

Have A Great Evening With Jef & Valerie



PARTY, DANCE & HAVE FUN

In The Very Large & Beautiful

Silver Wings

BALLROOM

In El Campo

Sat., April 10

9 to 1

You Deserve A Good Time

Catholic State League Names Essay Winners



District Essay Winners

District Essay Winners on the theme: "Our Lady of Guadalupe: Patroness of the Americas" (1531-1981: 450th Anniversary of the Guadalupe Apparition) sponsored by the Catholic State League of Texas and the Catholic Life Insurance Union, were awarded framed certificates, plus a \$5.00 check to the 1st place winners, by James Prihod of High Hill, district chairman of the Essay Contest, at the Southeastern District meeting of the League held last Sunday in St. Mary's Parish Hall in Nada.

Pictured (front row, left to right) Marcus Michus, Flonita Elementary School, placed third in the junior high boys division; Mark Heinrich, St. Rose of Lima School, Schulenburg, placed second in junior high boys division; and Karen Schneider, Rice High School, placed first in the senior high girls division; (second row, l. to r.) Patrick Gold, Rice High School, placed first in the

senior high boys division; Jan Kristine Zbrank, Rice High School, placed second in the junior high girls division; Michelle Muras, St. Rose of Lima Elementary School, Schulenburg, placed first in the junior high girls division; and James Prihod, High Hill, district chairman of the Essay Contest, at the Southeastern District meeting of the League held last Sunday in St. Mary's Parish Hall in Nada.

Other district winners not present were David Havata, St. Philip's Elementary School, El Campo, who placed first in the junior high boys division; Carol Pavlik, St. Michael's Elementary School, Weimar, who placed first in the junior high girls division; and Jacqueline Janda, El Campo High School, placed second in the senior high girls division. St. Mary's Church Photo



Parish Essay Winners

St. Mary's Parish (Nada) essay winners received awards from Msgr. Victor G. Schmidtinsky, pastor, at the Southeastern District meeting held last Sunday in St. Mary's Parish Hall in Nada.

Pictured front row, left to right, are:

Mary Lynn Kallina, Rice High School, placed third in senior high girls division; and Kevin Genz, St. Mary's School, placed first in junior high boys division; top row, left to right, Patrick Gold, Rice High School, placed first in senior high boys division; Jan Kristine Zbrank, Rice High School, placed first in junior high girls division; Karen Schneider, Rice High School, placed first in senior high girls division; and Kelly Salazar, Garwood Elementary School, placed third in junior high girls division.

Other parish winners, not pictured, were: Carl Wied, Garwood Elementary School, placed second in junior high boys division; and Susan Drik and Shari Popp, both of Rice High School, tied for second place in the senior high girls division; and Greta Popp, El Campo High School, placed second in the junior high girls division.

In all, 39 essays were submitted on a parish basis. The first place essays were placed in district competition and district winners are listed in the above photo. St. Mary's Church Photo.

IRS Suggests You May Need To Estimate Tax

Is the amount you will owe the Internal Revenue Service this year large? Do you expect to receive income not subject to withholding in 1982 (i.e., interest income, royalty

income, rental income, etc.). If so, you may have to file a declaration of estimated tax for 1982, says the Internal Revenue Service. Whether you must file a declaration of estimated tax, Form 1041-ES, for any year depends on how much you estimate your income will be for that year and how much of it you estimate will be subject to withholding. Do

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Colorado County Sheriff's Report

A Weekly Report of Activities by Sheriff Jim Broussard

Sheriff's Office Is Open Around-The-Clock To Serve You

I would like to remind everyone that the Sheriff's Office is open seven days a week, 24 hours per day to serve you. If you need to call the Sheriff's Office, we will accept collect calls; however, we ask that if you do call collect, the call must pertain to police matters. It would not be fair to our taxpayers if we accepted a collect call on a personal matter.

We can be reached by calling 732-2388 or 732-2535. If you have business of a personal nature and you want to discuss it with me, my home number is 732-3960. We're here to serve you.

March 29: Arrested two for trespassing. Assisted stranded motorist near Altair. Investigated a burglary near New Uln. Worked school traffic in the morning and the afternoon. Had District court. Checked on a reported burglary in the Brushy area. Issued one traffic citation. March 31: Arrested two for trespassing. Investigated and arrested one for aggravated assault. Worked school traffic in the morning and the afternoon. Issued eight traffic citations and served three civil citations.

April 1: Had JP court in the AM. Worked school traffic in the morning and the afternoon. Checked on a suspicious vehicle in the Freiburg area. Issued 17 traffic citations and served eight civil citations.

April 2: Investigated a reported stolen vehicle. Checked on a family disturbance in Matthews. Worked school traffic in the morning and afternoon. Issued nine traffic citations and served 10 civil citations.

April 3: Checked on an abandoned vehicle near Eagle Lake. Assisted in searching for a burglary suspect. Assisted in attempting to locate a vehicle involved in a robbery in La Grange.

April 4: Arrested one for public intoxication. Assisted with traffic on 71 Bypass. Picked up a mental patient in Weimar and transported to San Antonio State Hospital. Jim Broussard, Sheriff and Deputies Phones: 732-2388 & 732-2535 Home Phone: 732-3960

Study Club To Hear Book Review Wed.

The Eagle Lake Study Club will meet Wednesday, April 14, at 2 p.m. at the Eagle Lake Community Center. The program is to be a book review by Mrs. Sue Stansel. There will be election of 1982-83 officers. Tickets are now on sale for the May 4th Study Club President's Luncheon.

for a burglary suspect. Assisted in attempting to locate a vehicle involved in a robbery in La Grange. Assisted in a burglary investigation in Columbus. Assisted in arresting two for burglary. Served one civil citation.

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Opening Tuesday, April 13 Jackson Square Needle Art

FEATURING:

- Palenayan Persian Yarn
- DMC Embroidery Floss
- Elsa Williams Tapestry Yarns
- Crewel Embroidery & Needlepoint Kits
- Brunswick Yarn
- 4-1/2 Cloth And Charts for Counted Cross Stitch
- Quilt Kits by Paragon
- Original Designs on Canvas
- Needlework Notions

Beth Beken Karen Beken

Tues. Fri. 9-5 10 Jackson Square
Saturday 9-11 Weimar, Texas

Homemakers' Reflections

By Donella Pantel, County Extension Agent

Quick Weight-Loss Diets - The Fad Of Fads

Fad diets - they're becoming a "national obsession." Americans spend billions of dollars on fad diets, pills, supplements and books in hopes of losing enough weight to become more attractive, healthier, sexier and younger looking. But such desires to lose weight quickly actually can be harmful to your health. "What is a fad diet?" is the first question that comes to mind. A fad diet is any diet concept that remains unproven scientifically to successfully and harmlessly lose weight.

Types Of Fad Diets One of the most common fad diets used by Americans today is the "crash diet." For example, the dieter may try to lose 20 pounds in two weeks. This is called the "yo-yo syndrome" because one quickly takes off the weight, returns to old food habits and regains the weight. Some people are successful in losing weight in short time but seldom are able to keep off extra pounds over the long run. Medical authorities now believe it's better to be a few pounds overweight than to put the body through the stress of losing and gaining weight over such a short time. The low-carbohydrate diet is another fad approach to losing weight quickly. These types of diets are dangerous because carbohydrate intake is limited in an attempt to rapidly take off body fat.

Dieters, however, may go into ketosis - an abnormal condition which can lead to coma or death - on low-carbohydrate diets. Another area of concern in fad dieting is the use of megadoses of vitamins to improve health. Large amounts of fat-soluble vitamins A and D become stored in the body and can be toxic. Vitamin A in large amounts can cause loss of appetite, desquamation (shedding of cells from the skin), bone and liver pain and enlargement of the liver. Too much vitamin

D can raise the blood calcium level, stunt growth in infants and form calcium deposits in various organs.

Arthritis Patients Often times, arthritis patients follow fad diets in an attempt to relieve pain. The American Arthritis Association says there is no cure for the disease and that some diets may be harmful to the individual. Some common fad diets used by arthritis patients are: honey and vinegar, megadoses of vitamins, modified crash diets and eating only fresh fruit. For best results the AAA recommends that those with arthritis eat a balanced diet and maintain or attain a normal weight.

Food fads often may be difficult to identify. Consider the following facts about fads before deciding what diets are good to follow. The author or proponent of the diet will try to undermine your confidence in the American food supply. But don't worry, we still have the safest food supply of any nation. They may attack the Food and Drug Administration. The American Medical Association, the Public Health Service or any recognized authority on nutrition. They use "scare" tactics on health and play on emotions rather than issue factual data about their diet. They have something to sell, such as a book, supplement or food. They make extravagant claims about their product.

Beginners' Tennis Classes Sated At Wharton Co. JC

Beginners' and intermediate tennis players' classes will be offered this spring by the Community Education Program at Wharton County Junior College in Wharton. Beginning tennis will be taught on Tuesdays from 6:30 to 8:30 p.m. for a six-week period that starts Tuesday, April 13. Intermediate tennis instruction is offered Thursdays from 6:30 to 8:30 p.m. for a six-week period that starts Thursday, April 15. Travis Smith is instructor and cost of enrollment is only \$14.40. All students must

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4-H News

(By Cheryl Johnson, County Extension Agent)

4-H College Scholarships Are Available

We went and had a blast! Coby Shorter, III, Sonia Hernandez, Paula Baumgarten, and Sandra Korenek and Cheryl Johnson, county Extension agent, went to Friendswood last Friday and Saturday for Junior Leader Camp. Although we danced for hours and slept very little

provide their own tennis rackets.

More information may be obtained by contacting Community Education Director Joy Wind at WCJC, phone 713-532-4560, or Travis Smith at 713-532-1541 (between hours of 9 a.m. to 4 p.m.).

Friday night, we were wide awake Saturday morning. It rained most of the day but that didn't dampen our spirits. I think we'd all agree and tell you, you missed a great time!

4-H College Scholarships Present and former 4-H members may be eligible for \$5,750 in college scholarship grants if they meet certain requirements.

Five of the grants, valued at \$1,000 each, are primarily for young people planning careers in agriculture, or such related fields as forestry, veterinary medicine or animal science. The other scholarship, valued at \$750, has no limit placed on choice of study. These scholarships are provided by private sector donors and arranged by the National 4-H Council, a non-profit organization supporting the 4-H program through private resources.

The \$750 scholarship, in memory of Gertrude L. Warren, a pioneer 4-H leader often described as the "Mother of 4-H," is awarded to one present or former 4-H member enrolling this fall at an accredited college, university, technical or trade school. The recipient can major in any recognized field of study and must have been influenced by 4-H in selecting a future career.

A \$1,000 scholarship, donated by Education Foundation of Alpha Gamma Rho, goes to a current 4-H member who will be enrolled as a college freshman this fall. The recipient must be planning to major in agriculture, forestry, veterinary medicine or a closely related field.

Wayne Feed Division of Continental Grain Co. donates scholarships to two present or former 4-H members who will be enrolled as college juniors this fall and who plan to major in animal science. Two former 4-H members, currently enrolled in a college of veterinary medicine, can receive \$1,000 scholarships provided by Champion Valley Farms, Inc.

All scholarship applicants must have completed at least one year of 4-H work. Winners are selected by the Extension Service and will be announced prior to the 61st National 4-H Congress, Nov. 28-Dec. 2, in Chicago, Ill. Present and former 4-Hers interested in applying for these applications should contact the state 4-H office at Texas A&M University or the County Extension office for more information and application forms. Scholarships are a lifesaver for many people. Take advantage of this opportunity. Wishing each of you a "bopping" good Easter! Cheryl Johnson.

Judy Bunge On UT Natural Sciences Honor Roll

The College of Natural Sciences at The University of Texas named 439 students to the 1981 Fall Semester honor roll.

The list, announced by Dean Robert E. Boyer, included the following student from this area: Cum Laude Amplia El Magna, Judy Beth Bunge, daughter of Mr. and Mrs. James L. Bunge, Jr. of Garwood.

Navyman Andrew Hewitt In Exercise In Korea

Navy Interior Communications Electrician Fireman Andrew L. Hewitt, son of High School, Altair, Hewitt, is currently participating in exercise "Team Spirit 82" in the Republic of Korea.

He is a crewmember aboard the amphibious command ship USS Blue Ridge, operating from Yokosuka, Japan.

"Team Spirit 82" is a joint exercise involving military forces from the United States and the Republic of Korea. More than 160,000 personnel and 31 U.S. 7th Fleet ships are involved in the month long exercise.

A 1978 graduate of Rice High School, Altair, Hewitt joined the Navy in June 1978.

Avoid buying sweet potatoes with decayed portions or injuries to skin. Even if cut away, the remainder of the potato may have a bad taste.

Joe Wyatt USCONGRESS

Paid for by Joe Wyatt for Congress Committee Joseph B. Bumgarner, Treasurer

Sixth Annual

Wharton County Youth Fair

FM 960 - FM 961

AND EXPOSITION

Crescent Community

"Building A Better County Through The Youth"

APRIL 13 THRU 17 • 5 BIG DAYS

Second Largest Barbecue Cook-Off

In Texas ... Judging April 17

WHARTON COUNTY YOUTH

Fair Days

SCHEDULE OF EVENTS

• APPEARANCES AND PERFORMANCES BY MISS TEXAS

• QUEEN'S CONTEST 7 P.M., APRIL 12

• SENIOR CITIZEN'S DAY THURSDAY, APRIL 15

• EARL CAMPBELL IN PERSON THURSDAY, APRIL 15

BEST CARNIVAL IN SOUTH TEXAS

Bill Hames Show

Offering Pay One Price Day THURSDAY, APRIL 15

ALL YOU CAN RIDE FOR \$6.

• BIG BAND CONTEST ALL DAY SATURDAY, APRIL 17

• FORD BROS. CIRCUS SATURDAY, APRIL 17 ONLY

TWO PERFORMANCES 3 AND 6 P.M. TICKETS NOW AVAILABLE AT WHARTON AND EL CAMPO C. OF C. OFFICES

CHILDREN \$2. Per Person
ADULTS \$4. Per Person
Tickets At The Show \$4. & \$6.

FAIR DAYS

THE JAMMERS

Pro Frisbee Disc Show

Entertainment Package Includes:

- Three shows daily
- SUNKIST SUNFLYER DISCS
- SUNKIST T-SHIRTS
- Free Arcade Contest - Clinics
- Crowd participation games

• OPEN RODEO FRIDAY, APRIL 16

• NATIONAL HIGH SCHOOL RODEO SATURDAY, APRIL 16

• RODEO EVERY NIGHT

WILD BULL RIDING

JACKPOT ROPING

WILD COW MILKING

• OPEN RODEO FRIDAY, APRIL 16

• NATIONAL HIGH SCHOOL RODEO SATURDAY, APRIL 16

Coming Soon!!!

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11x14 Natural Color Portrait

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