



Home Freezing...

Freezing is the simplest and quickest method of food preservation in the home. Home freezing ranges from Grandma's beef stew to chifon pie. Food selected should be of top quality and optimum maturity. Successful freezing depends on slowing down microbial growth and enzyme action. The major variable in successful freezing is the container. Containers and wrappers to be selected for use in the freezer should not have an odor of their own, should be easy to work with and hold up during storage. Foil sometimes gets punctured in the freezer and allows the product to become dehydrated and freezer burned. They should be moisture, vapor, and greaseproof. Today, special freezer bags and containers are readily available.

In freezing fruits, those packed in sugar or syrup generally have a much better flavor and texture. Frozen cooked foods will keep well for 2 to 3 months in the freezer.

Factors to consider in deciding whether to freeze foods include availability and cost of fresh products, cost of electricity, family food preferences and nutritional needs. Freezing food can be a time saver and an economical homemaker's technique.



Carol Scroggins
Director Of Consumer Affairs
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Houston, TX 77251

Some Plain Facts About Sodium & Low Sodium Foods!

HOW CAN I REDUCE THE AMOUNT OF SALT I EAT EACH DAY? ONE WAY IS TO USE LESS SALT AT THE TABLE. ANOTHER IS TO SELECT PRODUCTS THAT HAVE LESS OR NO SALT ADDED DURING PROCESSING. LOOK FOR THE NEW TV LOW SODIUM VEGETABLES WHICH ARE PACKED IN WATER WITH NO SALT ADDED. ALTHOUGH THEY DO CONTAIN SMALL AMOUNTS OF NATURALLY OCCURRING SODIUM, EACH WILL CONTAIN 35MG OF SODIUM OR LESS PER SERVING.

MANY WHO HAVE TRIED THEM SAY THEY HAVE A VERY GOOD APPEARANCE AND TEXTURE AND THE TRUE TASTE OF THE VEGETABLE IS MORE EVIDENT. HOW WILL TV LOW SODIUM VEGETABLES COMPARE NUTRITIONALLY? EACH CAN WILL CONTAIN A NUTRITIONAL LABEL WITH FULL DETAILS. THE FOLLOWING CHART SHOWS THE CALORIE AND SODIUM COMPARISONS:

VEGETABLES	TV LOW SODIUM	REGULAR
Whole Kernel Corn	under 10mg	320mg
Sweet Peas	under 10mg	340mg
Cut Green Beans	under 10mg	380mg
French Style Green Beans	under 10mg	380mg
Sliced Carrots	under 35mg	390mg
Sliced Beets	under 35mg	390mg
Mixed Vegetables	under 30mg	390mg
Whole Peeled Tomatoes	under 25mg	220mg

WHAT'S THE DIFFERENCE BETWEEN SALT AND SODIUM? THE TWO TERMS ARE OFTEN USED INTERCHANGEABLY SINCE THE CHEMICAL NAME FOR SALT IS SODIUM CHLORIDE (ABOUT 40% SODIUM & 60% CHLORIDE). BOTH SODIUM AND CHLORIDE ARE ESSENTIAL TO GOOD HEALTH BUT ARE REQUIRED IN VERY SMALL QUANTITIES.



RED TAG SALE

FRESH
Slicing Cucumbers
4 FOR **.99**

JUICY
Texas Oranges 5 LB. BAG **\$1.59**
FRESH
Eggplant LB. **.59**
DELICIOUS
Egg Roll Skins DOZEN **\$1.49**
TASTY
Won Ton Skins DOZEN **\$1.49**

Shop Wilcox & Save!

FIRST OF THE SEASON
New Crop Cantaloupe
EACH **.99**

FLORIDA
Red Potatoes
EACH **.99**

CALIFORNIA
Sweet Strawberries
PINT **.55**
TENDER
Texas Carrots
1 LB. PKG. **.25**
CALIFORNIA SWEET SEEDLESS
Navel Oranges
LARGE SIZE LB. **.39**

We Start Fresh Everyday!!

FRESH
Zucchini Squash LB. **.69**
WASHINGTON EXTRA FANCY RED
Delicious Apples LB. **.59**
TEXAS MILD
Yellow Onions LB. **.29**
RED
Ripe Tomatoes 3 CK. TUBE **.79**
CHILIAN WHITE
Seedless Grapes LB. **\$1.49**



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Honor students announced

The Valedictorian and Salutatorian have been announced at Rice High School. For this year's graduating class, valedictorian is Karen Marie Schneider, daughter of Mr. and Mrs. Edward L. Schneider of Garwood. She earned a 3.434 grade point standing. Salutatorian is David Wayne Adkins, son of John and Nancy Adkins of Eagle Lake. He earned a 3.312 grade point average. The other honor students will be pictured next week, and in the edition of May 12, all graduating seniors will be pictured.

Time changed to 7 p.m. for Rice sports banquet

The time of the Rice high school All-Sports banquet has been changed to 7 p.m. Monday, May 2, to accommodate the speaker from the Dallas Cowboys organization, according to Clifton Darden, rice athletic director.

Ernie Stautner will be the speaker. He has been defensive coordinator for the powerful Cowboys teams since 1986. The banquet was scheduled to start at 7:30 p.m. but was moved up 30 minutes because of airline schedules.

Tickets for the dinner are on sale for \$6 per person, and may be purchased at Johnny's Sport Shop in Eagle Lake, at Rice High School, and at the Garwood and Sheridan schools. April 28 is the deadline to purchase tickets. The meal will be served in the high school's Commons area.

Stautner helped shape the Cowboys' famed "Doomsday Defense" shortly after he joined the coaching staff 17 years ago. He was an All-Pro defensive end and tackle with the Pittsburgh Steelers where he played for 15 years (1951-65) despite being relatively small at 6' tall and 235 pounds. He is a veteran of nine pro-bowl games, and was elected to the Pro Football Hall of Fame in 1989, his 34th and last year of eligibility.

He served in the Marine Corps during World War II, then enrolled at Boston College where he developed into a two-way star lineman. Ernie's wife's name is Pat. He has three children.



Rotary Club to observe their sixtieth anniversary this Friday

Eagle Lake Rotary Club will observe the sixtieth anniversary of the founding of the club with a ladies night banquet, program and installation of 1983-84 officers in the Eagle Lake Community Center beginning at 7:30 p.m. this Friday, April 28th.

The Eagle Lake Rotary Club came into being in 1923 under the sponsorship of the Houston Downtown Rotary Club. Officially, March 28th was the organization date although the first meeting was held on April 5th. The Eagle Lake club was officially chartered on April 16, 1923 as Club No. 1469 of Rotary International.

The original membership included sixteen local and professional businessmen, all of whom have deceased. They included W. E. Lehart, Harry Reading, S. Odie Bothe, Joe H. McCreary, Ben H. Faber, L. D. Allen, George H. Bowles, Louis Burger, B. H. Daily, James A. Dromgoole, George Keith, James Morgan, Floyd Norman, Robert Putney, Jesse Thomas and Joe F. Uery. Mildred Davis Harbert was pianist.

During the past sixty years, members of the club have continued active community and international projects. The club stages the annual hot cake supper and the annual barbecue supper to raise funds for such projects as scholarships to Wharton County Junior College, Girls' State, Mental Health and Retardation, sponsorship of Boy Scout Troop 334 and many more.

Bob McInteer, current president, and members Albert Pustejovsky, Melburn Sibley and Fred R. Frnka have been completing arrangements for the gala celebration. They anticipate a large gathering of Rotarians, local and out of town, RotaryAnns and guests will be present for the event.

Past President Dan Thornton will serve as master of ceremonies for the program. Mrs. Phillip Ferguson will entertain with vocal selections. District Gov. Dave Hill of Houston will install the 1983-84 officers and after remarks by the incoming president, Wayne Shifflett, William (Bill) Lufburrow, member of the Downtown Houston Club and director of Goodwill Industries in Houston, will deliver the principal address.

Other officers to be installed Friday night are: Vance Duncan, vice president; Fred R. Frnka, secretary; George Welsh, treasurer; T. J. Smith, sergeant at arms; Jack Harrell and Arthur Anderson, two year directors; and Earl Rodgers and Harold Williams, one year directors.

Citizens of the community join in extending congratulations to the members of the Eagle Lake Rotary Club.

Industrial foundation considering future moves; Truly president

Ralph Truly was elected president of the Eagle Lake Industrial Foundation, Inc., last Thursday in a board of directors meeting that followed the third annual stockholders meeting.

At the meeting of stockholders, which has increased to 33 since the meeting last year, Phillip Ferguson was a guest speaker invited to discuss future industrial park possibilities and his involvement with land planning and industrial location in Houston.

The 16 people present discussed future direction; the possibility of still selling five acres for an investment apartment complex in the site chosen as an industrial park, and the purchase of that land.

There was no action taken. After Truly was elected president, he asked for time to consider appointments to the foundation's two standing committees. Another meeting is expected to be called in May.

Three board members were re-elected to three year terms. They are Don Bendy, Fred Frnka and Helen Farris.

Last year it was announced at the meeting that a contract had been signed to purchase approximately 50 acres bounded by FM 3013, Prairie St. and the railroad tracks. A purchase deadline was set for December 31, 1982.

During the latter part of last year, a developer became interested in five acres of that property for the apartment complex. The purchase price would have provided some of the funds to complete the purchase. However, since that proposition was not completed, the December 31 deadline was extended to August 31, 1983.

The developer has not corresponded with the foundation in more than a month, and the foundation is unsure whether the apartments will be built.

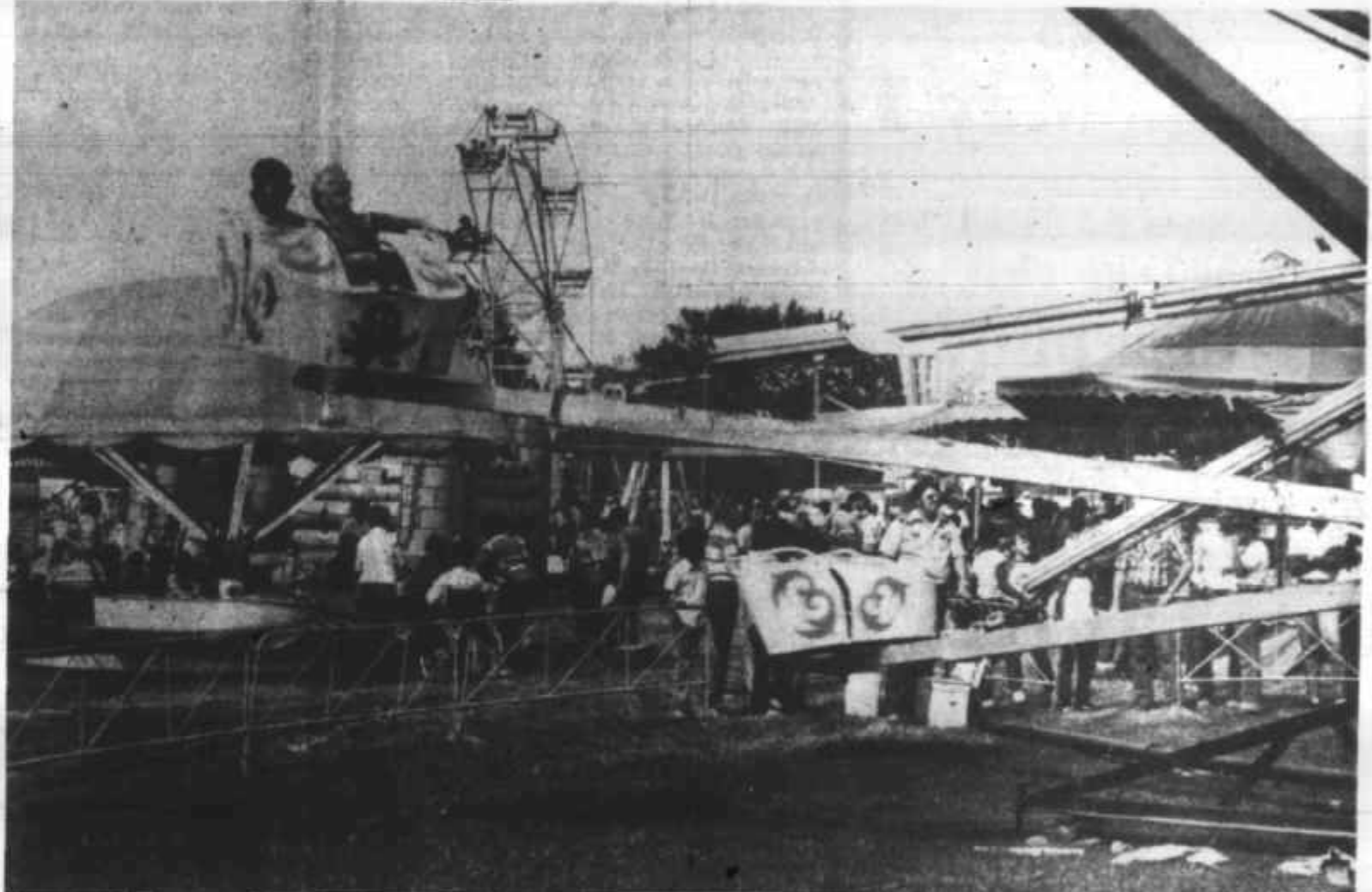
Ferguson discussed the merits of the property, and made various suggestions such as developing a land plan and pursuing possible buyers in the Houston market. He pointed out the problems associated with the growth of the city since it is south of Interstate 10. However, he also said that fact could be sold as an asset since land values here are lower than high-growth areas such as Sealy and Katy.

Ferguson then asked the foundation to consider the value of developing the proposed site compared to the possible lower cost of developing property around the airport. Any major company president, he said, uses private aircraft for business travel.

Travis Wegenhoft, foundation secretary-treasurer, reported the organization has cash assets of \$2,815.32 as of March 31, 1983.

Foundation members now include Marta Smith, J. F. Miller Ford, Inc.; Broesche's Restaurant; Main Auto Supply; D & D Grocery; Jay Anderson; Lake Motors; Heritage House; Ralph Truly; Travis Wegenhoft; William H. Harrison Sr.; Central Power & Light; First National Bank; William H. Harrison Jr.; Fred R. Frnka; Don Bendy; Johnny's Sport Shop; J. R. Thomas; Ashby Oil Co.; Gulf Coast Savings; The Farris 1912; W. L. Spalinger; Alamo Lumber Co.; Eagle Lake Dairy Delier; Mark Anderson; T. Lang; Lake Lumber Co.; Lone Star Industries; Wilcox Minimex; and The Eagle Lake Headlight.

Present for the meeting were Joe Reed; Truly; Wegenhoft; Bill Harrison Sr.; Bill Harrison Jr.; Charles Garrett; Frnka; Bendy; Helen Farris; T. J. Smith; Mark Anderson; Jay Anderson; T. Lang; John Fearing; Beverly Marquart; Robert McInteer, and Ferguson.



"This is the best thing that's happened in Eagle Lake in a long time," was the majority comment heard around town over the weekend, during and following the "Come April Fest."

The last minute addition of the carnival drew crowds, Thursday and Friday night, but on Saturday with a heavy schedule of festival activities, people started arriving early. The festival area around the community center remained crowded throughout the day and long into the evening.

Special stories about various activities, especially where contests were held, are included in this issue of The Headlight. The center two pages of the newspaper present a history of the day in pictures.

Results of the Lions Club's annual golf tournament held Sunday are found on Page 16.

Juvenile certified as adult case goes to grand jury

The juvenile arrested earlier this month in the murder case of Mrs. Gay Engelhard has been certified in county juvenile court as an adult, and the case has been moved to district court. He was released from jail last week on \$5,000 bond.

However, the district clerk said he was advised not to release the accused's name pending an investigation by the Colorado County grand jury that will meet in June. That body will decide whether an indictment should be made, and what the exact charge should be.

The Headlight, attempting to report the exact charge used to determine the bond, was told by the Eagle Lake police, the Sheriff's office, and the district clerk's office that they did not know.

The 16-year-old's attorney in Columbus was contacted by The Headlight, seeking information on the charge but the attorney said he would make no comment on the case because what the media was reporting was clouding the issue. He also said the judge had given him instructions not to comment.

At a hearing last Wednesday before county juvenile judge Lester Cranek, the teenager was certified to stand trial as an adult, and bond was set at \$5,000. Cranek said Monday that under Texas law, bond cannot be set beyond a person's ability to pay, otherwise it is discriminatory. The attorney asked the boy be released on his own recognizance, without bond.

The sheriff's office would not comment on when bond was posted.

The boy had been held in the juvenile unit of the county jail for 30 days. Laws governing juvenile criminal cases do not allow bond, but call for a hearing each ten days on whether defendants should be held another ten days.

In district court action on Monday:

- Jesse Aguirre's probation was revoked and he was sent to the Texas Department of Corrections (TDC) for two years. He was convicted of a burglary in 1981.
- Mike Kelley's probation was revoked. He was sent to TDC for three years on a burglary conviction and was given a 12 year sentence on another burglary conviction involving Prisms. Department store in Garwood in 1982.
- Rosa DeLeon was sentenced to 10 years in prison for a robbery.
- Derek Vinson was sentenced to 20 years in prison for voluntary manslaughter.
- Thomas Rodden Jr. was given three years probation on a theft charge, and was ordered to make restitution.
- Michael Ray Addicks pled guilty to a charge of burglary with a knife. He will be sentenced at a later date.
- Jerry Wylie and Robert Lausen pled guilty to possession of marijuana and will be sentenced at a later date.

Examiners propose to deny Greyhound halt request

This week the Texas Railroad Commission made public the examiner's proposal for decision on the Greyhound Bus Lines' application to discontinue service. In a detailed report the examiners declined Greyhound's request.

According to Walter Wendlandt, acting director of the transportation division, "The district is a proposal only and will not have any force or effect unless or until an official order adopting the proposal is signed and issued by the commissioners."

The burden of proof that

The Commissioners who will be making the decision are: chairman Mark Wallace, Buddy Temple, and Jim Nugent.

According to the decision proposal, the first point against Greyhound's request was their failure to comply with railroad commission regulations governing notification of all passengers and county judges of affected jurisdictions. Greyhound failed to supply those notices when they filed the original petition to discontinue service.

The burden of proof that

discontinuance of service furthered some public purpose rests with the applicant according to the commission. In the application concerning ridership and costs, commission examiners wrote: "The evidence adduced by Greyhound in support of its application can only be considered as policy."

Concerning whether service of the line was necessary to the public interest, the examiners stated that the record would not support a conclusion that a reasonable level of alternative service is available. They also stated they could find no reason as to why Greyhound would need to discontinue service for competitive reasons.

During public hearings held in various cities along the San Antonio-Houston route, including Eagle Lake, 235 persons appeared to offer testimony as to a need to retain service. The persons included public officials, passengers, shippers and receivers of freight, health professionals, dialysis and cancer patients, ministers and civic groups.

In conclusion the examiner said that "Greyhound has failed to show that the public interest would be served by its proposed discontinuance of service or that continuation of service would be an unreasonable burden on interstate commerce. On the contrary, the only admissible and substantial evidence in the record demonstrates a compelling public need for continuation of the service."