

# Paw Print Press

Proudly Serving Itasca "The Big Little Town" Since 1997

Itasca, Texas 76055

Vol. 2017 Issue #4

January 20, 2017

## We Appreciate You

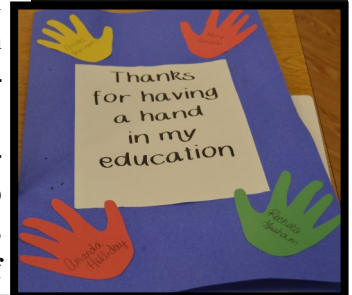
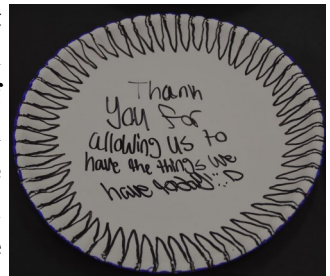


Itasca Independent School District School Board members were honored and showered with gifts and cards of appreciation at their January school board meeting. January 2017 is the month of school board appreciation across the state of Texas. It's a time when all school districts go out of their way to show just how much they value their school board members.

Students from all three campuses at Itasca ISD learned what school board appreciation was and also learned who the members are on the Itasca ISD School Board. To show their appreciation Itasca students made Thank You cards, appreciation plates and goody bags for the members. The members were also presented with plaques of appreciation for their service to Itasca ISD.

School Board members were privileged and honored to receive so many creative thanks. Itasca ISD students may not see school board members much, but they are still appreciated and valued just the same.

Pictured above, back row (L to R): Mark Fehnel, Susan Bason and Brian Bassett. Front row (L to R): Cassandra May, Elizabeth Cervantes and Kendra Markwardt.



## Wampus Cats Debate in the Lone Star State Capitol

Reported by: Shayna Russo

Pictures courtesy of Jennifer Murray

Senior Jennifer Murray, Junior Shayna Russo, and sophomore Katie-Lynne Younger competed in the 2017 UIL State Congressional Debate Competition at the University of Texas in Austin this past week. These young women traveled to the state capitol with speeches prepared, suitcases being lugged around, and determination set in their eyes. After taking a day to register and do some last minute preparation, the students were ready for their competition early Tuesday morning.



Upon arriving in business attire, these ladies were out into two separate chambers, ready to debate about current political issues against students from across the state. With the debate sessions lasting over three hours, they followed standard UIL debate procedures and congressional regulations. From the outside looking in, it seemed as though these students were actual members of the United States Congress. After hours and hours of debate and hard work, the fate of the girls lay in the judges' hands.

Continued on page 3

Pictured back row (L to R): Zac Church and Sam Sulak, Front Row (L to R): Katie-Lynne Younger, Mrs. Susan Corbitt, Jennifer Murray and Shayna Russo.

## Churches of Itasca

<u>Bethlehem Missionary Baptist</u>	W. Spurgeon	687-2800
<u>Central Baptist Church</u>	401 E. Monroe	687-2343
<u>Church of Christ</u>	200 N. Aquilla	687-2774
<u>Community Church of Itasca</u>		
<u>First Baptist Church</u>	107 S. Lamar	
<u>First Presbyterian Church</u>	106 N. Lamar	687-2243
<u>First United Methodist</u>	Main & King St.	687-2475
<u>House of Faith of Itasca</u>	129 W. Main Street	
<u>Loveview Baptist Church</u>	FM 2959 East of I-35	
<u>Second Baptist Church</u>	120 W. Marrion	687-9134
<u>St. John Missionary Baptist</u>	506 S. Weaver	687-2821
<u>3rd Day Worship Center</u>	107 E. Adams	214 564-2185
<u>Itasca Nursing Home</u>	Sunday - 10:00 a.m.	
Everyone Welcome	Monday Evening 6:00 p.m.	

## Central Baptist Church

401 E. Monroe St. website - itascacbc.org  
 Pastor: Jonathan Bowman 254-687-2343

Sunday School 10:00 a.m.      Worship 11:00 a.m.  
 Wednesday Awana & Youth      6:45 p.m.  
 Wednesday Adult Bible Study @ Diaz      7:00 p.m.

## First United Methodist Church

401 E. Main St, Itasca, TX 254-687-2475  
 E-mail: itascaumc@att.net  
 Re-Think Church

Open Hearts, Open Minds, Open Doors  
 Sunday School 9:30 a.m.-10:30 (All ages)  
 Sunday Worship Service 10:50 a.m.

Pastor Tom Wood      Snacks 10:40 a.m.

## Itasca Church of Christ

303 E. Monroe 254-687-2774 254-687-2858  
 God's plan for saving man

Hear the word of God ...	Romans 10:17
Believe ...	Hebrews 11:6
Repent ...	Acts 17:30
Confess	Matt. 10:32
Baptism ...	Acts 2:38
Remain Faithful ...	Rev. 2:10

Sunday 9:45 a.m. 10:45 a.m. & 5:00 p.m.  
 Wednesday evening 6:00 p.m.

## Second Missionary Baptist Church

120 W. Marrion St. Itasca TX 76055  
 Rev. George Demmeritte Jr. (Pastor)  
 Sunday School 10:00 a.m. Worship 11:00 a.m.  
 Wednesday Bible Study 5:30 p.m.

## First Presbyterian Church

106 N. Lamar - 254-687-2243  
 itascafpc@sbcglobal.net www.fpcitasca.org  
 Sundays - 9:30-10:00 Fellowship in Barton Hall  
 10 - 10:45 Sunday School 11 a.m. - Worship Service  
 Bible Study - Sunday at 4 p.m.  
 Tuesday & Thursday - 10 a.m. Exercise Class

## First Baptist Church of Itasca

James McCarty, Pastor  
 107 South Lamar  
 Sunday School 9:45 AM  
 Sunday Worship Service 10:45 AM  
 Wednesday Adults & Youth 6:30 PM

## Community Church of Itasca

Community Church of Itasca invites you to join our service and fellowship Sunday mornings. Services are held at 109 N. Wall St., Itasca. We invite you to join our family and grow in Christ with us.  
 Community Church Service 10:00 a.m.  
 Potluck Lunch 11:00 a.m.

## House of Faith of Itasca

Pastor Philip Burch  
 Sunday School 9:30 a.m.  
 Worship 11:00 a.m.  
 Everyone Welcome!

## Ministerial Alliance of Itasca

The Ministerial Alliance is a group of local pastors and leaders that desire to share the gospel and love of Jesus Christ in our community. We would be excited to have you join us! Please prayerfully consider being a part at our next meeting. Details to come!

Itasca Zoning Committee Meeting  
 2nd Monday of Month 6:00p.m.

Itasca City Council Meeting  
 3rd Monday of Month 6:00p.m.

Itasca ISD School Board Meeting  
 2nd Monday of Month 7:00 p.m.

If your Church is not listed above and you would like to have it advertised please contact the Paw Print Press at smay@itascaisd.org





## Wampus Cats Debate in the Lone Star State Capitol

Continued from page 1

Out of the 30 students who competed the first day, the top 16 advanced to the second round and would have the opportunity to debate in the State Capitol Building in downtown Austin. Itasca Senior Jennifer Murray represented Itasca High School as she advanced to the second round.

On day two of the competition, the stakes were raised and expectations were greater. The students were edgy to speak on their bills and pieces of legislation and through both the morning and afternoon sessions, which were also over three hours long each.



Ms. Murray did not place in the second round, but she did have the support of the other two Itasca ladies who cheered from the sidelines, as well as her coach Susan Corbitt.

Mrs. Corbitt said she was “so proud of the girls for everything they have done this season” and is looking forward to next year, as it is filled with promise. Itasca High School principal, Mark Parsons, took a trip to Austin to watch the girls compete and was also “so proud” of all their accomplishments.

Congratulations Jennifer, Shayna, and Katie on your great accomplishments this year and we are looking forward to hearing you debate next year!



## Spaghetti Dinner Fundraiser

The Itasca Volunteer Fire Department will be holding a benefit spaghetti dinner on Saturday, January 21, 2017 from 6 p.m. to 8:30 p.m. This fundraiser is for the Kunkel family, donations only.



There will also be a bake sale that morning at the Citizens State Bank from 9 a.m. to noon. Come support our friend and see the new fire station.

## Celebrating Our Members

- You are invited to the Itasca Chamber of Commerce Annual Dinner & Awards Night

January 30, 2017 at 6:00 p.m.

At Itasca HS Cafeteria

Tickets: \$12.00

Dinner includes: steak, baked potato, beans, roll and drink

Silent Auction will begin at 6:00 p.m. followed by dinner and awards.

\* Tickets are available at HILCO Electric and Citizens State National Bank.

Entertainment provided by Itasca Elementary Choir

## Free Range Eggs

### For Sale

Americana Chickens

(Blue Eggs)

Please Call (254) 687-2920

## Valentine's Day Sweets & Treats

Have a sweetheart or someone special in your life? Tell them how you feel by ordering a flower bouquet or a delicious candy bouquet from Samantha Wagner.

Text your order to 682-365-2251 or email your order to [samanthawagner0923@gmail.com](mailto:samanthawagner0923@gmail.com).





## Itasca Depot Schedule

January 21	10 a.m. to 1 p.m.
February 18	10 a.m. to 1 p.m.
March 18	10 a.m. to 1 p.m.
April 22	10 a.m. to 1 p.m.
May 20	10 a.m. to 1 p.m.

## Home For Sale

3 bedroom, 2 bath  
\$39,500  
Brick home on large lot  
504 North King St. Itasca, TX  
Call: 817-301-5003

## Pianist Wanted

First Presbyterian Church of Itasca is looking for a pianist to play for its 11:00 a.m. Sunday services and the occasional special services. If interested please call (254) 687-2243 and leave a message.



## Recent Death

Charles Edward Channon, 77, of Itasca, passed away Saturday, January 14, 2017 at a local nursing home. Funeral service was held at 1:00 p.m. Wednesday, January, 18, 2017 at Cornerstone Funeral Home.

Visitation will be 11:00 a.m. - 1:00 p.m. Wednesday at the funeral home. Burial will follow in Itasca cemetery. Charles is survived by his children, Lory Channon of Venus, Hugh Channon of Itasca, and Deana Channon of Hillsboro. He also had 12 grandchildren, and numerous great grandchildren, nieces and nephews.

## Recent Death



Gertrude (Trudy) Esther Cole, 94, of Itasca passed away Thursday morning, January 12, 2017, at Grandview Nursing and Rehabilitation. Funeral services will be held at 2:30 p.m. Sunday, January 15, 2017, at Marshall & Marshall Funeral Directors Chapel in Hillsboro with Pastor Michael Nemec of Christ Lutheran Church in Hillsboro officiating. Burial will follow at Hillcrest Garden of Memory near Hillsboro. Visitation will be from 1:30-2:30 p.m. Sunday prior to service time.

Trudy was born February 7, 1922 in Wetaskiwan, Alberta, Canada to Clemens and Esther (Were) Thies. She attended 8 years of private schools in Canada and 4 years at Chicago Luther Institute Private High School in Chicago, IL. Trudy then attended the Walton School of Commerce.

Trudy met the love of her life, a young sailor stationed in Chicago, IL, and was united in marriage to Wayne Cole on February 9, 1946. Trudy's favorite activities were camping, fishing, sewing, crafts and traveling. Trudy worked 24 years as a secretary and bookkeeper, retiring in 1984. Trudy's most important role in life was that of being a devoted wife, mother and grandmother. Above all in life Trudy was a devoted Christian and lived that life every day.

Preceding her in death were father, Clemens Thies; mother, Esther Thies; husband, Wayne Cole; daughter, Sandra Kovac; son-in-law, Paul Kovac; brothers, Roland Thies and Gerard Thies; and sister, Arline Busch.

Survivors include her daughter, Deborah Cole of Bedford; son, Gary Cole and wife Debbie, of Itasca; grandsons, Brad Schnautz and wife, Jenny, of Lexington, Cory Cole and wife, Beth, of Itasca, and Matt Kovac of Hutto; granddaughters, Stephanie Sorensen and husband, Stephan, of Peachtree Corners, GA, Melony Terrell and husband, Adam, of Whitney, and Kendra Palasota and husband, Jason, of Bryan; 15 great-grandchildren; and numerous nieces and nephews.

The family would like to thank the Grandview Nursing and Rehabilitation staff for the loving and caring attention shown to Trudy and Mission Hospice out of Cleburne for the loving and Christian support shown to our family.

Memorials may be made to Christ Lutheran Church Building Maintenance Fund, 915 Corsicana Hwy., Hillsboro, TX 76645.



# Locker Room Chats

Sports Editor: Adam Youngblood



Alexcia Rodriguez, a junior, is one of the Lady Wampus Cats athletes. Along with supporting the Wampus Cats as a cheerleader, she has participated in volleyball, and softball. Remaking the past of Itasca High, Rodriguez and many other Lady Cats were the first in the 21<sup>st</sup> century to compete in Volleyball.

With her smaller stature, Alexcia was set in the back row, where her ability to “dig” and dive for loose balls defined her as a defensive specialist. During the season of basketball, Alexcia can be seen once again in her cheer uniform cheering on the varsity Wampus Cat athletes (boys and girls).

With the softball season soon kicking in, Rodriguez would like to position herself in the infield as it is “more interactive.” As she is a valuable athlete, with her anxiousness for each sport progresses, her coaches only hope that her talent exceeds as well in the future.



As a sophomore, Jeff Knight finds himself on the varsity basketball team as well as attempting to find his spot on the varsity roster for baseball. With Basketball as his favorite sport, Knight is seen with multiple points contributing to the Cats as a point guard. While in the game, Knight seems to always be behind the arch (3 point line) where his shots seem to have no boundaries.

Jeff is known for making last second shots from half court and seems to get “hot” easily. Although he injured his ankle last season as the boys headed into the playoffs, Knight plans to remain healthy as he and the rest of the team are still looking forward to advance. As the baseball season starts up again, Jeff is looking forward to representing the boys behind the plate or on the mound for the Wampus Cats.

Jeff is one of the athletes that have talent. With his knowledge of the games, coaches have found themselves not knowing what to truly say, in a good way of course. As a result Itasca athletics is proud to have Knight for a couple more years.

## Itasca Jr. High Girls Basketball Schedule

### January

19	Kerens	Home	C,B,A	5/6/7pm
26	Italy	Away	C,B,A	5/6/7pm
28	District Tournament	@cross roads	B,A	TBA

## Itasca Jr. High Boys Basketball Schedule

### January

19	Kerens	Away	5:00 p.m.
26	Italy	Home	5:00 p.m.
28	District Tourney	@Cross Roads	TBA

## Itasca Lady Wampus Cat Basketball

\*Denotes District Games (SN) Senior Night

### January

20	Cayuga*	Away	JV/V	4:00pm
21 (Sat)	Italy JV Tour.	Away	JV	TBA
24	La Poyner*	Home	JV/V	4:00pm
27	Italy*	Away	JV/V	4:00pm
31	Frost* (SN)	Home	JV/V	4:00pm

### February

3	BYE			
7	Kerens*	Away	JV/V	4:00pm

\* Denotes District Games,  
(SN) Denotes Senior Night

## 2016-17 Itasca Wampus Cats High School Boys Basketball Schedule

### January

20	Cayuga *	Away	JV/V	5/7:30pm
21	Italy JV Tournament	Away	JV	TBA
24	La Poyner *	Home	JV/V	5/7:30pm
27	Italy *	Away	JV/V	5/7:30pm
31	Frost * (SN)	Home	JV/V	5/7:30pm

### February

3	BYE			
7	Kerens *	Away	JV/V	5/7:30pm
10	Cross Roads *	Away	JV/V	5/7:30pm
14	Cayuga *	Home	JV/V	5/6:30pm

\* Denotes District Games,  
(SN) Denotes Senior Night

## Senior Spotlight Grayson Jones

Reporter: Joanna Sparks



Chuck Jones and Jana Jones are the parents of seventeen year old Grayson Allen Jones. His siblings include thirteen year old Shelby, eight year old Abby, seven year old Colby, six year old Campbell, and four year old Paisley. Being an April Fool's baby, Grayson was born on April 1, 1999 in Fort Worth, TX.

In his free time Grayson enjoys reading, cooking, and playing games or watching his favorite TV show *Archer*. When finding sometime to snack on Grayson prefers diving into a jar of peanut butter.

"Always do your best, and don't slack off," is the advice that Grayson is leaving for the underclassmen. Returning to Itasca ISD to finish off high school, Grayson had previously been enrolled in Itasca Elementary as a pre-schooler.

Grayson likes the time he spends in his favorite teacher's classes, Mrs. McClure. During school, he mostly focuses on his classes and grades, but still participates in Number Sense UIL with Mr. Scott being his coach.

After graduation, Grayson plans to go straight into the work force. While he already is employed at Sonic, but would rather find another job that better suits his interest. In ten years, Grayson is optimistic that he will have started a family of his own, while working at a good paying job.



## Senior Spotlight Jacob Lacy

Reporter: Heather Martin



Jacob Daniel Lacy is the proud son of Karen and Drew Lacy. Jacob was born on February the 23 of the year 1999 in Fort Worth, Texas. He has two siblings a young sister, Sarah, age 9, and an older brother, Josh age 20. He also has 4 dogs. Jacob has been attending the Itasca school district since he was in pre-k.

After he graduates from Itasca High School, he wants to pursue a carrier in criminal justice to become a cop.

In the next ten years, he sees himself on the SWAT team or in the FBI. Jacob's top choice in collage is Tarleton State. He is involved in several extracurricular activities including track and football. Jacobs's has two favorite teachers which are Mrs. Weatherly and Ms. Enger.



Karen Lacy, his mom, is Jacobs's role model and has made all the difference in his life. Jacob would like to thank God for getting him where he is today. When he is watching his favorite movie "Spiderman" you can catch Jacob eating his favorite snack, Poptarts.

During the summer, Jacob's favorite activities are to go swimming and cliff jumping. As of right now Jacob is driving a 2001 Black Chevy, and is currently employed with his family.

Jacob's family and parents have been together for as long as he can remember. His hair is one of the unique things about him, it's one of a kind. Jacob would like to leave the underclassmen with this "Have fun, it goes by fast."



## **Itasca City Council November 21, 2016 Regular Meeting**

The Itasca City Council met in a regular session on Monday, November 21, 2016.

Prior to the Council Meeting Mayor James Bouldin called Public Meeting/Hearing #2 to discuss Ordinance #011717 at 6:00 p.m. Speaking from the community were Tobe Arellano and Lisa Hernandez expressing their concerns about Ordinance #011717. The Mayor closed the Public Meeting at 6:12 p.m.

Mayor James Bouldin then called the regular Council Meeting to order at 6:13 p.m. Present were: Council Members Kathryn Guy, Patty Miller and Doug White. Absent were Council Members Susie Davis and Dora Hernandez. Present also representing the City were City Administrator George Bolling, City Secretary CinDee Garrett and City Attorney Stephanie Johnson.

Motions were made and passed unanimously to approve the minutes of the October 17, 2016 meeting and to approve the payment of bills as presented.

Monthly Department and Committee reports were given: Police-Police Chief Winson Brewer, Fire-Chief Cameron Offutt, Water Department-Kevin LoSciuto, Office of Code Enforcement/Animal Control-Kat McDaniel Offutt, and Planning and Zoning Committee-Barbara Petrash. Council approved the applications that had been passed by the Planning and Zoning Committee at their November meeting.

City Administrator George Bolling swore in James Bouldin as Mayor for another term. Council members Susie Davis and Dora Hernandez were both absent and their Swearing In was scheduled for the December Council Meeting.

Gandolf Burns gave an updated report (with maps) on the new grant that will provide the much-needed improvements to the old Water Well behind City Hall.

Danny Strunc with Yeldell, Wilson, Wood & Reeve P.C./ Certified Public Accountants gave the July 1, 2015 through June 30, 2016 City's Audit Report. City Secretary CinDee Garrett also stated that upon her request that they will be working with her to help with next year's budget.

A motion was made and passed to approve the Fire department borrowing \$15,000.00 for air packs, which will be reimbursed by a Grant that has already been approved.

A motion was made and passed to approve the removal of Matt Fehnel, Rochelle Hardin and Jamie Rodriguez from all City of Itasca bank accounts with the Citizens State Bank of Itasca.

Barbara Petrash continued her discussion on the possibility of amending zoning of the area known as the "Mill Block" from Single Family 1 (SF1) as it is currently zoned to Manufactured Housing 1 (MH1). A motion was made and passed to Table action on Ordinance #011717 until the December Council Meeting.

The meeting adjourned at 7:02 p.m.

## **Public Notice Texas Community Development Program City of Itasca**

The City of Itasca is giving notice of the city's intent to submit Texas Community Development Block Grant Program grant application for a Community Development Fund grant request of \$300,000 for the improvements to the municipal water system including Water Storage upgrades that include replacement of an existing water storage facility located at East Monroe Street water yard with new 125,000 Gallon Clearwell Tank, valves, electrical and controls. In addition the existing Pump Station located at the East Elm Street water yard will be replaced. All activities will provide for city wide benefit. The application is available for review at City Hall during regular business hours. Para obtener una copia en espanol, comuniquese con CinDee Garret at (254) 687-2201.

## **Aviso Publico Ciudad de Itasca Texas Comunidad Desarrollo Block Grant Programa**

La Ciudad de Itasca esta dando aviso de intencion de la ciudad para presentar la solicitud de subvencion Community Development Fund de \$300,000 para las mejoras al sistema municipal de agua incluyendo el almacenaje del agua las actualizaciones que incluyen la sustitucion de un existente del agua almacen ubicado en yarda del agua East Monroe Street con Nuevo 125,000 galones tanque Clearwell, valvulas, electricos y los controles. Ademas, se reemplazara la estacion existente de la bomba ubicada en la yarda del agua de la calle Elm. Todas las actividades serviran para beneficio de toda la ciudad. La aplicacion esta disponible para revision en el Ayuntamiento durante horas de oficina regulares. Para obtener una copia en espanol, comuniquese con CinDee Garret al (254) 687-2201.



## Do You Remember When...? Mother's Apron

Columnist Carl Sweeney, reprinted from issue #3, 2006

This is the story about the versatility of the apron worn by our wives, mothers and grandmothers. Of course, the apron is still used today, but it obviously does not have as many functions as in days past. It was made of several materials from gingham, denim, cotton and other materials. The most popular in the time of our mothers and grandmothers was cotton made from flour and feed sacks, usually with a floral design. Most of them had a full length with a bib. The strings were usually made by cutting two narrow strips from the material, doubling and sewing it. It was about a half inch wide. Some aprons had buttons. The strings and buttons fastened in the back. Some were decorated with bias tape and rickrack.

As stated above the apron had many uses. They used it most often like a basket to carry things in. The bottom was simply pulled up to form the cup. When mother or grandmother gathered eggs, she carried them to the house in the apron. She also carried feed to the chickens in this manner and also to wave it and shoo the chickens from the garden or to herd them and also, to shoo flies from the dinner table. When the men were working in the fields, she summoned them to dinner by waving the apron out in the yard, as the men would be watching for it. It would be used to lift hot pans from the old wood cook stove. It was used to wipe sweat from her brow while she was cooking during the summer time, and she probably wiped her nose as well with the apron during allergy season.

Wherever they went around the house, or farm she had the ever present apron. If she happened to be walking around the place and discovered peaches or other fruit that had fallen, the ever present apron came into play again to carry it to the house. Late in the afternoon when she went to the woodpile for wood to cook breakfast, she again used her apron to carry it to the kitchen wood box. She also used it to wipe the tears of a young one who might have stumped his toe or cut a finger and that shy young girl might have hidden behind the apron if a stranger came by. When mother sat in the porch swing for a moment to rest and it happened to be a little cool, she simply pulled up the bottom over her chest and arms for warmth.

The apron was used to cover various things, to keep flies off the pies cooling on the windowsill, or over the food on the dinner table. We usually left the food on the table from dinner until suppertime. We did not have a refrigerator to put it in anyway. It is a wonder we did not get food poisoning, but I don't remember that we ever did.

If we looked down the road and saw visitors coming mother hurriedly dusted things with the apron, put on a clean one, fluffed her hair and just like that she was ready to greet them, with all the charm she could display in those days.

Sometimes the apron was used instead of being worn. It might be used as a cover when the baby took its nap. Even at the end of the day, it was usually put to some use, such as to cover the birdcage. And so it ends, a busy day for a very useful article of clothing, if it can be called such. Surely, that apron was at the top of her list, a valuable tool used around the home and farm. Oh! And last, but not least, let's not forget about the phrase, "Tied to mama's apron strings!"

### November 2016 Itasca PD Report

#### Arrests

Felony - 2

Misdemeanor - 2

#### Cases Filed

District Attorney - 2

County Attorney - 3

Municipal Court - 5

Total Calls for Service - 96

#### Traffic Citations

399 - Moving

12 - Warnings

88 - Non-Moving

#### Class "C" Citations

DWLI - 10 No DL - 20 No Insurance - 11 Assault - 2

Impounded Vehicles - 8 Open Container - 1

Possession of drug Paraphernalia - 2

### November 2016 IVFD Report

#### Type of Call

Assist EMS

Residence

Lift Assist

MVC

Vehicle Fire

Utility

Other

#### City

10

2

5

2

2

1

1 (Child locked in Car)

#### County

11

1

5

2

Total Calls - 33

Man Hrs. - 191

Members - 15

Mutual Aid Given - Hillsboro (1)

Aid Received - Grandview (1)

Calls YTD - 320

Mileage - 341

Water - 0





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## Nolen's Custom Gifts

The Nolen Family  
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 103 W. Main Itasca, TX  
 254-205-3184  
 Custom T-Shirts

Mon.-Fri. 8 AM-4:30 PM Starting at \$12.50  
 Sat. & Sun.: Appointment Only (For School)

Mention this ad for your discount  
 Check us out on Facebook: Nolen's Custom Gifts

## Diaz Tex-Mex Restaurant

104 W. Main St Itasca, TX 76055  
 (254)687-9987

Monday 8 a.m. - 2 p.m.

Tues - Sat 8 a.m. - 9 p.m.

Sunday 8 a.m. - 2 p.m..

**\*\*Party Room Available for rent**



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## Hair Cuts-Etc.

Walk-Ins only  
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 Osceola, TX  
 254-687-9848

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 Hannah  
 Leslie

## House Cleaning Services

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 After Party One Time  
 Monthly, Biweekly or Weekly  
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Contact me at [uchihasfinest@hotmail.com](mailto:uchihasfinest@hotmail.com)  
 Or call at (254) 205-7841

My name is Christian and it is my job to help you achieve the body you want. Be it bigger upper body, more speed, increased stamina or even a body that boosts confidence and makes a statement. I also can teach self-defense so why not learn to defend yourself as well! I will work with you and help you with the things you want to achieve, so don't let our economy decide if you become a better you.

***Paw Print Press***  
**123 N. College**  
**Itasca, Texas 76055**

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## Ways to Boost Your Immune System

- **Exercise:** Exercise supports our detox organs and keeps our lymph moving.
- **Get Outside:** Reduced fresh air and sunshine in the winter impair the immune system.
- **Sleep:** The greatest tool for stress reduction and immune support is sleep. Try to commit to at least eight hours of sleep.
- **Handwashing:** So simple we forget. Wash your hands with hot water especially after computer use and before making food.
- **Vitamin D3:** Take 3,000-4,000 IU of vitamin D3 to help reduce winter flu and seasonal moodiness.
- **Probiotics:** Good bacteria detox what we eat and modulate immune system.
- **Reduce Trigger Food:** Gluten, Dairy, Sugar, and Alcohol are the most common trigger foods. Be intentional about when you eat them or substitute for clean whole foods.

Source: [blog.cleanprogram.com](http://blog.cleanprogram.com)

## Itasca High School Events



### January

19  
25-28

FFA Children's Barnyard  
Hill County Fair

### February

2  
11  
13  
14  
17  
18-20  
20  
24-26

District CX Debate  
U.I.L @ Grandview  
Blood Drive  
Valentine's Day  
Early Release  
FFA San Antonio Show  
No School  
FFA San Antonio Show

### March

2  
8  
9

One Act Play festival @ Cleburne  
One Act Play District rehearsal @ Frost  
One Act Play District @ Frost

## **Blessing Bags**

The Itasca Middle School NJHS chapter is working to fulfill “Blessing Bags” for the homeless. These bags will be organized by the NJHS members and donated to homeless shelters in our surrounding communities. We would like to ask for your help in meeting our goal of 150 bags. Any donations of the following 10 items are truly appreciated.

### **Travel Size:**

- Toothpaste
- Toothbrushes
- Shampoo
- Deodorant
- Bars of soap
- Q-tips
- Band-Aids
- Facial wipes/ Baby wipes (choose one)
- Lip balm/ Carmax (choose one)
- Crackers/ Granola Bars (choose one)

We would like for each bag to contain one of each item. Our NJHS members will also include a personalized note of encouragement and hope. Thank you for your consideration. Donations can be sent to/dropped off at Itasca Middle School, 208 N. Files, Itasca, TX 76055.

If you would like to send a money donation, please make checks payable to Itasca Middle School NJHS. Our members will collect donations beginning Monday, January 16 through Tuesday, January 31. Thank You!