



Pictured above are just a few of the many ladies involved in the Lenten Luncheons at the First United Methodist Church of Eagle Lake Fellowship Hall. Also pictured are some of the numerous who enjoyed the food and fellowship on Monday.

First Lenten Luncheon Well Attended

By Carol Cardenas
For those of you who missed the first Lenten Lunch at the Methodist Church on Monday, March 6 you missed a great time of good food, fellowship and a message from Rev. Ardie Nelson.

The morning started out with an array of delicious homemade soups by the United Methodist Women. There was also a sliced meat and cheese tray, along with crackers and cornbread. Iced tea and coffee were also served.

After the meal there was a short song session led by Don Bendy with piano accompaniment by Patty Stephens.

Those of us present were able to select which song(s) we wanted to sing. By the smiling faces all around, we all had a good time.

If you didn't get a chance to make the first one don't feel bad. The luncheons will be held every Monday through April 10.

There will be different speakers for every gathering and of course the soups, desserts and fellowship make it all worthwhile.

Don't forget your love offering as well. Proceeds go to the food pantry to help out those in our community in need.

Tips From Sally Garrett

County Extension Agent

Calcium Needed For All Ages

Calcium is a mineral that is famous for its role in keeping bones and teeth strong and healthy.

Research shows that consuming enough calcium during childhood an adolescence can help prepare strong bones for adulthood, says Sally Garrett, County Extension Agent - Family and Consumer Sciences.

Many people think that calcium is important only during childhood.

But new research suggests that calcium may help adults maintain their weight, control blood pressure and even prevent some forms of cancer.

"Unfortunately many of us, including children, teens and adults, aren't getting the recommended amounts of calcium that we need," says Jenna Anding, a nutrition specialist with Texas Cooperative Extension.

At a minimum, this is placing a large percentage of our population at risk for developing osteoporosis.

Dairy products such as milk, cheese, and yogurt tend to have the

highest amounts of calcium per serving.

Eating at least two servings of dairy products per day can help most adults get the calcium they need.

Children, teens and pregnant and nursing women need three or more servings.

A serving is equal to one cup of milk or yogurt, or 1½ ounces of natural cheese such as Colby, Swiss or cheddar.

People who don't consume dairy products can get calcium by eating sardines, dried figs, collard greens, corn tortillas and almonds.

However, the amounts of calcium per serving in these foods are less than dairy foods. Other good sources include foods that are fortified with calcium, such as orange juice, breakfast cereal and pasta.

Some people do not consume dairy products because they are lactose intolerant.

People with lactose intolerance have problems digesting lactose,

which is the main sugar found in milk.

For these people, dairy products may cause them to have unpleasant symptoms including gas, diarrhea and nausea.

Does this mean that people with lactose intolerance can't have dairy foods? "Not necessarily," Anding says. In fact, research suggests that many people with lactose intolerance can include dairy products in their meals and snacks.

In addition to consuming smaller portions, people with lactose intolerance can also try buttermilk, yogurt and aged cheeses such as Swiss, Colby and cheddar. Much of the lactose in those foods is removed during processing.

"The key is to experiment to see which foods a person can tolerate," Anding says.

For more information about increasing calcium in your meals and snacks, contact Sally Garrett, County Extension Agent, at 732-2530.



FNB To Host Silent Auction For Relay

Mark your calendars and make plans to stop by FNB's front lobby for its Silent Auction. The Posse is hosting their Second Annual Silent Auction on March 10. A wide variety of items and baked goods will be donated by team members.

The Posse has been participating in the Colorado County's Relay For Life, an American Cancer Society event, for the last two years and have won the bronze medal for its contributions. The team will be working hard towards their goal of \$4,290.

Medicare Prescription Network Aids Seniors

Some 869,265 Texans are now enrolled in prescription drug plans through Medicare, according to numbers recently released by the federal government. This number includes those signed up for stand-alone prescription drug plans and for Medicare managed care plans that include prescription coverage.

Of the 2,570,082 Medicare beneficiaries in Texas, some 60 percent (1,530,619 beneficiaries) now have some kind of drug coverage. "The savings that the new Medicare drug plans offer are real and worth the time and effort to understand," says Nona Bear, a nationally known advocate for seniors.

The Medicare Rx Access Network of Texas is calling on still-eligible Texans to learn about the program. Medicare expanded its benefits to include prescription drug coverage on January 1, 2006. This was the biggest expansion of Medicare benefits in the program's four-decade history. Medicare beneficiaries have until May 15 to enroll in a Medicare prescription drug plan to choose the lowest premiums

and best savings. "Reaching out to eligible beneficiaries in Texas about the new coverage has been no small task," says Bear. "Seniors should know there is still time to enroll, and that there is help available for selecting a plan that's right for them."

Prescription drug coverage is available to everyone in Medicare, regardless of income or how they get their Medicare coverage. In Texas, some 20 organizations offer stand-alone prescription drug plans, and at least 10 organizations offer Medicare managed care plans that include prescription coverage. Extra assistance is available to people in Medicare with limited incomes and resources.

Beneficiaries and their family members with enrollment and coverage questions can get assistance through a number of local, state and federal resources. Help is available by calling 1-800-MEDICARE or by calling 1-800-252-9240 to connect with local Area Agencies on Aging. Beneficiaries can also visit www.Medicare.gov.



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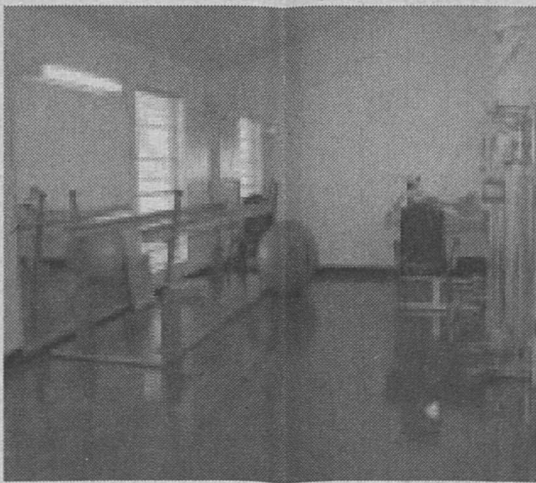
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