

Catholic Daughters Report on Meeting Held Nov. 10

Catholic Daughters Court Our Lady of the Rosary #1595 held their monthly meeting on Tuesday, November 10, at St. Mary's Parish Hall in Nada.

Prior to the meeting, a Memorial Service and Mass for deceased members were held in

the church.

Members carried candles to the altar as each deceased member's name was called.

Regent, Bernita Korenek, called the meeting to order.

Officers and Committee Chair-

men gave their reports. Senior Citizen Domino Party Chairman, Helen Noteboom, reported that the party for November would be held on November 18.

If there is any member who has not received a membership

pin, contact the regent. Members are entitled to a pin if they would like one.

The 53rd CDA Biannual National Convention will be held in Buffalo, New York, July 14-17, 2010. Anyone interested in attending, contact the regent.

The membership voted to make donations to the Reflection of Faith Campaign, Diocesan Services Appeal and Catholic Medical Mission Board.

Donations for Christmas poinsettias will be collected again this year. Anyone wishing to donate may leave the donation at Nada Grocery.

Our next meeting will be held on December 8.

After the meeting, Christmas cheer baskets will be prepared for the sick, shut-ins, and elderly members of our community.

Headlight
Subscriptions

Make Great
Stocking
Stufflers!

Rotary Reports On Recently Held Meeting

The Rotary Club of Eagle Lake held their club meeting on Wednesday November 11, at 7:15 a.m.

As it was Veterans Day, attendance was not up to normal.

At least it wasn't about the coffee this time.

The members were asked to consider an offer that was made in regards to a

Christmas party for the club and to be prepared for a discussion regarding same at next weeks meeting.

Program director Arthur Anderson gave another one of his great presentations.

This time it was about the Model T Ford and the events leading up to it and how most of its necessities were actually options

available at extra costs.

Arthur anxiously watched the arrival of the first Model T because he wanted to drive it to his high school's 10-year reunion.

The members were informed that the Eagle Lake Chamber of Commerce is looking for singers to join their Christmas Choir and also invites any solo performers to book a time slot for themselves

if they wish.

The Rotary Club of Eagle Lake now extends an open invitation to the citizens of Eagle Lake to join them for coffee and pastries at 7 a.m. on Wednesdays at the Community Center.

An RSVP to eaglelakerotary@hughes.net would be appreciated and insure the availability of enough coffee and pastries.

Holiday Eating: Avoiding Weight Gain

Holiday parties and dinners can bring lots of good cheer and favorite treats to eat.

Unfortunately they also can bring unwelcome pounds.

It's the most difficult time of the year for anyone trying to lose weight – or simply avoid gaining weight.

It sometimes seems safer to eat the table decorations than holiday meals and party offerings.

It doesn't have to be this way.

With a little planning and by making smart choices, you can avoid packing on unhealthy pounds when eating out during the holidays or at family celebrations.

You still can enjoy the festivities without gaining weight.

Here are some helpful hints:

*** Plan Ahead:**

Before attending a party or a holiday meal, plan in advance.

Call ahead to find out what will be served so you can plan the rest of your day's calories accordingly.

Consider offering to bring a side dish so you know what's in it.

*** Eat Before Partying:**

Eat a light snack, such as an apple, a few nuts or a lean deli turkey, before heading to a party or dinner.

Drink water before eating to feel full sooner. When you arrive, you'll be less tempted to make a beeline for the food.

*** Make Smarter Choices:**

Consider all food options and choose wisely.

Eat at home as often as possible.

Avoid appetizers and save dessert for truly special occasions.

When in a restaurant or at a big family meal, cut your portion in half and set it aside, so you're not tempted to overeat.

Drink water or tea. Calories should come from food not beverages.

*** Move More, Eat Less:**

The only way to lose weight is to burn more calories than you consume.

You have to move more and

eat less. Even during the holidays. Walk to the mailbox.

Do five laps around your living room during commercial breaks. Take the stairs.

Exercise with your kids.

*** Get Back On The Horse:**

Everyone slips at some point. If you eat too much at a holiday meal, make a fresh start right away and get back on your diet.

*** Get Inspired:**

Find an inspiring image and focus on it daily.

Maybe it's an old photo from your fitter days, a starlet's behind or torso you wish to emulate, or that dress you want from the store.

When vying for transformation, keep an image of victory in mind.

If you were headed to the mall to buy a new purse or TV, you would research how much it would cost. Take the same care with food. Spend a hundred calories as wisely as you would a hundred dollars.

Lions Club Discussed

Lions Clubs International is the world's largest service club organization with more than 1.3 million members in more than 45,000 clubs worldwide; in more than 200 countries.

It was founded in 1917 by Chicago business leader Melvin Jones with the premise of people putting their talents to work to improve their communities.

In her address to the Lions Clubs International Convention in Cedar Point, Ohio in 1925, Helen Keller challenged the Lions to become "knights of the blind in the crusade against darkness."

Thus, began the work the Lions are best known for aiding the blind and visually impaired.

Over the years, the Clubs' men and women have become active volunteers in other Community projects including caring for the environment, feeding the hungry, and aiding seniors and disabled.

Local children and schools

are also a focus of Lions Clubs through the support of scholarships, recreation and mentoring.

The Lions motto "We Serve"

What To Do When Your Child Has Trouble Reading

When children struggle at reading, not only does schoolwork suffer, studies point to long term consequences -- from being left back in school to having trouble at work and earning less than peers.

It's important for parents to recognize early when kids are having difficulty reading and to help improve this skill, according to specialists at the National Center for Family Literacy (NCFL).

Here are some tips for parents of struggling readers, from the NCFL, just in time for National Family Literacy Day this November 1st:

*** Seek help immediately.**

Parents often wait too long. The window of greatest opportunity for helping a struggling reader is in the early years.

Children should be reading pretty well by the end of third grade. Check with your child's teacher to learn how to help.

*** Reading is a skill that gets better with practice.** Make reading fun. It is not all about drill.

*** Encourage reading everywhere!**

Have your child read street signs and T-shirts. Get him to help with cooking; reading recipes, labels and shopping lists. Have your child keep track of family activities on a calendar.

*** Give your child choices in what he reads.**

Magazines are appealing. They have short articles with colorful pictures. Poems are another great way to motivate. They are short and give the child a sense of accomplishment when read.

*** Set reading goals.**

Reward reading with incentives of importance to your child. Learn what interests your child and connect that to reading.

Is there a museum near your home that would be of interest? Read about famous athletes in a favorite sport or a favorite movie.

*** Read everyday as a family.**

Make learning new words fun. The more words a reader knows, the more he comprehends what he reads or hears.

Have conversations about interesting words. Give your child a "kid-friendly" definition and then use the word in conversation.

*** Help your child write a letter to a grandparent, family friend or pen pal.**

*** Show your child reading is important in your life.** Be sure your child sees you enjoying reading for pleasure.

For more tips, visit famlit.org/families.

Above all, families can get kids on the right track. Byron Pitts, contributor to "60 Minutes" and chief national correspondent for CBS News, knows this well.

When he was growing up he hid the fact that he could barely read.

simply, but accurately describes members' willingness to do whatever is necessary to help our local communities.

Greater Rising Star Baptist Church Brotherhood

Will hold a Turkey Dinner (with all the trimmings)

Saturday, November 21

Serving from 10 a.m. to 2 p.m.

Plates are \$7 each (Delivery available if you order 4 or more plates.)

Call 979-232-0013 or 234-2423 if you need more information.

IT'S $\oplus$ OPEN SEASON at

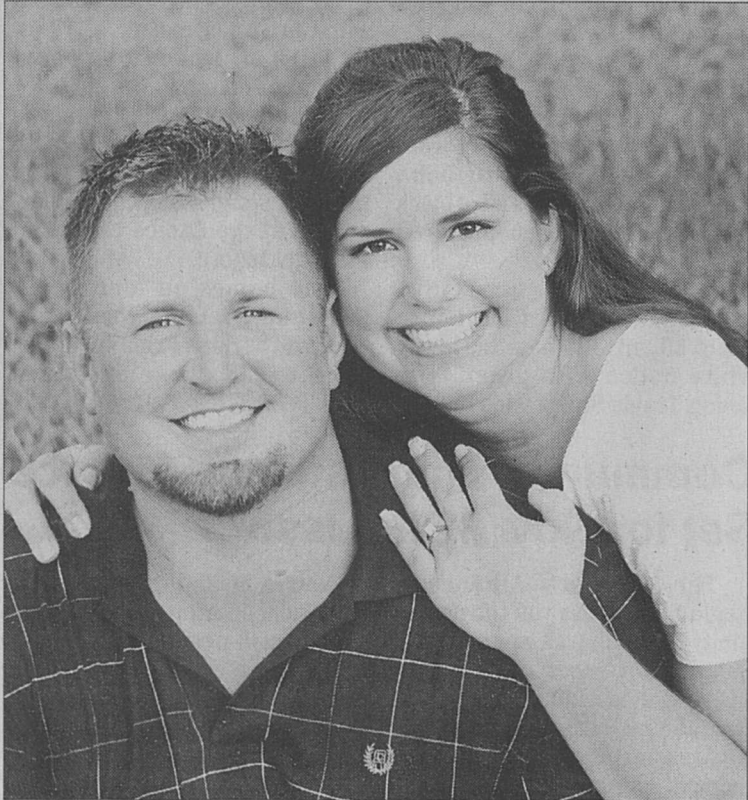
TRADITIONS CHEVROLET

SAVE SOME DOE on 2009 & 2010 Chevy Pickups

RANCH HAND ACCESSORIES

Based on Traditions, Focused on the Future

800-388-2414



Hoffman, Friedrichs To Marry

Thierry and Lisa Hoffman of Nada announce the engagement of their daughter, Kinsey Lynn Hoffman, to Scott Gregory Friedrichs of Tomball, son of Dr. Rick and Carol Friedrichs of Tomball.

Kinsey is a 2002 graduate of Rice Consolidated High School and is a third grade teacher for Tomball ISD.

Scott is a 2001 graduate of Tomball High School and is a project superintendent for Peltier Brother's Construction in Houston.

Kinsey and Scott met and attended Texas State University.

The couple will wed at 2 p.m., January 9, 2010 at St. Mary's Catholic Church in Nada.

We're Now On

The Web at:

www.eaglelakeheadlight.com

Subscribe Online With

Your Credit Card!

RIVER OAKS

HEALTH CARE & REHABILITATION CENTER

Providing the best care for the citizens of Colorado County for 25 years

Accepting Medicaid / Medicare / Private Pay

- 24 Hour Skilled Nursing Care
- Physical Therapy And Body Strengthening
- Occupational Therapy
- Speech Therapy
- Assistance With Activities Of Daily Living
- Wound Care
- Respiratory Care
- Medication Administration
- Daily Health Monitoring
- Assistance With Feeding / Special Diets
- Special Care Unit For Alzheimer / Dementia Care
- Individualized And Group Recreational Activities And Exercise
- Short Term Care
- Hospice Care
- Transportation
- Laundry And Housekeeping Services
- Beauty Salon / Barber Shop
- Manicures And Pedicures
- Religious Services

300 North St. • Columbus

979-732-2347