

Star Courier

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Artist's Showcase:



Oil on Canvas 24" x 30" by mei hoffman

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THURSDAY, NOVEMBER 29, 2018

P.O. DRAWER 405, HIGHLANDS, TEXAS 77562

These stories in the **PRESS:**

- Holiday events at Jacinto Mall
- City of Dayton Christmas Tree event
- Chambers County Library News
-And more, Page 3

EVENTS

SAT., DEC. 1 HUFFMAN FUN FESTIVAL
Saturday, Dec. 1st, 10 am - 4 pm at Jack Spence Parkway, 24403 E. Lake Houston Parkway, Huffman.

TUES., DEC. 4 SANTA ARRIVES IN HIGHLANDS
Santa Claus will arrive on a firetruck at the park on San Jacinto Street, at 6 pm. Photos with Santa. Hot chocolate and cookies will be served by the Highlands Rotary Club at the Fire Station.

SAT., DEC. 8 CROSBY CHILDREN'S CHRISTMAS FESTIVAL & PARADE
Parade starts at 6:00 p.m. at Crosby Middle School and ends at the Festival (CrosbyFairgrounds), 14920 FM 2100, Crosby, TX.

FRIDAY, DEC. 7 CROSBY LIBRARY BOOK SALE
December Book Sale on Friday, December 7th - 1pm - 6pm. Saturday, December 8th - 10am - 5pm. Books for all ages, cds, audio tapes and DVDs for Christmas gifts. For more information, call the Library at 281-328-3535.

TUES, DEC. 11 SAN JACINTO RIVER COALITION
Regular monthly meeting of the coalition will meet at the Community Center, at 6:30 pm. This will be a wrap-up session for Nov. and Dec. Next meeting will be Jan. 8.

BIRTHDAYS
Nov 22--Theresa McGee
Lisa Selenky
Nov 23--Monica Day
Brittany Muldrow
Caleb Morgan
Nov 24--David Boucher
Jaymee Gleason
Teri Gleason
Gene Gomez
Nov 25--W.G. Carro
Curtis Ingram
Nov 26--Mary Hargis
Nov 27--Doyle King
Nov 28--Louise Duncan
Jim Strouhal, Jr.

ANNIVERSARIES
Nov 25--Lois & Charles Dunbar
Becky & Rayford Smith
Nov 26--J.B. & Barbara Glaze
Nov 26--Doyle & Ruby King

DEATHS
Alicia O. Mendez
Clifford Lee Shaw Jr.

Santa visits, toy drives next week in Crosby



The Crosby-Huffman Chamber of Commerce's Kid's Festival combines with the Turner Chevrolet Monster Truck Toy Drive and ATV Lights Christmas Parade on December 8 parading from the Crosby Middle School to the Crosby Rodeo Fairgrounds to make a new, more decorative, longer, more dark parade.

CROSBY- Next week a bevy of special holiday display events begin in unincorporated Harris County.

One of the most exciting developments is that a large motorcade assembles at the parking lot of Crosby Middle School on Dec. 8 to be on parade at 6:00 p.m., stopping traffic on FM 2100 and marching to the Crosby Fairgrounds where a Children's Festival is to be ongoing from 3:00 p.m.

The Children's Festival offers photos with Santa, with traditional hotdogs and treats. On hand will be vendors with great gift ideas and lots of kids' fun enjoyment. Last year there were rides and bounce

houses with a petting zoo.

Turner Chevrolet has teamed with Clothe-A-Child Program to add to the chamber parade a special Toy Drive and 4X4 Parade with special guests Santa and friends. The Toy Drive and Clothe A Child are hoping to provide toys and clothes to those in need this year. The Toy Drives conclude with the parade on Dec. 8.

It's like three parades in one featuring Christmas lights and beaming faces. The traditional Chamber parade, the 4X4 parade will feature Monster Trucks and is to include 4 wheelers and ATVs with

See Parade Continued on Page 8

CHILI FEAST FEB. 2



Members of the Highlands Rotary Club display one of the raffle prizes in the 44th Annual Chili Feast, scheduled for next Feb. 2. Winner of the raffle has a choice of this car, a 2019 Camaro, or a 2019 Chevrolet Equinox. Cars are courtesy of Turner Chevrolet in Crosby. The first prize winner has a choice of color and model. There are 19 other prizes in the raffle. Highlanders look forward each year to a delicious bowl of Chester's Chili, and a day of socializing with friends. Rotarians now have Chili Feast tickets available, at \$100 each. See page 6 for more details.

Santa to sparkle in Highlands Dec. 4



Santa arrives in Highlands on a Highlands VFD Fire truck with hopes to hear the wishes of good little boys and girls on Dec. 4 beginning at 6:00 p.m. in the community park on San Jacinto.

See Santa Continued on Page 8

Next "Bras for the Cause" Feb. 2

The Crosby Fair and Rodeo's Bras for the Cause Committee has announced plans for their 8th annual event on Saturday, February 2, 2019 at the new Southern Lace Estates. The venue is located on 100 acres in Indian Shores and has hosted weddings and fundraisers. The Committee once again will host an event with 20 "celebrity" models, modeling bras with various themes to music of the model's choice. The bras will be auctioned off at the end of the evening in a live auction.

Our MC again this year is Charles "Big Angry" Adams. Charles is a former police officer, former judge, a graduate from Harvard Law School and is a practicing personal injury and criminal defense trial attorney. He is also the host of the Big Angry and Zro Show



Bras for the Cause's next venue is on display inside the Southern Lace Estates palatial event center. Here two bras are modeled by pillars of the community and with the Lady's of Tough Enough to Wear Pink Committee of the Crosby Fair & Rodeo.

on IHeart Radio's Houston KPRC 950AM and the legal analyst of Fox 26 Houston's Isiah Factor Uncensored. Over the past 7 years, BFC has raised over \$1,000,000. All funds are donated to help cancer patients in our local area. The Pink Heals Patient Assistance Fund, which provides financial assistance to qualifying patients undergoing treatment at Houston Methodist Baytown Hospital has received proceeds from the event. Candlelighters, which provides emotional, educational and practical support to children with cancer and their families, has also been a recipient of the BFC fundraiser. In October, 2018, the committee voted to support a new fund at Houston Methodist

See Bras for the Cause, Page 8

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★ COMMUNITY NEWS ★

Third Annual Highlands Junior School College and Career Day

Fabiola Moreno (left) Lee College Cosmetology student, sprays eighth-grader Chloe Bradford's hair during the Third Annual Highlands Junior School College and Career Fair. The event is to promote College and Career Week and to match colleges and careers to the different endorsements since eighth-graders will make their selections within the next few weeks.



Highlands Junior School eighth-graders (from left) Alyssa Bernal, Hannah Lee and Ashlie Allen work with a model of a dog, assisted by Leia Vinson (right) and Andrea Garcia (front right), ninth-graders in the Vet Tech program at Stuart Career Tech High School. The students were attending the Third Annual Highlands Junior School College and Career Fair, designed to help eighth-graders make decisions on endorsements.



Clayton Fullbright, an eighth-grader at Highlands Junior School, visits with Bobbie, a toy schnauzer, and (from left) Kristian Foreman and Dr. Amy Chou from Abshier-Meuth Animal Hospital at the Third Annual College and Career Fair. The event helps students match colleges and career to the different endorsements they will choose among in the next few weeks.



Highlands Junior School eighth-graders (from left) Vernon Duke, Saul Chavez, Alan Urenda, Alexander Hebrank and Christopher Hernandez look at a map at the Texas Department of Transportation booth at the Third Annual Highlands Junior School College and Career Fair. The event is to promote College and Career Week and to match college and careers to the various endorsements so that students can make informed decisions on endorsements before the end of the semester.



Photos by Susan Passmore

HIGHLANDS ROTARY CLUB NEWS



Rotarian Palko recounts his tough year as DG

HIGHLANDS – Bill Palko, last year's District Governor of Rotary District 5890, presented a review of his year to the Highlands Rotary Club last Tuesday. District 5890 comprises the greater Houston area, with 61 clubs and 3000 members.



Palko said that his year started out normally, in July 2017, and he was in the midst of visits to the 61 clubs, when a hurricane changed everything.

Hurricane Harvey hit the Texas coast on August 25th, and then again the following weekend, leaving a downpour and immense flooding throughout the area. Eventually, authorities would determine that 30,000 homes were affected in Harris County. Many of these ended up homeless for an extended period.

This flood, and the recovery effort conducted by individual clubs and the District, occupied Palko's agenda for most of the year, interrupting the normal business.

In the next few months, Palko became the "catastrophe manager" in his own words. Offers of help and money came from Rotarians all over the nation and the world, he said.

Much of the relief work was conducted unheralded. Some was immense, such as the North Carolina District 7710 that came to the NRG stadium in just a few days, and cooked 30,000 meals every day for weeks. And their was a club from San Diego that permanently donated a Suburban style vehicle, for the local Rotarians to use for hauling supplies.

Past District Governor Bill Palko

In all, District 5890 donated nearly \$200,000 to local Harvey Relief and Recovery projects.

In addition, during Palko's term the Rotary 5890 District raised money for targeted donations which went to a VA hospital in San Antonio, Polio Plus, the RI annual fund, and others. In all, the District contributed \$1,092 million to work of the Rotary Foundation.

Palko pointed out a number of awards that the District achieved during his term, including 18th place worldwide for giving to Polio Plus, and 1st place in Zone giving for a number of Polio Plus categories.

Also during this time, the District and some individual clubs continued their work on international projects, such as the eye clinic in Guerrero. For the last 15 years, poor local residents have received free cataract surgery, and

surgery to correct cleft palates.

The district has other projects in Central America, and especially in Nicaragua. A foundation is helping what are known as the "children of the dump" to improve their living conditions. They have also sponsored a school for the blind, and a home for pregnant girls. A workshop teaches skills in woodworking, metal working and more.

The district has a project known as Books for the World, and has collected and sent 350 pallets of books to various countries worldwide.

Palko said the District was honored to host Rotary International president Ian Riseley, from Australia, during his term.

The District also raised a huge sum of \$3.6 million during the annual Million Dollar Dinner, a major gift event benefitting the R.I.

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SEASON'S GREETINGS

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CROSBY'S HOME TOWN HOME CARE

Barbers Hill Dayton Press

Serving Mont Belvieu, Dayton, Baytown and surrounding communities since 1995

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THURSDAY, NOVEMBER 29, 2018

P.O. BOX 2351, MONT BELVIEU, TEXAS 77580

ROUND-UP

A Holiday Movie Event

The entire community is invited to a Holiday Movie Pajama Party at the Jones Public Library Kidz Zone, Saturday, Dec. 1st, at 11 am and 2 pm. This is a FREE event.

Put on your coziest Christmas jammies and join us for a holiday movie to kick off your day at Spirit of Christmas! They will have two showings, one at 11:00 am and one at 2 pm, in the Kidz Zone of the Jones Public Library. Wear your pajamas, bring a cozy blanket, and spend time watching a Christmas favorite. The Friends of the Library will be serving hot cocoa and christmas cookies as refreshments during the movie. Everyone that attends the movie will be leaving with a special gift... one may even call it the first gift of Christmas!

Programs at Sam & Carmena Goss Library

These are the events taking place at the Sam and Carmena Goss Memorial Branch Library the week of December 3, 2018.

- Tuesday, December 4 - 10:00, Baby and Me (ages 0-24 mos)
- Friday, December 7 - 10:30, Story Time (ages 0-5 yrs)
- Saturday, December 8 - 12:00 PM-5:00 PM, Nerd Con (Family Friendly) Visit our Facebook page, Chambers County Library System, for more information and to register. Registration not required.

Call Sam and Carmena Goss Memorial Library, Mont Belvieu at 281-876-2245 with any questions.

Save the Date - Holiday Social

Mark the date and tell your friends and colleagues you are all invited to the West County Chambers Chamber of Commerce's 2018 Holiday Social, hosted by our friends at Lone Star NGL. They will all gather between 6 p.m. and 8 p.m. on Tuesday, December 11, to share some holiday cheer.

San Jacinto Mall hosting series of holiday events

Pet Nights, Grandparents Day, Ugly Sweater Day & Live Performances

BAYTOWN, TEXAS - Numerous holiday activities are planned to take place at San Jacinto Mall this Holiday season, including Santa Visits, Pet Nights with Santa, Grandparents Day with Santa, and Ugly Sweater Day.

Santa Visits & Photos - Now through December 24

Santa will listen to children's wishes at his Holiday Headquarters near Bath & Body Works at San Jacinto Mall Saturday, November 17 through Christmas Eve. Photo packages start at \$29.99. Santa will be available during all mall hours. However, he will take scheduled cookie breaks.

Pet Night With Santa - December 3, 5pm to 8pm

Put Fido and Fifi on a leash and bring them to San Jacinto Mall for Pet Night with Santa! Mondays, 5pm-8pm, November 19 & 26 and December 3. Dogs only. Santa is located near Bath & Body Works.

Grandparents Day With Santa - Thursday, November 29, 11am-8pm

Calling all proud grandparents! Bring all of the grandkids and take holiday photos with Santa that you'll cherish for a lifetime.

Ugly Sweater Day With Santa - Thursday, December 13, 11am-8pm

Get in the holiday spirit and flaunt those ugly holiday sweaters! Don't have one? Make it! Bedazzle an old or thrift sweater, add embroidered holiday motifs

and some sequins. Remember, with ugly sweaters, the more design, the merrier! Calling Local Entertainment to Perform Live

Are you part of a community group that would like to perform live holiday entertainment at San Jacinto Mall? We're looking for talented singers, choirs, bell choirs, ballet, and theatre troupes to step into the spotlight! Contact Petra in the Management Office at 281-369-5831 about performing at San Jacinto Mall.

San Jacinto Mall is located at I-10 East and Garth Road in Baytown, Texas. For more information, call (281) 421-3908 or visit www.sanjacintomall.com. Events are subject to change.

City of Dayton celebrates Annual Christmas Tree event

The City of Dayton is hosting the 8th annual Christmas Tree event, benefiting Liberty County Bikes for Christmas. The City would like to invite all local businesses, individuals, churches and organizations to participate in this highly anticipated community activity. Help create a festive Christmas atmosphere at the Dayton Community Center by taking part in the Tree Decoration contest. The trees remain on display throughout the holiday season for all to view and enjoy. It is a contest so get creative, have fun and good luck.

Details for participation are as follows:
-The entry fee is a donation of any amount to Lib-

erty County Bikes for Christmas.

-Check in at Dayton Chamber office to drop off entry fee and get an approved tree location.

-Provide and decorate your own tree, real or artificial, no taller than 7 ft.

-Place one sign to identify yourself, your business or organization.

-Participants may start setting up their tree Nov. 12, 2018, deadline for entry setup is Nov. 29, 2018.

-Winners will be announced and awards will be given December 20, 2018.

-Tree should be cleaned up and removed by January 4, 2019.

Register at Dayton Chamber Office, call 936-257-2393 for details.

Fans of cosplay, anime, manga excited for upcoming Nerd Con at Goss Library

The Sam and Carmena Goss Memorial Branch Library in Mont Belvieu will be holding their first official Comic Con convention on December 8 from 12-5pm. Nerd Con will be an afternoon filled with games, panels, food, photo ops, demonstrations, vendors, and more.

Fans of cons will know exactly what to expect. Those of you who need some details, here are the basics. Comic book conventions are popular events attended by hundreds and sometimes thousands of people. Cons are usually held at convention centers, community centers, and yes, even libraries. Libraries became popular destination sites for cons due to the popularity of graphic novel and anime materials. Anime is the Japanese shortened word for 'animation'. In Japan, anime is a popular form of entertainment. It comes in the form of TV shows, movies and direct to video releases. Most of the time, anime comes from a manga - Japanese comics. Occasionally, though, you'll get an anime first, and then the manga will follow...but as a general rule, anime comes from a popular manga series.

Nerd Con is hosted at the library this year by Nerd Fest and The Eastern Rim Funny Book & Vin-

tage Con. Nerd Fest is a group on Facebook and it's all about community, friendship, networking, and everything Sci Fi and Comic Books. The Nerd Fest community enjoys frequenting comic book conventions and sharing their passion for creativity. The Eastern Rim Funny Book & Vintage Con is an awesome comic book convention in Baytown that benefits The Promise Center, which is a non-profit that provides kids with after school programs, scholarships and other community engagement.

This family friendly event will be an afternoon packed full of fun. If you would like to participate in the art contest the rules are simple. Contest open to all ages, artwork must be no larger than 12x12 inches, express your fandom by creating a manga/anime, superhero or other genre of fan art. Artwork can represent the following mediums: drawing, painting, mixed media, and digital creations. Artwork must be submitted to the library no later than Nov. 30 and include name and phone number.

Please take time to register at <http://bit.ly/2MwE4Jg>, or on the Nerd Con Facebook event page. Early registration secures your badge.

BAYTOWN

Seminar addresses common liver disease

BAYTOWN - (November 21, 2018) - While it's a common disease impacting nearly 100 million Americans, nonalcoholic fatty liver disease (NAFLD) often flies under the radar.

The term nonalcoholic fatty liver disease is used to describe a range of liver conditions affecting people who drink little to no alcohol. The main characteristic of NAFLD is that too much fat is stored in liver cells, but it frequently has few warning signs or symptoms in its earliest stages. Left untreated, NAFLD may lead to very serious consequences.

Dr. Rashid Khan, a gastroenterologist/hepatologist with Houston Methodist Gastroenterology Associates in Baytown, says the cause of the condition is difficult to determine, but knowing your risk is essential.

"The condition may be diagnosed in people of all ages, but it is especially prevalent in people in their 40s and 50s who are at high risk of heart disease due to the presence of risk factors like obesity and type 2 diabetes," Khan said. "The condition is also closely linked to a cluster of abnormalities called metabolic syndrome that include increased abdominal fat, poor ability to use the hormone insulin, high blood pressure and high blood levels of triglycerides."

Khan provides information on the possible causes, symptoms and treatment options for NAFLD when he hosts a free informational seminar on Thursday, November 29 from 6 to 7:30 p.m. in the CRCU Community Room at Houston Methodist Baytown Hospital. The event is held in association with the American Liver Foundation (ALF).

Khan says NAFLD's link to liver cirrhosis is the biggest reason why the

condition should be taken seriously.

"Fatty liver is generally benign, but the development of cirrhosis becomes a game changer," Khan said.

Along with the potential risk of cirrhosis, Khan says NAFLD brings an increased risk of developing liver cancer. Studies have shown that this risk is even present in the absence of cirrhosis. There is also a link between chronic kidney disease (CKD) and NAFLD and the condition may also increase the risk for cardiovascular disease. Research indicates that many diabetic patients eventually develop NAFLD.

"This association is bidirectional, in that some patients with fatty liver will go on to develop diabetes," Khan said.

While the onset of non-alcoholic fatty liver disease frequently does not include signs and symptoms, when symptoms are present they may include enlarged liver, fatigue and pain in the upper right abdomen.

Khan says choosing a healthy diet rich in fruits, vegetables, whole grains and healthy fats, maintaining a healthy weight and getting regular exercise may be effective in lowering the risk of NAFLD. The first line of treatment generally involves weight loss through eating a healthy diet and exercising regularly, although weight-loss surgery may be an option for those who are morbidly



Dr. Rashid Khan

obese.

Because symptoms may not be present, Khan says regular screenings, including blood and liver enzyme and function tests, may be effective in detecting the disease in its earliest stages. To register for the free seminar, visit houstonmethodist.org/events, or call 281-428-2273.

About Houston Methodist Baytown Hospital
Houston Methodist Baytown Hospital has provided Baytown and East Houston with quality medical care since opening its doors in 1948. The hospital has grown throughout the years with the community, providing comprehensive care at all stages of life. As a health care leader, the hospital is proud to have a fully integrated residency program focused on educating and inspiring future practitioners. Today, Houston Methodist Baytown provides some of the most advanced and innovative procedures while never losing focus on compassionate and patient-centered care. Houstonmethodist.org/baytown.

Chambers County Library System October review

By Valerie Jensen / County Librarian

Over 16,000 items circulated, 923 people attended programs, and 9,570 people walked through the doors. Just a typical month at the library! October always brings a lineup of several Halloween related events. The staff provided themed programs for the pre-schoolers and after-schoolers at each library that included canvas painting, crafts, games, and lots of spooktacular fun. Even the staff joined the fun and dressed up as storybook and animal characters.

The Juanita Hargraves Memorial Branch held a Breast Cancer Awareness program with

WIC Director, Angie Kear leading the program with over 20 participants. Door prizes were handed out and a great time was had by all. The Sam and Carmena Goss Memorial branch held their first ever outdoor movie. With the library's inflatable screen, the audience got to enjoy snacks, good company, and Jurassic World on the big screen.

The Juanita Hargraves Memorial Branch celebrated their 6 year anniversary of book club. Book clubs have been some of the longest running programs in the library system. Anahuac reached their 10 year anniversary

See Library Report, Page 6

LIFESTYLE PAGE

Alicia O. Mendez



It is with great sadness that the family of Alicia O. Mendez announces her passing on Friday, November 23, 2018. Alicia Olivarez Mendez, 67, was born on December 25, 1950 in Camargo, Tamaulipas, Mexico to parents Enrique and Alicia Olivarez.

She will be lovingly remembered by her children, Ana, Leticia, Ramon, Lisa, Juan; stepchildren, Rudy,

OBITUARIES

Rosa, and Mary; 11 grandchildren; and 2 great-grandchildren. Alicia will be forever remembered by her brothers, sisters, nieces, nephews, extended family and dear friends. She is preceded in death by her husband Juan Mendez; mother, Alicia; and father, Enrique; brother, Mario; and twin sister, Pita.

Alicia loved cooking, shopping, dancing, and playing loteria and bingo, she will be remembered for her caring nature, helping as many people as she could.

Services were entrusted to San Jacinto Funeral Home in Houston, Texas. At this time the Mendez

family would like to thank everyone for their support during this difficult time, your thoughts and prayers are greatly appreciated.

For more information on the life of Mrs. Mendez, to sign the online register book, or to offer your condolences or fond memories of Mrs. Mendez to the family, please visit www.SanJacintofunerals.com.



14659 I-10 East Freeway
Houston, TX 77015
713-453-7114

Northside Baptist Christmas Program

Northside Baptist Church of Highlands will have its Christmas Program on Sunday, December 9 at 6pm. It will be led by Music Minister Gene Littlejohn and pianist Karen Bascom. The Program will feature Christmas singing, special music, and tell of the miraculous

birth of our Savior. A Fellowship with food and drinks will follow.

Northside will also be featuring Christmas music and preaching throughout the month of December on Sundays at 11am and 6pm. Dress is casual.

Everyone invited. Northside Baptist Church of Highlands is located at 317 Barbers Hill Road, Highlands, TX 77562.

For more information visit nsbhighlands.org.

"There is born to you this day in the city of David a Savior, who is Christ the Lord." -Luke 2:11.

3 ways to give back this holiday season

(StatePoint) Want to give back this holiday season? There are many ways to get into the charitable spirit. And if you need some inspiration for how to go about benefitting those in your local and global community, consider the following ideas.

Serve a Holiday Meal
Food is one of the most fundamental ways to show your care, and, delicious food and the holidays go hand-in-hand. Consider serving a warm holiday meal to someone who needs it.

There are many ways to do this, such as preparing a meal at home and delivering it to a sick or elderly neighbor, inviting a colleague or friend who doesn't have family in the area to your home for a holiday meal, or volunteering in a food pantry to serve a meal to other members of your community. If these efforts are not possible, look for a canned food drive near you and pick up some extra groceries to donate when shopping.

Give Access to Safe Water

Give a gift to a loved one this season that's not only thoughtful for him or her, but also benefits the community at large. One great way to do that is through the gift of water. Due to microplastics and other common water contaminants, safe drinking water is not necessarily a given these days. However, you can provide someone you love with at-home and on-the-go access to safe drinking water with a LifeStraw water filtration product.

Helping to reduce plastic waste by providing an alternative to single-use bottles, you'll be making a global difference. What's more, for every LifeStraw product purchased, including LifeStraw Go 2-Stage Special Edition, LifeStraw Universal and LifeStraw Play, one child in a community in need receives safe drinking water for an entire school year. LifeStraw provided its one millionth child with safe drinking water in Kenya in 2018. And new special edition

bottles benefit the Conservation Alliance, a public lands conservation organization, and LifeStraw's Safe Water Fund, which supports natural disaster victims by providing them with safe drinking water.

Give Life

Did you know that the simple act of donating blood can save a life? Indeed, one pint of blood is all that's needed to save three lives, according to America's Blood Centers. Make an appointment at a local blood bank. It takes just about 10 minutes, and afterwards you can feel good about the potential difference you've made.

Another way you can be a life saver is by ensuring you are a registered organ donor. Use the holiday season as an opportunity to add your name to the National Donate Life Registry.

Before stringing lights or adding tinsel to the tree, you can truly get into the holiday spirit by finding meaningful ways to give back.

Clifford Lee Shaw Jr.



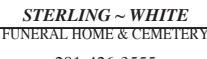
Clifford Lee Shaw Jr. age 91, went to be with the Lord on Sunday November 18, 2018. He was born in Forsyth Georgia to Lillie Elvira Mitchell Shaw and Clifford Lee Shaw Sr. He

enjoyed spending time with his family and being outside in his garden. He was loved and will be missed by all who knew him.

He is preceded in death by his parents; his wife of 47 years and mother of his four children, Dorothy Rose Shaw; his son, Clifford Lee Shaw III and his granddaughter, Amber Adams. Clifford is survived by his second wife, Violet Shaw; his children, Christie Adams, Rebecca Bilnoski (and husband, Marvin "Butch"), Philip Shaw (and wife Belinda Abbott-Shaw) and his daughter-in-law, Sarah Hartwick-Shaw; his grandchildren, Amy Adams, Angelyn "Angel" Mays, Robert "Bud" Adams, Marvin "Buck" Bilnoski, Leah Bilnoski-Morris, Tyler Abbott,

Cameron Shaw and Garrison Shaw. Also survived by nine great-grandchildren, other relatives and many friends.

Funeral services will be held at Sterling-White Funeral Home 11011 Crosby-Lynchburg Rd. Highlands, on Tuesday November 27, 2018 at 11:00 a.m. Interment will be in Sterling White Cemetery. Arrangements entrusted to Sterling-White Funeral Home 11011 Crosby-Lynchburg Rd. Highlands, Texas 77562. To offer condolences to the family, please visit www.sterlingwhite.com.



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I can do all things through Christ who strengthens me.
PHILIPPIANS 4:13

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Pride only breeds quarrels, but wisdom is found in those who take advice.

God is our refuge and strength, a very present help in trouble
Psalm: 46:1

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What we suffer now is nothing compared to the glory He will reveal to us later
ROMANS 8:18

All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. Acts 2:4

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Be alert. Continue strong in the faith. Have courage and be strong.
1 Corinthians 16:13

Rise in the presence of the aged, show respect for the elderly and revere your God.
Leviticus 19:32

★ ASK THE EXPERTS ★

Kitchen Contamination: How To Keep Your Family Safe

(NAPSI)—The next time you need to wipe up a spill, health expert Dr. Charles Gerba, Professor of Environmental Microbiology, University of Arizona, aka "Dr. Germ," warns: don't always reach for a sponge or dishcloth.

Instead, use a paper towel. That's because kitchen sponges, which he calls "bacteria cafeterias," are the No. 1 source of germs in the house. The average sponge carries nearly 5.5 trillion microscopic bugs.

When to Reach for a Paper Towel

1. According to a recent study on cleaning habits, the majority of millennials reach for sponges or cloth dishtowels when cleaning surfaces that have raw meat or poultry. Dr. Gerba recommends using paper towels, especially when prepping and cleaning up raw meat and eggs. Sponges and dishtowels can instantly become contaminated after handling these foods, which may contain bacteria such as E. coli and salmonella, Dr. Gerba explains.

2. Paper towels should also be used to help contain

spills and prevent them (and subsequent germs) from spreading around the kitchen. Whether soaking up bacon grease or cleaning up oil splatters, paper towels pick up spills quickly and efficiently. For larger oil spills, cover with baking soda or salt for about 15 minutes, then pick it up with a paper towel and throw it out.

3. When cleaning the refrigerator, dampen a paper towel with warm water and dish washing liquid and wipe down all trays, drawers, shelves and walls at least once a week. Using a sponge increases the risk of bacteria spreading around the various surfaces and shelves.

4. When kids are in the kitchen, use paper towels to clean-up everything from spills on high chair tables to sippy cups and bibs. "This ensures germ-ridden messes get tossed right into the trash and don't linger on kids' items," adds Dr. Gerba.

When People Actually Reach for a Paper Towel

While there's been an increasing amount of studies and data showcasing the high bacterial risks

associated with kitchen sponges and cloth dishtowels, a recent study on cleaning habits showed that a over half of millennials (59%) and nearly half of baby boomers (49%) reach for a sponge or cloth dishtowel when cleaning kitchen counter tops.

Even more surprising, less than half of millennials think they run a risk of possible illness or food poisoning by not cleaning these kitchen durables.

The truth is, sponges and cloth dishtowels become germ-infested as soon as they're first used in the kitchen.

As for baby boomers, most clean their cloth dishtowels once a week, which is still not as frequent as it should be (ideally, everyday). Also, how to clean is just as important as when to clean.

"Cold water washes are awful for eliminating bacteria from fabrics," says Dr. Gerba. "Washing sponges in warm water does not get rid of the bacteria unless you add bleach," he adds.

So when it comes to helping keep your kitchen clean and germ-free, let a paper towel be your shield.

Opioids aren't always the answer for chronic pain patients

(StatePoint) Decorated veteran Justin Minyard struggled for years with chronic back pain. And though his prescribed opioids provided only minimal relief, he developed a dependency on them. Unfortunately, such circumstances are common, as a growing number of patients are struggling with a choice between addictive pills or the thought of living with debilitating pain.

The American Chronic Pain Association found that one in three Americans suffers from chronic pain, pain that persists for months and sometimes years. As the number one cause of disability in adults in the U.S., chronic pain costs as much as \$635 billion yearly, more than the cost of cancer, heart disease or diabetes. What's more, chronic pain is often treated with opioid pain pills, which are highly addictive and result in 115 overdose deaths in the U.S. per day.

Minyard initially sustained back injuries while serving as a 9/11 first responder, and injuries during two tours of service in Afghanistan and Iraq further damaged his spine, rupturing multiple discs. "When I returned home, I needed a wheelchair and I developed an opioid addiction from my treatment, which severely impacted

my life and the lives of my entire family," says Minyard. "While surgery got me out of a wheelchair, the pain persisted until I found an alternative treatment option called spinal cord stimulation."

Spinal cord stimulation (SCS), an FDA-approved, drug-free treatment option, is a surgically implanted medical device that has helped patients manage their chronic pain without addictive pain pills for over 40 years. Most commonly used to treat low back and lower extremity pain, SCS sends electrical pulses that stimulate the spinal cord, masking the pain message traveling to the brain.

Recent technology advances have allowed SCS systems to offer more precise and personalized treatment that better targets individual pain. In particular, the Spectra WaveWriter SCS System from Boston Scientific is the first and only system to simultaneously provide pain relief with a light tingling sensation (paresthesia-based therapy) or without that sensation (sub-perception therapy). Patients like Minyard can choose to combine both therapies to target one specific area of pain or use each as needed to best manage multiple areas of pain. Using a remote control, patients provide real-

time feedback for personalized, targeted pain management.

"The flexibility in this treatment has the ability to offer patients successful therapy that other forms of pain management cannot," says Dr. Louis Raso, a pain specialist at The Pain Center in Jupiter, Florida, who recommended a trial of the Spectra WaveWriter SCS system to Minyard. "When patients take real-time control of their therapy, they can better manage their pain across multiple areas of the body."

Minyard, who has been off opioid pain medication since his first SCS system implant over eight-and-a-half years ago, has noticed a significant improvement in managing his pain with the latest technology and is encouraging all chronic pain patients to talk to their doctors about therapeutic alternatives to addictive painkillers.

To learn more about SCS and chronic pain, visit controlyourpain.com, a resource from Boston Scientific, who sponsored this message.

At a time when opioid abuse has reached epidemic proportions, having a greater understanding of alternative treatment options for chronic pain is critical for doctors, patients and their families.

Library Report,

CONTINUED FROM PAGE 1

in January of this year, and Mont Belvieu has been going off and on for 7 years.

A Genealogy Lock-in was held on the 19th at all branches from 10am-8:30pm. For the 3rd year the library has hosted a Genealogy Lock-in organized by the Waco-McLennan County Library. Live stream sessions were offered throughout the day and evening on several topics such as basic genealogy, preservation tips,

DNA testing, and resources from the General Land Office. For 16 years the Waco McLennan County Library has organized the event to allow other libraries in the state a chance to participate in the program. We continue to have a great turnout and positive feedback from the public. It's great to connect patrons with just the right resources to further their search for family.

Teens were also treated

to some fun programs in October. Anahuac held a Duct Tape bag program, Winnie teens made Steam-punk masks, and Mont Belvieu teens had a DIY wand program.

The entire Chambers County Library System staff recently took FEMA training required by the county. This training covered command and management systems. The library system is assigned to help with shelters should the need arise, and we will be taking additional training as needed. The library is one of the few places where the public can turn to after a hurri-

cane or other disaster in order to use much needed services such as internet, faxing, and scanning.

Assistant County Librarian, Annie Vass, led a new staff orientation on the 10th. We try to hold orientation classes as soon as possible after new staff members join the CCLS team. The training lasts about 4 hours and covers topics like customer ser-

vice, library software training, Interlibrary Loans, using our online databases, discussing policies, and much more.

And finally, on the 15th the programming staff met to discuss and plan for Summer Reading, 2019. This meeting (which used to be held in February) is our first attempt to strategize and brainstorm ideas for the upcoming summer

reading program. Key staff from all the branches attended and shared ideas for programs, received important deadline dates, and talked about new ideas that we can incorporate for the next year. We're excited about the ideas for next year and can't wait to share with the public.

Until next month!



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NOTICE OF PUBLIC MEETING TO DISCUSS BARBERS HILL INDEPENDENT SCHOOL DISTRICT'S STATE FINANCIAL ACCOUNTABILITY RATING

Barbers Hill ISD will hold a public meeting at 6:30 p.m., Monday, December 17, 2018 in the C. T. Joseph Conference Center, 9600 Eagle Drive, Mont Belvieu, TX.

The purpose of this meeting is to discuss Barbers Hill ISD's rating on the State's financial accountability system.

NOTICE TO CREDITORS

Notice is hereby given that Original Letters of Administration for Docket No. 470584; Estate of ALVIN A. FRANTA, Deceased; In Probate Court No. 2, of Harris County, Texas, Deceased, were issued on November 9, 2018.

LINDA DARLENE FRANTA TWARDOWSKI

The residence address of the administrator is in Harris County, Texas. The mailing address is:

c/o Weston Cotten
5223 Garth Rd.
Baytown, TX 77521

All persons having claims against this Estate which is currently being administered are required to present them within the time and in the manner prescribed by law. Dated this November 27, 2018.

Weston Cotten
by WESTON COTTEN
Attorney for the

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UH...OR LIKE A RAVENOUS PITBULL WITH RABIES.

R.F.D.

THAT'S IT?!

GEESH!

NOT GONNA MAKE MUCH MONEY THIS WEEK!

FRESH EGG

The Spats

YOU SHOULD WALK A MILE IN MY SHOES.

I GUESS HE'S NEVER HEARD OF 'UBER'.

Weekly SUDOKU

by Linda Thistle

		2		8				7
3			4			5	6	
	8			7			4	
	5	1			9	7		
2			7					3
	6			2			8	
8			5	3			9	
		4			1			5
	1				9			3

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK:

◆ Moderate ◆ Challenging
◆◆ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Difficulties: 1. Spoon is missing. 2. Spoon is broken. 3. Spoon is missing. 4. Bread is missing. 5. Arrow is missing. 6. Pan is missing.

Posting Date November 26, 2018

King Crossword

ACROSS

1 Woodsy home
6 Buddy
9 Lawyers' org.
12 Russian pancakes
13 "— la-la!"
14 CSA soldier
15 Big name in porcelain
16 Expression of regret
18 Find
20 Flightless flock
21 E.T.'s transport
23 Previous night
24 Wherewithal
25 Tatters
27 Robin Hood's missile
29 Tiers
31 Big river
35 Helicopter part
37 Bygone times
38 Go around the world?
41 Wager
43 Table scrap
44 Gaucho's weapon
45 Antenna
47 Green field?
49 Amorphous masses
52 Reggae-like music
53 Tiny

DOWN

1 "NCIS" ailer
2 Jungfrau, for one
3 High school science course
4 — -European
5 Family girl
6 Straw hat
7 Lasso

8 Discoverer's cry
9 Scent
10 Started
11 Big canyon
17 Maneuvering room
19 Sailor's "Halt!"
21 Cyber-address
22 Air safety org.
24 Mid-May honoree
26 Soap opera, e.g.
28 Harder to find
30 Deteriorate
32 Fauna study

33 Bobby of hockey
34 Trawler need
36 Followed orders
38 Not just chubby
39 Ice cubes, slangily
40 Swell
42 Snug
45 Census data
46 Winged
48 Fly-by-night?
50 Clear the tables
51 Collection

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Trivia test

- by Fifi Rodriguez
- ANATOMY: What are the four lobes of the cerebral cortex?
 - GENERAL KNOWLEDGE: Which month is Black History Month?
 - LITERATURE: Which early American author wrote the "The Scarlet Letter"?
 - CHEMISTRY: Which element is represented by the designation Cl?
 - MEASUREMENTS: How long is a lunar month?
 - SCIENCE: What is the most abundant metal in the Earth's crust?
 - MUSIC: Who wrote the 1962 song "The Loco-Motion"?
 - GEOGRAPHY: Which country is home of Great Bear Lake?
 - U.S. STATES: Which state claims to be the "birthplace of aviation"?
 - BUSINESS: What law requires banks to disclose the interest rates on loans?

1. Frontal lobe, parietal lobe, occipital lobe and temporal lobe; 2. February; 3. Nathaniel Hawthorne; 4. Chlorine; 5. 29.5 days; 6. Aluminum; 7. Gerry Goffin and Carole King; 8. Canada; 9. Ohio; 10. Truth in Lending Act

Solution time: 27 mins.
Answers
King Crossword

Bras for the Cause,

CONTINUED FROM PAGE 1

Baytown, called the "BFC Breast Care Fund." This fund will support Mammograms, Breast MRI and Breast Biopsy for patients without insurance or inadequate resources. Tickets are available at : crosbyBFC@yahoo.com or Lanette: 713-703-4048 or Sarah : 281-224-9478.

Prices remain at \$50 per person or a reserve table of 8 for \$500. Guests will enjoy a catered meal and live entertainment as well as a silent auction and photo booth. The committee would like to send a big thank you to their venue sponsors: All State Documents, Holmelin Fam-

ily SilverWings, Ranger Conveying, Turner Chevrolet, Jason and Angie Schexnayder, Envantage Inc., Highlands Rotary, Jeremy Rosenkranz State Farm Insurance, and HomeTown Yard Talk. To purchase tickets or make a donation contact: crosbyBFC@yahoo.com.

Kids to spot the Grinch



This year the Grinch is expected to show in Crosby disguised as Santa and it seems only kids can pick him out from the real Santa. Keeping a watchful eye on events kids are being asked to point at the Grinch if they should see him and others had better do as he says for things to go smoothly. Just point and yell Grinch though as it turns out this is a good ole' Grinch.

Crosby Parade,

CONTINUED FROM PAGE 1

lots of Christmas display. It is certainly to be an unusually long parade.

Last year the route went north on FM 2100 turned onto First Street, went to Runneburg turned right then to Pecan Street and then returned to the Fairgrounds via Church Street.

Parade line up is at 5:00 p.m. and is open to the Crosby public with prior Chamber approval.

Most agree the best display will be the view from the Fairgrounds on Main Street.

Help support Crosby Clothe-A-Child Program

and drop off new toys at Turner Chevrolet, 21001 Crosby Fwy, Crosby, TX, 77532.

All toys will go to Crosby Clothe-A-Child Program. The toy drive ends December 8, 2018 with a Toy Drive and 4x4 parade.

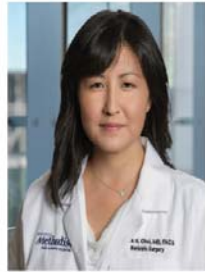


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- What are the common types of surgery?
- How do I know if I'm ready?

Registration is required. Visit houstonmethodist.org/events or call 281.428.2273 for more information or to register.

Complimentary parking is available at the hospital.

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Santa comes back to the Crosby-Huffman Chamber Of Commerce's Children's Festival inside the Fairgrounds to have pictures made with the local children. Free hotdogs and treats will be on hand with vendors of great gift ideas and carnival rides, a climbing tower, a petting zoo and a mechanical bull ride. In short it a kids' pageant.

Santa in Highlands,

CONTINUED FROM PAGE 1

HIGHLANDS - A mainstay tradition for the area is the annual park tree lighting and Santa's early visit brought in by the Highlands Volunteer Fire Dept. on a fire truck.

The Jolly Ole' Elf appears Dec. 4 at 6:00 p.m. and the community comes out to chat and have the

kids tell him what they want. Meanwhile, folks can get photos of kids rapping with Santa.

The Highlands-Lynchburg Chamber of Commerce will provide cookies and goodies and the Highlands Rotarians are offering the greatest hot chocolate for all that at-

tend. A parade of decorated trees will line the gateway to the park pavilion where Santa photos will be taken. All these exciting events happen in front of the Highlands Volunteer Fire Dept. at 123 San Jacinto St. in Highlands at the Railroad Park.

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