



Liberty Church of Christ
 Join us this Sunday for Bible Classes for all ages at 9 a.m. and stay for Worship at 10 a.m.
 We meet Sunday night at 5 p.m. and Wednesdays at 6:30 p.m.
 We meet at 3201 North Main Street and have a parking space just for you.
 We'd love to see you soon. We've saved you a seat!
 3201 N. Main St., Liberty • 936.336.2213 • libertycofc.org



Frankly Speaking –

Worst Foods You Can't Resist

by Frank Jordan

You've heard the ads including, "You can't eat just one! The fact is the reason we can't stop eating, or are drawn to a bag of goodies without the ability to not eat that, "just one," has a chemical or other basis in science. What are the worst foods that actually are addictive?

The following list of most addictive foods was compiled by

the "Eat This, Not That! Magazine" (www.eatthis.com), but I concur with their list if you include a number of forms of chips, cookies, candies and fried processed foods with similar characteristics to those presented.

#5 is Doritos. According to the research, "The recipe for the popular chip was specially designed so no single flavor overpowers another. When foods lack a dominant flavor, people are less apt to feel full and, in turn, consume more." Then, there's the taste. That unique taste that lingers in your mouth and on your breath is what is called, "hang-time flavor" that makes you want to return for more. Chip shapes, sizes and firmness for dipping and crispness for crunch also count in my personal research. Fritos and potato chips have to be included here, too.

#4 is Cheetos, in spite of the orange fingers and guilt ring around the mouth. Now, Cheetos have a different hook; they melt the second they contact your tongue, a phenomenon developed and called a, "vanishing caloric density." Processed popcorn joins Cheetos in this brain hook.

When foods melt quickly, your brain is tricked into thinking you are not eating as many calories. But you are! And then there is that crackling sound you associate with freshness. Sorry, brain, you've been had. Soft and mushy old Cheetos and popcorn are a real downer.

#3 Oreos are, with or without research, one of the most addictive substances on the planet, especially the ones with extra filling! It's fact as a 2013 animal study showed, Oreos are more addictive than either cocaine or morphine, based on monitoring of the pleasure centers in the brain. I might mention that white chocolate macadamia cookies severely spike my brain pleasure centers! Cookies in general are one of the most difficult foods to eat in moderation.

#2 is M&M's as the perfect sugar delivery vessel with sugar proven to be addictive, in addition to being the preferred food of cancer and fungus in the body. Sugar surrounded by chocolate – we have no chance. According to a Swiss study, the round shape of M&M's provides a more satisfying texture,

probably because they melt more rapidly. Thus the shape fools our taste buds, which causes us to overeat.

Peanut M&M's have that extra crunch and are even worse being better in my experience! And let's be honest, the sweeter the candy or cookie, for most, the more sought and satisfying the health enemy. Note: Try to avoid group grabs of a pile of M&M's – one at a time is bad enough.

#1 and still champion are french fries. University of Michigan research has shown the combination of fat and starch content and the highly processed nature of french fries, or "pommes

frites" if in France, make them the most irresistible food and one that acts like a magnet attracting your hand again and again. Then add a dip, or preferably don't! As if that's not enough, now we have sweet potato fries! Do you ever go on "automatic eat'em," too?

You may have a different list. These foods packaged in different ways with various names must be avoided to the extent possible to maintain and/or lose weight as you should and optimize health. Frankly speaking, the best advice is don't start. Don't even think you can have just one. Say "no" and flee!

Daisetta's Mayhaw Festival coming up May 1-2

DAISETTA - The Mayhaw Festival is two days of fun-filled, family event in downtown Daisetta, May 1-2. The festival offers numerous contests, cookoff competitions, basketball and volleyball competitions, mayhaw jelly and baking contests, domino competition, craft and food vendors, a grand parade, and a street dance.

The festival kicks off Friday, May 1, with festivalgoers finding plenty of craft and food vendors offering a variety of foods, arts and crafts and much more. It's sure to be a smokin' good time when the pits fire up for the barbecue cook-off as cooks show off their best skills at the grill. See the festival website for entry information. Also on Friday, festival attendees are invited to participate in some friendly washer and cornhole competitions. Contact Colton Hudnall at 936-346-7896 to join the fun.

Get ready to kick up your heels at the Mayhaw Festival Street Dance. George Dearborn and Branded will be back on stage for the second time at 8 p.m. If you like good classic country music this is the place to be. Tickets are \$10 (sold at the gate) and \$5 for a cooler.

How about showing off your baking skills or your best homemade jelly? The annual Jelly and Baking Competition takes place from 1-6 p.m. at the First Baptist Church. Classifications, fees and entry forms are available on the festival website or contact Rachel Webb at 936-334-5159.

On Saturday, the grand parade begins at 10 a.m. and travels through downtown Daisetta along Hwy. 770. Food and craft vendors will once again be tempting visitors with a variety of goods and services all day. If dominoes are your game, take part in the domino tournament, which gets underway following

the conclusion of the parade. Bring a partner and have some fun. Contact Curtis Johnson at 936-334-3345.

If basketball is more your game, registration for the 3-on-3 basketball tournament begins at 8 a.m. at the Hull-Daisetta High School gym. The volleyball tournament will also take place on Saturday with registration at 9 a.m. also at the high school gym. Contact Seth at 936-402-0498 regarding infor-

mation on either tournament.

The festival mission is to bring life, energy and commitment back to the community by hosting community events that will ultimately support local projects throughout the community and school, as well as help to fund local students' higher education.

For complete festival information, entry forms and more, visit the website: hdmayhawfestival.org, or visit the Facebook page.

Rotarians updated on Dayton athletics

DAYTON - The Rotary Club of Dayton held its weekly meeting Thurs., April 9, bringing together members, community leaders, and guests for updates on club initiatives and a program focused on youth development through athletics. The meeting opened with prayer and the Pledge of Allegiance, followed by updates on club activities and upcoming events.

The club approved moving forward with a commemorative marker recognizing the organization's centennial milestone. The marker, which will feature the Rotary logo and the years 1926-2026, will be installed near the club's donated live oak tree and bench.

A joint project with the Baytown Rotary Club is underway to improve a playground space at Bridgehaven. Local support has already made a difference, with Daniel Greak and Greak Fencing volunteering labor to repair and rebuild fencing at no cost.

The program was presented by the Dayton ISD Athletic Director and Head Football Coach Jerry Prieto. Rotarian Geoff McCracken introduced the coach, who shared insights into the growth and direction of the district's athletic programs.

The meeting concluded with President Dr. Luke Chachere leading the Rotary Four-Way Test and a reminder of the club's ongoing commitment to service, leadership, and community engagement.

Adult computer classes continue in Liberty

LIBERTY - The Liberty Municipal Library is offering free adult computer classes this spring with volunteer Ann Rogers, instructor. Classes are usually held from 1:30-3 p.m. but 5-6 p.m. is available by request. Students must register with Jill at the information desk. Signups are on a first-come, first-served basis with class size limited to four students.

Printers: April 28. Installing, using, and getting the most out of a printer. Learn how to save on ink, select correct paper types, print pictures and greeting cards, and troubleshoot. (Attendees will need to know their home computer's operating systems.)

Laptops: April 29. Learn how to choose a laptop computer, add peripherals, disable the camera, etc. This is a "round table" discussion, so bring your own laptop if you have any questions about it.

Internet: May 5. Basic computer skills required. Class covers antivirus programs, finding information on websites, browsers, and privacy issues. E-mail will not be covered.

Other classes available by special request include PowerPoint, Excel, and Certificates & Greeting Cards with openings are May 6, 12, and 13. For more information on these classes, email: annr@wt.net.

Classes will be taught using Windows 7, 10, and 11 to accommodate student's own operating systems. Classes will be held in the upstairs library computer lab. There is elevator access to the classroom.

For more information on the classes, call the library at 936-336-8901. The library is located inside the Geraldine D. Humphreys Cultural Center at 1710 Sam Houston Street, across from the Immaculate Conception Catholic Church. Hours are: 10 a.m. to 6 p.m. Monday through Thursday, 1 to 5 p.m. on Friday, and 10 a.m. to 4 p.m. on Saturday.

In compliance with the Americans with Disabilities Act, the Liberty Municipal Library will provide reasonable accommodation for persons attending and/or participating in this event. To better serve you, requests must be made at least 24 hours prior to the event. The building is wheelchair accessible with parking available on the north and east sides of the building.



DAYTON ROTARY
 Rotary President Dr. Luke Chachere and Rotarian Dr. Jessica Johnson

Historians' meeting to feature Rotary

DAYTON - As the Dayton Rotary Club celebrates its 100th anniversary, members' research has shown how deeply the club has been connected to the rich history of their town. In an effort to pay tribute to the founding fathers' roots in farming, ranching and agriculture, Rotary President Dr. Luke Chachere and Rotarian Dr. Jessica Johnson will present a program to the Dayton Historical Society on Monday, April 27.

"The 20 charter members were true leaders, not only in Rotary, but in the community,

the school, and in the local churches. They were a close-knit group of men, bound by strong values, driven by vision, and passionate about the town they called home," stated President Dr. Chachere.

The public is invited to hear about the club's charter members, the service projects throughout the years, view memorabilia, learn about their history, and to reminisce stories. The meeting will take place at Parker Hall, located behind The Old School Museum at 6 p.m.

Community Day in Wallisville Sat., April 25

WALLISVILLE - The Cross Baptist Church will host its 3rd Annual Community Day and everyone is welcome to a fun-filled time on Sat., April 25, from 9 a.m. to 2 p.m. Best of all,

there is no charge to attend.

The day will include a little something for everyone. Take time to see the Wallisville VFD fire truck. It's a great chance for neighbors to see the equipment and for the youngsters to learn what it's really like to be a firefighter. Come hungry and purchase some delicious jambalaya, shop at the local vendor booths, visit with neighbors, and register for a chance to win prizes. Throughout the

day there will be games and activities for the kids to enjoy.

A few vendor booth spaces still remain, so don't delay and register today. Whether you have used items to sell, homemade craft goods, or products, you are welcome. Given the family friendly nature of this event, we reserve the right to restrict the sale of obscene or questionable items.

The booth fee is \$15. Register at thecrossbaptist.org/event.

Pay utility bills in Dayton online with QR code

DAYTON - You can now pay your City of Dayton utility bills quickly and easily online. Scan the QR code and click on the Quick Pay option. You will need your account number. All card payments will include a 3% transaction fee. For additional information, call 936-258-2642, Option 1. The utility billing office hours are Monday through Friday from 8-5 p.m.



Special Storytime in Liberty, April 22

LIBERTY - Liberty Municipal Library will host a very special Storytime on Wed., April 22, at 11 a.m. to celebrate Earth Day and National Library Week. Storytime is for children ages two to five, but babies and older children are welcome as well.

The library will be partnering with the Sam Houston Regional Library and Research Center for a special joint adventure. There will be stories and fun crafts for all. And...don't forget about Fine Forgiveness Week at Liberty Municipal Library, April 20-25.

For more information, contact the library at 936-336-8901. Library hours are Monday-Thursday, 10 a.m.-6 p.m., Friday, 1-5 p.m., and Saturday, 10 a.m.-4 p.m.

LIBERTY GAZETTE
 936-336-6416

Ely Air Lines –
Sisters Across Time
 by Mike Ely and Linda Street-Ely

Linda: The checklist is done. The airplane is ready, and so is the pilot. You glance at your iPad or panel display, make sure you entered the route correctly, and take a breath. All right... here we go. I am certain the moments before a cross-country air race feel the same today as they did almost a century ago. It's exciting, and maybe a little nerve-wracking.

Flying the Air Race Classic, you're also very aware that this is more than just starting a race; you're strapping into its wake and claiming your place in history; this race didn't begin with us. It began in 1929.

I've flown the Air Race Classic four times, and every racer knows the history. The original event – the National Women's Air Derby – was a strategic workaround. Female pilots wanted to compete in the Cleveland National Air Races. The men said no. So the women said, Fine. We'll race anyway. They launched from Santa Monica, California, and flew to Cleveland, Ohio, crossing the finish line in front of everyone who had told them they didn't belong there. One of those pilots was Edith Whatley McKanna of Scurry County, Texas.

Just imagine flying that race with none of the gadgets we depend on today. No moving map. No weather at your fingertips. No panel full of helpful information. Edith and her competition flying by dead reckoning from a road map may sound simple, until you realize that if their calculations were off, they were on their own to fix it. No magenta line. No instrument cross-check. Just a compass, a clock, a map, and judgment. And yet, off they went. Edith was the first woman in



Texas to earn a pilot's license, and to own her own airplane. That alone would have been enough to make her story remarkable. But she didn't stop there. She raced in an era when aviation itself was still finding its footing.

That's the thing about this race: the history, and the feelings we must surely have in common with our predecessors. We still chase precision, flying timelines at both ends of each leg, holding altitude, pushing speed, trying to stay perfectly straight because the shortest distance between two points is still the fastest. There's heat in June, when this race is held. There are storms to navigate around and decisions to make.

And there's competition. That's what had me taping seams, smoothing surfaces, even blocking air vents to squeeze out the smallest edge – because a fraction of a knot is worth it. But this air race does more. It connects us. We share with those women an understanding of what it means to be in the hard-driving moment in each leg of the race. Edith had her version of those moments. Different tools, same drive.

When we line up today, we think of that first race. But more than that, we feel it. And for four days in June, chasing the clock across the sky, we're not so far removed from 1929 after all.

ElyAirLines.substack.com

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50+ YEARS
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