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To The Editor & You

It's well worth the journey

I want to share a few things with you about my journey into a whole new life style.

I'm 28 years old and, out of those 28 years, I have been morbidly obese for about 20.

I got a wake up call about how bad my health was becoming in June of this year. I was just really feeling bad and had all sorts of pain. I just felt like I was falling apart.

One morning, as I lay in bed watching my precious two-year-old son

sleep, it hit me: What if my weight causes me to leave this world early? Of course, I could have a freak accident, but my weight is something I can control.

I fell into a depression (as I had done so many times before) and had no clue what to do. I called out to my family for help, but this time, I let them know it was a real call for help! I, for the first time in my adult life, told my family what I weighed. That was hard! To make a long story short, I went

on a 1,200 calorie diabetic diet and lost 10 pounds the first week. But, as so many times before, I knew I was going to get bored and not want to be so strict. So, again I felt helpless.

In the meantime, my mom had made a few hundred phone calls and found what I feel has saved my life. June 25, 2001 I joined Weight Watchers. I love, I mean really love, and truly believe in this new way of life.

They are so supportive and really help you keep a normal lifestyle.

As of today, I have lost 43.8 pounds, (plus the 10 pounds before Weight Watchers)! I feel so good!

I haven't just lost pounds, I've also gained a new attitude! I can't tell you how wonderful it feels. For those of you who know me, you know I still have a way to go, but I now know I Can Do It Now! I share my story to show others that I'm living proof... You Can Do It!

The trick is to do it for YOU! Thank you for allowing me to take up some of your time; I'm so proud that I just had to share my story.

I'd be glad to help anyone in any way!

Just write or e-mail me!
God Bless,
Stacy (Alley) Cardenas
P.O. Box 741
Columbus, Texas 78934
e-mail: stacycardenas@hotmail.com

THANK YOU FOR YOUR PRAYERS AND SUPPORT

An update on Russell Herman:

Russell was diagnosed with non-Hodgkins lymphoma (a 12 cm. tumor in the middle of his chest). He has gone through radiation and his second round of chemo with four to six more left every three weeks. More radiation is possible.

So far, his only symptom is hair loss. Those who have seen him in the last several years know he didn't have much to lose anyway. He was always trying to get Annette to shave it off... she did.

He is at home and doing well but will be out of work through the end of this year or longer.

Those of you who would like to drop a line may do so at: 163 Ruston Road, Carriere, MS 39426 or e-mail 4herman@hubserv.com

They always say you don't know how many friends you have until you go through something like this. Your support has been, and will be, appreciated.

Sincerely,
Russell & Annette Herman
Jimmie & Helen Hotz

We need more culverts

We all know that our city needs some help in dealing with the drainage problems that have been causing us so much grief. One thing that we must do is get the Texas Department of Transportation (TxDOT) to install additional culverts under Hwy. 90A.

I think that TxDOT needs to know the citizens of Eagle Lake believe these

New York and Washington... Pearl Harbor

When terrorists crashed two hijacked commercial airliners into the twin towers of the World Trade Center in New York and then attacked the Pentagon in Washington last week, local and state politics temporarily lost much of their importance.

Candidates already running for office stopped making partisan political statements and those planning on making campaign announcements postponed scheduled press conferences.

In Austin, as elsewhere in Texas and across the nation, Red Cross volunteers stood at street corners collecting money to help with relief expenses. People draped flags outside their houses and lit candles in memory of the many victims.

With so many comparisons being drawn between the events of Sept. 11 with what happened on Dec. 7, 1941, I decided to ask someone who remembers the last sneak attack on American soil to recall what it was like nearly 60 years ago.

That someone is my mother, Betty Wilke Cox, of Austin, a retired professional librarian and freelance writer.

Her recollection:

I heard the news on a small radio in my bedroom.

I raced to the kitchen, where my married sister was preparing our Sunday dinner. Mother and Dad were out of town, so Helen and her husband, A.O. Wynn, were staying with me in the family home in El Paso.

State Capitol Highlights

By Mike Cox
Texas Press Association

"Pearl Harbor's been bombed!" I shouted.

Helen, a recent bride, was not yet a competent cook. The meringue on her pie was shrinking from the sides of the pan and she only half heard me.

"Don't bother me now," she said. I ran back to my radio but returned a few minutes later.

"We're at war!"

That got my sister's attention.

The headline in the regular Sunday morning edition of the *El Paso Times* lying on the living room couch seemed by then hopelessly behind events: "FDR Urges Nippon Emperor to Aid in Keeping Peace."

All over El Paso, neighbors stepped to their fences, friends phoned one another. "Have you heard? We're at war."

Of course, not everyone knew where Pearl Harbor was. But we all realized that our military had been attacked.

Until the *Times* and the afternoon

Herald-Post got extras on the streets, radio was our only source of information.

The news hit all of us hard. El Paso was an army town still is. Fort Bliss and Biggs Field played a large role in our everyday lives. Almost any Sunday, families parked in long lines on the desert and watched from their cars as the Fort Bliss polo team competed. On special days, we saw the maneuvers of the horse-mounted First Cavalry and mule-drawn caissons.

After dinner, I rode the streetcar downtown to see "Sergeant York" at the Plaza Theater. York, played by Gary Cooper, was a hero of the European War of 1914-1917 (only later called World War I.) The battle scenes made me cry, because I knew Americans soon would be fighting again.

I was a freshman at Stephen F. Austin High School in El Paso. With a student body of 1,200, Austin High was the largest and newest in the city.

At a special assembly Monday morning, we heard the radio broadcast of President Roosevelt's message to Congress:

"Yesterday, December 7, 1941, a date which will live in infamy, the United States was suddenly and deliberately attacked..."

Our lives had forever changed.

Let's Look Back...

24 & 48 YEARS AGO

Sept. 22, 1977

Another of the Eagle Lake community's outstanding rice producers and agricultural leaders passed away Sept. 20 at Eagle Lake Community Hospital when John W. Clipson, 66, closed his eyes to peaceful rest...

Riley G. Henderson, son of Mr. & Mrs. Norman Henderson Sr. of

Altair and a junior at Prairie View A&M University, has been selected to receive the Ralston Scholar Award for the fall semester...

Mr. & Mrs. Frank Bowen of Eagle Lake announced the engagement and approaching marriage of their daughter, Carolyn Renee, to David Wayne Baird, son of Mr. & Mrs. W.L. (Doc) Baird of La Porte. The wedding will take place Nov. 6 at First Baptist Church in Eagle Lake...

Winning the mixed Florida Golf Scramble, sponsored by the Eagle Lake Recreation Center, was the team of Carol Dostal, Margaret Horelica, Mano Graham and A.B. Core with a low score of 64 to win first place... The Roach, Tillman and Christal families celebrated their 7th anniversary reunion in the home of Pauline Alexander...

A miscellaneous bridal shower was given in honor of Miss Beverly Gertson, bride-elect of J.P. Krenek, (See 24 & 48, Page 3)

Gonzales fills JP Clerk position

Judge Larry L. Dulany and Chief Clerk Phyllis Thomas announced the hiring of Becky Perez Gonzales of Eagle Lake for the position of Justice Court No. 4 Clerk.

This is in preparation for the retirement of Thomas scheduled for mid-October.

A 1982 graduate of Louise High School, she has been a resident of Eagle Lake since 1983.

She attended Wharton County Jr. College for a year, studying criminal justice; has two sons, Patric and Eric. She is the widow of the late Johnnie Gonzales, who died earlier this year in an auto accident near Alleyton.

Gonzales began work Monday, Sept. 18, and will be attending the "New Court Personnel" educational seminar, sponsored by the Texas Justice Court Training Center, in Austin Oct. 21-24.

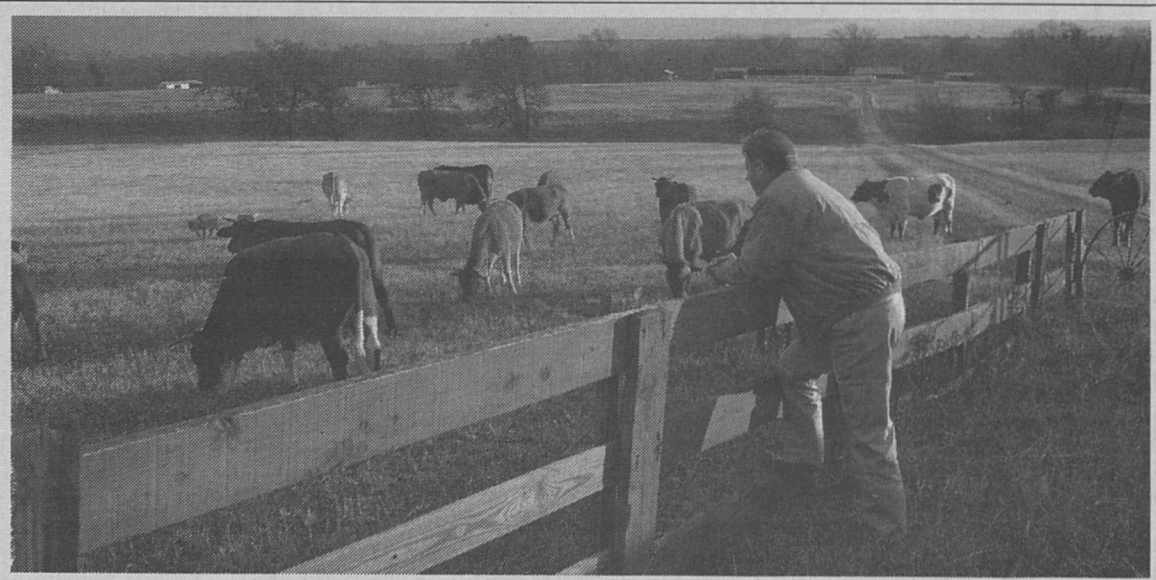


Happy 18th Birthday

Sept. 23, 2001
Odyssey

From Grandma, Grandpa, Mom, Dad, Bennie & the rest of the Family

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