

Obituaries

Evelyn Clayborne Shine

Evelyn Clayborne Shine was born October 15, 1931 to Cora and Archie Clayborne in Columbus. She attended public schools in Columbus.

She confessed Christ at an early age and united with Greens Chapel A.M.E. Church. Evelyn moved to Houston in the early fifties and united with Magnolia Baptist Church. Later she joined Macedonia Baptist Church under the leadership of Reverend Herman Sampson.

The Lord called her to rest on June 3, after a lengthy illness.

She was preceded in death by her mother, father, one brother and one sister.

She leaves to cherish her memory six sisters, Roslyn Phlegm, Jessie Johnson (James), Margaret Sampson (Herman), Anna, Jettie and Linda Clayborne; two brothers, Jimmy Farrow and Cedrick Clayborne; four aunts, Mable Johnson, Annie Davis, Ester Lee Glenn and Ora Lee Daniels; and a host of nieces, nephews and other relatives and friends.

Funeral services were held Saturday, June 9 at 1 p.m. at Booker Memorial Temple C.O.G.I.C. in Columbus with the Rev. Herman Sampson officiating. Interment followed at the Willing Workers Cemetery in Columbus. Final arrangement entrusted to Ben Davis Funeral Home.

Pallbearers were James Sampson, Todd Hewett, Edward Sampson, Dennis Johnson, Michael Johnson, and Rodney Garcia.

Honorary pallbearers were Curtis R. Curley, Ollie Curley, Jr., Herman Sampson, Jr., Luther McCutchen, Anthony Sampson, James Johnson, Sr., and James Henry Johnson.

Sympathy is extended to the family in their loss.



LCRA Board Elects New Officers

The LCRA Board of Directors has elected Evelyn Clayborne Shine as vice chair, and Linda C. Raun of El Campo as secretary for 2007.

Nettleship succeeds G. Hughes Abell of Austin as vice chair, and Raun succeeds Connie Granberg of Blanco as secretary.

Ray A. Wilkerson of Austin, who was appointed chair of the Board by Gov. Rick Perry in January 2004, continues to serve as chair at the pleasure of the governor.

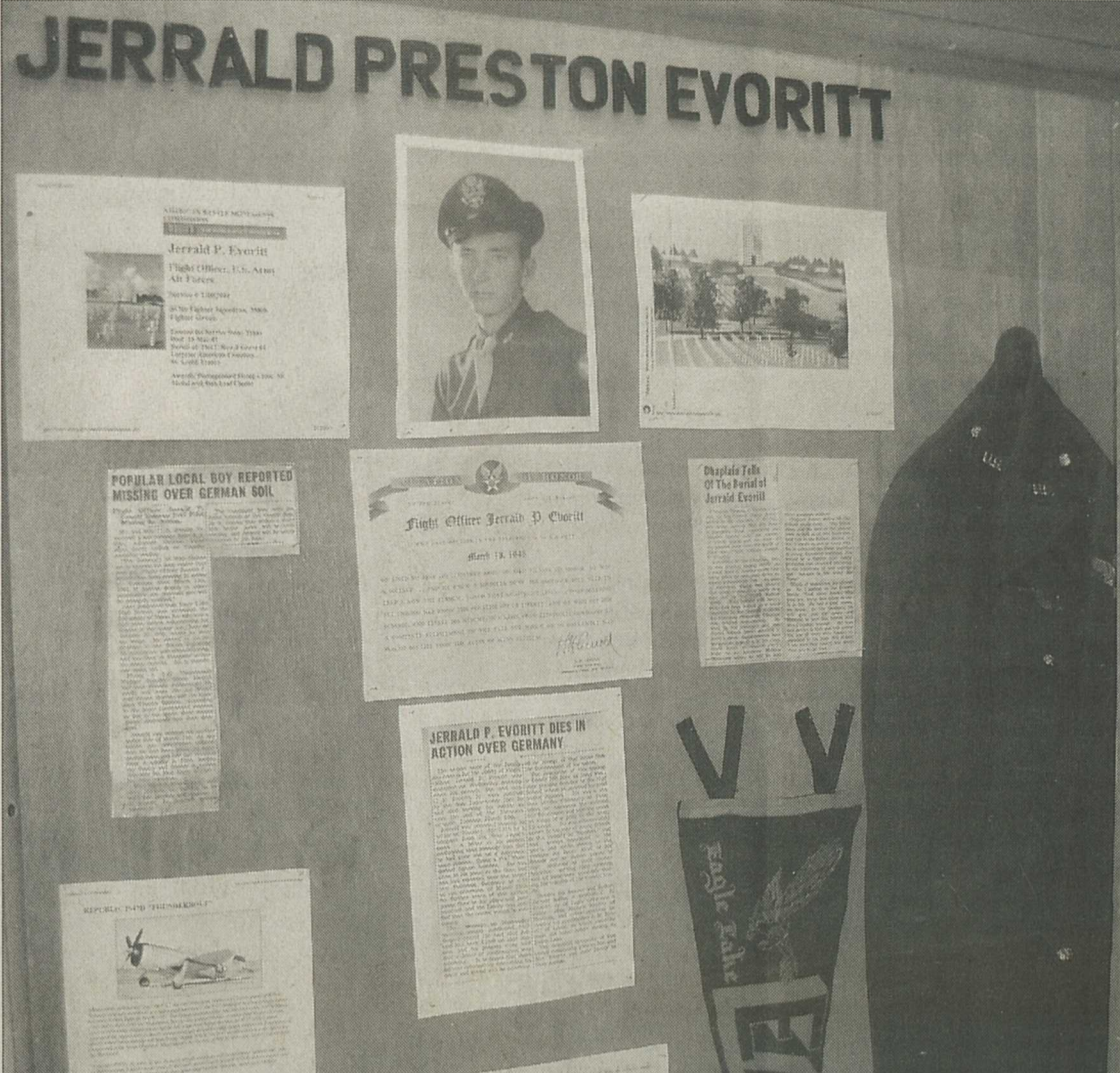
Nettleship was appointed to the Board in January 2004 to represent San Saba County. He is an attorney in private practice and ranch manager for Seis Primos, Inc., in San Saba and Webb counties.

Raun, who was appointed in 2005, represents Wharton County. She is co-owner of Lowell Farms. She is a member of the U.S. Rice Producers Association, the Organic Trade Association, the State Committee of the Farm Service Agency, and the USA Rice Federation.

The LCRA Board of Directors meets regularly to set overall strategic direction for the general manager and staff, to approve projects and large expenditures, and to review progress on major activities and industry issues.

LCRA, which was created by the Texas Legislature in 1934, provides water and community services to the people of Texas. LCRA generates electricity and sells it wholesale to 43 customers, including city-owned utilities and cooperatives that serve more than 1 million people in Texas.

LCRA also builds and operates transmission projects through a nonprofit corporation it created, manages and protects the lower Colorado River, provides water and wastewater utilities, owns and operates parks, and offers economic and community development assistance to communities.



"Your victory in aerial combat has dealt one more blow to the enemy and in accomplishing this you have earned great credit for yourself and the military service in the United States," so wrote Colonel Nelson P. Jackson Commanding Officer 64th Fighting Wing of the Army Air Corps on March 14, 1945. This citation was one of others received by first officer Jerald Preston Evoritt of Eagle Lake. He had been shot down on March 13, 1945 in flight action over Germany. Commanding General H.H. (Hap) Arnold also sent a similar citation to his parents Mr. and Mrs. Clifford O. Evoritt, Sr., of Eagle Lake. Flight Officer Evoritt is one of several war heroes from Eagle Lake who everit his life for his country and whose story of his service is presented in an exhibit at Prairie Edge Museum.

Tips From Sally Garrett County Extension Agent

Prescription and non-prescription medications have made our lives better in many ways, says Sally Garrett, County Extension Agent - Family & Consumer Sciences. While these medications may be very important for good health, they may also have unintended side-effects that might cause problems in the body. Additionally, the more medications a person takes, the greater risk for medications interacting with each other in a bad way, says Andrew B. Crocker, Extension Program Specialist - Gerontology Health. This becomes a problem as people grow older since, on average, older adults are prescribed more medications than any other age group.

Being able to safely manage your medications involves understanding a little bit about drugs, in general, and how to talk to your doctor, pharmacist and other health providers who might recommend medications, says Crocker.

The terms medicines, drugs, pills and many others may include:

- medicines from a pharmacist with a doctor's prescription,
- pills, liquids or creams without a prescription
- vitamins minerals and/or dietary supplements

Medicines that may be bought without a prescription are called over-the-counter medicines. This means that the Food and Drug Administration has deemed these safe to take without a doctor's written order. However, mixing certain medicines can cause problems, so be sure to let your doctor know about all the prescription and over-the-counter

drugs you are taking. Just because it is safe enough to be sold over-the-counter does not mean it is completely safe for you to take states Crocker.

When getting a prescription filled, there may be a choice between either a generic or brand-name drug. Generic and brand-name medicines are alike because they act the same way in the body and they contain the same active ingredients. Generic drugs may cost less; however, not all drugs are available in the generic form.

Tell the doctor or nurse about all the medicines you take whenever a new drug is prescribed. Remind your doctor or nurse about your allergies and any problems you have had with medicines. Find out the right way to take the medicine before you start using it.

Here are some of the questions you may want to ask, says Crocker - it might help to write down the answers:

- What is the name of the medicine and why am I taking it?
- How many times a day should I take it and at what time?
- Should I take the medicine before, after, or between meals? Is there anything I should avoid eating when taking this medicine?
- When should I stop taking the medicine?
- What if I miss a dose?
- What side effects can I expect? What should I do if I have a problem?

Your pharmacist is also an important part of your healthcare team. He or she can answer many questions you may have about your medicine. For example, a pharmacist can tell you how

and when to take your medicine, whether a drug may interact with or affect another medicine you are taking and any side effects you might have. Also, the pharmacist can answer questions about over-the-counter medications.

Try to have all your prescriptions filled at the same pharmacy or chain of pharmacies so your records are in one place. The pharmacist will help keep track of all your medications and will be able to tell you if a new drug might cause problems. When you have a prescription filled:

- Make sure you can read and understand the name of the medicine and the directions on the container and the warning stickers on the bottle. If the label is hard to read, ask your pharmacist to use larger type.
- Check that you can open the container; if not, ask the pharmacist to put your medicines in bottles that are easier to open.
- Tell the pharmacist if you have trouble swallowing pills. Do not chew, break or crush tablets without first finding out if the drug will still work.
- Ask about special instructions on where to store a medicine. For example, should it be kept in the refrigerator?

Crocker says, that by having some additional knowledge about terms and instructions, you can better manage your medications, reducing the risk of medication error. Also, by better compliance with your medications you are more likely to experience better health while reducing your overall healthcare costs. In the next article we'll discuss how to organize your medications and keep track of them.

For more information, contact your County Extension Agent at 979-732-2530 or you may also visit the National Institutes of Health Senior Health site: <http://nihse-niorhealth.gov>.

USDA Recognizes Home Ownership Month

Agriculture Under Secretary for Rural Development Thomas Dorr recently highlighted June 2007 as National Homeownership Month.

Owning a home gives families security, a sense of pride, and is an important part of the American way of life. Nearly 70% of all Americans now enjoy the satisfaction of owning their own home.

"For nearly 60 years, USDA Rural Development has helped rural Americans with the blueprint to become a homeowner," Dorr said. "In the most recent year, we helped 43,000 rural families achieve the American dream of homeownership."

"USDA Rural Development has a long history of assisting rural citizens to achieve and maintain the dream of homeownership. It is with great pride that we join President Bush in celebrating June 2007 as Homeownership Month," said Bryan Daniel, USDA Rural Development State Director in Texas.

This year's Homeownership Month highlights the close partnership of USDA Rural Development with partner organizations

through financial and technical assistance by direct and guaranteed loan programs.

Mortgage brokers, real estate professionals, and approved lenders participating in the guaranteed loan program are recognized for the tremendous job they have done in assisting over 750 families become homeowners across Texas this year. Their efforts have contributed over \$72 million to the housing market.

USDA Rural Development's mission is to increase economic opportunity and improve the quality of life for rural residents.

Rural Development has invested more than \$76.8 billion since 2001 for equity and technical assistance to finance and foster growth in homeownership, business development, and critical community and technology infrastructure.

More than 1.5 million jobs have been created or saved through these investments. Further information on rural programs is available at a local USDA Rural Development office or by visiting USDA's web site at <http://www.rurdev.usda.gov/tx/>.

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WISDOM TEETH

Wisdom teeth, or third molars sometimes do not have room to fit into the mouth properly. This is believed to be due to the evolution of the human jaw, which has become smaller because of modern refinements in food and cooking.

Wisdom teeth usually make their appearance from the ages of 17-21. If there is not enough room, they will often cause earaches, headaches, swelling of the gums, and potentially cause the teeth. A large panoramic x-ray of the jaw may show a tumor or cast that can painlessly grow around the wisdom tooth, or destruction of the adjacent molar tooth roots. These are all valid reasons to have the wisdom teeth removed.

If you have never had any problems with your wisdom teeth, you should still get them evaluated. If there is no evidence that the wisdom teeth are causing pathology (disease) or damaging other teeth, then no treatment other than follow-up observation at future dental visits is necessary.

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MARK YOUR CALENDAR

Father's Day Brunch - Sunday, June 17th 10:30 - 2

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Saloon Hours: Thursday - Friday 5 - 12 • Saturday 5 - 1 • Sunday 12 - 8

Reservations 979-234-6500

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