



Lometa High School student Sam Pauly prepares his entry prior to the start of a recent stock show.

School Menu

Week of
March 2-6

Monday, March 2

BREAKFAST: Cereal, graham crackers, fruit juice and milk.

LUNCH: Chicken nuggets, biscuit, mac & cheese, ranch-style beans, pineapple tidbits w/diced pears and cherry and milk. Option: salad bar. Snack bar: cheeseburger.

Tuesday, March 3

BREAKFAST: Waffle/syrup, sausage, fruit juice and milk.

LUNCH: Pork roast/gravy, mashed potatoes, black-eyed peas, Texas toast, pears and milk. Option: salad bar. Snack bar: cheeseburger.

Wednesday, March 4

BREAKFAST: Breakfast pizza, fruit juice and milk.

LUNCH: Beef ravioli, green beans, bread stick, mixed fruit and milk. Option: potato bar. Snack bar: tacos.

Thursday, March 5

BREAKFAST: Sausage roll, fruit juice and milk.

LUNCH: Chicken wrap, salad, tri-taters, apple wedges and milk. Option: salad bar. Snack bar: cheeseburger.

Friday, March 6

BREAKFAST: Pancake on stick/syrup, fruit juice and milk.

LUNCH: Hamburger or fish patty on bun, salad, tater tots, peach crisp and milk. Option: potato bar. Snack bar: tacos.

Lifters compete in meet

Lometa High School powerlifters competed in a meet at Stephenville for their recent action. Sonia Sims lifted 465 pounds in the 105-pound class, good enough for a sixth-place showing, while Taner Williams took fourth in the super heavyweight class with total lifts of 1,350 pounds.

Better Business Bureau warns consumers about new scam

The Better Business Bureau is warning consumers about a new scam that promises to help cut credit card bills.

To sound legitimate, scammers tell consumers they are with the U.S. Better Business Bureau and that President Barack Obama has just signed a bill allowing the BBB to assist them.

Consumers should be alert to the fact that scam artists will use the change in administration and the talk of stimulating the economy to take advantage of people by taking their money, said a BBB spokesman. "Do not be fooled by those who call and say they represent the government or any other legitimate organization and ask for personal information."

BBB officials warn that consumers should never give out bank account numbers, credit card numbers or Social Security numbers to anyone who calls on the phone. For information, visit the Web site at www.bbb.org.

Valentine's Day Give Away

WINNERS:

Michelle & Fidan Krasniqi

WON: Lampasas Flower Shop Basket & Holiday Inn Express - One Free Night

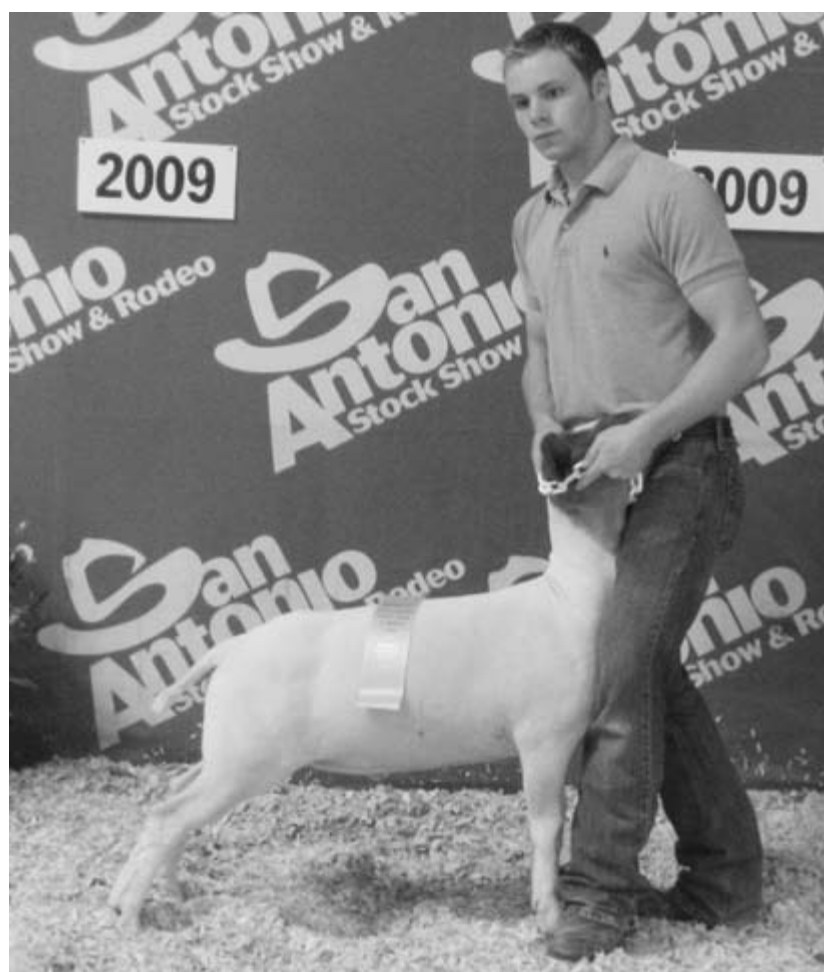


Thank you to Lampasas Flower Shop & Holiday Inn Express for their contributions!

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Ty Pauly, above, took first place in the San Antonio Stock Show's finewool division, while his brother, below, placed second with his finewool-cross.



Youths participate in stock shows

Lometa youths participated in youth livestock shows at San Antonio and Kerrville.

Lampasas 4-H'ers Sam Pauly, Ty Pauly, Morgan Tongish, Morris Wilkins, Lometa FFA members Mikhaila Barnett and Connell Barnett, and Bryce Barnett of the Goldthwaite FFA all participated in the San Antonio Livestock Show.

In the lamb division, Ty Pauly placed first with his finewool, and Sam Pauly took second with a

finewool-cross. Mikhaila Barnett finished in 10th place with her Southdown.

In the goat division, Ty Pauly ended in second place, and Sam Pauly was 10th. Barnett took 10th place.

The Paulys have finished in first and second places the last three years with their lambs.

At Kerrville, Ty Pauly had a second-place finish with his goat, and Sam Pauly's goat and finewool lamb each took a third place.

Lometa Senior Center

111 N. W. Railway St.
• 752-3693 •
9 a.m.-3:30 p.m.

Reservations for lunches must be made a day ahead and before noon. No lunch served on Fridays.

Monday, March 2, 2009

Menu: Hawaiian pork ribettes, sweet potato, cabbage & carrots, whole wheat bread, lemon pudding and milk.

Tuesday, March 3, 2009

Menu: Spaghetti w/meat sauce, green beans, tossed salad/diet dressing, garlic bread, hot fruit compote and milk.

Wednesday, March 4, 2009

Menu: Stir-fry chicken, fluffy rice, egg rolls, lime-pear salad, fortune cookie, fresh fruit and milk.

Thursday, March 5, 2009

Menu: Beef enchilada casserole, seasoned pinto beans, squash & red peppers, orange wedges and milk.

Center Activities

Stretch & flex exercises.....10:30-11 a.m. Tuesdays, Thursdays
Blood pressure screening.....9-11:30 a.m. 1st and 3rd Wed.
Foot clinic.....2nd Wed., 10-11:30 a.m.
Hearing Aid service.....2nd Thursday, 10-11:30 a.m.
Lunch.....11:45 a.m., Monday through Thursday
Quilting.....anytime
Crafts (crochet).....anytime
Dominoes and games.....anytime
Covered dish luncheon.....2nd Friday, 10 a.m to 3 p.m.

Director's notes

Vela Booker

The senior center continues to collect aluminum cans. Money received is being used for the nutrition program for the center.

There also is a gift table and book table set up with sale items. Come see us!

Tips shared to care for injured pets

One of the most distressing events for pet owners to encounter is witnessing their pet being injured in a road traffic accident or some other type of mishap that causes injury.

When pets are injured, following are some tips to increase its chance of a speedy recovery.

-- Get pet out of harm's way. If it was involved in a road traffic accident, move the animal to the side of the road, using slow, deliberate movements as not to scare it or worsen any injuries it may have suffered.

-- Call a veterinarian. Add the veterinarian's telephone number into one's cell phone to speed dial in case of emergency. Do not administer fluids or food to the animal in case an anesthetic is needed, unless instructed by a veterinarian, as in the case of a diabetic with low blood sugar.

-- Stop any bleeding. To stop heavy bleeding, apply firm pressure with a clean towel or cloth. This is usually better than a tourniquet, which can lead to tissue death from lack of oxygen. To stop a graze bleeding, apply powdered pepper or turmeric, which are easily available and are

good clotting agents.

-- If an injured animal feels icy cold due to shock, wrap a plastic bottle filled with warmed water in a towel to avoid burning or overheating the animal. Never put a hot water bottle directly against the animal.

The animal also can be wrapped in insulating material such as a rug, a thermal blanket or even bubble wrap.

If an animal is in shock, a quiet, dimly-lit space can be helpful.

-- When a pet has been badly injured and is not easily handled due to pain, use a large rug to transport dogs or a cage (or box) lined with a towel for small pets such as cats, rabbits or hamsters.

If fractures are suspected, a board can be used like a stretcher. Caution is urged because even the most friendly pet may bite when in pain. A thick towel wrapped around one's arms and hands can help, and a tie or soft rope can be used as a muzzle or leash in an emergency.

-- Infected wounds can be safely cleaned with tepid salt water. Use as much salt as will dissolve in water.

Edward Jones®

Financial Focus

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Watch for Positive Changes in Investment Climate

If you look at the performance of the stock market in recent weeks, you'll see some good days and even good weeks — followed by not-so-good days and rough weeks. But if you look beyond these volatile numbers, you might see a story that offers some encouragement for investors in the not-too-distant future.

Specifically, you'll want to pay attention to these factors:

• Efforts by Treasury to stabilize financial system — Just a few months ago, the government did not intercede to prevent the failure of Lehman Brothers and other financial services giants. In recent weeks, though, we've seen the U.S. Treasury provide massive support to Citigroup and other major banks. These efforts should contribute to increased stability in our financial system.

• Actions by Federal Reserve to increase flow of credit — The Federal Reserve has acted aggressively to free up the flow of credit to consumers and businesses. As a result of the Fed's moves, inter-bank lending costs have dropped dramatically and we've seen an increase in the issuance of commercial paper, which are unsecured obligations issued by corporations or banks to finance their short-term credit needs. And, as the Fed has dropped short-term interest rates to zero, mortgage rates have begun dropping. If 30-year mortgage rates fall to the low-four-percent range, many more consumers should begin to refinance existing homes and even purchase new ones, thus bringing demand back to the housing market.

• Economic stimulus package from Obama administration — President Obama and the new Congress are poised to enact a stimulus package including spending on infrastructure, aid to

individual states, a middle-class tax cut, aid to homeowners and other elements. This type of stimulus could have a large, positive and immediate impact on the economy.

• Possible last stages of recession — Clearly, we're in the midst of a harsh recession. But we might be closer to the end than the beginning. And, in fact, a majority of the economists polled in the well-respected Blue Chip Economic Indicators poll said they expected the recession to end in the second half of 2009. Of course, even the official end of the recession wouldn't necessarily indicate a robust economy, but it would almost certainly improve the investment environment.

• Attractive stock and bond prices — A long bear market tends to drag down the prices of most stocks — even those issued by strong companies whose prospects are good. Consequently, you can now find many good stocks selling for reasonable prices. When the market recovers, these quality stocks are often the first to show impressive gains. And stocks aren't the only good investment opportunity available, either. In recent weeks, bond "spreads" — the difference in yields between Treasury bonds and those bonds issued by other agencies, such as municipalities or corporations — have been wider than we've seen in many decades. Because bond prices move in the opposite directions to their yields, the high yields offered by municipalities and companies likely mean that these types of bonds are now priced relatively low.

So the next time you find yourself shaking your head over the stock market's gyrations, try to focus on building an investment strategy for the future — which may be brighter than you thought.

Thanks for reading the
Lampasas Dispatch Record