

### Cummings, Lesak To Wed

Mr. and Mrs. John Houston Cummings of Eagle Lake, are pleased to announce the engagement and approaching marriage of their daughter, Miss Manda Alicia Cummings, to Mr. Jonathan Wayne Lesak. Jonathan is the son of Mr. and Mrs. Paul Lesak of Ganado, Texas.

The bride elect is a 2005 graduate of Rice High School and is currently attending Texas A&M University where she is pursuing a degree in Biology.

The groom is a 2005 graduate of Ganado High School and is currently attending A&M University where he is pursuing a degree in Biology with teacher certification.

The wedding will be at 5:00 in the evening on January 5, 2008 at First Baptist Church in Eagle Lake.

### Healthy Advice For Living With Diabetes

More Americans than ever before are living with diabetes and need to be careful to treat themselves well to prevent complications from the disease. According to the American Diabetes Association, 20.8 million children and adults have diabetes, and another 54 million people have pre-diabetes.

Routine self-checks and active lifestyles can help keep those living with diabetes healthy and happy.

"Learning to manage your diabetes is something that takes personal commitment, but it's worth your time and effort," said Mary Jane Osmick, M.D., medical director at LifeMasters, a national provider of disease management programs and services.

Indeed, diabetes can result in heart disease, stroke, kidney disease, blindness or lower limb amputation.

"Once you learn to better manage your blood glucose, blood pressure, cholesterol and weight by keeping them in the right ranges, you can decrease your risk of diabetes complications," stressed Osmick.

Taking control of diabetes means following these basic guidelines:

Manage your blood glucose level: Uncontrolled blood glucose (the amount of sugar circulating in your blood) can damage your eyes, kidneys, nerves, the circulation in your feet, and even your heart. Learn to regularly test your blood glucose at home.

There is another blood test called an A1c that is a critical marker of longer term blood glucose control. The A1c gives a view of your blood glucose level over 3 months. Get an A1c at least twice a year, or more if your doctor orders it.

Stop smoking: Diabetes adds to your risk of blood vessel disease (for instance, heart attack and stroke). Smoking adds to these already increased risks of diabetes.

Care for your feet: Diabetes can affect the blood vessels and nerves in your feet. This can lead to loss of feeling and make you prone to infection.

Check your feet daily for sores, cuts, blisters or ingrown toenails. If you see any changes in the skin or nails, let your doctor know right away.

Keep your feet protected with clean socks and always wear shoes. If you soak your feet in a bath, be sure to test the water temperature before soaking to avoid inadvertent scalding of your skin.

Follow a healthy diet and manage your weight. Your healthcare provider can recommend a diet to balance your food intake with your insulin and oral diabetes medications.

Pick foods that are high in fiber, minerals and vitamins,

such as vegetables and fruits. Ask your doctor about which, and how much fruit to eat, since all fruits have sugar in them, which will increase blood sugar if you eat too much. Add whole grains and non-fat dairy to your diet. The key to healthy eating and weight control is balancing what you eat with the calories you burn in activity.

Eating a low-fat, balanced carbohydrate (starch and sugar)

## Voter Registrar Discusses Changes

Dear Editor:

Usually I put a press release out regarding the mailing of new orange voter registration certificates, but in light of the importance of the upcoming Presidential election, I thought maybe a letter to the editor might be read by more people.

These new certificates are effective from January 1, 2008 until December 31, 2009. As a result of Federal Legislation, the Secretary of State has formulated a state-wide database which has given each voter a unique voter identification number, (VUID), rather than a certificate number.

Technology is wonderful, however, has posed many problems this year.

I can only depend on the information provided by the Secretary of State and hope that it is correct. I am asking each voter to please check their mail.

The certificates are printed with a non-forwardable postmark, "return service requested", which means that if an individual's address has changed, the post office may not forward the certificate, it must be returned to my office.

This remark is for the U. S. Postal Service and does not mean that the individual must return the card to me.

If a voter has closed a post office box or opened a post office box, this action will force the certificate to be returned.

The voter may not have moved from their physical location. Several post offices are also returning any certificates that do not have the new 911 address.

We are currently contacting those individuals whose certificates have been returned.

If any registered voters have not received their orange voter

registration certificate in the mail or a letter advising them that their card has been returned, please contact me.

We will assist them in filling out a Voter Registration Address Confirmation card. Keep in mind that for voter registration purposes a "residence address" is a county road, state highway or specific street name. A "mailing address" is where your mail is delivered.

We are not able to make changes to a voter's record without written authorization.

There have been several changes in the county during the past few years including new 911 address, new voting precincts and precinct numbers.

We appreciate your assistance in getting our voter registration lists up to date and ready for the

### County

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student training.  
—Heard from Commissioners Tommy Hahn and Doug Wessels that they were seeking re-election to their posts.

### Headlight Subscriptions

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March 4, 2008 primary. Please do not hesitate to contact my office in the Colorado County Courthouse at 979-732-3204.

Mary Jane Poenitzsch  
Colorado County Tax Assessor Collector  
Voter Registrar

## Fill Yourself With Holiday Spirits at The Liquor Barn

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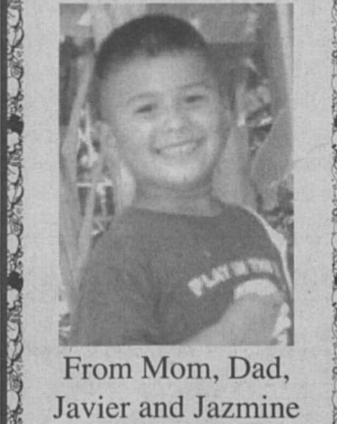
**Canaris Nursery**  
600 W Main • Eagle Lake  
Open Mon-Sat

### Eagle Lake Pet of The Week

Shepherd/Collie Mix?  
This female pup will be ready Christmas Eve. Please call 758-1804 to give her a good home. Spaying/Neutering will be paid for on all adoptions.



Happy 5th Birthday Everardo "Junior" Esquivel December 12



From Mom, Dad, Javier and Jazmine

## Diabetic Support Group Meeting

Every Third Tuesday 6-7 p.m.  
Methodist Fellowship Hall  
200 W. Prairie St.

**ALL** diabetics and their friends are welcome.

The meeting will be held by and for diabetics as a means of support.

This meeting will not offer medical treatment and is not affiliated with the Methodist Church.

For more information call 234-2853 (nights)

**Party Trays**

**JANIK'S**  
MEAT MARKET  
1001 E. Main • Eagle Lake • 234-7665

**Deli Sandwiches**

Pork Roast (Cut from Boston Butts).....lb. \$1.19	Seven Steaks (5 lbs. or more \$2.39).....lb. \$2.59	Pork Slab Ribs (small 4 lbs. & down).....lb. \$1.89	T-Bones.....lb. \$4.99
Ground Sirloin (5 lbs. or more \$2.79).....lb. \$2.99	Sirloins (Great on the grill).....lb. \$2.99	Center Cut Pork Chops (5 lbs. or more \$2.49).....lb. \$2.69	Lean Sliced Slab Bacon.....lb. \$2.99
Fresh Boneless Skinless Chicken Breast.....lb. \$2.29	Fresh Ice-Packed Fryers (cut free).....lb. \$1.19	<b>Janik's Boudin Hot or Mild</b>	
Fresh Head Sausage \$3.29 lb.  Whole Rib Eye Rolls 14 lb. Avg. \$7.99 lb. (cut free)	Pork & Beef - Jalapeno or Pure Pork Sausage \$2.79 lb.  10 lbs. or more \$2.59 lb. 30 lb. Bulk \$1.99 lb.	Smoked Turkeys \$2.39 lb./Order Now ***** Old Fashioned Bone-In Hams Skinless & Shanks Whole or Halves ***** Spiral Hams Hormel Whole or Haves ***** Janik's Boneless Peppered Hams Whole or Halves	Stuff Pork Chops Reg., Jal. or Dressing ***** Dressing in 5 lb. Ready to Bake Pans/\$9.50 each ***** Giblet Gravy \$3.00 a Quart  "Your Old Fashion Complete Full Service Market"

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David & Jill Janik, Owners