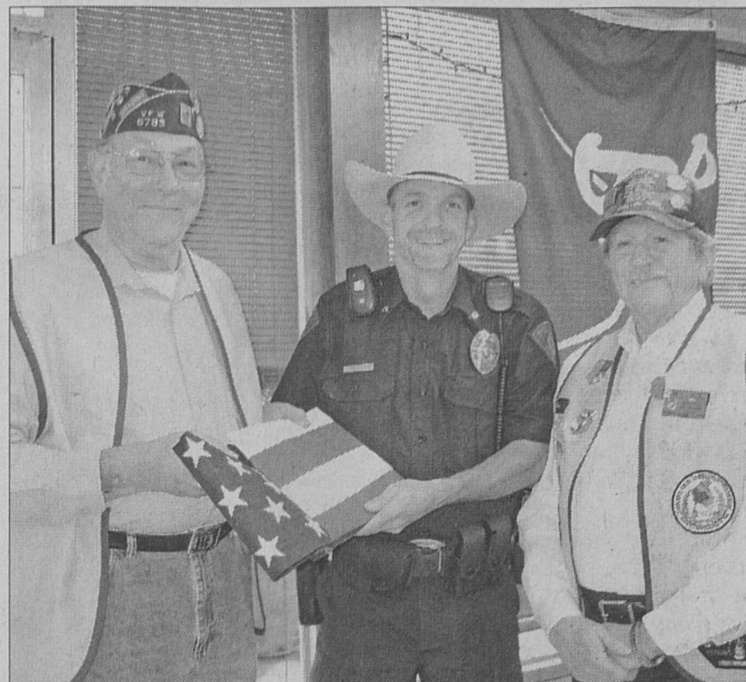
He said it turned into a pretty tough fight and as a result he lost the tooth. He said he still doesn't know who that woman was.

Chaplain Harry Supak did his usual wonderful job of leading the post members in prayer for our National Home.

After the meeting was over, the big money drawing was held and this time it was won by August Servantes.

He said he was going to give the money to someone that needed English lessons.

The following day, VFW Post 8783 members Melvin Stancik



Pictured from left to right are Melvin Stancik, Police Chief Bill Lattimore and JC Cooper.

and JC Cooper presented Police Chief Bill Lattimore with a new American flag to be flown at the police headquarters.

As more and more members are coming to the meetings they are really getting to be a fun time. Looking forward to the next one.

KC Free Throw Contest Slated For January 26

All boys and girls ages 10-14 are invited to participate in the local level of competition for the 2010 Knights of Columbus Free Throw Championship.

The local competition will be held January 26 at 5:30 p.m. at Eagle Lake Intermediate School located on Tate Street. Warm up will start at 5 p.m. with competition getting underway at 5:30.

The Knights of Columbus Free Throw Championship is sponsored annually, with winners progressing through local, district, and state competitions.

International champions are announced by the K of C international headquarters based on scores from the state-level competitions.

All boys and girls 10-14 years old are eligible to participate and will compete in their respective

age divisions.

Last year more than 223,000 sharpshooters participated in over 3,200 local competitions.

All contestants on the local level are recognized for their participation in the event.

Participants are required to furnish proof of age and written parental consent. For entry forms or additional information contact John Young at 979-234-3393.

The Knights of Columbus is an international Catholic family fraternal service organization with nearly 1.7 million members in over 13,000 local councils.

Last year, Knights donated 68 million volunteer hours and \$144 million to charitable and benevolent causes, sponsoring projects to benefit their church, councils, communities, families and youth.

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Community Action Meeting Slated Jan. 28

Combined Community Action, Inc. will hold a Board of Directors meeting on January 28, at 6:30 p.m. in Giddings at the CCA Administration Building.

The public is invited to attend the meeting.

Banking Project Collects Glasses For Lions Club

Carol Mitchell, Senior Vice President at First National Bank of Eagle Lake, is participating in Texas Bankers Association's Management Development Program: an 18-month program to motivate and accelerate the development of leaders of the Texas banking industry.

The five teams making up this class received an assignment designed to involve every member of the team (spread throughout Texas) and to benefit each community.

Since each member of Eagle's team, The Coyotes, wears eye glasses, they chose to help the local Lions Club collect eye glasses for the less fortunate.

With the help of fellow First National Bank employees and other residents of Eagle Lake, Carol was able to donate 43 pairs of glasses to the Eagle Lake Noon Lions Club.

The other Coyote team members will be donating eye glass collections to their local Lions Clubs.

The collection and recycling of eye glasses for the Lions Club doesn't end with the completion of this project.

There is a box in the lobby of First National Bank of Eagle Lake where you can deposit your old glasses or you can give them to any of the Eagle Lake Lions Club members.

Make Your Home More Senior-Citizen Friendly

The number of Americans age 65 and over will reach more than 70 million within the next 20 years, with almost all Baby Boomers (90 percent) hoping to live in their current home for as long as possible, according to statistics from the Delaware Valley Regional Planning Commission and AARP.

The American Institute of Architects' (AIA) recommends Boomers make their homes and communities safe and navigable — despite age or physical ability — by following four steps:

Clear Your Paths

Remove clutter that can obstruct your home's pathways, such as plants, magazine racks and small home accessories. If one of the home's residents uses a walker or wheelchair, allow at least 36 inches between objects. Make sure to have lots of light to ease strain on older eyes and install walkways at all room entry points.

Adopt Universal Design

Small adjustments and basic retrofits can transform first or ground floors into everything a person needs — namely, a bedroom, bathroom and kitchen. Universally designed rooms feature elements such as dropped countertops, grab bars, level door handles, step-less entryways, wide hallways and curbless showers for safety and accessibility.

Prepare Your Community

The record number of Americans expected to retire in the coming years, combined with their desire to stay in their homes, will result in sweeping changes to their houses as well as their communities.

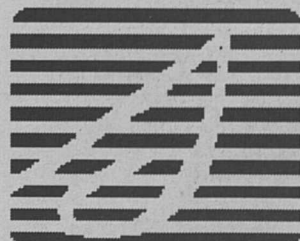
To find an architect to help you and others in your community implement senior friendly ideas, visit <http://architectfinder.aia.org>.

NOTICE TO TAXPAYERS

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TOO MUCH TOOTHPASTE

Too much of anything is not good for you and toothpaste is no exception. The fluoride that is in toothpaste is a proven benefit in tooth protection. It helps prevent tooth decay by making the enamel outer portion of the tooth more resistant to attack by acid. It's so helpful that for more than four decades the American Dental Association has endorsed the fluoridation of public water supplies and the use of products that contain fluoride as safe and effective measures for preventing tooth decay.

Too much fluoride, though, can lead to fluorosis, which causes permanent tooth discoloration. Children are particularly at risk from ingesting fluoride that's meant for topical use only. So be careful with young children learning to brush their teeth. Parents should limit them to a small dab of toothpaste and teach them to spit out the paste, not swallow it. Don't forget that fluoride occurs naturally in brewed tea, canned fish, cooked kale and spinach, apples and skim milk.

You should talk to your dentist for advice on how much fluoride you or your children ingest.

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