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We as members of the community of Matthews and members of Mt. Zion Baptist Church would like to thank the volunteer fire departments from Eagle Lake & Garwood in their prompt response to the fire that destroyed our church that was built in the early 1900's.

Matters of the Heart

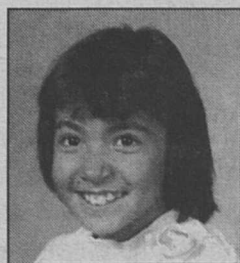
Mercy Fling

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Christmas Cards, Gifts, Books, Bibles, Music
Dayspring boxed cards

In Memory of Elizabeth and Rachel Cardenas
Passed Away December 15, 1984



When You Were Small

I often think of you when you were very small.
You left your fingerprints on almost every wall.

Back when you were growing up they were such happy years. How you would smile and make up games I remember through my tears.

Some day we will be together in heaven up above.
But for now my "Lizzy Boo" and "Chach" I send you all my love.

Love, Aunt CoCo

Happy Belated Birthday
Gracie...

Children are a treasure,
Their worth you can't measure.

Your eyes so brightly
shining, you're the silver lining.

You brighten my day, my
loneliness you chase away.

Love, Aunt CoCo

Health Department Gives Meal Tips

Continued from page
citrus glazes, not gravies.

--Sauteeing meats and vegetables with olive or grapeseed oil instead of butter.

--Sweetening desserts with fruit juices, not syrups and sugar.

--Thickening sauces with corn starch or saucier's flour (such as Wondra) rather than cream reductions.

--Grilling vegetables with citrus and a bit of olive oil in lieu of boiling them in buttery sauces or serving them up in cream-laden casseroles.

--Serving "skinny" mashed potatoes boiled in chicken stock and flavored with roasted garlic puree, olive oil and bacon salt instead of butter and sour cream.

--Shifting away from calorie-bomb cakes and cream pies in favor of small, intensely flavored fruit tarts kicked up with liqueur flavorings (guests will enjoy dessert just as much while eating less).

--Serving less bread and offering herb-flavored dipping oils rather than butter.

"It's also good to remember that people tend to eat as much as you put out, even if it's more than they really wanted," Lopez said.

"If you have to take a nap after you finish your holiday meal, something's wrong."

Apart from over-the-top meal sizes, another major cause of holiday weight gain is nonstop snacking.

Here, too, there's a no-sacrifice solution: tasty, lower-calorie goodies.

Examples include trail mix; unshelled roasted nuts (they're not low-calorie on an ounce-for-ounce basis, but are satisfying and take longer to eat than most snacks); finger sandwiches dressed with mustard, not mayo; hard candies (because they take

longer to consume than fudge or other soft candies); popcorn; smoked salmon and grapes or other bite-sized fruit.

Beware Those Miscellaneous Calories

Of course, family get-togethers aren't the only places where holiday calorie pushing runs up against our willpower.

Many workplaces also feature potluck meals, snack bowls and the like.

Although most enjoy these bonding experiences, it's still wise to remember that all calories count the same, regardless of where they're consumed.

So enjoy the pre-Christmas office potluck, but apply the same smart cooking and eating principles here as you do at home.

And, once those big meals are over, dispose of the leftovers.

Better still, plan menus carefully so less food is left over afterward.

Finally, don't throw in the towel on exercising during the holidays.

The typical football halftime show lasts 20 minutes, plenty of time to get in a quick walk, jog around the neighborhood or shoot a few baskets.

Even a little exercise goes a long way toward not only burning calories but also curbing your appetite.

Where to Find Healthy Holiday Ideas

Once you've resolved to make holidays a healthier time for yourself and your family, where can you find recipes and more meal-planning advice?

That's the easy part.

Bookstores and the Internet increasingly are rich with expert advice on cooking flavorful, lower-calorie foods that fit into traditional holiday menus.

Some good places to start include:

--Eating Well.com: www.eatingwell.com/recipes/collections/christmas.html

--Food Fit.com: www.foodfit.com/cooking/lowfat_holidays.asp

--Food Network: www.foodnetwork.com/healthy-eating/index.html

--Central Market eFoodie Magazine (includes healthy cooking tips): <http://www.centralmarket.com/Foodie-Central/eFoodie.aspx>

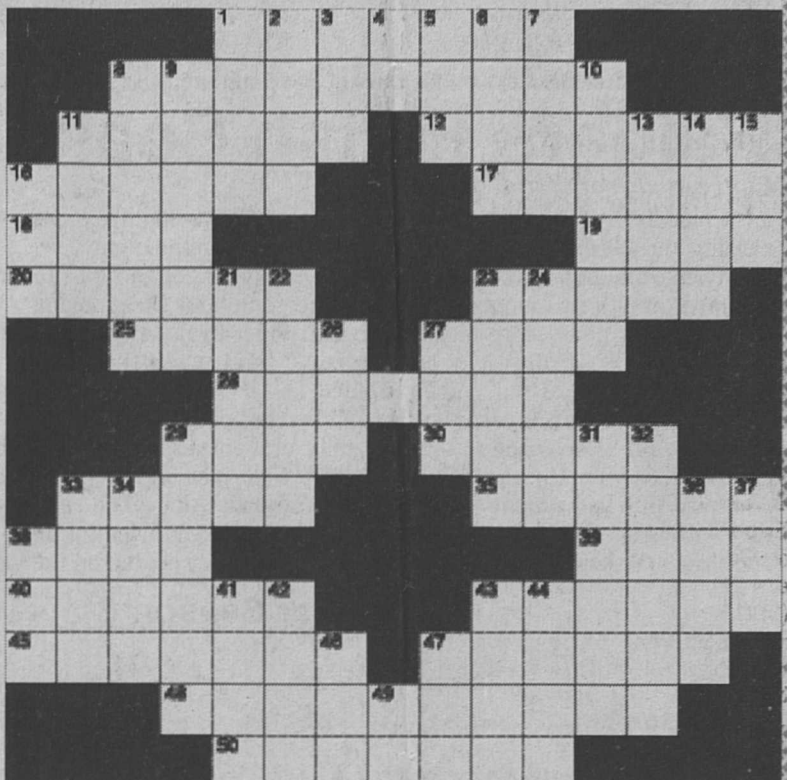
--Whole Foods Market: www.wholefoodsmarket.com/holidays/recipes/maincourses.php

CLUES ACROSS

- Sugarcoats
- Harry's house
- Coetaneous
- Largest Pakistani city
- One who arranges by size
- Dark purplish-red
- Tense
- No variation
- Conical tent
- Total items sold
- College admin. officers
- Jesus' mother
- Type of cracker
- 2nd Greek letter
- Civil Rights group
- 1/2 of a seed's reproductive structure
- On land
- Area units
- ____ Ladd, actor
- TV antenna
- A salty solution
- Citizen Kane's sled
- Choose
- Assign a designation to
- Indemnity

CLUES DOWN

- Type of chemotherapy (abbr.)
- From a distance
- Ball playing team as soc.
- Prefix meaning, "two."
- Cephalopod fluid
- Mild Dutch cheese
- Porzana carolina
- Stuffed with food
- Key in again
- Seldom
- A set of principles or



rules

- A small inlet
- Tills a garden
- Hostelry
- Group of tennis games
- Tripod
- Related on the mother's side
- Yemen capital
- Regions
- Patti Hearst's captors
- 60 seconds (abbr.)
- Kept one occupied
- Swiss house
- Maintain security

- Chocolate cookie with white filling
- One minus a cosine (trig.)
- Bombastic declamation
- Point midway between NE and E
- Swiss river
- In bed
- Roman moon goddess
- Samoan monetary unit
- Expression of sorrow or pity
- Actor DeLuise
- ____ ma: 18th Greek letter
- 1/1000 of an ampere

HOROSCOPES

ARIES - Mar 21/Apr 20

Aries, you're all fired up but looking for a way to vent your energy. Sagittarius can be your partner as you tear up the town. Wednesday you will come back to earth.

TAURUS - Apr 21/May 21

Taurus, you have a lot of important things to say. Now you just need to get others to listen. Wait until you have an audience and then make your announcement.

GEMINI - May 22/Jun 21

Gemini, every smile you fake will only sink you deeper into a situation you don't feel comfortable with. Instead, be truthful and let others know your feelings.

CANCER - Jun 22/Jul 22

Idle chatter has got you feeling

self-conscious, Cancer. But deep down you know you're above all the gossip. Does it really matter what they say? A change of perception is good.

LEO - Jul 23/Aug 23

Leo, start socializing to feel better this week. You can head to a party. Or simply hanging around a crowded place will fit the bill and your quota of activity.

VIRGO - Aug 24/Sept 22

Virgo, your leadership skills are coveted so much this week you may want to think of taking the reins more often. You are most effective leading by example.

LIBRA - Sept 23/Oct 23

Make up your mind, Libra. Spending too much time this week making decisions won't benefit your situation. You tend to overanalyze your options, which is the heart of the problem.

SCORPIO - Oct 24/Nov 22

Is there any way you can avoid money this week, Scorpio? Your judgement regarding the green is clouded, so it's best if you put off big purchases or anything having to do with finances.

SAGITTARIUS - Nov 23/Dec 21

Sagittarius, your relationship elevator will reach the top floor in no time. Now it's time to step up the romance and really ensure this is a long-term commitment.

CAPRICORN - Dec 22/Jan 20

This is a great week to be health-conscious, Capricorn. You're more likely to focus on your physical and mental well-being. Expect some extra cash to pop up later in the week.

AQUARIUS - Jan 21/Feb 18

Romance is a definite possibility this week, Aquarius. What do you need to improve your chances? Not much because he or she will take the lead.

PISCES - Feb 19/Mar 20

Pisces, simplicity is key to having the most satisfying week you've had in a while. Nothing can get you down.

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