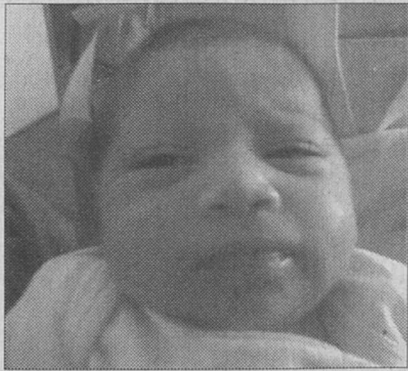


## New Arrivals



**Jayden Lynn Moreida**  
Juanisha R. Cooper and Aaron Lee Moreida announce the arrival of a daughter, born February 18 at

1:51 a.m.  
Jayden Lynn weighed six pounds, 15 ounces.  
Maternal grandparents are Theresa Cooper and Mychal Cooper.  
Paternal grandparents are Bruno D. and Brenda Lee Moreida of Eagle Lake.  
Great-grandparents are Hope and Robert Moreida of Eagle Lake and Ted Manciaz Jr. of Pocahontes, Arkansas and Pearl J. Manciaz of El Campo.  
Paternal great great-grandparents are Mateo Sr. and Effie Navarro of Eagle Lake and the late Ted Sr. and Emma Manciaz of Garwood.

## Tips From Sally Garrett

County Extension Agent

### Feast on Fiber for Better Health

Want to eat nutritious foods and reduce your risk of chronic disease at the same time? asks Sally Garrett, Colorado County Extension Agent-Family and Consumer Sciences. Try adding fiber-rich foods to your daily diet, recommends Jenna Anding, Ph.D., R.D., a registered dietitian and Extension nutrition specialist with Texas Cooperative Extension.

"Americans often fall short of meeting the 25 grams of fiber recommended by experts," says Anding. This is a concern because of the numerous health benefits associated with consuming a healthy diet that is rich in fiber.

"Most of us think of fiber as a single compound that is found in plants, but that is not exactly correct," notes Anding. In fact, the term fiber refers to a group of plant compounds; each with different functions and benefits.

They are often categorized as either soluble or insoluble. Soluble fibers from a gel when mixed with a liquid. When included as part of a healthful diet, soluble fibers can help lower blood cholesterol levels, thus reducing our risk for developing heart disease.

For individuals with diabetes, consuming adequate amounts of soluble fibers may help control blood sugar. Food sources of soluble fibers include dried beans and peas, oats, barley, and many fruits and vegetables including apples, oranges and carrots.

The other class of dietary fibers is known as insoluble fiber. Often called "roughage", this class of fiber helps give bulk to our stools, making it easier for the body to get rid of waste. Some forms of insoluble fiber may also have a protective effect against colon cancer. Food sources of these fibers include wheat bran, cauliflower, green beans and the skins of fruits and root vegetables.

Consuming adequate amounts of dietary fiber may have benefits other than a reduced risk of chronic disease. Dietary fiber, particularly insoluble forms, helps to soften and add bulk to waste in the intestine.

This makes stools softer and easier to eliminate, thus helping to prevent constipation as well as the discomfort that goes with it. For individuals watching their weight, consuming foods rich in fiber help us feel full longer, helping to reduce food intake.

Most Americans will unlikely benefit from increasing their intakes of dietary fiber, especially if fiber-rich foods are added in place of foods that are high in saturated fat or refined

carbohydrates. To add more bulk to your diet, Anding offers the following tips:

Choose a variety of plant foods, including 5 servings of fruits and vegetables each day.

Choose whole grains such as 100% whole wheat bread, whole-wheat pasta, or brown rice when possible.

Eat cooked beans and peas at least twice a week.

When possible, enjoy fruits and vegetables with the edible skins on.

All fibers, soluble and insoluble, are healthful so don't worry about keeping track of how much of each type you consume. The key is to eat a variety of fiber-containing foods. In addition, when increasing fiber intake, be sure to do it slowly.

Otherwise, cautions Anding, "one might experience some unpleasant side effects like bloating and excess gas." Anding also recommends that individuals increasing their fiber intake also increase their consumption of water and other fluids to avoid constipation. Older

Americans and individuals who have had surgery on their stomach, intestines, colon, or rectum should check with their doctor before adding more fiber to their diets.

Can a person get too much fiber? According to Anding, the answer is yes. Consuming more than 50 grams of fiber a day may reduce the amount of vitamins and minerals absorbed by the body. However, for most Americans this is unlikely given our typical eating habits.

For children, too much fiber in their diets may cause them to become full too fast, thus reducing their intake of other nutritious foods. The recommended amount of fiber for a child can be estimated by taking the age of the child and adding the number 5.

To learn more about dietary fibers, contact Sally Garrett, Colorado County Extension Agent at 732-2530.

## Obituaries



**Jimmy Hurd**

Jimmy Hurd passed away March 6.

On November 22, 1950 Jake and Lillie Mae Hurd were blessed with a baby boy named Jimmy. He was the last of six children, and was reared by Eddie and Laura Hurd.

He grew up and attended public school in the Eagle Lake community. Jimmy graduated from Eagle Lake High School in 1969.

He confessed to Christ at an early age and was a faithful member of the New Union Missionary Baptist Church in San Antonio until his departure.

Jimmy was an entrepreneur and loved to cook and entertain people. He was united in holy matrimony to Lois, and to this union two children were born.

He was preceded in death by his father, reared father, two aunts, and two uncles.

Left to cherish his memories are his mother, Lillie Mae Hurd; his reared mother, Laura Hurd of Matthews; three children, Jeremy Hurd (Santitra), Jessica Hurd of Houston and Nicole Flowers of Eagle Lake; two brothers, Allen Ray Hurd (Arlita) of Houston and Roscoe Hurd of Cibola, Texas; six sisters, Joyce Rhodes (Arthur), Wilma Shorter, Jewel Lewis, Pearl Ford (Cleven) and Geraldine Edwards of Matthews and Corine Crosby of Houston; three aunts, Doris Johnson of San Antonio, Laura Henry and Ethel Henry of Matthews; a dear friend, Brenda Vera of San Antonio; four grandchildren, Taylor, Jaylon, Jerami and Gerrin; and a host of nieces, nephews and friends.

Funeral services were held Saturday, March 11 at 11 a.m. from Providence Baptist Church in Eagle Lake with Rev. Howard Newton, Pastor of New Union Missionary Baptist Church officiating. Interment followed in Union Hill Cemetery in Matthews. Final arrangements were entrusted to Ben Davis Funeral Home in Columbus.

Pallbearers were John Allen Jr., George Black, Creed Henry, Ronnie Carroll, Marvin Sims, Herbert Ashton, Jonathan Tillman and Kenneth Prince.

Honorary pallbearers were Arthur Ray Rhodes, Michael Rhodes, Roscoe Hurd, Jarod Hurd, Dewayne Hurd, James Rhodes, Jeremy Hurd, Allen Hurd, Shawn Hurd and Dwight Hurd.

Sympathy is extended to the family

**BEN DAVIS FUNERAL HOME**  
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**Patricia Lynn Clark Walters**

Patricia Lynn Clark Walters, 71, passed away Friday, March 10, at her home in Houston, after a courageous and graceful battle with cancer.

Pat was born on November 8, 1934, in Eagle Lake to George and Pauline Clark. We will always remember Mom's grace and beauty inside and out and her unwavering devotion to her family. She will be forever in our hearts.

Pat is survived by her mother, Pauline Austin Clark of Eagle Lake; brother, Jim Clark of Eagle Lake; daughter, Lori Leatherwood, and husband, Del of Houston; sons, Mike Thomas and wife, Joan of Houston, Geryk Thomas and wife, Shyree of Lake Conroe, Patrick Thomas and wife, Michelle of Houston; stepdaughters, Jana Walters of Fort Worth, Sharon Kuykendall and husband, John of Irving; Kelly Harmon and husband, Lenny of Houston; grandchildren; Matt Leatherwood, Lorin Leatherwood, Chad Thomas, Courtney Thomas, Christian Mazzini, Ethan Thomas and Damon Kuykendall. She is also survived by brothers-in-law Tom Walters, Floyd Walters, Noel Walters and wife Annie Mae, and Brian Walters and their families and many other relatives and friends.

Her husband of 26 years, Mike Walters, her father, George M. Clark, and her grandparents, Tom and Ethel Austin, and Oscar and Mary Clark preceded Pat in death.

Funeral services were at 11 a.m. Monday, March 13, at Eagle Lake Funeral Home. Interment followed at Lakeside Cemetery. Eagle Lake Funeral Home was in charge of arrangements.

Pallbearers were Del Leatherwood, Matt Leatherwood, Christian Mazzini, Lenny Harmon, H. L. Austin, and Timmy Austin.

Honorary pallbearers were Norman Clark, Greg Clark, Roger Clark, John Kuykendall, Gregory Clark, Glendon Walters.

A special thanks to Dr. Barry Siller and his staff for their compassionate care of Mom during the past year and to the many supportive friends and family members.

Sympathy is extended to the family in their loss.

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funeral home

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### Value of Creams for Stretch Marks

Stretch marks in the skin are a result of rapid weight gain or loss or certain diseases or conditions that cause rapid stretching of the skin. Such marks are most commonly found on breasts, hips, thighs, buttocks, abdomen and flank, and are often associated with pregnancy. These marks look like bands, stripes, or lines on the skin and initially are red, thin, and glossy. Over time, the marks become whitish and resemble a scar. Stretch marks can also be depressed and differ in texture from the surrounding skin.

There is much debate among dermatologists as to whether stretch marks can be prevented. Some health experts feel that family history is the most predictive factor for stretch mark formation. There are currently a number of creams sold over-the-counter to prevent and treat stretch marks. Most of these products contain vitamin E, shea butter, and other ingredients which are promoted to enhance the production of collagen. Unfortunately, use of these creams has failed to show reliable prevention of stretch mark formation. The best prevention method is to try to avoid rapid weight gain or loss if possible. When stretch marks occur, they often disappear when the cause of stretched skin is no longer present.

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### Attend the Church of Your Choice...

EQUIPPERS OUTREACH FELLOWSHIP INTERNATIONAL: 200 N. College, Weimar, Texas 78962; 979-725-8233; Pastor Jerry Adkins.  
GREATER RISING STAR BAPTIST CHURCH: 580 Old Altair Road, Eagle Lake; Rev. Truman Scott Sr., Pastor; 234-2423 or 758-3745.  
GREATER UNION BAPTIST CHURCH: Matthews Community, Co. Rd. 141; Rev. Lawrence C. Robertson, Pastor; 234-2581.  
MT. CARMEL MISSIONARY BAPTIST CHURCH: Hwy. 90-A (Pecan Valley), Eagle Lake; Rev. H.O. Williams, Pastor; 234-5813.  
LIVING HOPE CHURCH: Eagle Lake; Revs. Joe and Mercy Fling; 234-5536.  
BEREA CLADIC: 623 Maple Avenue, Eagle Lake; 234-2130.  
ROCK ISLAND FULL GOSPEL: P.O. Box 232, Rock Island; 234-5840.  
CHRISTIAN CITY FELLOWSHIP: 1140 Meyer, Sealy; Rusty Griffin, Pastor.  
THE DAY OF PENTECOST APOSTOLISTIC REVIVAL RISING STAR: FM 102 South, Matthews; 4 p.m. (at Mt. Zion), Rev. R.L. Carter Sr.  
GREATER NEW FAITH CHURCH: 6406 Guyler, Wallis; Rev. Clay Spears, Pastor; 979-478-2169.  
EAST BERNARD FIRST BAPTIST  
FIRST BAPTIST: 527 N. Lake, Eagle Lake; Rev. Chris Thacker, Pastor; 234-2571.  
FRIENDSHIP BAPTIST: 405 S. Lake, Eagle Lake; 234-5795.  
IGLESIA BAUTISTA GETSEMANI: 901 B Street, Eagle Lake; Rev. Mario Vasquez.  
GREATER MT. OLIVE BAPTIST: Rev. Thomas Kuykendall; 705 Lake, Eagle Lake; 234-3545.  
WRIGHT GROVE BAPTIST: Rev. T.J. Cunningham Jr.; Altair.  
PROVIDENCE BAPTIST: 1207 Seaholm, Eagle Lake; Rev. Coby Shorter Jr.; 234-3735.  
CHRIST EPISCOPAL CHURCH: 306 E. Stockbridge, Eagle Lake, 234-3437.  
ROCK ISLAND BAPTIST: Bob Allison, Pastor.  
SHERIDAN FIRST BAPTIST: FM 2437; Rev. Jim Dunn, Pastor; 234-3136.  
WHITE CLOUD BAPTIST CHURCH: 202 Old Altair Road, Eagle Lake; Rev. Obie Rhodes, Pastor; 234-3800.  
CHURCH OF CHRIST: Sheridan.

NEW LIFE FELLOWSHIP: Hwy. 90A, Sheridan; Del Sanford, Pastor; 234-3276.  
CHRIST OUR REDEEMER-Charismatic: Jerry C. McKinney, Pastor; 979-478-7534 or 478-6512.  
HOLY CROSS CATHOLIC CHURCH: East Bernard.  
CATHOLIC PARISH OF THE NATIVITY: Our Lady of Perpetual Help Sanctuary: 308 N. Stevenson, Eagle Lake; 8 a.m. (Español), 10 a.m. (English), Rev. Eddie Winkler, P.O. Box 307; 234-2842.  
ST. MARY'S CATHOLIC CHURCH: Box 97, Nada; Rev. Joseph Koebel; 758-3218.  
GRACE LUTHERAN: 408 N. Stevenson, Eagle Lake; Services begin at 10 a.m.; Rev. Clements Richard, Pastor; 234-3381.  
LEHRER MEMORIAL UNITED METHODIST: Garwood; 9 a.m. worship.  
LISSIE UNITED METHODIST: J. L. Craft, Pastor; 234-2112, Lissie.  
ROCK ISLAND METHODIST: Ken Sells Jr. Lay-Pastor.  
UNITED METHODIST: 200 W. Prairie; Sunday School 9:30 a.m., Worship, 10:45 a.m.  
FIRST PRESBYTERIAN: 106 E. State Street, Eagle Lake; 234-3368.  
VINE OF THE LORD: 1300 E. State Street, Eagle Lake; Rev. Paul Aguilar, Pastor; 234-7543.  
CrossRoad ASSEMBLY OF GOD: 510 Wallace, East Bernard; Pastor George Kutach; 979-335-7706.  
THE CHURCH OF CHRIST OF LATTER-DAY SAINTS: 600 W. St., Sealy; Marshall Crosby, Branch Pres.  
CHURCH OF CHRIST: 815 Milam, Columbus; Lynn Wilson, Minister.  
THE SHEPHERD'S WAY: Interdenomination Christian Fellowship; 1225 Eagle Lake Road, Sealy, Frank Lucas, Pastor; 979-885-1225.  
SOUTH POINT BAPTIST CHURCH: 6407 Hwy 71-S, Garwood; 979-758-3039; Pastor Dave Curry.  
ASEMBLEA DE DIOS HOSANNA: 403 East Main, Eagle Lake; 979-732-1966; Pastor Romero Rodriguez Jr.  
BIBLE TRUTH APOSTOLIC CHURCH: Corner of S. Wharton & E. First St., El Campo; Pastor Larry T. Smith; 979-543-2331.

### Bible Verse of The Week

"In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you."

John 14:2

Submitted by Carol Cardenas

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