

Fundraiser to benefit Lampasan seeking liver transplant surgery

Sept. 16 is the date for a fund-raising event to benefit Lampasan Manuel Torrez Jr., a 49-year-old Lampasas High School graduate who was diagnosed this year with non-alcoholic end-stage liver disease.

Torrez, who was born and reared in Lampasas, participated in football, basketball, track and baseball while in high school and was a member of the band, Spanish Club and Thespian Club.

He worked at the former Bowden's Restaurant, Crocker's Food Mart, H-E-B and the former TG&Y store that preceded Wal-Mart.

Torrez also coached boys' and girls' Little Leaguers and Little League baseball and served as an umpire. He played softball for the Aces, Hijackers and Chaparrals. He has held a variety of jobs until his diagnosis earlier this year.

Torrez and his wife of 21 years, Charlie, are the parents of six children and have four grandchildren. He is the son of Manuel R. Torrez Sr. and Dolores Curiel Torrez.

Torrez was told he needs a liver transplant, and to be placed on the list, a \$200,000 deposit must be

made. Funds are being raised locally, including a dance that was held recently, and organizers are planning a second event at AMVETS Post 80 in Lampasas. Plans call for an auction, a cake walk, raffles and queen's contests.

Queen contestants will be elected based upon the amount of money each is able to raise through donations. Candidates are those ages 5 to 7; 15 to 21; and 65 and older.

Potential candidates may register at AMVETS on the day of the contest beginning at 1 p.m.

The benefit will run until 6 p.m., at which time the winners will be announced.

A dance will close out the day's events from 6-10 p.m.

Organizers note they plan to hold monthly events until the funds are raised. Money collected is being placed into an account through the American Liver Foundation, a non-profit organization.

For more information on upcoming events, phone Mary Sue Ramirez at 556-9622.



Five generations

At a recent Straley family gathering, five generations were photographed. They include, from left, Lindsey Straley, Annie Straley, Harroll Straley, Dusty Straley and Chloe Straley.

Copies of LHS yearbook still offered for sale

Copies of the 2006-07 Badger yearbook are available for purchase at the high school office for \$45 each.

90th birthday celebration set

Family and friends of Ola Queen are invited to help her celebrate her 90th birthday with a party given by her children.

The event is Sept. 8 from 1:30-3 p.m. at The Holiday House, 908 E. Fourth St.

The family requests no gifts, please.

Visit the church of your choice this Sunday.

Prevent injuries from backpacks

This fall parents are sending their children back to school with backpacks full of books, supplies and sack lunches. But is your child carrying too much?

A backpack that is too heavy can cause chronic neck, shoulder and back pain, especially if a child walks to school or tends to carry the pack on one shoulder instead of both.

"A child's backpack shouldn't weigh more than 15 percent of the child's body weight," said Dr. Sara Woods, a pediatrician at The Austin Diagnostic Clinic. "Choosing the right backpack for a child and teaching him or her how to wear it properly can help prevent posture problems and unnecessary aches."

Choosing a backpack

Although a child's only backpack criteria may be whether it has his or her favorite cartoon character or if it's a particular brand or color, mom and dad need to consider other features that can help prevent back injuries:

- Size and weight. Choose the smallest and most lightweight backpack possible for your child. The pack should not be any wider or longer than the child's back.

- Adjustable shoulder straps. Make sure the backpack has wide, padded shoulder straps that can be adjusted to fit your child's frame.

- Padding. Firm padding in the back of the pack as well as on the shoulder straps helps keep a child comfortable and can deter slouching.

- Waist strap. Look for a backpack with a waist strap, which can help distribute the weight of the pack across the back and hips.

- Compartments. Compartments that are evenly spaced around the pack ensure one side doesn't get more overloaded than the other.

- Wearing it well. No matter how ergonomic a backpack is, it can only prevent injury if it's used correctly. Teaching a child how to wear a pack safely can help prevent muscle aches, soreness and shoulder pain.

"Most importantly, a backpack should never be worn over just one shoulder, which causes immediate strain on the back," said Woods. "A backpack is meant to be worn over both shoulders and rest snugly against the child's back. The pack should not hang more than a few inches below the child's waist."

If the backpack has a waist strap, the strap should be pulled firmly across the child's bellybutton and not hang low on the hips, said Woods.

In addition, teach your child to pack only what he or she really needs, said the physician. "Encour-

age your child to leave books and binders at school if they aren't going to be immediately used. Athletic equipment and other after-school materials shouldn't be carried around during the school day.

"When packing a backpack, heavier items should be placed on the bottom of a pack and nearest to the back with lighter items on top. Items should be evenly distributed on the left and right sides of the pack."

Preventing and treating backpack injuries

If your child begins to complain about back or shoulder pain, don't ignore it. Evaluate his or her backpack to ensure it provides enough support. If not, replace the pack and see if the pain resolves itself.

"The best way to prevent backpack-related problems is to keep an eye on your child," said Woods. "Look to make sure he or she isn't straining to carry the pack or leaning excessively forward or backward."

If your child suffers from back and shoulder aches and a backpack change doesn't help, it's time to visit your family doctor. In addition to treating any injuries caused by backpack misuse, he or she can recommend back strengthening exercises that can help prevent future problems.

LHS cheer camp set

Lampasas High School cheerleaders will stage a mini-camp to teach fundamental cheerleading techniques, skills and character-building qualities.

The event is Sept. 22 from 9:30 a.m. to 12:30 p.m. at Bozarth-Fowler Gym for students in grades

one through six. Cost is \$20 for the first camper and \$10 for each additional family member.

Deadline for registration is Sept. 10. Phone Sherry Gillen or Jeanne Holt at the high school at 556-3614.

Increased scholarships offered by Houston Livestock Show

Houston Livestock Show and Rodeo officials have announced that the show's four-year college scholarships will increase from \$12,000 to \$15,000 each. The increase takes effect with the scholarships to be awarded in 2008, and it brings the show's total yearly commitment to the youth of Texas to nearly \$16 million.

"Texas students who are about to enter their senior year of high school are getting a great opportunity," said Skip Wagner, president of the Houston Livestock Show and Rodeo. "Houston Livestock Show and Rodeo scholarships always have been highly sought after by the state's best students. We're proud to be able to increase our help for the top Texas students as they and their families deal with the increasing cost of a college education."

In 2008, the show will award 534 \$15,000, four-year scholarships to deserving high school seniors to attend a Texas college or university.

In addition to the scholarship increase, the show has committed an additional \$500,000 toward Rodeo Institute for Teacher Excellence -- a program that trains teachers with specialized reading and classroom skills in pre-kindergarten classes through third grade. An additional \$100,000 will go to wildlife and range management educational programs. Other youth commitments include more than \$5 million awarded to livestock show participants through premiums, junior auctions, calf scramble and judging contests.

The Houston Livestock Show and Rodeo is a 501(c)(3) charity that benefits youth, supports education and facilitates better agricultural practices through exhibitions and presentations.

Temple Symphony Orchestra to feature renowned violinist

Violinist Jenna Sherry, winner of the 2007 Beijing International Music Festival Concerto Competition, will appear with the Temple Symphony Orchestra on Sept. 15 at 7 p.m. in the Mary Alice Marshall Performing Arts Center at Temple College.

A student at Indiana University Jacobs School of Music, Ms. Sherry is a Wells Scholar, a member of the 2007-08 Kuttner String Quartet and a winner of the 2007 Kuttner Quartet Competition.

She began violin lessons at age 6, and at 10 spent eight years studying with a professor of violin at Loyola University in New Orleans. From 2004-06, Ms. Sherry studied at In-

diana University. A five-time winner of the Louisiana Philharmonic Orchestra's Concerto Competition, Ms. Sherry made her solo debut at age 9.

In the second half of the concert, TSO will perform Dvorak's "New World Symphony" and "Inchon."

TSO season memberships are on sale for \$95 for adults and \$35 for students. Individual tickets are \$20 for adults and \$5 for students. Tickets are available at Holze Music, Von Music at the Azalee Marshall Cultural Activities Center, Temple College Fine Arts Department and the Salado Civic Center; by phoning (254) 778-NOTE; or at www.TempleSymphony.org.

Sanders earns SHSU diploma

Sam Houston State University at Huntsville awarded degrees in recent summer commencement exercises.

Copperas Cove resident Robert Lee Sanders II earned a bachelor of business administration degree in general business.

HEARING TESTS ARE IMPORTANT



Shelly Guerra
Licensed Dispenser

Everyone should have their hearing checked at least once a year. If you have a hearing problem of any kind, you owe it to yourself to have a hearing check up to determine what can be done to help you.

These check ups are free, and will only take about 20 minutes of your time. We can also look into your ear with our ear camera. Your hearing difficulty may just be wax. You'll see what we see!

Hearing Tech has been helping those who are hard of hearing. Use of the latest electronic equipment will pinpoint your problem. We will explain some of the causes of hearing loss and diagrams of how the ear works will be available.

Come in for your free hearing consultation. We carry a variety of hearing aids. Our professional experience assures you of personal understanding and expert help with a most important problem -- hearing impairment.

Our Lampasas office is located at 1507 South Keys #2, 1-877-693-0109. We also have locations in Marble Falls, Georgetown and Austin. Call 1-877-693-0109 today for an appointment! Repair service and cleaning are available for your present hearing aid, no matter what brand or where you bought it.

GED classes to register

GED classes are being offered at Lampasas High School in the fall.

Registration is Thursday from 6-9 p.m. at the Phoenix Center behind the baseball field. For information, phone Mary Ann Shifflett at 556-6638.

Red Hatters set next hoot

The next Adamsville Red Hat Society hoot is a salad supper on Sept. 11 at 6 p.m. at the Adamsville Community Center for members, their spouses and guests.

Following the meal, author Lanetta Spratt will give a biography and brief review of her book, "Where Forever Begins."

Hostesses are Betty Rials, 768-3307, Annie Line, (254) 471-5824 and Aggie Aaron, 768-3435.

CHOICENET

Dial-Up internet
\$8.³³ PER MO.*
800-460-7243

Local reseller opportunities available
*12 months paid in advance

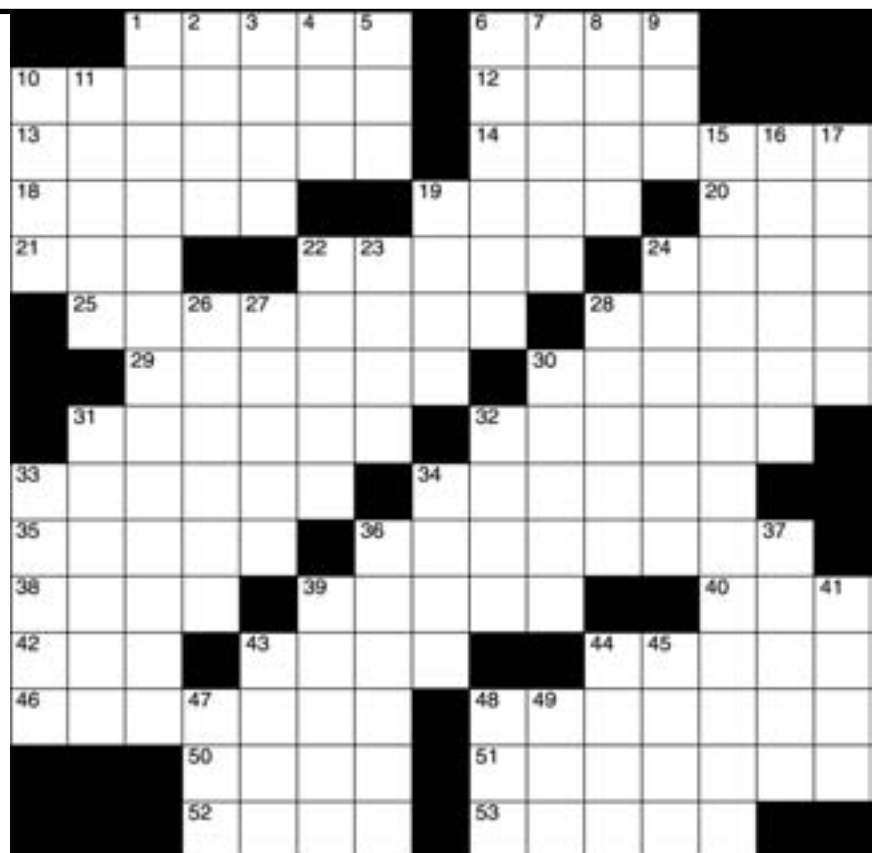
CLUESACROSS

1. Play a guitar
6. Comes to pass
10. Bowmen
12. Middle East chieftain
13. Nautical heading
14. Food for service personnel
18. Type genus of the Laridae
19. Am. Optometric Student Assoc.
20. The fifth sign of the zodiac
21. Right angle building extension
22. Books
24. God's garden
25. Retrogradatio cruciatas
28. Suffolk town _____ey: TM334378
29. The second sign of the zodiac
30. In a busy manner
31. Not minuses
32. Reason by deduction
33. Halts
34. Snoopy
35. Rituals
36. February birthstone
38. Ex _____; glorifies
39. Nudges
40. Solitaire software Co. Delta

42. Dish baked in pastry-lined pan
43. Spoken in the Dali region of Yunnan
44. Draw off/liquid
46. Ankle injuries
48. Raised dot printing
50. _____vac: Air ambulance service
51. Without limits
52. Survivor winner Baskauskas
53. Lessens pain

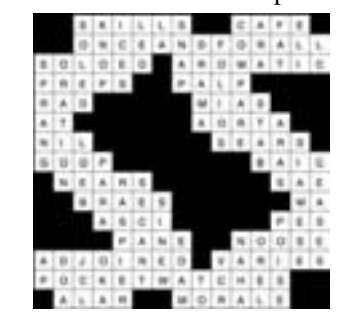
CLUESDOWN

1. Hester Prynne symbol
2. Drive _____ window
3. German telephone inventor
4. A large vessel for serving



5. Food additive to enhance flavor
6. Grinders
7. Accumulate large amounts
8. Round flat Middle Eastern bread
9. California think tank
10. Competent to perform a task
11. Spanish coins
15. Superstitions
16. Sewing implement
17. Curvaceous
19. _____A, MI 49903
22. Becomes weary
23. Feeling of blame
24. Effortlessly
26. Liquid dressings for food
27. Ivories
28. A chartered town in Scotland
30. Clobbers
31. _____ Augustus, French king
32. Transfer property
33. Gambling game using 2 dice
34. Big man on campus
36. Gets up
37. Men's evening dress
39. Eats bamboo
41. Singles
43. Stand for corpse
44. Fathers
45. Make angry
47. Doctors' group
48. Quilting or spelling
49. Ribonucleic nucleic acid

Answers to last week's puzzle.



Crossword puzzles are a service of Metro Editorial Services, 519 Eighth Avenue, New York, NY 10018.

Brought to you each week by your friends at:

FIRST TEXAS BANK
LAMPASAS Member FDIC
501 E. 3RD • 100 NORTH KEY
www.firsttexasbank.com
"WE ARE YOUR BUSINESS PARTNER"