



**Show success**

The official stock show season started out successfully for Lampasas County at the opening weekend of the Fort Worth Stock Show and Rodeo. Jacqueline and Paige Hensley entered one of the most competitive breeding boer goat shows in the state. The sisters entered five boer goat nannies. Paige finished with a first- and eighth-place showing and competed in the grand champion drive. Jacqueline placed third, fourth and 10th.

**Health official: It's not too late to get H1N1 vaccination**

Dr. David L. Lakey, commissioner of health for the Texas Department of State Health Services, said it's not too late to get the H1N1 flu vaccine. "H1N1 is still killing people. It is still hospitalizing people. The virus is still circulating. We have powerful tool in our arsenal against it -- a vaccine that is safe, effective and now plentiful. People who have not been vaccinated should do so now."

Lakey said state health officials are concerned about what might happen in the future if another wave of illness hits. "We have weathered two major waves of the illness so far, one last spring and one last fall. We have a window of opportunity before a possible third wave," he said.

Officials stress H1N1 is unpredictable: it might disappear in the spring or it might come back with a vengeance tomorrow. "From past pandemics, we know that a resurgence of H1N1 early this year is very possible," Lakey said, adding it's easier to prevent an illness that to combat it once it has taken hold.

Predicting the severity and occurrence levels of any flu is fairly impossible, Lakey said. Traditional flu season is October through mid-May. The highest levels of seasonal flu in Texas usually occur in January and February. But now always, he said. Since H1N1 only appeared last April, the health official said it is unclear if it will follow any seasonal pattern, and much hinges on the natural immunity the population is building up.

Texas has been on the front lines since the H1N1 virus was first identified in the U.S. last year. "We reported some of the first cases, and unfortunately the first deaths in the country," Lakey said.

In October, the TDSHS began distributing an initial limited supply of vaccine using an unprecedented, highly targeted system through the state health department, and officials have been tracking deaths and hospitalizations of those with H1N1. "People who choose not to get vaccinated put themselves and those around them at risk, especially babies younger than 6 months old who are too young for the vaccination," Lakey said.

Nearly 200 babies younger than 6 months old have been hospitalized with H1N1 in Texas, and deaths have occurred in every

age group. "Though most H1N1 illnesses have been relatively mild, no flu should be dismissed as 'just the flu.'"

Many parents of children under 10 are due to take their kids for their second recommended dose. That would be a good time for parents to be vaccinated, said the health commissioner.

Physicians continue to urge their patients to be vaccinated against the H1N1 flu. Pregnant women in particular have had severe complications from the virus. People with asthma, diabetes, heart disease, lung disease and other health conditions are at a higher risk and should be vaccinated, Lakey added. Older adults and seniors also have shown to have complications when infected and should be vaccinated.

"The good news is that we finally have enough vaccine. We have a flu vaccine locator at TexasFlu.org to help people find doses close to them. Pharmacies, doctors' offices, local health departments and many schools have plenty of vaccine to go around," he said. "We have been looking forward to reaching this point since the first dose arrived in Texas, and the general public waited patiently as we targeted the scarce supply to those in highest priority groups, and then to other priority groups as supplies increased."

Now there is enough for anyone who wants it, Lakey noted. "We must take advantage of this supply. As more people get vaccinated, the less we need to worry about the spread of illness during a possible third wave. Protect yourself. Protect each other."

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**Club plans lunch, bake sale**

The GFWC/TFWC 36 Club will hold a taco salad lunch and bake sale Monday from 11 a.m. to 1:30 p.m. at First United Methodist Church's Wesley Fellowship Hall. Tickets are \$7 each for a taco salad, dessert and a drink and are available from club members or at the door. Take-outs will be available. Place an order by phoning 734-2546. There is no delivery.

Projects this year include donating food and other supplies to Lampasas Mission, donating snacks to the Boys & Girls Club and collecting aluminum cans for the Lampasas Senior Center's recycling project.

The club also donates money to the Boys & Girls Club, Lampasas Elementary Benevolent Fund, Meals on Wheels and the Library Foundation of Lampasas Texas.

In addition, the club sponsors a Miss Spring Ho candidate, a HOBY student and a vocational school scholarship for Lampasas High School seniors.

**Aglow to gather on Thursday**

The Lampasas Aglow Community Lighthouse will meet Thursday at 7 p.m. at Holiday Inn Express. Guest speaker will be Petie Newsome. Mrs. Newsome has in her heart the word of God that he has spoken over her, and she speaks prophetically to others to believe what God has spoken to them.

She has been in ministry with her husband, David, for 21 years. The couple have five children and nine grandchildren, and they have experienced restoration in their family.

Aglow International is a trans-denominational Christian organization with more than 4,000 local groups in 172 nations. Monthly meetings and conferences are open to men and women. For more information, contact lampasaslighthouse@gmail.com, or visit www.aglow.org.

**Herbal remedies is topic of discussion at recent meeting**

Central Texas Herb Society met Jan. 23 for its first meeting of the year at the home of Charlene Nash. President Shirley Beyer welcomed members and guests, and Lea Patel gave a program on herbal remedies for the season.

The newsletter reflected the club's achievements and events in 2009, including sharing informative speakers at meetings, field trips and good food. "Some of us might have had success in growing and using a new herb for the first time, or building an herb garden," said Mrs. Nash.

Programs for 2010 include herbs of the Bible; Double spading; edible flowers, by Rowena Fengel of Temple, a master gardener; a program by nature photographer, Howard Cheek of Kempner; and a program by Sylvia Williams of Bertram, who is famous because of her unusual garden shed.

Mrs. Nash read a quote in the newsletter. "Clay tablets have been found that date back to 2600 BCE in what used to be Babylon (and is today, Iraq). These tablets contain instructions on how to use many plants and herbs for illness, as well as mixing and preparation for remedies." Next meeting is Feb. 20 at the home of Connie Madison in Copperas Cove.

**Democratic Women to meet**

The Democratic Women's Association of Lampasas will hold meet Wednesday at 11:30 a.m. at My Girls.

The group will firm up plans for the annual Bloomin' Fest. For more information, phone 556-8717.

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**School Menu**

**Week of Feb. 8-12**  
**Monday, Feb. 8**  
BREAKFAST: French toast/syrup, sliced ham, fruit juice and milk.  
LUNCH: Fish portion, macaroni & cheese, spinach, sliced peaches, hot roll and milk.  
**Tuesday, Feb. 9**  
BREAKFAST: Scrambled egg, biscuit/jelly, fruit juice and milk.  
LUNCH: Baked chicken, whipped potatoes, green beans, fresh applie, hot roll and milk.  
**Wednesday, Feb. 10**  
BREAKFAST: Hot or cold cereal, toast, fruit juice and milk.  
LUNCH: Chili dog, ranch-style beans, sliced pears, potato chips and milk.  
**Thursday, Feb. 11**  
BREAKFAST: Breakfast pizza, fruit juice and milk.  
LUNCH: Roast/gravy, whipped potatoes, green peas, chocolate pudding, hot roll and milk.  
**Friday, Feb. 12**  
BREAKFAST: Biscuit/gravy, sausage, fruit juice and milk.  
LUNCH: Hamburger, lettuce-to-mato-pickles, potato rounds, fruit cup, ice cream and milk.

**Heart health promotion on tap**

Metroplex Adventist Hospital is promoting awareness of the number-one killer in America -- heart disease -- with a free dinner and seminar at the Metroplex Adventist Hospital, conference room 3. Keynote speaker is Carol Allred, president of the Women Heart, the national coalition for women with heart disease and a heart disease survivor.

Locally, thousands of women are diagnosed annually with heart disease. The dinner honors those who have made life-changing choices to live healthier, happier, longer lives and to aid in creating an awareness of heart disease and how to take steps to live a heart-healthy life.

The event, free to the public, is Tuesday beginning at 6 p.m. with a health screening. The dinner and seminar will start at 7 p.m. Seating is limited. Reservations may be made to (254) 519-8200.

**Anniversary celebration set**

Congregation Simcha Sinai will celebrate its first anniversary on Feb. 12. After Shabbat services, the congregation will have a small ceremony to mark the occasion and enjoy a potluck dairy dinner.

Anyone interested is invited for services and fellowship at 102 Cat-tail Circle in Harker Heights.

For more information, please contact Larry Cohen at (254) 231-4930 or Shayna Nash at (254) 458-3177.

**AA meetings**

Alcoholics Anonymous meetings are Tuesdays and Thursdays at 8 p.m. at St. Mary's Episcopal Church. Phone (830) 385-2437 for information.

Alanon meets each Tuesday at 8 p.m. Phone (512) 768-3837 for information.

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