

# Confederate Daughters Report On Activities

By Recording Secretary, Sarah Uzzi  
The Shropshire-Upton Chapter #361 of the United Daughters of the Confederacy met at 2 p.m. at the home of Millycent Cranek. The ritual was led by President Cranek. Dorothy Albright led the pledge to the United States flag. Joyce Stancik led the salute to the Texas flag, Ernest Mae Seaholm led the salute to the Confederate flag.

President Cranek led the report of the officers. Vice-president Sarah Uzzi announced there are three new pens honoring the Children of the Confederacy. See Uzzi for the information on these. Cranek, third vice-president reported on the Children of the Confederacy. Our chapter is hosting the state convention this summer. The chapter needs to supply the meal for one evening.

Recording Secretary Dorothy Stumer read the minutes for the last meeting. Corrections were made and it was approved as corrected. Sonya Saul gave the treasurer's report. Kitty Benson, the historian, gave a report from the UDC magazine from the March issue. Jennie Sue Muggli, reg-

istrar, was absent, but sent the report that member charges have gone up. Recorder of Crosses, Uzzi, reported the crosses for the May service have arrived. Museum Wall Chairman, Uzzi, needs names and applications for the Museum Wall.  
Benson presented the program on the Altizer family who is her ancestor. She told of seven family stories about

the emigrant ancestor. The Altizer family was on good terms with the Pilcher family who came with the ancestor on the same ship. Christian Altizer was a shoemaker. Two young men fought in the Revolutionary War. There is lots of confusion of the spelling of the name due to handwriting on census records. However, the original name was spelled Altizer.

The next meeting will be held at the Nesbitt Library May 11. Division President Janice Langford will lead the Cross of Military Service.

Cranek thanked the hostesses. They were Cranek, Paula Stein, Jayne Easterling and Uzzi. Meeting adjourned and refreshments were enjoyed.

## Colorado County Extension News by Sally Garrett

### Women and Heart Disease

A little over half of women know the leading cause of death for women is heart disease. Almost 500,000 women die from cardiovascular diseases, while 270,000 women die from all forms of cancer combined, says Sally Garrett, Colorado County Extension Agent - Family & Consumer Sciences.

Because so many studies are reported in the news-some with conflicting findings-about half of women report being confused about how to

reduce their risks for heart disease. Experts at the National Institutes of Health agree, however, there are five essential things women can do to reduce their risks, even if they know heart disease runs in their family:

1. Do not smoke, and, if you do, quit. Keep trying even if you have tried many times. Ask your doctor about nicotine patches. Use the counseling offered by the National Cancer Institutes at 1-877-44U-QUIT.
2. Aim for a healthy weight.
3. Become more physically active. Aim for 30 minutes on all or almost all days each week. Walking is a great

way to be active, whether walking indoors on a treadmill or outside.

4. Eat smart. Choose a diet low in saturated fat, trans fat and cholesterol, and moderate in total fats.

5. Know your blood pressure, total HDL and LDL cholesterol, and blood glucose. Ask your doctor to do these tests and to inform you as to whether or not the numbers are within the recommended limits. Ask what you need to do if your numbers are outside the recommended range.

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

### Catholic Daughters Report On Recent Retreat

Olga Samaniego of El Paso, state regent of the Catholic Daughters of the Americas, was the presenter of a multi-district retreat in East Bernard. The theme was "The Steadfast Heart."

The retreat was held Saturday, April 8 and hosted by Court St. Bernadette #1108 of District #28, in the educational building of Holy Cross Catholic Church.

Terrie Vacek, Regent of Ct. St. Bernadette #1108 and District Deputy #28, welcomed attendees from Districts 10, 14, 28, 29, 34, 37, 38, 45, and 46 and then presented the Morning Prayer.

Retreat participants came from Blessing, Bay City, Crosby, Eagle Lake, East Bernard, Highlands, Houston, Missouri City, Palacios, Pattison, Rosenberg, Sealy, Spring, Victoria, and Wharton.

Monica Kubena, a member of #1108, spoke to the group of 125 on Faithfulness and Blessings as she recaptured the ordeal of her family in dealing with her twins, Sara and Tara, having cancer in 2001 and then the recurrence of cancer in Tara. The Kubena family received the Extreme Makeover house in January, 2006.

Reverend Donald Ruppert, State Clergy Consultant, spoke on "The Steadfast Heart of Jesus." Shannon Pickard, author of The Choice is Yours, spoke on "It's All a Gift from God."

The Holy Cross Youth Choir, under the direction of CDA members Dianne Viktorin and Janice Polak, entertained the group with religious vocals during lunch, which was prepared by the Knights of Columbus and Court #1108 members.

To begin the afternoon session, five #1108 CDA members enacted the story "The Three Trees".

Samaniego, state regent, presented the retreat on "The Steadfast Heart." Questions answered and discussed included these: What is holding me back from surrendering to God completely? Where is my focus? What is the Lord truly calling me to do?

Retreat participants then engaged in an outdoor Living Rosary prior to the Palm Sunday Procession at the Church Grotto. East retreat participant was given a 'Jesus in the Garden' Holy Card, compliments of St. Bernadette.

The retreat closed with the 5 p.m. Palm Sunday Mass with the reception of sixteen new members from four different courts who were being formally received into the order.

## Obituaries



### Elsie Marie Janak Drake

Elsie Marie Janak Drake, 70, of Wharton, passed away April 17 in Wharton.

She was born September 29, 1935 in Damon, Texas the daughter of Frank L. and Annie Kveton Janak.

Elsie was employed as an operator for Southwestern Bell. Preceded in death by her husband; parents; and a sister, Sophie Janak; survivors include her sister and brother-in-law, Elvina and Daniel Maretko of Wharton.

Graveside services were held Friday, April 21 at 3 p.m. from Lakeside Cemetery in Eagle Lake with Rev. Buzz Synder officiating. Eagle Lake Funeral Home was in charge of arrangements.

Pallbearers were Calvin Harris, Butch Meyer, George Perry, Johnnie Kujawa, Alvin Kocurek and Frank Navarro.

Sympathy is extended to the family in their loss.



### Elida Saucedo Gonzales

Elida Saucedo Gonzales, 61, passed away Friday, April 21 in Richmond, Texas.

She was born December 17, 1944 in Eagle Lake the daughter of Vicente, Sr. and Guadalupe Pena Saucedo.

Elida grew up and attended school in Eagle Lake.

She married Joe Garza Gonzales on June 4, 1961 in Brookshire. They made their home in Brookshire and were members of the Sacred Heart Catholic Church in Pattison.

Joe preceded Elida in death on September 21, 2005 after 44 years of marriage.

Her parents also preceded in her death.

A loving wife, mother and grandmother, Elida treasured the time she was able to spend with her family. She enjoyed being a homemaker, knitting and crocheting, and was a member of the Catholic Daughters.

She is survived by her daughter, Mary Bledsoe and husband, William, of Katy, Beverly Ebarra and husband, Benny, of Brookshire and Kathy Gonzales of Columbus; son, Joe Gonzales, Jr. and wife, Sandra, of Brookshire; brothers, Louis Saucedo and wife, Amelia, of Dallas, Vicente Saucedo Jr. of Rosenberg and David Saucedo of Eagle Lake; sisters, Olga Chavez and husband, Roger, of Rosenberg, Yolanda Morales and husband, Joe, of Needville and Diana Naranjo and husband, Rafael, of Rosenberg; eight grandchildren; one great-grandchild; and many other dear friends and relatives.

Funeral mass was held Tuesday, April 25 at Sacred Heart Catholic Church in Pattison with Father David DuBois celebrant. Interment followed in Pattison Cemetery. Schmidt Funeral Home in Brookshire was in charge of arrangements.

Pallbearers were Christopher Gonzales, Jacob Gonzales, Marcus Gonzales, Michael Estrada, Alfred Gonzales Jr., and David Gonzales.

Sympathy is extended to the family in their loss.

### RHS 1995 Class Reunion April 28

This is your last chance to RSVP! for the Rice High School Class of '95 Reunion to be held Saturday, May 6, at the Eagle Lake City Park Gazebo from 12:30-4:30 p.m., and The Farris Hotel from 7:30 p.m.-?

RSVP to Shea McClanahan (sheabird17@hotmail.com) or 512-585-5613 by no later than April 28.

The date is fast approaching! If you plan to attend the BBQ at the city park on May 6, you MUST RSVP with the number of plates by THIS FRIDAY, April 28. Otherwise, you are welcome to attend but should not expect to eat. Please bring folding or lawn chairs if convenient.

See you soon!

## Pharmacy & Your Health

### EAGLE LAKE DRUGSTORE

Steve K. Balas, RPH

702 South McCarty • Eagle Lake • 234-2502

•Patient Counseling • We Accept Master Card, VISA, Discover & American Express

•Insurance Plans: Blue Cross, NPA, PCS, Pro-Serve, Sanus, PAID, Texas Medicaid

24 Hour Emergency Phone: 234-3834

### These Drugs Help Lower Blood Pressure

Angiotensin-converting enzyme (ACE) inhibitors are a group of drugs used primarily to lower high blood pressure. Examples include benazepril (Lotrel®), captopril (Capoten®), enalapril (Vasotec®), lisinopril (Zestril®), perindopril (Aceon®), quinapril (Accupril®), and ramipril (Altace®). Some of the ACE inhibitors are used following a heart attack to increase survival and slow down the weakening of the heart. They are also sometimes used to help protect the kidneys. Lastly, some ACE inhibitors are used to treat heart failure.

Unfortunately, around 10 % of those who take one of these drugs experience cough as a side effect. The cough is usually not dangerous and is characterized as dry and persistent. It usually goes away when the drug is discontinued, but it may take a while for the cough to stop completely. It is also important to note that if one ACE inhibitor causes cough, it is likely that the others will also, therefore, switching from one drug in this class to another may not be the best solution.

Colorado County Fair's 3rd Annual  
**CAJUN CAJUN FEST**  
Scholarship Benefit Auction  
**Friday, May 5**  
Colorado County Fairgrounds  
Bouncin' Buddies for the Kids!  
ALL YOU CAN EAT  
**CRAWFISH**  
Serving 6:30 - 9 p.m.  
Beverages Provided  
Tickets \$25 Pre-Sale Only  
Includes Dinner & Dance  
For tickets and information call 979-234-5981

Auction 8:30 p.m.  
Items include:  
Picnic table donated by Columbus FFA; One week in Galveston (up to 7 days) 2 bedroom condo donated by Dave and Jane Meldahl; Presidential condo in Branson, Missouri donated by Dave and Jane Meldahl; Outdoor fire pit donated by Henry and Rhonda Schneider; Jewelry donated by Colorado County Fair Rodeo Committee and Plants donated by Columbus FFA

Dance to the Music of Charles Thibodeaux and the BAYOU CAJUN BAND 'til Midnight

## Car Seats Reduce Accident Injuries

The widespread use of children's car seats has reduced the number of injuries and fatalities on American roads, but a national insurance program for educators says more needs to be done.

"Every state requires that children under the age of 4 are secured while riding in a car," noted Ray Palermo, director of public information for Teachers' Insurance Plan. "Yet despite the laws and warnings, car crashes are still the single largest cause of death among children under the age of fourteen." It is estimated that half of the approximately 1,500 fatalities each year could be prevented with the proper use of a child car seat.

Although State laws vary and parents should check to ensure they are complying with all local regulations, Teachers' Insurance Plan offers these general guidelines for parents to help ensure their child is safe and secure.

Start Out Right: The best way

to get children in the habit of using safety restraints is to learn from their parent's example. The driver, all adult passengers and all infants and children should be safely secured before starting the engine.

**Infants Up to 20 Pounds:** Infants from birth to 1-year old and under 20 pounds in weight should be secured in an infant car safety seat on the back seat of the vehicle, facing the rear. This avoids injury from an inflated airbag and will be less of a distraction for the driver. If your vehicle does not have a back seat, deactivate the airbag for that trip, but be sure to reactivate it when an adult is the passenger.

**Infants 20+ Pounds:** Infants from birth to 1-year and more than 20 pounds should be either secured in a convertible safety seat or in an infant seat approved for their weight. The seats should be secured on the back seat of the vehicle, facing the rear.

**Children 20 to 40 Pounds:** Chil-

dren older than 1-year who weigh 20 to 40 pounds should be secured in a child safety seat on the back seat of the vehicle, facing forward.

**Children 40+ Pounds:** Children who have outgrown their child safety seat, but are still too small (less than 4'9") to use the standard adult safety belt in the car, should use a booster seat. The lap belt should sit across the hips and the shoulder belt should not cross the neck or face.

**Teachers' also offers these cautions:** Be sure to read the manufacturer's instructions on proper installation or check with your local police or fire department, who are often certified to inspect car seats. When buying a car seat, look for the DOT tag. Do not use a car seat that is broken or missing parts.

Subscribe Today!

Advertise your business **HERE** by calling 979-234-5521 or e-mail us at eaglelakeheadlight@sbcglobal.net for more details.



Member F.D.I.C. Bank of Friendly Service Eagle Lake

### Lissie Flying Service

Farmer to Farmer Agriculture Flying

Lissie, Texas 234-2482

It's not too late, a subscription is a great birthday or graduation present for everyone. Call or email, eaglelakeheadlight@sbcglobal.net for our current rate for your town.

## Eagle Lake Headlight

220 E. Main "Your Hometown Newspaper" 234-5521

### 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.  
ASSEMBLEA 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

"If I speak in the tongues of men, and of angels, but have not love, I am a noisy gong or a clanging cymbal."

I Corinthians 13:1 Submitted by Neddy Phillips

## ALL AROUND COWBOY CHURCH

2551 Hwy. 36 North • Sealy

Everyone is WELCOME

A come as you are Church.

Sunday 10 a.m.; Bible Study, 6 p.m.; Wednesday, 7 p.m.

Pastor: Sonny Rice

979-885-2799