

Confederate Daughters Dedicate Tombstone

The UDC met on April 12, at the Community Chapel of the Weimar Masonic and Odd Fellows Cemetery in Weimar for the dedication of a Confederate Tombstone and UDC Grave Markers.

In the absence of the Chapter President Katherine Benson, the meeting was opened by Millie Cordes who led the members in the ritual and pledges to the flags.

Millie introduced Chapter Historian Dorothy Albrecht. Dorothy stated that a headstone was being dedicated to the memory of William Troy Roberts, a Confederate Veteran, present for the dedication was his great-great-granddaughter, Sheilah Roberts Poop. UDC Grave Markers were dedicated in memory of the following UDC members and their Confederate Ancestors. They were Dorothy Potthast Massey-Ancestor-Christof J. Laas-present was Mrs. Massey's son John Hollis Massey, Francis Adam Seifert-Ancestor-Felix Grundy Mahon-present was UDC member and friend Ernest Mae Seaholm and Mary Edith Grant-Ancestor-Phil

lip J. Shaver-present were UDC member Ernest Mae Seaholm and several other friends and former students.

After the introductions everyone moved to each grave where a dedication service was given by Dorothy Albrecht, an unveiling of the tombstone and markers were done by family members and friends, a prayer service led by Chapter Chaplain Evelyn Barrett and a flag and floral tribute placed on each grave by Millie Cordes.

After the services everyone returned to the Chapel for fellowship and refreshments. Hostesses were Dorothy Albrecht, Jennie Muggli, Ruth Jordan and Elvira Kahlich.

The next meeting will be the Cross of Military Service at the Nesbitt Library in Columbus on May 11, at 2 p.m.

In other business Millie Cordes reported that on Friday April 27, Confederate Memorial Day, the UDC members will put flags on the graves in the Odd Fellows Cemetery in Columbus in the AM and the Children of the Confederacy will pick up the flags after the 4 p.m. Ceremony.

Tips From Sally Garrett County Extension Agent

Cut the Salt, Not the Flavor - Tips For Low Sodium Eating

If you have diabetes, it's important that you reduce your salt intake and increase the amount of fiber in your diet. With a little planning, you can accomplish both while still keeping your foods full of flavor, says Sally Garrett, County Extension Agent - Family and Consumer Sciences.

Although salt adds flavor to foods, it also is linked to high blood pressure. People with high blood pressure are more likely than others to have a stroke, heart disease and kidney disease, so cutting back on salt is important to staying healthy.

Sodium (table salt is sodium chloride) is measured by milligrams; people with mild high blood pressure should consume no more than 2,400 milligrams of salt per day. (One teaspoon of salt has about 2,300 milligrams of sodium.)

Many processed foods are high in sodium: processed meats such as bacon, sandwich meats and hot dogs; canned fish; some canned vegetables, soups and vegetable

juices; boxed, and/or frozen dinners; snacks such as chips and crackers; and sauces and condiments including pickles, olives and some sauces.

At the grocery store, be sure to read the nutrition labels to check for the sodium content of foods. Look for foods with no more than 400 milligrams per single serving. Entrees should contain no more than 800 milligrams of sodium per serving.

Although salt is our nation's favorite seasoning, limiting its place in the daily diet can be "tastefully" done. Try these suggestions:

With your dietitian or medical care provider, consider using salt substitutes instead of table salt.

Cut by half the amount of salt called for in recipes. Or gradually reduce the amount of salt used in recipes to become accustomed to a less-salty taste in your favorite dishes. Exception: Do not reduce the amount of salt in recipes for yeast breads. The recipes don't work right when the amount of salt is reduced.

Do not add salt to water when

you are cooking pasta or rice.

Try the reduced- or no-sodium versions of prepared foods.

Use the no-salt version of your favorite seasonings - for example, garlic powder or fresh garlic instead of garlic salt.

Herbs and spices can live up the tastes of many dishes. Experiment with flavors to see which ones your family likes best. When using herbs or spices, remember:

Powdered herbs are stronger in flavor than crumbled herbs; dried herbs have a stronger flavor than fresh.

When using milder herbs - such as oregano, basil or cinnamon - use one teaspoon for six servings. If the flavor is too weak, increase the amount.

When using stronger herbs - such as rosemary, cloves, mustard and allspice - start with one-quarter teaspoon for six servings.

Other flavorings that can add zing to foods are shredded citrus rind, toasted seeds or nuts, vinegar, fresh hot peppers and dried vegetables and fruits.

Adding extra fiber to the diet is even easier than adding extra flavor. Fiber adds nutrients to the diet, and is most often low in fat, saturated fat and cholesterol.

The American Heart Association recommends that adults consume 25 to 35 grams of fiber each day in their foods. Good sources of dietary fiber are whole grains, bran cereals, fruits, and raw and cooked vegetables.

Once again, read the nutrition label for the amount of dietary fiber per serving.

For more information on cooking with diabetes, contact the Texas Cooperative Extension, Colorado County at 979-732-2530.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Educational programs conducted by the Texas Cooperative Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap, or national origin.

NEWSBRIEFS

Continued from front page

Member event set for Sunday

Woodmen of the Word Adult 7 and Youth 4234 lodges will hold a member event, Sunday, April 29 at 5 pm. Interested person are asked to stop by Herring Ranch, 1010 CR 150 off FM 2434 in Columbus. Bring your lawn chairs and your favorite dessert to share. Call 979-733-3636 or 979-732-3111 for more information.

"Old skool" car wash is May 5

The "Old Skool" Organization will hold a car wash Saturday, May 5 from 9 a.m. to 1 p.m. at Brookshire Brothers in Eagle Lake. They are accepting any size vehicle with a \$5 donation. The first 50 children will get a free kite. The car wash benefits the youth of Eagle Lake. For more information call Kevin Earls at 979-232-0470 or Norman Henderson at 979-559-0195.

Brune 47th Reunion to be held on May 6

We are trying something new for the 47th annual Brune reunion to be held on May 6 beginning at 2 p.m. The reunion will be held at the home of Kenneth and Arline Brune on FM 109. The address is 2449 FM 109. We will begin with visits and a short meeting and BBQ to be served at 5 p.m. So come out and bring a side dish, a lawn chair, and something for a silent auction...BBQ, drinks and eating utensils will be furnished. The Brune home is 9 miles from Columbus and 4 miles from Frelsburg. RSVP by April 30 to Arline at 979-732-5185. Let us have a fun day and a large crowd.

Power Unlimited Juneteenth BBQ

Power Unlimited of the E.H. Henry historical association will hold its first Juneteenth barbecue cookoff on the grounds of the E.H. Henry site in the flats Sat June 16. Power Unlimited is asking for help in making this event enjoyable for everyone. We need volunteers who would like to preside over the numerous committees needed to get this event off of the ground. We would like to have all suggestions and input from all interested churches, organization, groups, and individuals etc. Everyone is welcome to take part in this event. We need you!! For more information please call Portia Smith 281-989-2555.

Reception to honor Brunner planned

The First Presbyterian Church of Eagle Lake will honor the life and 96th birthday of Ted Brunner at a reception in the Fellowship hall of the church, Sunday, May 6 from 1 to 2 p.m. The public is invited to attend and to wish Mr. Brunner "Happy Birthday".

Book signing is May 10

Brenda Shirley, will hold a book signing on Thursday, May 10 from 11 a.m. to 2 p.m. at the Wild Goose Chase in Eagle Lake. Lunch is available. Take time to visit with the author. Shirley is the former juvenile facility administrator.

President's luncheon is May 11

The Study Club President's Luncheon will be held at noon, on May 11 at Prairie Edge Museum. The speaker, Merle Hudgins, will present the program entitled, "Yellow Dogs & Republican Allen Shivers & Texas Two Party Politics-by Ricky Dobbs.

Area pageant scheduled

The Eagle Lake Area Pageant, representing the Eagle Lake Chamber of Commerce, will be held Saturday, June 2, at the Eagle Lake Primary School on Tate Street. You must attend a Rice School and/or live in the Eagle Lake, Garwood, Sheridan, Altair, Nada, Chesterville or Rock Island area. Boys ages 3-8 and girls ages 3-18 will compete for the Eagle Lake Area titles. Contact Helen Alvarado at 234-7634, Gail Gertson at 234-5488 or Sherry Thomas at 234-3251 for more information. Applications may be picked up at the Rice High School Office or the Eagle Lake Dental Associates. All applications must be postmarked by May 18 to participate.

Chamber crawfish boil is May 19

The Eagle Lake Chamber of Commerce will hold their crawfish boil, Saturday, May 19 from 4 to 9 p.m. at the Parish of the Nativity Pavilion in Eagle Lake. Meal tickets are \$20 each and include an adult beverage. Stay and enjoy the drawing and silent auction. Tickets can be purchased from Barbara Class at 979-234-5806 or Lesley Carey at 234-5713.

Arellano in diabetes race

Miguel Arellano formerly of Eagle Lake will ride in the American Diabetes Association's Tour de Cure May 19-20. He asks for your support in his effort. The send a donation mail to Miguel Arellano, 701 Woodward St., #233, Austin, TX 78704-7455. All donations are tax deductible.

Library needs your help

During the months of May and June the Wintermann Library will display nostalgic everyday items from the past. If you have items that belonged to grandparents, parents, aunts, uncles, etc. that you would like to share for a couple of months bring by the library on Mondays, Tuesdays or Wednesdays or call Patty Holloway at 234-5411. We'd like to have the items by the end of April so details of the displayed items can be worked out.

Veterans of Foreign Wars

If you are a WWII, Korean, Vietnam, Desert Storm, Iraq, or any other veteran of a foreign war, the Rice Area Memorial Post 8783 would like you to join our Post. Without you our organization can't continue to exist. Please call Len Matula Commander Post 8783 at 234-3947. (If you qualify the Post will pay your first year membership.)

Eagle Lake Headlight Want Ads Really Work! Call Today! 979-234-5521

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17			18			19		20					
21					22		23						
		24				25		26					
27	28	29				30	31		32	33	34	35	
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40					41					42			
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62							63		64				
65							66	67			68		
69							70				71		

CLUES ACROSS CW074410

- Clapton, musician
- Large burrowing rodent
- Having the wind against the forward side
- Small drought-resistant grain sorghum
- Obeahs
- Junipero __, Spanish priest
- They delivered before refrigeration
- Limbless scaly reptile
- Abnormal condition of pregnancy
- Used to form a hard coating on a porous surface
- Maryam of Ethiopia
- Ribonucleic Acid
- Any of several varnishes
- Fish eggs
- Diagrams of the Earth's surface
- Manila hemp
- Young Atlantic cod
- Crony
- M.J. Fox film
- __kosh, near Lake Winnebago
- Electronic communication
- Paddled
- Golf ball supporters
- Sea eagle
- Farewells
- Applied Physics Laboratory (abbr.)
- The 3rd letter of the Hebrew alphabet
- Friendlinesses
- Assign a designation to
- Social
- Mineral form of Barium Sulphate
- Type of rock
- Japanese socks
- N.C. college
- Minor Hebrew prophet
- Company officer
- Sandy piece of seashore (Br.)

- ### CLUES DOWN
- Utter sounds
 - Puerto __
 - Hollies
 - Retort
 - Racehorses
 - Blood group
 - Data executive (abbr.)
 - Vipers
 - Kind of elephant
 - A state of extreme confusion
 - Song for soloist
 - __otomy: open the skull
 - Philosopher
 - Give off
 - Of this
 - In the year of Our Lord
 - Curving over
 - A decorative fall of cloth
 - Lower in esteem
 - __bel's Canon
 - Russian city
 - Venezuelan river
 - Polynesian wrapped skirt
 - Winter rides
 - Favorite tree topper
 - Intestines
 - Egg mixture cooked until just set
 - Simple in line or design
 - Sarcasm
 - Of one celled animal
 - Mary mourning Jesus
 - Instinctive part of psyche
 - Scholem __, Yiddish author
 - One of the Earth's layers
 - Frosts
 - Eat until satisfied
 - A thin flat slab of fired clay
 - British School
 - Monetary unit, W. Samoa
 - Lenient
 - Exist

PUZZLE SOLUTION

E	R	I	C	P	A	C	A	A	B	A	C	K		
M	I	L	O	O	B	I	S	S	E	R	A	R		
I	C	E	M	E	N	O	P	H	I	D	I	A	N	
T	O	X	E	M	I	A	S	E	A	L	A	N	T	
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S	O	C	I	E	T	A	L	B	A	R	I	T	E	
C	H	E	R	T	T	A	B	I	E	L	O	N		
H	O	S	E	A	E	X	E	C	D	E	N	E		



SUDOKU

	3		5					9
9		7		6				4
	5			1				
							6	
5							9	
	1	2		7		8	5	
8		1				3		
								2
3			4	2				

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

1	5	9	8	2	4	6	7	3
8	2	6	3	1	7	5	9	4
4	7	3	6	9	5	2	1	8
5	8	4	7	6	3	2	1	9
3	6	7	2	9	1	8	4	5
2	9	1	5	4	8	3	6	7
9	3	8	1	7	4	6	5	2
4	1	5	9	6	3	2	7	8
6	7	2	4	8	5	9	3	1

ANSWER:

HOROSCOPES

ARIES - Mar 21/Apr 20
Someone is breathing down your neck this week, Aries, but you can handle the pressure. You're not one to buckle under stress, so you'll get through these trying days.

TAURUS - Apr 21/May 21
There is no substitute for experience, Taurus, so don't be surprised when someone doesn't want to take your advice because you haven't been there yourself.

GEMINI - May 22/June 21
Live by the rules that you'd want everyone else to follow, Gemini. Big plans are bound to come to fruition this week. Be prepared for a whirlwind the next few days.

CANCER - June 22/July 22
You're firmly set on helping others, Cancer, but sometimes you have to put yourself first and foremost. Those close to you will understand that you matter as well.

LEO - July 23/Aug 23
Humility is one of the easiest ways to show others how much you care about them and what a good person you are. Make sure to focus on the efforts of others.

VIRGO - Aug 24/Sept 22
Your sense of fun is waning, Virgo, because you haven't been in the best of spirits. Turn that frown upside down and start becoming more like the old you.

LIBRA - Sept 23/Oct 23
You are in no mood for social niceties, Libra. Those who try their best on you come up empty. Keep to yourself until Thursday when things will turn around in the mood department.

SCORPIO - Oct 24/Nov 22
You have to set up a plan for the future, Scorpio. Flying by the seat of your pants may have worked in the past, but now it is time to grow up and think responsibly.

SAGITTARIUS - Nov 23/Dec 21
Sagittarius, life is bound to get a bit serious this week, but you can brighten things up with an infectious sense of humor. Leo will be the only one who is not impressed.

CAPRICORN - Dec 22/Jan 20
Others look to you as an authority figure this week, Capricorn. Whether at work or at home, your word is firm and final. Don't let this power go to your head because it is short-lived.

AQUARIUS - Jan 21/Feb 18
You are just going through the motions this week, Aquarius. That's because your head just isn't in the work you must accomplish. The fog will lift soon.

PISCES - Feb 19/Mar 20
Live life to the fullest this week, because some stressful days are ahead and you won't have much time for pleasure once they arrive, Pisces.