

The Eagle Stop has New Hours 6:30 a.m. to 10 p.m. EVERYDAY

304 W. Post Office

Meitzen Accepts New Position With Resort

Brandy Meitzen has accepted the position of front desk manager in the front office department at the Sheraton Steamboat Resort,



Brandy Meitzen

in Steamboat Springs Colorado.

Brandy will be starting her new position on March 19.

She joined Starwood Hotels and Resort in May of 2007 as a Team Lead at the Starwood Hotels and Resorts Customer

Contact Center in Austin.

She has most recently held the position of guest services manager at the Sheraton Maui Resort and Spa.

In addition to front desk manager, Brandy is also a Six Sigma, Green Belt as well as a certified

property service culture trainer.

Brandy is a native of Eagle Lake and daughter of Sammy Meitzen and Colleen Meitzen of Eagle Lake.

She is the granddaughter of Pearl Meitzen Ulrich and the late Walter F. Meitzen of Eagle Lake.

Simple Routines Can Help Young Children Maintain A Healthy Weight

By: Sharon Francey
Robinson, PhD, RD, LD

Three simple routines can help young children maintain a healthy weight.

Recent research published in the March 2010 issue of Pediatrics suggests that preschool children who eat their dinner meal as a family, get at least 10 1/2 hours of sleep each night, and limit screen-time to 2 hours or less per day were less likely to be obese than other children.

"Young children who eat meals prepared at home, in accordance to MyPyramid for Preschoolers, have a better diet quality and are more likely to eat sensible portions sizes when eating out," said Dr.

Robinson, Registered Dietitian and Nutrition Specialist with the Texas AgriLife Extension Service.

Family meals also allow for role modeling and parent child discussion time about the role of food in children's growth and health.

Both adults and children can benefit from a good night's sleep.

Emerging research suggests that adequate sleep is important to not only maintaining health but optimal weight as well for both adults and children.

While the relationship between healthful weight and adequate sleep may remain elusive - getting a good night's sleep is a sound practice for everyone.

The sleep recommendation for preschoolers is at least 10 1/2 hours each night.

Children who limit their screen time (time spent watching TV, DVD, computer and playing sedentary video games) are less likely to be overweight than other young children who get more screen time.

The American Academy of Pediatrics recommends that young

children limit their screen time to no more than 2 hours per day.

These three simple house rules can make a big difference to your child's health:

- Enjoying dinner as a family affair
- Getting a good night's sleep, and
- Limiting screen time.

To learn more about MyPyramid for Preschoolers visit

<http://www.nypyramid.gov/preschoolers/index.html>

Texas AgriLife Extension Service offers free and low cost nutrition education classes.

To learn more, contact your local county Family and Consumer Sciences County Extension Agent.

Canaris Offering Expert Local Gardening Service And Advice

IT'S ANOTHER SPRING!!

After 50 years, we've seen a lot of changes in Eagle Lake and Colorado County-some good, some not so good.

But one thing will never change-our commitment to quality service. We're on our 4th generation here, so our knowledge of local gardening needs is always fresh and growing.

The severity of the cold snap in December really caught us by surprise-plants froze that usually survive typical Texas winters.

If you are wondering about something that was

freeze damaged, come on by and ask questions-advice is always free.

You can even sit a spell and visit (Mr. Vic and Mr. Melvin usually do). We know we can't compete price-wise with chains like Wal-Mart and Houston Garden Center, but we will do our best.

Just remember-our community needs support instead of big out-of-town corporations. After this long in one location our available services are hopefully known.

If not, just call and ask about anything you might need for spring clean-up.

Something else to think

about-now is the time to jump start your lawn with Green Diamond Premium fertilizer and to control ball moss in your live oak trees (one of the most valuable parts of your landscape).

Of course, we can provide both services! One last thing-oaks are shedding leaves, and if you've never seen or heard of a Cyclone Rake, this thing will sweep up a lawn like a vacuum does your house.

We can then pile the clippings for your compost pile or haul them off. It's pretty impressive!

THANKS TO ALL FOR A GREAT 50+ YEARS-LET'S KEEP IT GROWING!!

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National Ag Week

will be observed
March 15-19, 2010

across the Nation

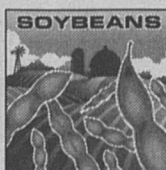
One of Colorado County's top agriculture commodities is row crop production. Colorado County Row Crop Production for 2007 was:

10,107 acres of corn were planted in Colorado County generating \$2,496,429.

1,616 acres of cotton were produced generating \$858,149.

1,150 acres of soybeans were produced in Colorado County generating \$201,487.

Compliments of Colorado County Row Crop's Committee



Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University Systems, U.S. Department of Agriculture and County Commissioners' Courts of Texas Cooperating.

Motorcyclists: Be Prepared and Protected

Summer is around the corner and thoughts of riding around town on a motorcycle may have crossed your mind.

Whether you just bought a motorcycle or are a veteran rider, you might have a few questions about protecting your bike. What's liability insurance?

Do I need Comprehensive insurance? How can I make sure my custom chrome is covered?

Here are some tips that can help you navigate your motorcycle insurance policy and feel confident you've made the decision that's right for you.

Pick the Right Insurance

First, determine how much insurance you're required to have.

Most states require liability insurance, which covers you if you cause an accident injuring another person or damaging someone's property.

Once you choose liability limits, you may want to add insurance

protecting your bike.

Collision covers damages from accidents while Comprehensive covers damages caused by incidents like fire or theft.

If you buy Collision or Comprehensive, you'll need to select a deductible, the amount you'll have to pay out-of-pocket if you have a claim.

Be sure to pick an amount you can afford.

Insure Custom Parts

If you've added some serious chrome to your bike, gotten a custom paint job, or installed a GPS, consider additional accessory coverage.

Roadside Assistance

If you like taking long rides into the country and are worried about breaking down in the middle of nowhere, consider Roadside Assistance insurance.

For more tips or to find a local insurance agent or the internet.

HLS&R Recognizes Student From County

Jessalyn Kunz from Colorado County, was honored at the Houston Livestock Show and Rodeo Area Go Texan Scholarship Banquet Feb. 26.

A four-year, \$15,000 scholarship was awarded to Jessalyn as part of the Show's Area Go Texan Scholarship program.

Seventy, four-year, \$15,000 college scholarships are awarded each year to eligible students representing the 60 Area Go Texan counties.

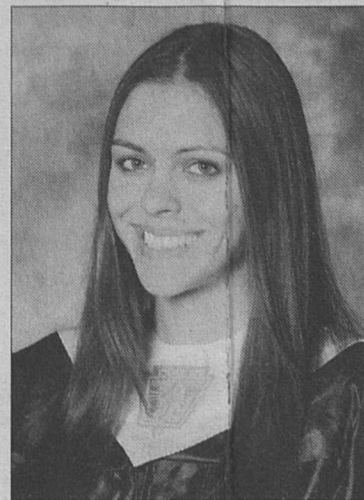
The 70 scholarships include 10 awards given at-large to students from all the area counties.

These scholarships are just a part of the Show's annual educational commitment, including 70 four-year, \$15,000 4-H scholarships; 70 four-year, \$15,000 FFA scholarships; 214 four-year, \$15,000 Metropolitan scholarships; 10 four-year, \$15,000 FCCLA scholarships; 100 four-year, \$15,000 Opportunity Scholarships; and 15 four-year, \$15,000 School Art scholarships.

Since 1932, the Show has committed more than \$250 million in to the youth of Texas.

The Houston Livestock Show and Rodeo™ is a Section 501(c)(3) charity dedicated to benefiting youth, supporting education and facilitating better agricultural practices through exhibitions and presentation.

The 2010 Show runs March 2-21 at Reliant Park. For more information, visit www.rodeo-houston.com.



Jessalyn Kunz

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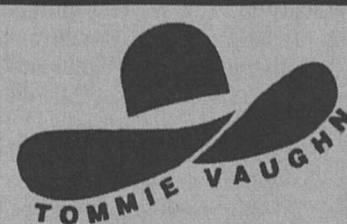
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