



Fajikus 50th Anniversary

Mr. and Mrs. Jerry Fajkus celebrated their 50th wedding anniversary September 24. The couple was honored with a reception and dinner at the K.C. Hall meeting room in Columbus. The event was highlighted by a DVD set to music of the past 50 years of the couple's life beginning before the wedding. The DVD was presented by Portwood Productions and was a gift from the couple's children, Jerry Fajkus, Jr. and wife, Carol Fajkus and Suzanne and Pat Pavlu. Jerry Fajkus and Annette Jares were married September 24, 1956 at Sacred Heart Catholic Church in Hallettsville by the Rev. Alois Morkovsky. They moved to Eagle Lake in February 1957 and resided there until September 1998 when they moved to Columbus. They have four children, eight grandchildren and one great-grandchild.

Defensive Eating Tips For The Holidays

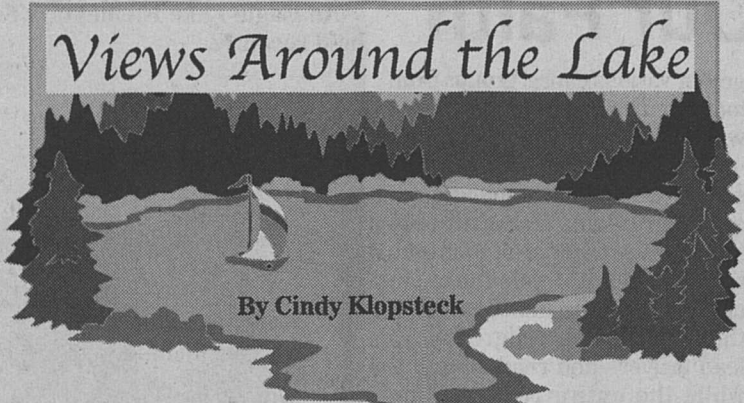
By Caroline J. Cederquist, MD

You know it's coming. Everywhere you turn, there are sweets and treats and indulgences: next to the checkout register, in the breakroom and on desks at work, and on every end table and countertop at every home you visit. When you're not having something waved under your nose, you're rushing around with the shopping and errands and preparations, probably not taking the time you need to get a proper meal. But then during the holiday season, big, abundant, sit-down dinners are likely to make their way into the schedule of even the most harried and hurried among us. With all that to contend with, many people find the temptations too much to bear, and simply give up on healthy eating altogether during the holidays. But don't surrender! If you recognize going in that these challenges will be there, and arm yourself accordingly, it needn't be the fight of your life just getting through to January. A defensive attitude Perhaps the most important attitude adjustment is to be sure that you're thinking of yourself not as a person who is trying to lose weight or even someone trying to avoid junk. If you're trying to eat better and get healthy, then think of yourself as a person who eats well and makes healthy choices. Successful people do what successful people do. When you walk in to work first think in the morning and you're faced with a plate of frosted candy-cane cookies, just recognize that healthy-eating people such as yourself just don't eat that sort of thing for breakfast. Smile, nod and keep walking. It also helps to be forearmed with a few defensive thoughts to call up in case someone brings that plate of cookies right over to you. Think of what motivates you to be eating better and getting healthy to begin with. We have our patients write these out on index cards and keep their top motivations with them for quick reference in moments of temptation. And if someone is particularly insistent about trying to ply you with sweets or goodies, be ready with a polite way to decline. You might want to try a few out in advance, just so you're ready and skilled with the "no, thank you," defense. But don't say, "I'm dieting." That's only going to invoke sympathy and good-natured encouragement to live a little. Remember that you're trying to eat better because you want to live a little

Tips For Evaluating The Older Driver

Recently, there have been a couple of incidents that have brought the issue of the older driver into the spotlight states Sally Garrett, County Extension Agent-Family & Consumer Sciences. Maintaining a driver's license is important for a person of any age "especially the older adult". Having a license and the ability to drive a car gives a sense of power and freedom that cannot be equated with any other. Unfortunately, as we age, response times slow and dull, vision and hearing may begin to fail, and we must seriously evaluate our ability to drive a vehicle, says Andy Crocker, Extension Program Specialist- Gerontology & Health, Texas Cooperative Extension. Crocker has a few questions for self-evaluation or, for those of you in the caregiver role may be asked of the older adult in your life. How is my vision? Of all the senses involved in driving, vision would have to be of the utmost importance. As we age, we are more likely to develop things like glaucoma or cataracts that may inhibit our ability to drive. Regular eye exams can help detect these conditions and others that may affect your ability to see well. The aging eyes may become more susceptible to glare from the sun and oncoming headlights. Also, the ability to see while driving at night is reduced. There are new eyeglass alternatives to assist with glare reduction and night vision. As an added tip, when changing eyewear, you should give yourself plenty of time to try out the new prescription to make sure you adjust fully to it. A new or wrong prescription can seriously

affect your vision. Did I take my medication? Medications are enabling us all to live longer and better but may affect how we function in daily life. Some side effects of medications include sleepiness, dizziness, and lapses in memory very dangerous if that person is behind the wheel of a car. If your medications alter how you function in your home, you should assume that you would function no differently in your car. If your medications cause these and other side effects, talk to your healthcare provider about alternate medications that may not have side effects. Is my vehicle in good health? Taking care of your car is just as important as knowing how to drive well. A car in disrepair can be very dangerous to you and to other people on the road. Among other things to check, be sure that your tires are in good condition for regular driving but also driving in the rain or other inclement weather. You should have your windshield wipers checked to make sure they will function in bad weather. Also, cracks in windows or mirrors can obscure your vision be sure that any nicks or cracks are not within your line of sight. Is my vehicle equipped? Some people experience loss of sensation or movement in their feet or legs and may not be able to properly operate the pedals of their vehicle. Simple modifications may be made to your vehicle to allow you to drive. Hand controls are available to control the pedals as well as different devices for the steering wheel to allow for easier turning. These devices should be installed by a trained professional and then only used after being trained about their operation by a professional. Am I up-to-date? Driving is like riding a bicycle, right? You never forget. While that might be true, it never hurts to take a refresher course. Several organizations offer driver's education courses to help refresh the skills of driving, including the meanings of different signs and concepts like right-of-way. Check with the Department of Public Safety office in your area for availability of a driver's education course. As an added bonus to the valuable information that is provided during a refresher course, your insurance company may offer you a reduced rate on your auto insurance after you complete the course. Check with your insurance agent about the added benefit to a driver safety course. Should I be driving? Many times the hardest decisions are best made by yourself, rather than letting a situation get to where someone else must take action for you. If you question your abilities behind the wheel, the Texas Department of Public Safety has a program in place that will still allow driving privileges on a restricted basis. These licenses enable driving between certain hours or between certain locations. This program is entirely voluntary and may help stave off the inevitable: giving up your license entirely. Too often the response from healthcare providers and family members is to take away the keys without looking at ways that the older driver may stay behind the wheel states Crocker. There are many other things to consider when evaluating whether or not someone should drive. For more information about driver safety and education, you should contact the Department of Public Safety office in your area. The Colorado County Extension office can also assist you with finding additional resources and information in your area.



By Cindy Klopsteck

"Freedom is not free." --Clint Gertson The men and women in the military know this. Iraqi citizens are learning this. Hopefully, American citizens have realized this and took advantage of their freedom to cast a vote this past Tuesday. Our veterans know freedom is not free. Saturday, November 11th, is Veterans' Day. Honoring our veterans and current military personnel on that day, it's appropriate that Rice High School chose this week, Thursday, November 9th, to dedicate the Clint Gertson Memorial at the high school and also honor all area veterans. A bronze plaque and a display case containing cherished mementos from his high school career will be dedicated in memory of Clint, the only Rice graduate to give his life in service to his country. I spoke with JoAnn Gertson, Clint's grandmother, who said not only will soldiers from his Army base, Fort Louis in Washington state, stand honor guard at the dedication, but also fellow soldiers he served with in Iraq will be travelling here to attend. What a special opportunity for Rice students and the community to humbly stand in respect and appreciation for Clint Gertson and all who have and continue to serve our country. My neighbors and I recently continued a tradition in our small subdivision. The son of a neighborhood family is a Marine helicopter pilot in Iraq. The week of his departure, the family tied large yellow ribbons on two front yard trees. Within the week the "yellow fever" spread, with most families tying smaller, but no less significant, ribbons on their trees, in support of Daniel Webster and his family as he serves our country. One neighbor took a step further and tied a yellow ribbon on each signpost entrance to our subdivision. Now no one - and especially no one in the Webster family - can enter our little neighborhood without at least a thought, a moment of reflection or a prayer. Since it began symbolizing the anticipated return of a loved one, the vibrant color yellow is always in contrast to the quiet but ever-present testament it provides. But then most veterans I know are the same way. If you specifically ask them about their service, even their actual participation in times of war, you may get a full response, but usually it's a quiet, reflective statement that 's provided. But you can see in their eyes and hear in their voices that so much more is there. My father served in Africa in World War II and, though obviously proud of his service, rarely spoke freely of his time there. But let no one question he was there. Last weekend, I viewed the Statue of Liberty as I visited New York City for the first time in my life. The greened metal of Lady Liberty stood out against blue waters surrounding skyscraped land and small bordering city boroughs. With the freedom she symbolizes, America says with open arms, "...Give me your tired, your poor, your huddled masses yearning to be free..." Indeed, America does Give - two world wars, Korea, VietNam, Desert Storm, Afghanistan, Iraq, and so many places American men and women serve and have served, all over the world. On Veterans' Day we remember...America has always given - given those who are our very best.

Eagle Lake Headlight Want Ads Work Wonders

100th Birthday Celebration Mrs. Lora Thomas November 12, 2006 Presbyterian Church-Eagle Lake Fellowship Hall 1:00-2:00 p.m. Visitation to come by and say "Hello and Happy Birthday"

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Stress and Anxiety May Lead to Health Problems A stress response is the body's reaction to dealing with a threat, also known as the "fight-or-flight" response. In response to a stressful situation, the body releases hormones such as adrenaline and cortisol. Adrenaline causes your heart rate and blood pressure to increase. Cortisol is the primary stress hormone which causes increased amounts of sugars in the bloodstream and also suppresses the digestive system. After a crisis situation is over, the stress-response system allows your body to return to normal functioning. When a physical threat is imminent, this response is useful as an increased amount of energy, speed, and concentration is helpful in a threatening situation. Stresses associated with work, relationships, and major life changes may trigger the stress-response. In addition, it can turn into a condition known as generalized anxiety disorder. If you experience constant worries and tension, treatment may be helpful. Antidepressants such as Paxil and Zoloft may be prescribed to help with anxiety. Anti-anxiety prescription medications such as Xanax may help with anxiety. Regular physical activity is another way to help cope with stress. Also, setting aside a few minutes a day to breathe deep and relax may help.

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