

Headlight Wants Ads Really Work!!

Carolyn Baird would like to Thank the voters of Rice School District for their continued support.

POLITICAL AD PAID FOR BY DAVID BAIRD, TREASURER.

Obituary

Mary Cordova Torres
Mary Cordova Torres, 82, passed away Wednesday, May 9. She was born May 19, 1924 in Gonzales. She was a housewife and was of the Catholic faith.

Mary was preceded in death by her parents, Eulalio and Felipa Cordova; her husband, Casimiro Torres, Sr.; four brothers, Eulalio Jr., Sabino, Vicente and Leocadio Cordova; two sisters, Virginia Becerra and Matilde Hernandez; two sons, Robert Torres (infant) and Casimiro Torres, Jr.

Survivors include a daughter, Aurora Montoya and husband, Lupe, of Bay City; sons, John Torres of Eagle Lake, Alfred Torres and wife, Noelia, of Eagle Lake, Frank Torres of Houston, Jessie Torres and wife, Emily, of Eagle Lake and Jerry Torres of Eagle Lake; 20 grandchildren, 38 great-grandchildren and other relatives and loved ones.

Visitation was held Thursday, May 10 from 5 p.m. till 8 p.m. at the Eagle Lake Funeral Home Chapel. Rosary was held Thursday, May 10 at 7 p.m. Funeral services were held Friday, May 11 at 10 a.m. at Parish of the Nativity Church in Eagle Lake with Father Robert Guerra officiating. Burial was at Lakeside Cemetery in Eagle Lake. Arrangements were under the direction of Eagle Lake Funeral Home.

Pallbearers were Martin Vazquez, Alfred Torres, Jr., Michael Torres, Dennis Montoya, Aaron Montoya and Rene Torres.

Sympathy is extended to the family in their loss.

Starr Willie

Starr Willie, an angel sent from heaven above and the son of Joseph L. Willie and LaSandra F. Foster.

On May 8, God dispatched his angels to take our loved one home.

Starr was preceded in death by his sister, Lauren Jeane Gipson; his grandpa, Carol Deadmon; great grandparents, Charlie and Sarah Foster, Fred and Elizabeth Scott, and Pattie Lee Calhoun.

Starr leaves to cherish his memory his loving parents, Joseph "Blue Dolphin" Willie and LaSandra "Pinky" Foster; two sisters, LaRencia and Ahlura Foster; one brother, Joseph Willie, II; one god-brother, Isaac Tyler; grandparents, Jimmy and Gloria Jean Foster, Evelyn Porter and Leon Jacobs; aunts, Neicy (Russell) Foster, Andrea (Cedric) Lathon, Chanta (Shannon) Jackson, Angela (Derrick) Shaw, Jessica Willie, and Tavia Collins; uncles, Michael (Kimberly) Scott, Bo-Bo (Nette) Foster, Mason (Ann) Woods, Nicholas Woods, Frederick Foster, and Frederick Willie; god-parents, Cartia Seymour and Mason Woods; very special uncles, Charles Young and Darroll Barton; and a host of aunts, uncles and other relatives and friends.

Funeral services were held Saturday, May 12 at 1 p.m. at Rising Star Cemetery in New Town with Pastor Truman Scott, Sr. officiating. Interment followed at Rising Star Cemetery in New Town. Final arrangements entrusted to Ben Davis Funeral Home in Columbus.

Sympathy is extended to the family in their loss.

Oscar Fresh

Funeral services for Oscar Fresh, father of Robbie Rhodes, will be held Saturday, May 19 at 11 a.m. at the Mt. Zion Baptist Church, 2938 13th Street in Austin. Rev. G.W. Clark, Pastor. Fuller-Sheffield Funeral Service, 2808 East Martin Luther King Blvd. Austin, Texas is in charge of the arrangements.



Keenan Roderick Hailey

Roderick and Anna Hailey of Eagle Lake are proud to announce birth of their second child, a boy, Keenan Roderick Hailey born on May 7, at 1:09 p.m. at Rice Medical Center in Eagle Lake.

Keenan weighed eight pounds, one ounce and measured 20 1/4 inches at birth.

He is welcomed by sibling Kyana Hailey who's four.

Maternal grandparents are Felix and Bo Martinez of Eagle Lake and Albert Sr. and Carol Perez of El Campo.

Paternal grandparents are Earl and Dorothy Hailey of Missouri City.

Great grandparents are the late Epifano and Estefana Perez of El Campo and the late Manuel and Maggie Martinez of El Campo.

Eagle Lake Headlight Want Ads Work Wonders

News From Sally Garrett

County Extension Agent

May Is Designated Older Texan Month

When we think of the word "age," the most common thought is the number of years lived.

However, as Americans continue to live longer, we also must think about how well they are living — how successfully they are aging. Since May is "Older Americans Month" and "Older Texans Month" in the State of Texas, Sally Garrett, County Extension Agent — Family & Consumer Sciences would like to provide some tips from Texas Cooperative Extension on successful aging so that the quality of your life will increase with its quantity.

The first step to successful aging is to remain as physically healthy as possible for as long as possible.

Mary Herridge, a Gerontologist and Hill County Extension Agent, points out that poor health is not a consequence of aging and being healthy is not just the absence of disease.

"A chronic illness may be considered unhealthy but, if managed properly, the person suffering from that illness may be able to lead a normal, healthy life."

A healthy lifestyle may have a positive impact on a person at any age.

Proper diet, exercise and preventive healthcare are three primary means to maintaining your physical health. According to Herridge, people interested in diet, exercise and prevention may contact the Extension Agent in their county for information on programs and services that are available.

Successful aging is also tied very heavily to a person's mental health. Just as with physical health, decline in mental health is not a consequence of growing older. "Many clinicians and family members attribute an altered mental state to someone's age rather than recognizing symptoms of a disease and seeking treatment for it," says Andy Crocker, Gerontology Health Specialist with Texas Cooperative Extension.

Something as simple as the

wrong prescription in a pair of glasses may cause disorientation and then may be confused with dementia.

Crocker recommends keeping the mind active through stimulating activity such as reading or word games or even talking with friends and neighbors about a current news event. An added tip suggests plenty of sleep in addition to any physical and mental activities.

Emotional and spiritual well-being are also keys to any discussion regarding healthy aging. Social interaction is an important part of emotional health.

Whether it's through volunteerism or a group of friends who meet on a regular basis, staying involved in society gives a sense of purpose: a reason to get out of bed in the morning and to stay both mentally and physically healthy. "I don't think we realize that mental, physical, and emotional health become intertwined," says Herridge. "It's like a stool with three legs — if you take one leg away, the stool won't stand up."

An excellent way to stay mentally healthy, as well as strengthen emotional health, is to participate in educational opportunities your community. "Most colleges and universities, and some school districts, offer a variety of classes that may be of interest to people of any age."

The best part is that most classes are very affordable and offer flexible schedules," says Crocker.

Americans are still searching for the fabled "Fountain of Youth" and until someone finds it, we must try to do what we can to age well. Physical, mental, and emotional health are all inter-related and must be considered when discussing successful aging. Texas Cooperative Extension has many resources available to help you in your pursuit of a long, healthy life. For more information regarding successful aging, visit the National Institute on Aging "Age Page" at <http://www.nia.nih.gov/data/publist.asp>.

DPS Starting Click-It Or Ticket Program

DPS is reminding drivers to obey the speed limit, drive sober, and always make sure all passengers and drivers are properly secured. During Memorial Day weekend, Texas drivers face increased traffic on the roadways and a greater risk of involvement in vehicle crashes.

"Remember to drive sober, and make sure that everyone in the vehicle is wearing a seat belt or buckled into the appropriate child safety seat," says Senior Trooper Gary Pflughaupt with the Texas Highway Patrol. "Taking these simple steps will help ensure everyone's safety."

DPS troopers and hundreds of other law enforcement agencies across Texas will have increased patrols looking to stop drunk drivers, speeders, and seat belt violators. The DPS is participating in the national "Click It or Ticket" enforcement mobilization, which begins 12:01 a.m., Monday, May 21 and will end midnight, Sunday, June 3.

Another nationwide effort

designed to reduce fatalities is the C.A.R.E. — Combined Accident Reduction Effort program. State troopers across the nation will participate in two Operation C.A.R.E. campaigns. The first is Operation C.A.R.E. (All American Buckle-Up Week). This will begin at 12:01 a.m. Monday, May 21 and stop midnight, Sunday, June 3. The second, Operation C.A.R.E. (Memorial Day Weekend), will start at 12:01 a.m., Friday, May 25 and conclude at midnight, Monday, May 28. Operation C.A.R.E. maximizes enforcement on major highways to reduce fatalities commonly associated with holiday driving.

"What can safety restraints do? They can increase a person's chance of surviving a vehicle crash," added Pflughaupt. "If the vehicle you're riding in has seatbelts, use them, especially in pickup trucks! A pickup truck will rollover a lot easier than a car, and without a safety belt, you probably won't survive. Drive smart and buckle up every time you drive."

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Gout Treatment Recommendations
Gout (gouty arthritis) is one type of arthritis in which sudden, severe, painful attacks occur in the joints. Although men are more likely to be affected by this condition, the risk in women increases after menopause. Symptoms typically occur at night, without warning, and may include intense pain in the joints, particularly in the big toe. Joint pain typically lasts from 5 to 10 days and then the discomfort resolves over 1 to 2 weeks. Joints affected by this condition are likely to be tender, red, and swollen. In persons affected by gout, the body either produces too much uric acid, or eliminates amounts from the body that are too small. The consequence is a build-up of uric acid, forming urate crystals in joints, which causes the pain, swelling and inflammation of gout.
Gout attacks may be treated with nonsteroidal anti-inflammatory medications (NSAIDs). These include *naproxen* (Aleve) and *ibuprofen* (Advil, Motrin). For persons affected by more severe cases of gout, *prednisone* may be prescribed. Steroids also may be injected into the affected joint. Preventive medications may be prescribed, such as *allopurinol* (Zyloprim) and *probenecid*, to help decrease the severity of future episodes.

Eagle Lake Chamber of Commerce
Crawfish Boil
Saturday, May 19, 2007
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Eagle Lake Headlight

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 CITY FELLOWSHIP: P.O. Box 232, Rock Island; 234-5840.
CHRISTIAN FELLOWSHIP: 1140 Meyer, Sealy; Rusty Griffin, Pastor.
THE DAY OF PENTECOST APOSTOLIC REVIVAL RISING STAR: FM 102 South, Matthews; 4 p.m. (at Mt. Zion), Rev. R.L. Carter Sr.
GREATER NEW FAITH CHURCH: 6406 Guylar, 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 BAUTISTIA GETSEMANI: 901 B Street, Eagle Lake; Rev. Mario Vasquez.
GREATER MT. OLIVE BAPTIST: Rev. Dave Curry; 709 N. 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) 6 p.m. Saturday (English), Rev. Robert F. Guerra, P.O. Box 307; 234-2842.
ST. MARY'S CATHOLIC CHURCH: Box 97, Nada; Fr. Joe Vrana; 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.
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.-non-denominational.

Bible Verse of The Week

"Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength and my redeemer."

—Psalms 19:14
Submitted by Neddy Phillips

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