



Second Place in the Power Unlimited Tournament. Left to Right: Fred Simmons, Chris Dorsey, Kevin Ellis, Rob Johnson, Timothy Morales, Taylor Cook, Mike Morales. Kneeling: Johnny Kemper, Norris Powell. Sitting: Michael Spears. Not pictured: Coach Ed Thomas, players, Raymond Thomas, Charles Chapman, Sam Castro, Riley Milton, Michael "Pops" Morales.



Pictured at the left are Brian Hernandez, Joseph Reyes, Randy Stovall and Rocky Moncha members of the Diamond Kings men's softball team from Columbus who won fourth place overall in the Power Unlimited Tournament held this past weekend. The team will win league honors for winning the most consecutive games.

Gadabouts Honor Veterans

The Columbus Community Choir under the direction of Merrill J. Luman and organist Elaine Luman presented "Songs of America" on Sunday August 19 at St. Mary's Catholic Church in Nada at 7 p.m.

The procession of the Color Guard was led by Clem Korenek Viet-Nam veteran of Nada, Lawrence Shimek Korean veteran of Garwood, and Donnie Meismer Gulf War veteran of Sweeney.

Nada/Garwood residents participating in the flag waving procession were Jerry and Helen Noteboom, Bridget Popp, Clara Gold, Irene Seifert, Betty Leopold, Lawrence and Edna Shimek, Lawrence and Catherine Berger

and Leon and Anita Meismer.

The pledge to the flag was led by Clem Korenek and those attending joined the Choir in singing the National Anthem.

Father Guerra pastor of Our Lady of Perpetual Help in Eagle Lake welcomed all attending and led the opening prayer.

The branches of the Armed Forces were recognized among those Nada/Garwood veterans who served in the Army: Herbert Popp, Walter "Shorty" Schoellmann, J.D. Wied, Bill Carpenter, James Meismer, Lawrence Shimek, Lawrence Berger, James Brzozowski, Jimmy Schoellmann and Leon Meismer. Marines: Clem Korenek, Len Matula and

Donnie Meismer,

Navy: Clara Gold in memory of husband Edwin Gold and

Army-Air Force: Norbert Meismer.

A special thanks to Rose Staff Nada Catholic Daughters Charity chairman and Helen Noteboom, Nada/Garwood Gadabouts members for their help in preparing refreshments and also Cynthia Sunderman and Vivian Spanihel for serving the participants.

The Nada/Garwood communities are grateful to Stephen and Vivian Spanihel and the members of the Columbus Community Choir for bringing this inspiring tribute to America and our veterans.

Breakfast: Do Not Miss It

Breakfast has been dubbed the "most important meal of the day". However, "breakfast is the most commonly missed meal of the day," says County Extension Agent Sally Garrett.

Recent research suggests that children who eat breakfast are more likely to have healthful nutrition behaviors and make healthy food choices such as eating more fruits and vegetables than those who do not eat breakfast. While breakfast is also important for academic performance and may help with maintenance of a healthy weight, fewer

United States youth are eating breakfast. Here are a few ways you can make breakfast a part of your family's daily routine.

First, be sure that as the parent you set a good example and eat a healthy breakfast every day.

"Parents serve as role models for healthy eating behaviors to their children," says Garrett. Be sure that your children see you eating breakfast, make it a family activity.

Like any meal, breakfast takes planning. Prepare for breakfast as much as you can the night before. This might include slicing fruit, mixing frozen juice, or packing lunches for the next day at night so that you have time to prepare breakfast in the morning. Also include breakfast foods on your grocery list. Stock your kitchen with healthy breakfast options such as milk, juice, yogurt, fruit, whole grain cereals and breads, or hot cereals such as oatmeal and grits. You might also need to wake up a little earlier to make sure you have time for everything you need to do. Your children may

also need a few minutes after waking up before they are ready to eat breakfast. Even though this means you are up earlier, you and your children will feel better. You will have energy to start your day and will enjoy time together as a family before leaving the house for work and school.

Some ideas for a healthy breakfast include peanut butter on whole wheat toast, low-fat yogurt with granola, toasted waffles with fruit, bagels with cheese, grits, hard boiled eggs, or oatmeal with dried fruit or nuts. You might also try something unconventional such as rice and beans with fruit or a grilled cheese sandwich.

To learn more about healthy breakfast options, contact the Extension office at 979-732-2530 or come by 316 Spring Street in Columbus.

St. Mary's Festival Tabbed Sept. 2

St. Mary's Annual Festival and Homecoming will be held Sunday, September 2 at the Nada Community Center.

A barbecue beef and sausage dinner will be served from 11 a.m. to 1:30 p.m. Plates are \$7 and include tea and dessert. A drive-thru line for plates to go will be available until 1 p.m.

Enjoy dinner music while you dine in the air-cooled hall and see what the ladies have to offer in the bazaar and pastry booths.

A county auction begins at 1 p.m.

Food and refreshments will be served all day and evening.

Activities throughout the day include bingo, variety walk, kiddie train ride and bouncing buddies water slide (children bring swimsuits), special appearance by Rainbow the Clown and entertainment by Frank's Karaoke and DJ "Big Mo" from 2:30 to 7:30 p.m.

A drawing will be held at 8:30 p.m. for 26 nice prizes concluding the festivities.

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