

Lifestyles

Free 'Twogether in Texas' Workshop to be held in Lampasas; marriage license discount offered

The new statewide "Twogether in Texas" healthy marriage initiative is offering \$60 off Lampasas County couple's marriage license fee if the couple attends a free eight-hour secular healthy marriage workshop.

A workshop will be held in Lampasas on Jan. 17 from 9 a.m. to 5 p.m. at Tyson's Corner Retreat, 1135 CR 1045.

Through a provision passed by the Texas Legislature effective September 2008, couples who complete a state-approved eight-hour marriage workshop do not have to pay the state's marriage license fee.

On Sept. 1, 2008, the fee increased to \$60 -- double the previous rate.

Couples completing the eight-hour workshop will also have the 72-hour waiting period waived when they purchase their marriage license.

The secular marriage education workshops are offered at no cost to engaged couples.

The Texas Health and Human Services Commission recently named Lutheran Social Services of the South as one of 12 regional intermediaries across Texas for the Twogether in Texas Healthy Marriage initiative.

As regional intermediary, LSS will be responsible for ensuring healthy marriage services are available in its 30-county region (extending from Hill County to Hays County and from San Saba County to Grimes County).

"Recent studies show that couples who take pre-marital education classes have a 30 percent higher success rate in their marriages," said Patricia Polega, Director of Marriage Education with LSS.

"Statistics show that children from healthy marriages do better

in school, enjoy better physical and mental health, and have a reduced rate of alcohol and substance abuse," said Polega.

"Married couples tend to make more money and live longer lives," continued the director.

"Studies show that couples who take pre-marital education courses like those offered through the Twogether in Texas program stay together longer. We want couples all over Central Texas to reap the benefits of these free workshops," Polega added.

The Twogether in Texas healthy marriage initiative promotes free, skills-based marriage education and provides couples with the tools they need to manage the challenges inherent in relationships.

Research has shown that couples who receive relationship education have more stable relationships and increased

favorable outcomes for themselves and their children.

Lutheran Social Services of the South is a 126-year-old agency that serves more than 35,000 children, elderly and poor annually.

Its ministry includes children's residential centers, therapeutic foster care, adoption, children's emergency shelter, senior retirement communities, long-term disaster response and emergency assistance.

For more information on the Twogether in Texas initiative or to register for the Jan. 17 pre-marital education workshop, call Tina Zych at Lutheran Social Services of the South at (512) 454-4611 or e-mail twogether@lsss.org.

For a complete list of Twogether in Texas pre-marital workshops in Central Texas, visit www.lsss.org.

BIRTHS

It's a girl!

Bo and Laura Sharp of Driftwood announce the birth of their daughter, Kate Marie, born Nov. 19, 2008, at 11:37 a.m. at Seton Hospital in Austin.

Upon arrival, Kate weighed 8 pounds, 6 ounces and was 20 1/2 inches in length.

She joins a brother, Ethan. Grandparents are Boyd and Karen Sharp of Lampasas, and Nancy Shaw of Austin.

Loyd and Vivian Hardin of DeLeon are the great-grandparents.

Son born

Ty Houston Borchardt was born to Rob and Brandi Borchardt of Cedar Park on Dec. 8, 2008, at 7:33 a.m. at St. David's Hospital in Austin.

At birth, Ty weighed 8 pounds, 11 ounces and was 19.5 inches in length.

He has a brother, Nate, and a sister, Addison.

Grandparents are Boyd and Karen Sharp, and Wayne and Linda Borchardt, all of Lampasas.

Great-grandparents are Loyd and Vivian Hardin of DeLeon, and Doris Hoyt of Dallas.

Adamsville group set to gather

Adamsville Heritage Association Inc. will meet Monday at 6:30 p.m. at Jones Music Hall in Adamsville.

Anyone interested in preserving the heritage of the community is invited.

An agenda will be provided at the meeting. For more information, phone Betty Rials, president, at 768-3307.

Gem society meeting on tap Saturday

Highland Lakes Gem & Mineral Society will meet Saturday at 10 a.m. at the Church of Christ in Marble Falls, Broadway and U.S. Highway 281. Enter through the back door in the lower hall.

The program will be on local rocks and minerals.

For information, phone Robert Potet at (325) 379-1227.



Sarah Rene White Degree awarded at San Marcos

Degrees were awarded during commencement exercises held at Texas State University at San Marcos.

Sarah Rene White earned a bachelor of arts degree in mass communication with a minor in political science.

She is the daughter of Nancy Harper of Liberty Hill, and Lesley O. White of Killeen.

Miss White is the granddaughter of Dorothy Stutzman and the late Kenny Stutzman of Goshen, Ind., and Elke White and the late Orvil V. White of Kempner.

Democrats plan to meet

Burnet County Democrats will begin the new year with a non-dinner meeting Thursday from 6-8 p.m. at IBC Bank on U.S. Highway 281 in Marble Falls.

The County Executive Committee of all the precinct chairs will be on hand to discuss future plans for the group and for the next elections.

Cristi Clement, president, said the gathering will be broken up into small groups so everyone can be heard, and ideas from each group will be worked into general meetings over the coming year.

All Democrats are encouraged to attend.

Plant group gathering set

The Highland Lakes Chapter of the Native Plant Society of Texas will have its first meeting of the new year on Jan. 10 at 1 p.m. at the Marble Falls Public Library conference room.

Mark Klym, coordinator of the Texas Wildscapes program for the Texas Parks & Wildlife Department, will discuss the basics of a bird and butterfly habitat, as well as the role of native plants in this habitat and the contribution backyard habitats can make to the Texas Wildlife Action Plan.

The meeting is open to the public and visitors are welcome.

For more information, contact Kurt or Faye Tessnow at (512) 267-2148 or Bonnie Friesenhahn at (512) 756-8408.

CTC spring semester registration under way

Registration for spring semester central campus classes at Central Texas College continues through Friday. Classes begin Monday.

Returning students may register or check course schedules online by logging onto www.ctcd.edu, clicking the "Students" link and then clicking on the "WebAdvisor" link.

New students must complete academic advisement and all prerequisite testing before registering. Advisement for new students or students changing degree plans is this week at the Guidance and Counseling Office, building 119, from 8 a.m. to 5 p.m., through Thursday, and 8-11 a.m. Friday.

Walk-in registration also will be conducted during those hours based on the last four digits of the student's Social Security number.

Students are encouraged to check the CTC events calendar on the Web for their appropriate walk-in registration day and time.

Late registration will be Jan. 12-16. A \$10 late fee will apply.

To help new students get acquainted with the CTC campus, orientation will be held Friday at 9 a.m. in the Nursing and Science building, room 1075. All new students are encouraged to attend. Phone (254) 526-1258 to reserve a seat. Returning students interested in learning more about the campus and services also are invited.

Registration for spring semester classes at the CTC Fort Hood campus also is under way for civilians, dependents, retired military and military members other than Army personnel on the Web.

Active duty Army personnel must register online through the GoArmyEd.com portal, which is available eight weeks prior to the class start date.

Active service members and their dependents must submit a military verification form to be eligible for in-state tuition rates. For information, phone 526-1906 or 526-1917.

Walk-in registration also will be conducted in building 3201 at Battalion Avenue and 72nd Street from 7:30 a.m. to 4:14 p.m.

Trim fat from daily diet for healthier living

Eating healthy is a goal for many people. Regardless of a person's age, the trend toward adopting a more healthy lifestyle is here to stay, and it often begins with altering one's diet.

But what are some ways one can tinker with the diet without having to completely remove the foods they love?

There are several easy ways to trim fat from a daily diet without having to say goodbye to one's favorite foods.

Meat is still an option; just choose wisely. Lots of people, particularly when they get a little older, are quick to assume a diet void of red meat is a healthy diet.

However, red meat can still be enjoyed, but it's best to choose extra-lean cuts of red meat and to eat meat in moderation. Even when purchasing extra-lean cuts, it's still

a good idea to trim all visible fat from both meat and poultry.

Supplement soups without adding fat. Particularly in the colder months, soup is an appetizer and even an entree' of choice. However, garnishing soups with bacon, high-fat creams or fried croutons can make an otherwise healthy soup a lot less so.

In lieu of the traditional garnishes, choose enhancements like fresh herbs or salad leaves. They'll add extra flavor but won't add any fat.

Use marmalade or jam instead of butter. Fat can be trimmed from morning breakfast as well. Instead of buttering a muffin or toast, choose healthier options such as marmalade or jam. It's also a good idea to avoid adding butter to snacks.

Make desserts healthier as

well. Eating healthier doesn't have to involve deserting dessert either. Desserts can still be enjoyed by just changing some ingredients.

For example, fat can be reduced in most cake recipes simply by cutting the amount of butter in the recipe.

Use half the amount of recommended butter and replace the other half with a dried fruit puree, which can be purchased at most grocery stores.

The cake will be just as delicious and it will be healthier.

Use egg whites instead of whole eggs. Most cooking recipes include whole eggs. However, replace whole eggs with egg whites, which have no fat and can be whisked into most recipes.

There won't be a noticeable change in the taste, but the dish will be healthier.

Scholarships available for new students

Tarleton State University-Central Texas is offering scholarships for new students who enroll full-time in the spring 2009 term.

First-time Tarleton-Central Texas students are eligible to apply for the scholarships, which are \$750 each. Undergraduate students must enroll in at least 15 credit hours, and graduate students in at least 12 credit hours.

The scholarships are applicable to new students enrolling in any spring term, including the eight- or 16-week sessions. Students may obtain scholarship applications and view complete course

schedules at www.Tarleton.edu/CentralTexas. Completed applications must be submitted to the Tarleton-Central Texas Financial Aid office by Jan. 9.

New students are required to complete applications for admission, then make an appointment with an academic adviser to

review degree plans.

Tarleton-Central Texas offers evening, weekend and online classes toward bachelor's and master's degrees and is located just off U.S. Highway 190 at 1901 S. Clear Creek Rd. in Killeen. Phone (254) 519-5442 for more information.



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Parenteen Seminar

to be Hosted by the
First St. Church of Christ
201 W. First St. - Lampasas

**Saturday, January 17
9 a.m. - 4 p.m. (with lunch being served)**

The cost is \$10 a person. Please RSVP by Jan. 12 by contacting Cody Chumbley, Youth and Family Minister, at 512-556-3716.

We hope to see you there.

We live in fragmented times--marriages being shattered, families torn apart, and kids having fewer safe and supportive people to rely on. We are all scrambling--youth workers, ministers, school administrators, teachers, coaches, and parents are all trying to figure out how to connect with today's distant and disillusioned teens. First St. Church of Christ would like to help any caring adult who works or would like to work with teens. First St. will be hosting a **Parenteen Seminar with Dr. David Frazee** to address the inside world of today's teenagers and how we can reach them. In response, Dr. David Frazee offers Parenteen Seminars, which are designed for parents of children and adolescents or those who work with them to first understand how their children's world is changing and how God is calling them to respond. Frazee, director of Student Ministries at Richland Hills Church of Christ also serves as curriculum director for Summer Camp at Lubbock Christian University and as an adjunct graduate professor of youth and family ministry.



Dr. David Frazee