



**Classic gathering**

Classics at the Classic met Saturday at Storm's Drive-In with spring-like conditions bringing folks out. Three more classics joined the line-up: Hooser family from Cedar Park with a purple 1948 Mercury Coupe; and Mike and Yvonne Minton from the Copperas Cove area, with their his and hers Chevy Malibus. Danny Britton has planned a cruise to Blanco for the Feb. 7 event, to include shopping, a visit to the historic courthouse, displaying the cars on the square and eating at 4 p.m. The group has been working hard on the 2009 Classic Car Show. This year's event is in memory of George Murgatroyd. Donations and door prizes are being sought. Everyone is invited to classics events where they can see a number of vehicles including this white 1965 Corvair owned by Clayton Gotcher of Lampasas. For more information, contact Sharon Carrigan at 556-5265 or 734-5180.

**Keep an eye on elders during cold weather**

When the weather outside is frightful, it can take a heavy toll on elderly members of the community, according to an expert at Baylor College of Medicine in Houston.

"It's essential for elders to prepare for the winter season," said Dr. Robert Roush of the Huffington Center on Aging at BCM.

One of the main concerns is the cold winter weather, but it's important to be sure that the precautions don't turn into problems.

"As we age, the body loses the ability to regulate temperature," said Roush, also an associate professor of medicine -- geriatrics at BCM. "Frail elders may turn the heat on higher than most of us, which can lead to dehydration and that causes confusion, increasing one's risk of falling or taking too

much or not enough essential medications."

Elders must be careful to control the temperature to avoid having their places of residence become too hot or conversely too cold, leading to hypothermia, the physician said. And since older people often lose their sense of thirst, always be sure they drink plenty of liquids.

Extremely cold weather can also cause severe conditions including ice and snow and power outages, so Roush recommends stocking up on essential groceries and other items ahead of time.

Older people also lose lean muscle mass, and bones become more brittle; thus, there is less padding around the hips and even a small slip or fall on ice can result in a broken hip or forearm, leading to severe medical complications.

Roush recommends having someone frequently check on elderly family members or neighbors, and help them with driving as the sun goes down earlier and it becomes difficult to see on the roads. He also recommends elders always have a form of communication with others, whether it's a portable phone, cell phone or even an emergency response system.

Another important precaution to take is getting a flu shot.

"We recommend that elders do get the flu shot, but other family members, especially young children, should also get vaccinated to prevent spreading it to others," said Roush.

Because the immune system is affected by age, elders should seek medical care if symptoms of a cold or flu don't subside.

**Preservation symposium set in San Marcos**

The Texas Historical Commission will sponsor a symposium, "Preservation and the Balanced Community," on Jan. 14-15 at Texas State University in San Marcos.

Sessions will feature experts on architecture, downtown and economic development.

THC Executive Director F. Lawrence Oaks and San Marcos Mayor Susan Narvaiz will provide opening remarks, and the keynote address will be given by state historian Dr. Frank De La Teja.

Sessions cover economic development planning for local municipalities; how to develop and sustain an effective and active county historical commission; certified local government programs; and streetscapes, traffic and TxDOT.

A session about compatible infill architecture in historical contexts will be conducted by THC commissioner and registered architect Donna Carter.

The session will focus on how to identify the aesthetic aspects of historical buildings, while considering

how to apply these characteristics to the design review of new construction within historical contexts.

The symposium will also feature a free walking tour of the San Marcos Courthouse square by Main Street Manager Kelly Franks on Wednesday from 5-6 p.m.

To learn more about the symposium contact Tracy Hoffman with the THC's community heritage development division at (512) 475-3655 or e-mail tracy.hoffman@the.state.tx.us.



**Adopt a Pet**

Winston is a friendly, 6-month-old male terrier-mix. He has a brown scruffy coat and a white face.

Although Winston loves people, he also gets along with other dogs and cats. He is always ready for a romp in the yard or to just sit with you. He is waiting to become a permanent member of a new, loving family.

Please call Along the Road Home Animal Shelter near Kempner at 556-4662 to inquire about adopting Winston or one of the many other dogs and cats available at the shelter.

There is an adoption fee and state law requires sterilization.

Additional animals may be available from city or county impounds. Phone 556-3644 or (254) 813-7501 for information.

Along the Road Home Animal Shelter will set up an adoption site in Lampasas Saturday, weather permitting, at the parking lot of Super Wal-Mart. Look for the white signs.

Donations of pet food -- especially dog food -- toys, other related items, cat litter or cash are appreciated to support the shelter's efforts to care for homeless pets. The shelter is a non-profit animal welfare organization, and all donations go toward care of the animals. Donations are tax-deductible.

Lampasas Recycling, 504 Hackberry, is accepting aluminum cans on account for the shelter. Please drop off cans at the recycling center or during any adoption site visit. You also may phone the shelter for pickup arrangements.

**AMVETS' first blood drive is successful event**

The first American Red Cross blood drive of the year was held during the first cold snap of 2009, but Lampasans turned out to help.

Wanda Meyers, blood drive coordinator, said she appreciates the efforts the 51 donors made to give blood.

"It makes me feel good that we can count on so

many people helping us, even in weather like that," she said. "And with the blood collected, we may have saved 153 lives."

Mrs. Meyers also expressed her thanks to the volunteers who assisted during the drive.

Next drive is March 2 from 12:30-6:30 p.m. at AMVETS Post 80.

**Library's Books & Boots fund-raising event on tap**

Ticket sales will soon begin for the 2009 Lampasas Library Foundation's Books & Boots fundraiser set Feb. 19 at Grace Fellowship Church.

Guest speaker will be retired Gen. James Cross, pilot of former President Lyndon B. Johnson, and author of "Around the World with

LBJ."

The book details Cross' six-year career with Johnson.

Tickets will be \$25.

The book is on sale at the Lampasas Public Library for \$26.95, and those planning to attend the fund-raiser may bring the book to be autographed.

**LEDC offers retail trade study for local businesses**

The Lampasas Economic Development Corp. will offer a retail trade study, "Are you maximizing your sales potential?" to help local businesses find new sales avenues.

The event is free for local merchants and is set Thursday at 6 p.m. at the Lampasas High School cafeteria. For information, contact Cherry Hargrove at 734-0899.

**Heritage group plans to meet**

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.

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**menu**

**SANDWICHES:**  
**Chicken Salad • Pimento Cheese • Ham or Turkey**  
Half or Whole Sandwiches are made with your choice of bread...wheat, white or rye.  
Along with chips or potato salad, a couple of our special pickles and piece of fruit.

**Whole Sandwich or Half Sandwich with a Cup of Soup: \$6.50**  
**Half Sandwich: \$4.50**

**SOUP: A different soup every day. Cup: \$2.50 Bowl: \$3.50**

**DAILY SPECIAL: \$6.50 (Baked Potato \$5.00)**  
Everyday - Tropical Sandwich  
Tuesday - Green BLT Sandwich, Chef Salad  
Wednesday - Killer Pecan Salad  
Thursday - Tex-Mex Salad  
Friday - Chef Salad, Baked Potatoes, Chili (same price as soup.)  
Saturday - Whatever  
(small tea, lemonade or water included with meal)

**DESSERTS: Chocolate Cake • Buttermilk Pie • Apple Bread • Lemon Bread...**  
are the regulars. We do get inspired at times.

**Cake or Pie: \$2.50 Slice - Also sold whole...price depends on size.**  
**Bread: \$1.50 Slice - Half Loaf \$3.50 - Whole Loaf \$6.50**

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**7 a.m. to 2 p.m.**

**No early birds, please.**

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