



Members of the Town and Country Study Club include, from left, Jeanette Snell, Dianna Hodges, Lori Lake, Natalie Reeves, Teresa Faught, Tonya Cockburn, Kim Garrett, Jacalyn Lane and Linda Floerke.

Study Club elects officers, plans projects

Town and Country Study Club elected officers for the 2009-10 year recently. They include Linda Floerke, president; Lori Lake, first vice president; Jeanette Snell, second vice president; Kim Garrett, parliamentarian; Jacalyn Lane, reporter; Natalie Reeves, recording secretary; Tonya Cockburn, treasurer; Dianna Hodges, hospitality; and Teresa Faught, corresponding secretary.

The club has organized several fund-raising projects for the year including a holiday bazaar and a meal-a-month raffle which provides scholarship funds for Lampasas High School students.

Other community projects include collecting toys for the Lampasas Fire Department, a senior citizens' bingo party, and donations to the LISD Benevolent Fund and Project Graduation.

Museum to share former teachers' information

Keystone Square Museum is collecting biographical information about retired Lampasas County educators to be displayed in a file for museum visitors.

Retirees and Lampasas County residents are asked to help by picking up and returning completed data sheets to the museum or to the

Lampasas Public Library.

Though information on all retired teachers is being gathered, museum officials also would like to concentrate on material about educators employed prior to 1950.

Anyone interested in helping with research is invited to partici-

pate in meetings on the fourth Wednesday of each month at the museum, 303 S. Western St.

For more project information, contact Kay Gray Fox at 556-3122 or grayk1943@yahoo.com; Bonnie Daugherty at 556-5738; or Bobby Behlau at 556-4076 or beh1323@sbcglobal.net.

Grant provides free counseling services for area

Sometimes it seems as if parents and children speak different languages.

Rare is the parent whose communication skills aren't challenged by a child's occasional apathy, anger or failure to live up to expectations in school or at home. Just as rare is the child who isn't convinced that his or her parents "just doesn't get it."

In the face of evidence that the social problem of breakdowns in family communication is getting worse instead of better, STARRY Counseling is offering parents and children in Central Texas a way to find common ground and to work together to support each other through the sometimes difficult challenge of being a family.

STARRY's vision is to break the cycle of family conflict, said

Richard Singleton, director of counseling services. "Far too often we see families where conflict and even dysfunction can be passed from generation to generation."

New to Central Texas, STARRY Counseling offers an opportunity to build family strengths, overcome challenging circumstances and find healthy, helpful ways to work through anger, conflict and communication issues.

With counseling for parents and children in family and individual sessions, STARRY can help address difficult parenting issues, struggles with school behavior and challenges in setting positive and productive goals and boundaries, said Singleton.

Through grant support from the state, STARRY Counseling is

offering its services at no cost to families in Lampasas, Bell, McLennan and Coryell counties.

"The start of a new year is a great opportunity to break out of the winter doldrums and address issues that are confounding your family," Singleton said. "Sometimes these issues are deep-seated and difficult to address, but sometimes it's just a matter of learning how to talk to each other."

In addition to counseling services, STARRY counselors, social workers and case managers are available for presentations at schools and other venues.

To make an appointment, phone (254) 773-5802 or e-mail info.temple@starryonline.org. or visit www.starryonline.org and click on the "counseling" tab.

Garden club plants tree for Arbor Day event

Arbor Day was observed recently when members of Browning Community Garden Club met at Taylor Creek Elementary School.

Margaret Hoke gave the welcome address and recognized special guests including Copperas Cove Mayor John Hull, Kempner Mayor Gene Isenhour, Taylor Creek Principal Kelly Dunn, Troop 90 Scoutmaster Kit Byrd, Immanuel Lutheran Church Pastor Robert Wagner, Clear Creek Baptist Church Pastor Thomas Edwards and Silvia Rhoads, guest speaker.

Boys Scouts posted the colors, and Pack 100 Cub Scout Warren Burke led the Pledge of Allegiance. Wagner gave the invocation, fol-

lowed by singing of "My Country Tis of Thee."

Doris Magnor read the poem "The Heart of the Tree" by Henry Bunner, and Isenhour delivered a proclamation. The Conservative Pledge was read in unison by all.

Club vice president Mrs. Magnor introduced the speaker, Copperas Cove's recycling and solid-waste coordinator and member of Keep Copperas Cove Beautiful.

She spoke on the benefits received from planting trees and foundation shrubbery.

Sharron Van Weelden, club president, said the tree planting is the beginning of plans to landscape the school grounds.

Third-grade teacher Kristy DeKort showed a time capsule containing students' messages to be placed with the planted tree.

Dunn expressed appreciation for the group's commitment.

The benediction, given by Edwards, concluded the ceremony.

Pierians hear program by physical therapist

The GFWC/TFWC Pierian Club met recently in the home of Ruth Martin with co-hostesses Bobbie Joseph and Cindy Abel.

President Susan Browder called the meeting to order, followed by Amy Davis, who introduced the speaker, Jeananne Elkins.

Mrs. Elkins is a physical therapist. She is working on her Ph.D. in public health at Texas A&M Health Sciences Center. She is a local business owner, a wife, a mother and a local children's advocate.

Mrs. Elkins relayed the 10 leading causes of death in women, including the number-one cause: heart disease. Its symptoms are usually overlooked and are different from men's symptoms, she said.

Cancer is second on the list, followed by stroke, which causes

more than 100,000 deaths every year. The window for using clot-busting drugs has recently been increased to 4 1/2 hours, which means getting to a hospital quickly after stroke greatly increases chances for survival.

Chronic obstructive pulmonary disease is fourth on the list, followed by varying types of dementia.

Exercising the brain by reading, doing puzzles, altering one's daily routine and eating healthy foods can help keep the brain healthy, Mrs. Elkins said.

The sixth-leading cause of death is diabetes. Controlling the disease is imperative because it also increases the risk of stroke or heart attack.

Accidents cause the next-high-

est number of deaths, said the physical therapist. She noted that those who take blood thinners are at increased risk of death after a fall.

"There is a great risk of bleeding in the brain should a head injury occur while on blood thinners."

Flu and pneumonia rank next, followed by colon cancer.

Mrs. Elkins demonstrated several exercises she said will help strengthen the legs and help with balance.

After a brief business meeting, members were reminded the next meeting is Tuesday at St. Mary's Episcopal Church's parish hall.

Jane McMillin will share her knowledge of art history with a program on love and art. Sue Faulkner will be co-hostess.

Alzheimer's support group meets monthly

More than 5 million people in the U.S. are living with Alzheimer's, and caregiver stress is a closely related issue of Alzheimer's disease. One core service of the Alzheimer's Association -- Capital of Texas Chapter is to provide support to caregivers through volunteer-facilitated support groups.

The groups provide an avenue for caregivers to share common experiences in a safe environment and to learn from others. Support groups are a place to discover creative solutions for issues particular to caring for someone with memory loss as they can help a caregiver feel more in control and offer resources for disease and caregiver information.

Ruth Thompson and Liz Grubbs will facilitate the group at Regal Nursing & Rehab Center on the third Tuesday of each month at 6:30 p.m. at Regal, 1000 E. Ave. J. Meetings last about an hour, and they are offered at no charge.

For information, phone 556-6267.

Communitywide sale to be held

Adamsville Heritage Association Inc. is sponsoring a communitywide garage sale on March 6 at the Adamsville Volunteer Fire Department both inside and on the grounds.

Booths may be rented for a \$5 donation to be given to the fire department.

The association will have a table for the public to donate items.

Residences along U.S. Highway 281 from Lampasas to Adamsville to Evant are encouraged to participate and have merchandise visible. Mailboxes should be decorated to alert the public to the sales. Participants are asked to put signs out after 5 p.m. March 5. The sale will open at 8:30 a.m.

For more information, contact Charlotte Seale at 768-3330.

College honors



Angelo State University

The Dean's List for the fall 2009 semester at Angelo State University in San Angelo has been announced.

To be eligible, a student must be enrolled full-time and maintain a minimum 3.25 grade-point average.

Lampasas-area honorees include Katie E. Coleman, Chase A. Gommert, Amy L. Johnson, Sarah C. Minto, Victoria L. Norrell, Tracey K. Randolph, Latoscha L. Sherman and Bonnie S. Wallace.

Baylor University

Waco's Baylor University released its list of students named to the Dean's Academic Honor List for the fall 2009 semester.

To be eligible, a student must be an undergraduate with a minimum grade-point average of 3.7, while enrolled in at least 12 semester hours.

From Lampasas, Ashley Ann Field, a sophomore sociology major, and Alyssa Diane Leavell, a senior English major, were recognized.

Sam Houston State University

Chad Wade Collins, a senior industrial technology construction management major from Lampasas, and Brent C. Garner of Kempner, a management major, were named to the Dean's List for the fall 2009 semester at Sam Houston State University in Huntsville.

To be eligible, a student must be full-time and earn a grade-point average of at least 3.5.

Fish fry set Saturday

Smith Cemetery Association will benefit from an all-you-can-eat fish fry with all the fixings on Saturday from 5:30-9 p.m. at the Oakalla Volunteer Fire Department.

Cost is \$10 for adults and \$5 for children.

For information, contact Genna Terry at 556-3093 or Laquetta Smith at 556-3996.

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Free dental service slated

The 10th annual Smiles on Wheels will be offered all day Saturday at the former middle school campus. Smile on Wheels is a miniature dental clinic funded with grants that brings portable dental operators to rural communities which would not typically be able to host a larger dental mission event.

The single-day missions partner with churches, social clubs, schools and other advocacy and human rights organizations to provide first-level care to indigent populations in underserved counties in Texas at no charge.

Dozens of dentists and other dental professionals as well as community volunteers donate their time to treat children and adults with free dental cleanings, fillings and extractions.

For information, phone (512) 448-2441 or visit www.idsmsiles.org.

Lampasas Dispatch Record
lampasasdispatchrecord.com

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The Lampasas Dispatch Record (ISSN-87501759), is published semiweekly by Hill Country Publishing Co. Inc., 416 S. Live Oak St., Lampasas, Texas. Periodicals postage paid at Lampasas, TX. POSTMASTER: Send address changes to the Lampasas Dispatch Record, P.O. Box 631, Lampasas, TX 76550-0631.

Mailing address for the Lampasas Dispatch Record is P.O. Box 631, Lampasas, TX 76550-0631. Phone (512)556-6262. One-year subscriptions, payable in advance, are \$35.00 in Lampasas; \$45.00 elsewhere in Texas; and \$55.00 out-of-state.

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CINERGY CINEMAS
MOVIE TIMES
Feb. 5 - Feb. 11

NEW FROM PARIS WITH LOVE (R)
(NOON, 2:30) 5:10, 7:50, (10:30)

NEW DEAR JOHN (PG-13)
(11:50, 2:20) 5:00, 7:40, (10:20)

AVATAR (PG-13) 3-D
FRI-SUN: 11:30, 2:50, 6:10 (9:30)
MON-THURS: 3:55, 7:10

EDGE OF DARKNESS (R)
(11:40, 2:10) 4:50, 7:30, (10:10)

THE TOOTH FAIRY (PG)
(12:20, 3:00) 5:30, 8:10 (10:35)

LEGION (R)
(11:25, 1:50) 4:20, 6:50, (9:40)

THE BOOK OF ELI (R)
(11:20, 2:00) 4:40, 7:20 (10:00)

WHEN IN ROME (PG-13)
(12:10, 2:40) 5:20, 8:00, (10:40)

() Indicates no late shows 2/7-2/11
{ } Indicates no early shows 2/8-2/11

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Please allow me to introduce myself:

I was born and raised in rural Lampasas and am asking for your help with my run for County Commissioner Pct. 4. My family history is in farming and construction. My father (W.L. "Bill" Henderson & his brothers, Earnest, Bub and Dick) owned and operated Lampasas Sand & Gravel. I, personally, have 33 years of construction experience and am certified in quality control management for contractors and OSHA guidelines. I have the experience and operational skills for all types of equipment necessary to install materials for road construction and upkeep.

My pledge to you, the voter, is love. I will listen to your concerns, represent the people of Lampasas and maintain the current tax base to the best of my ability.

I thank you in advance for your consideration.

Brent Henderson

VOTE for Brent Henderson
For County Commissioner Pct. 4
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