



HOLLAND AMERICAN LEGION AUXILIARY Unit 526 officers were installed by Jeannie Kinder at the June 24 meeting. Pictured are Adele Posey, Barbara Taisler-Hill, Joyce Spinn, Jeannie Kinder, Kassa Willingham, Margie Lovellette, and Shirley Liles. Not pictured, Kathy Morana.

American Legion Auxiliary Installs New 2020 Officers

Janosky-Heisch American Legion Auxiliary Unit 526, Holland, held their annual installation of officers at the Holland SPJST Hall, Monday, June 24. Jeannie Kinder, past 11th District President and Vice President; past Department Poppy Chairman and Unit 55 president, (Belton), conducted the installation.

Officers for 2020 include Joyce Spinn, president, Kassa Willingham, vice president, Barbara Taisler-Hill, secretary,

Adele Posey, treasurer, Margie Lovellette, historian, Shirley Liles, chaplain, and Kathy Morana, sergeant-at-arms.

American Legion Auxiliary Unit 526 was reactivated in the early 1980s. The organization continues to support veterans and the community through projects such as Girls State, Children and Youth (Easter Egg Hunt at Holland Elementary School, as well as scholarships), Ronald McDonald House, the National

Poppy Program, the VA Christmas Gift Shop, the National Salute to Veterans, and numerous other projects.

The mission of the American Legion Auxiliary is to serve veterans and their families and to support the American Legion.

To learn more about this organization, please contact one of the officers.

Meetings are usually held the fourth Monday of the month.



HOLLAND AMERICAN LEGION AUXILIARY Unit 526 members and guests held their May meeting at Lois and Jerry's in Bartlett. Officers for 2020 were elected. Members brought items which were donated to the Ronald McDonald House in Temple as a community service project.

St. John Lutheran Plans VBS

Mega Sports Vacation Bible School will be held at St. John Lutheran Church, 30650 Highway 95, Bartlett on Monday, July 29 through Friday, August 2, 5:30 to

8pm. Dinner will be served nightly.

Children ages three to 12 years old are invited to participate. You will receive a FREE

shirt and daily prizes will be drawn.

Please contact Sharon Randig: 512-713-4433 or Laura Cosper: 254-231-2307 with any questions.

Dr. Smalley's Health Minute

Beat the heat

When the temperature rises, the risks of heat-related illnesses climbs along with it. Heat exhaustion occurs as the body gets overheated. The high temperature, the high humidity of Central Texas, and heavy outdoor work or exercise elevate the risk.

Signs of heat exhaustion include: heavy sweating; cool, moist skin; fatigue; dizziness; faintness; muscle cramps; rapid pulse; low blood pressure; nausea; and headache.

A few groups of people are at higher risk of heat exhaustion: the very young; adults over 65 (especially those over 80), people using certain medications (blood

pressure, allergy, antipsychotic or tranquilizer medications), drug abusers, and those with obesity. These individuals may have an impaired ability to regulate body temperature.

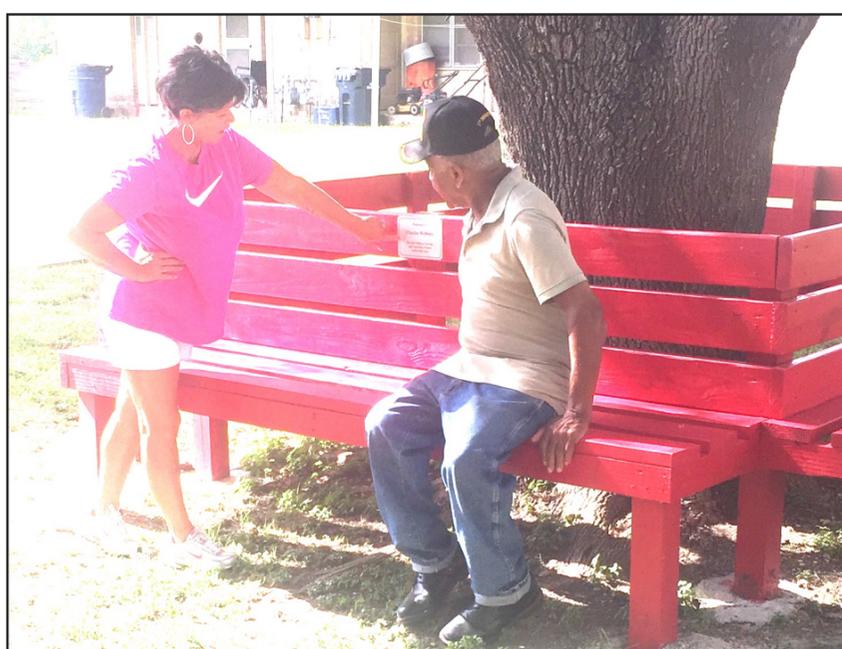
The body tries to keep its core temperature around 98.6. As body temperature rises, we sweat to help cool the body. High humidity decreases the ability of the sweat to evaporate. Being dehydrated, alcohol use, and wearing too much clothing can contribute to overheating.

Heat exhaustion can progress to heat stroke, which can occur when the body gets above 104 degrees.

When this happens, vital organ damage can occur, possibly resulting in death.

Treat heat exhaustion by drinking cool, non-alcoholic fluids; resting in a cool, shady area or air-conditioned room; loosening clothing; and taking a cool bath or shower. Prevent it by drinking plenty of fluids prior to outdoor activity; avoiding too much sun; wearing loose clothing; staying in a cooler area; and avoiding peak daytime temperatures.

Dr. Frank Smalley is a family medicine physician at Baylor Scott & White Health, Taylor. Smalley is a graduate of Bartlett High School.



DEDICATED SERVICE--Granger Housing Director Sherry Spiegelhauer surprised resident, Charles Webster, a Korean and Vietnam war veteran, with a plaque on the red bench surrounding the tree.

Granger Housing Residents Welcome Community To Summer Lawn Party

On Tuesday, July 16 residents of the Granger Housing Authority welcomed the community to their summer lawn party. Forty people of all ages gathered under the oak-shaded campus to play lawn games and bingo, "break-in" the new basketball goal, and enjoy a grilled hotdog lunch. Many attendees were long-time Granger residents, other guests visited from neighboring towns.

The highlight of the morning was a special dedication honoring the military

service of Charles Webster. Webster grew up in Granger and served in the Vietnam and Korean Wars. Granger Housing Director Sherry Spiegelhauer surprised Webster, showing him a plaque next to him on the newly-built red bench circling the old oak tree.

Webster said, "You picked a wonderful spot, in my youth, my wife used to bring a basket and we would take our breaks under this tree."

The inspiration for the

summer event came from multiple Granger Housing residents, wanting people to become more active and spend time together. Neighbors Tony Martinez, Tabitha Fails, Margie Vargas and Johnny Dorn joined in preparing for this successful event. Special thanks to Amerigroup and Dell Children's Health Plan for sponsoring food for the event and St. David's Foundation and Bluebonnet Trails for lawn games, benches and basketball goal.

Reliable Delivery Person Needed

To Pick Up Newspapers at Granite Printing in Circleville Each Wednesday morning and deliver them to Post Offices and news racks in Granger, Bartlett and Holland.

Must Have own transportation and be dependable.

For more details, please call 254-527-4424

after 7pm Monday through Friday or anytime on weekends.

July Sell-a-bration

Store-wide Sale for the month of July

Unique Celebrations 142 N. Evie, Bartlett

Time Is Running Out

129 N. Evie Street, Bartlett, Texas 254-527-3324

