

Before



**&
after**

Special donation

Makayla Martin, the 12-year-old daughter of Rick and Ronda Martin, recently donated 12 inches of her hair to Locks of Love following a haircut. Locks of Love provides hairpieces for cancer sufferers.

Governor proclaims School Board Recognition Month

Governor Rick Perry has proclaimed January 2009 as School Board Recognition Month. Districts across the state will use this opportunity to show appreciation of the vital role elected boards of education play in their local schools and communities.

"The biggest challenge of education is also one of its greatest strengths. During a time when state and national mandates rightly place more emphasis than ever on setting the bar high for education, it remains important for each community to retain control of its own educational system," Perry said.

"Balancing the need for local control with directives coming down from larger governmental bodies is neither an easy nor oftentimes appreciated task, but for over two centuries, school boards have risen to such challenges. Complicating matters further are issues such as the rapidly expanding role of technology in the classroom, the challenge to keep our children both educated and physically active,

and -- as always -- the difficulties inherent in dealing with budgetary priorities."

Continued the governor: "The people who make up these boards are uncompensated and, all too often, unsung for their efforts. These people volunteer their time because they care; they care about their communities, they care about their schools and, most importantly, they care about the children."

Each year the Texas Association of School Boards designates January as School Board Recognition Month, to emphasize the importance of the services these dedicated men and women provide to the schools and children of Texas, Perry said.

"At this time I urge all Texans to recognize the invaluable contributions realized through the work of our school boards," he said.

"Today's public schools face tremendous challenges and opportunities, making the school board's role more critical than ever before," said James B. Crow,

TASB executive director.

"Local trustees diligently work with community leaders, parents, and educators to develop sound education policies. They help set high standards in the education system, encouraging us to strive to reach those goals and better prepare the next generation of leaders in our state and nation," Crow said.

"We urge every community to acknowledge the commitment that board service requires of more than 7,000 locally elected school

board members in Texas and support them as they tackle the enormous task of governing school districts. We applaud their dedication as they offer vision and leadership and work to empower every child to succeed," Crow said.

TASB is a nonprofit association established in 1949 to serve local Texas school districts. School board members are the largest group of publicly elected officials in the state. The districts they represent serve more than 4.6 million students.

Church Bible studies

Two sessions

The new Beth Moore 10-week Bible study, "Esther: It's Tough Being a Woman," will be on Tuesdays from Jan. 13 to March 23.

The study offers an in-depth and personal examination of the story of threat and deliverance.

"Beth peels back the layers of history and shows how very contemporary and applicable the story of Esther is to our lives," said a study spokesman. "If you've ever felt inadequate, threatened or pushed into situations that seemed overpowering, this is the study for you," she said.

The study is open to all women Tuesday mornings from 9:30-11:30 a.m. at First United Methodist Church or Thursday nights from 6-8 p.m. at the home of Kaye Walters.

Please reserve a study booklet by phoning Becky Hart at 556-6889 or Ms. Walters at 556-2004.

The cost is \$21 per participant, which includes the book and spiral binding.

First United Methodist Church

The Come Thirsty Class at First United Methodist Church will begin a study of the "Seven Sayings of the Savior on the Cross" by Dr. Arthur W. Pink on Sundays at 10 a.m. from Jan.

11. through Lent.

Books can be reserved by phoning the church office at 556-5513 or Larry Hart at 556-6889.

Pink clearly illustrates the lessons that can be drawn from Christ's word-lessons on forgiveness, salvation, affection, anguish, suffering, victory and contentment, said a group spokesman.

The book also is useful for personal study, said a spokesman.

Each chapter has its own seven-fold expression, and Pink organized the text under seven main headings.

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Project Grad meeting on tap

The Project Graduation Committee for the Lampasas High School Class of 2009 will meet Monday at 6 p.m. at Hanna Springs

Intermediate School Library.

Senior parents are encouraged to attend to help plan the all-night, drug-free, alcohol-free party.

Program to begin Tuesday on disease self-management

Classes on a chronic disease self-management program for individuals with a chronic disease and their caregivers begins Tuesday.

The program consists of 2 1/2-hour sessions each Tuesday from 9 a.m. to 11:30 a.m. for six weeks at the Santa Fe Clinic, Osborne Room, 600 25th St., Temple, TX 76504.

Class topics include managing

symptoms; action planning; physical activities; communication skills; depression management; informed treatment decisions; positive thinking; and more.

Participants will receive a copy of "Living a Healthy Life with Chronic Conditions."

For information or to register, phone Peggy Naugle, certified master trainer, at (800) 447-7169, ext. 2339 or (254) 770-2339.

'Twogether in Texas' Workshop set; 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.



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