

## Tips From Sally Garrett

County Extension Agent

### Meal Planning Can Help Reduce Costs and Stress:

More than half of the adults in the United States are overweight or obese. Many children are also overweight says Sally Garrett, County Extension Agent Family & Consumer Sciences. One possible cause is that many Americans do not understand and/or follow the guidelines for choosing

healthy foods to meet their physical needs.

When you do not plan meals effectively or at all your diet quality often suffers. The temptation to go out for a quick burger and fries or pizza can be difficult to overcome and may result in a meal that is more expensive than a dinner cooked at home.

Meal planning may take some time initially, but it saves time in the long run, and it often gets easier with practice. The U.S. Department of Agriculture's new food guide pyramid, called MyPyramid, can be used to plan healthy meals. By following the recommendations for the various food groups on the pyramid you can serve nutritious and cost saving meals:

Make half of your daily grains whole at least 3 ounces of your daily grains need to be whole grain.

Vary your veggies eat more dark-green and orange veggies and more dry beans and peas.

Focus on fruits eat a variety of fruit; choose fresh, frozen, canned or dried fruit; and go easy on fruit juices.

Get your calcium-rich foods go low-fat or fat-free when choosing dairy products. If you can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Go lean with protein choose low-fat or lean meats and poultry. Bake, broil or grill it and vary your protein routine by choosing more fish, beans, peas, nuts, and seeds.

Planning meals will also help you save money, make your diet more healthful and reduce stress at dinnertime. There are six steps to

successful meal planning:

Plan a menu based on MyPyramid.

Write a shopping list.

Shop for the best food buys.

Store and prepare food properly to prevent food spoilage and avoid foodborne illness.

Serve appropriate and healthful food portions.

Enjoy your dinner.

For further information contact the Colorado County Extension office at 979-732-2530.

## Wrongfooters To Present 'The Write Way'

"The Wrongfooters" of the Community Theatre of Wharton will present Marc Sangalli's original comedy The Write Way, the tale of a novice writer hilariously exploring the treacherous waters of the publishing world, week-ends March 31 through April 9 at the Plaza Theater.

Curtain time is 7:30 p.m. on Fri-

days and Saturdays and 2:30 p.m. on Sundays.

Tickets are \$10 for adults and \$5 for full-time students age 22 and under.

For reservations or additional information, call 979-282-2970 or visit [www.whartonplazatheater.org](http://www.whartonplazatheater.org).

The event is a FUNd raiser for the restoration and expansion of the historic Plaza Theater on Wharton's downtown square.

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#### PACKER BULLS

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|----------------------|-------|
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|-------------|---------|---------|
| 200-300 lbs | 165-195 | 140-163 |
| 300-400 lbs | 148-170 | 123-143 |
| 400-500 lbs | 130-148 | 115-129 |
| 500-600 lbs | 116-129 | 108-115 |
| 600-700 lbs | 105-115 | 95-104  |
| 700-800 lbs | 92-103  | 82-92   |

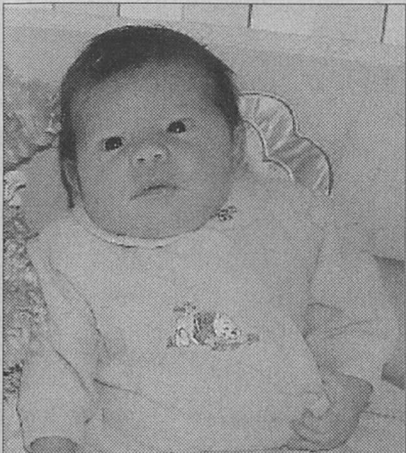
#### HEIFERS

|             | #1      | #2      |
|-------------|---------|---------|
| 200-300 lbs | 150-175 | 140-150 |
| 300-400 lbs | 135-145 | 118-133 |
| 400-500 lbs | 123-137 | 110-122 |
| 500-600 lbs | 112-125 | 103-112 |
| 600-700 lbs | 92-108  | 84-91   |
| 700-800 lbs | 86-94   | 78-85   |

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| Medium Cow/calf Pairs         | 675-845  |
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| Good Stocker Cows & Heifers   | 675-850  |
| Medium Stocker Cows & Heifers | 525-660  |

## New Arrivals



**Natalie Elizabeth Sommerlatte**  
Ladies and gentlemen, weighing in at 9 pounds 5 ounces, measuring 21 inches long and a healthy set of lungs, Natalie Elizabeth Sommerlatte was born March 3 to Joey and Amy Sommerlatte of Tacoma, Washington.

Maternal grandparents are Joe and Marilyn Harlin of Monroe, Washington. Paternal grandparents are Pedro and Hortencia Sommerlatte of Eagle Lake.

Great grandparents are Bud and Delores Harlin and George and Dorothy Smith of Washington State.

Great-grandparents from Eagle Lake are Simona and Charles Girtman and the late Leroy Joe Sommerlatte. Also Julia Barrios and the late Alcario Barrios Sr.

Joey is away on his second tour of duty in Iraq. He left on January 10 and should be back in October. Keep him and all our military personnel in your prayers.

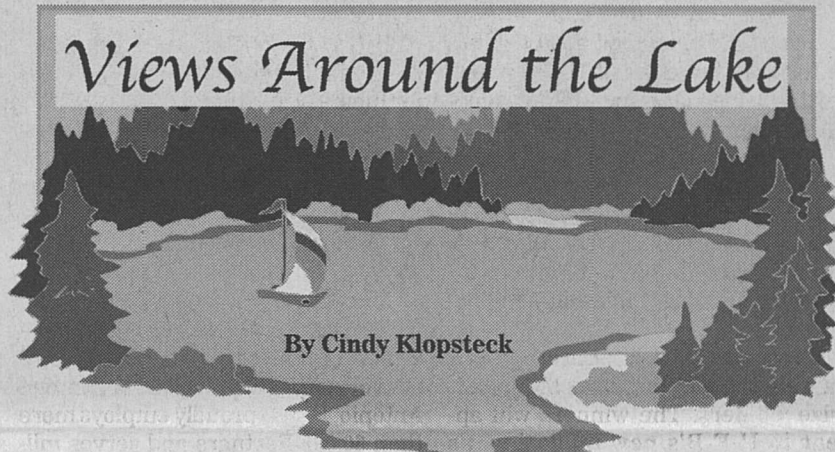


## Spencer, Black To Wed

Mr. and Mrs. Gary Spencer of Pearland are proud to announce the engagement of their daughter Elizabeth Suzanne to Byron James Black, son of Mr. and Mrs. Larry Broesche of Eagle Lake and Mr. and Mrs. Tom Black of Markham.

Byron is the grandson of Ronald and Betty Janow of San Antonio and great-grandson of Pearl Ulrich and the late Walter F. Meitzen.

A June 17, 2006 wedding is planned at Holy Cross Catholic Church in Bay City.



"Every morning I awaken torn between the desire to save the world and the inclination to savor it..." —E.B. White

We are in mid-Lenten season. As a non-Catholic Christian, I commemorate this special time of year personally in my faith, but also because it ushers in the spring season of promise and renewal. Instead of necessarily "giving up" something for Lent I lean toward the idea of "adding" something good, vital and promising to my life.

However, the majority of my friends are Catholic, so with them I attempt to give up something that's not good for me anyway.

This year I gave up chips and deserts when at home. (Note how this keeps the door open for chips and salsa and sopapillas when I'm at a good Mexican restaurant.)

My friend considered my penance, said it sounded good to her — "Oh, I can do that - that's a good one" - and is attempting the same.

I realize this is not quite the true suffering Lenten spirit. A second

faithful friend calls it "selective sacrificing."

In contrast, adding to one's life - expanding your depth, intellects, joy, empathy, giving of self - benefits not just the giver but also the person to whom you extend it.

I'm personally making more time for meditation and self-study, as well as Christian study.

More time for good reading and writing, more time for true reflection and, at the end of a long day, knowing there is satisfaction in enjoyment of the small things, the simple moments.

With spring's arrival that includes the singing birds, the blooming flowers, the greening of grass and the long-anticipated arrival of some spring rains. Knowing every moment of our limited existence is truly lived and savored.

So certainly live your personal faith in the expression of your choice during the Lenten season.

But with the burst of spring and renewal of life, I agree with the simple message of writer Rainar Rilke and repeat it as my spring mantra: "...life is in the right, always. Let life happen to you."

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## Class Of 1995 Reunion To Be May 6

I know many of you have been eagerly awaiting news about our rumored reunion—well, the ball's finally rolling! Please help spread the word that it will be held the first weekend in May (May 6) in Eagle Lake.

The reunion will consist of two separate events. First, we will gather for an informal outdoor BBQ in the park in Eagle Lake from 12 p.m.-4:30 p.m. So, bring the kids and your appetite to the gazebo area! The second event will be at the Farris Hotel later that night. Find a babysitter and head over to the Farris at 7:30 p.m. for drinks and good conversation!

For more details and to RSVP, please contact Shea McClanahan with your name, address, phone number, e-mail address (important!), and the number of BBQ plates. While anyone is welcome to just show up the day of the event, in order to reserve food, you MUST RSVP to me by no later than April 28.

Hope to see you all in a few months!



## Stevens Nursing and Rehabilitation

a 190 bed licensed facility, provides 24 hour nursing care and comprehensive rehabilitation services. The facility emphasizes physical, occupational, speech, IV, wound and respiratory therapies to promote strength and independence. Many of the residents have been able to return home after receiving rehabilitation therapy.

Nestled among the rolling hills and picturesque country-side of Hallettsville, Texas lies Stevens Nursing and Rehabilitation; a facility with roots as deep as the majestic trees that line the streets in the quaint city of 2,345. Stevens has been the facility of choice for generations of families in Lavaca County and the surrounding areas. The facilities' reputation for old-fashioned, personalized care continues along with its emphasis on the most up-to-date technological and medical advances in long-term and rehabilitation care.

Stevens prides itself on meeting the physical and social needs of the residents, which is why community and family members are included in the overall care of the residents. In addition to nursing services, Stevens also provides:

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