

America's campaign against terrorism

Capitol Comments by Sen. Kay Bailey Hutchison (R-Texas)

Since the very first days after the Sept. 11 attacks, we have come to realize that our country has been attacked and our freedom must be defended.

This is truly a battle between good and evil, and in the process of holding accountable those responsible, the United States will act in a united, conscientious and determined manner.

The President recently stated that, "we will not rest until terrorist groups of global reach have been found, have been stopped, and have been defeated." It is why the United States, with the assistance of the British, is bombing military targets in Afghanistan.

This is the first critical phase of

what will be a long campaign against terrorism. This will not be a swift battle, with a conclusive and immediate end, like the Gulf War.

This will take a great deal of time and sacrifice, but we will prevail. We will fight not just today, not just tomorrow, but next month and the years after that as well.

I know that if we remain steadfast and dedicated to our goals, and united in our hearts and our will, victory will come.

Meanwhile, we are providing humanitarian assistance, including food, to the innocent Afghan people—people who have starved, suffered and lost loved ones at the hands of the extremist Taliban regime.

We are only targeting those who have committed evil and those who support them.

We will not let any stone remain unturned—and we will not let this horrible act go unanswered.

It is our responsibility to make sure all of those who have died these past months and in the 200 plus years before that to maintain the freedom of this country, will never, ever have died in vain.

From the very beginning of our history, we have faced the challenges presented to us with courage and integrity and we have defended freedom no matter the crisis.

This difficult time reminds me of the very first great challenge our nation faced—the battle for our very independence.

During the Revolutionary War, a brave young patriot, Major General Joseph Warren, fought against the Redcoats at Bunker Hill. He battled

with the other American irregulars against an enemy more than twice their size—causing the Redcoats to lose more than a third of their troops—but, in the end, the ammunition of the Americans ran out.

While the bulk of the Continental Army retreated, the last units stayed in their trenches to hold off the British. They fought hand-to-hand. That's where Major General Joseph Warren was last seen fighting.

Before his death though, in the quiet before the battle, Joseph Warren gave the men under him a simple command:

"Our country is in danger now, but not to be despaired of. On you depend the fortunes of America. You are to decide the important questions upon which rest the happiness and the liberty of millions not yet born. Act

worthy of yourselves."

That command applies to all of us now—and it is a challenge.

I know we are all capable of living up to and even exceeding God Bless America!



Matula, Estrada to wed

Mr. and Mrs. Len Matula of Eagle Lake are pleased to announce the engagement and approaching marriage of their daughter, Len Marie, to Ronnie Jay Estrada, son of Mr. and Mrs. Rudolf Estrada Sr. of Weimar. The bride-elect is a 1994 graduate of Columbus High School and currently employed as a dental assistant for Dr. John Myres in Eagle Lake. The prospective groom is a 1994 graduate of Weimar High School and employed with Schulenburg Printing as an outside sales representative. The couple is planning a February 2, 2002 wedding at St. Mary's Catholic Church in Nada.

Tips on sticking to your holiday diet

By Dr. Sally Stabb, Texas Women's University

People who are watching their weight are surrounded by temptations throughout the year, but the holidays can bring increased pressure to eat.

Dr. Sally Stabb, associate professor of psychology and philosophy at Texas Women's University in Denton, says social rituals and celebrations almost always tend to involve eating.

"During the holidays, many people have multiple rounds of visiting friends and family—especially if they have step, blended or divorced families in which a number of sets of relatives must be visited," Stabb said. In these situations, she said, people can easily find themselves at a luncheon followed by a dinner, "all with the expectant eyes and smiles of family and friends looking on. So we feel obligated to eat in order not to be considered rude."

Stabb recommends that people who are trying to stick with a diet or exercise routine be appropriately assertive about maintaining their routines during the holidays.

"I think it is wise to talk to family members before the holidays ever get started and make some plans that will be mutually agreeable and supportive of your eating goals," she said. Support from family friends is helpful, and being able to say "no" without feeling guilty is important, she said.

Stabb also recommends listening to your own body.

"Your body tells you when you have had too much, or what things disagree with you at what times of day, so take those messages from yourself seriously," she said.

Dieters who allow themselves to be tempted should build in some times to break their diets, Stabb said.

"An unrelentingly severe diet makes people miserable, hungry and often just plain miserable," she said.

"It's OK to allow yourself some leeway on the weekends, or one day a week or for one of your holiday meals.

It's equally important not to beat yourself up if you slip."

Stabb said it's common for people to give up on their diets after one slip-up, but that doesn't have to be the case.

"Relapse is the rule—not the exception—when it comes to dieting, so know it will happen; don't punish yourself; and just start up again."

Additional preparation could also contribute to successful dieting.

"Psychological researchers have identified stages of change that people go through when trying new behaviors," Stabb said. "You first have to work through your internal understanding of the issues and then take action."

"If you're telling yourself, 'I should,' you're not ready," Stabb said. "If you're telling yourself, 'I want to,' and you really do want to, you are more likely to do better."

"You can't do it to please others; you have to do it to please yourself."

When people reach the point where they want to eat differently, Stabb said, they should choose an eating plan that is medically safe, reasonable, not extreme and has some degree of appeal to them.

"Try it; play with it; modify it to your own needs," she said. "If possible, add exercise, which research shows is a very important component of weight loss—a health in general."

Dr. Stabb said the most common mistakes people make when dieting are:

- Picking a plan so severe that they feel hungry and are resentful all the time.

- Using fad diets that limit their food intake to only one or two kinds of foods.

These diets probably are not healthy, and they get so boring that hardly anyone can stick with them.

- Deciding that if they slip up, they might as well give up.

- Failing to structure their environment for success.

This means failing to take un-

healthy foods out of their homes; failing to inform friends and family that they are eating differently; and setting up social situations that are food-based rather than based in some other activity.

- Believing that weight is entirely controllable by diet.

Research shows there's a large genetic component to weight and body size, so the range of what is realistically obtainable often is smaller than most people are led to believe.

The exercise component is critical. Research shows that most people

who only diet tend to lose small amounts of weight and even if they keep it off for a year, most people regain that weight in three to five years. Exercise plus diet is more effective.

- Calling a change in their eating habits a "diet." The word is so loaded in our culture that it should be avoided.

"I'd just say you have a new eating plan," Stabb said. "If people say, 'Oh, you mean you're on a diet?' I'd say, 'No, I'm just eating differently than I used to.'"

Keeping an Eye on Texas

Tax Breaks

In 1999, the Texas Legislature created three franchise tax credits for economic development. This year, businesses in 224 Texas counties can apply to receive hundreds of millions of dollars in tax breaks.

Franchise tax credits are available in these areas:

- Job Creation
- Investment
- Research

For more information on franchise tax credits, visit the Comptroller's Web site at: http://www.taxinfo/taxpubs/tx96_686/tx96_686.html. Source: Carole Keeton Rylander, Texas Comptroller (www.window.state.tx.us).

Observando a Texas

Reducción de Impuestos

En 1999, la Legislatura de Texas creó tres créditos de impuestos para franquicias con el propósito de impulsar el desarrollo económico. Este año, las empresas de 224 condados de Texas pueden presentar una solicitud para recibir cientos de millones de dólares en la reducción de sus impuestos.

Créditos de impuestos para franquicias que están disponibles en esas áreas:

- Creación de trabajos
- Inversiones
- Investigación

Para obtener más información sobre los créditos de impuestos para franquicias, visite la Internet en: http://www.taxinfo/taxpubs/tx96_686/tx96_686.html. Origen: Carole Keeton Rylander, Contralora de Texas (www.window.state.tx.us).

Selman named TBD chairman

Jim Selman of Gonzales, Texas, a commercial cattleman and industry leader, was recently named chairman of the Texas Beef Council (TBC) for its 2002 fiscal year. Selman represents the Independent Cattleman's Association on TBC's board.

The U.S. has 45 state beef councils, all of which are funded solely by beef producers through the \$1 beef checkoff program. Texas generates the most checkoff revenue of any state, about \$12 million per year.

By law, 50¢ of each dollar must fund national and international programs of beef research, education and promotion. TBC's board invests 26¢ of the other half dollar on additional national and international programs.

TBC operates on the remaining 24¢ to extend the national checkoff effort in Texas. With 20 million residents, Texas is the second most populous state behind California.

TBC's board of directors comprises 20 beef producers appointed by the nine Texas organizations involved in cattle and beef production. The board also includes two at-large directors who help assure representation of certain economic sectors or geographic regions.

The board meets quarterly to oversee and direct the Texas beef checkoff program.

Selman, a past president and state director of ICA, replaces Ken Jordan of San Saba as TBC chairman. Jordan

is an at-large member, representing the state's livestock auction markets. John Dudley, a registered and commercial operator from Comanche, was named vice chairman. He represents Texas and Southwestern Cattle Raisers Association on the board.

Selman, Dudley and Jordan will also serve on TBC's executive committee with Greg Davis of Pecos, a dairy producer and appointee of Dairy Farmers of America, and Clay Birdwell of Canyon, a cattle feeder appointed by Texas Cattle Feeders Association.

ELPD

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ing them with theft.

At 2:19 p.m., Officer Nelson was called to the 300 block of Burns in reference to a non-nocturnal skunk who had been seen walking around the residence. Officer Nelson eventually caught up with the sleep-walking skunk on College St. where he quickly put the skunk to sleep.

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Daniel Green	Values to	Now	\$21.99
Dexter	Values to	Now	\$39.99 to \$49.99
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Easy Street	Values to	Now	\$29.99 to \$39.99
Hush Puppies	Values to	Now	\$29.99 to \$39.99
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