

### Dr. Jones to speak on art history Thursday

The Live Oak Art Club will host a silver tea from 3-5 p.m. Feb. 12 at the Colorado County art club for Dr. Mary Louise Jordan Jones, author of two children's books on art history. The public is invited to come and meet Dr. Jones. Her books "Woody Watches the Masters, Book 1 and 2" will be on sale at the art center.

Dr. Jones has been teaching art and art history for more than 40 years. She will be at the Columbus High School Auditorium to give a lecture on art history to elementary school children at 9:30 a.m. this Thursday, Feb. 12.

Dr. Jones received her bachelor of fine arts degree from Texas Woman's University and her master's degree in art and art education from Columbia University in New York City. She received her Ph.D. in art history and curriculum resources in June of 1983.

She is a member of the Houston Museum of Fine Arts and was formerly on the board of trustees of Texas Fine Arts Association in Austin. She is in the Fine Arts Hall of Fame in Washington, D.C.

Woody, the character in her books, is a magical bookworm who pops in and out of the studio of history's most important artists. And through his short stories, poems and songs, he introduces his readers to the masters.

The first book is of the Renaissance period where Woody visits such artists as Michelangelo, Leonardo da Vinci and Rembrandt. The second book is on four post-impressionist artists: Seurat, Gauguin, Cezanne and Van Gogh.

There are two more books in the making. The third book will see Woody discovering the art of ancient Greece, Egypt, Mesopotamia and

### Juanita Ward celebrates 100th birthday

Juanita Ward, formerly of Garwood and now a resident in an El Campo nursing home, was honored by her daughter, granddaughters and great grandchildren on her 100th birthday Sunday, Feb. 8.

Ms. Ward, who is a member of St. Paul United Methodist Church of Garwood, has one daughter, Mattie Nichols of Garwood; four granddaughters: three great grandchildren; one daughter-in-law; two deceased children and a host of friends and relatives.

Guests came from Sugar Land, Houston, Alair, Columbus, Alleyton, Garwood and El Campo to help her celebrate this momentous occasion.

Dr. Jones wrote these books because there were few introductory art books for children in elementary school. "Art history should be taught from the cradle," she says. "It's so much easier to learn to appreciate art at an early age than it is later when so much is going on in your life."



Juanita Ward, 100, is celebrated by family and friends.

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### About town

In the Amalia Cisneros Garza obituary last week, the family left out a sister, Elvira Hernandez of San Antonio as one of the survivors.

Jewelry by Candy has moved. Candy McCrory announces that her store is now located in the same building as A Touch of Class which is next door to where the store was formerly located.

A speedy recovery is extended to Jim Miller who recently was a patient in the Eagle Lake Community Hospital. Also, happy birthday Jim.

Monday, Feb. 16 is President's Day and businesses that will be closed to observe this holiday include the First National Bank of Eagle Lake and the Post Office.

Don't forget this Saturday, Feb. 14 is the Prairie Edge Museum's garage sale from 8 a.m. to 5 p.m.

This Friday, Feb. 13, Valentine parties will be held at the Eagle Lake Primary School. Come and enjoy the parties with your children.

The community was saddened to learn Monday evening of the death of Father Edward Geiser, of New Ulm. He was a former priest for Our Lady of Perpetual Help Catholic Church.

### 'Salute to Hospitalized Veterans Week'

Mayor Larry Powers, center, signs a proclamation to designate the week of February 14 as "Salute to Hospitalized Veterans Week." Ladies Auxiliary president Helen Supak and post commander Wilfred Luedtke of the VFW Post 8783 witnessed the signing. This proclamation recognizes the many veterans of America's Armed Forces who have served their country in war and peace and who are now hospitalized and separated from families and friends. We, as a nation, are eternally grateful for the contributions our hospitalized veterans have made to the cause of world peace and it is fitting and appropriate to pay special tribute and honor their sacrifices.

### Beef—low in calories and fat

By Peggy Braden, County Extension Agent

Americans are getting their kicks out of health these days and fat is a dirty word. Before you go around kicking the fat, however, it's wise to bone up on the fat facts.

Fat is necessary for a healthy diet, since it is needed for the absorption, transport, and storage of vitamins A, D, E, and K—the fat soluble vitamins. These vitamins enhance vision, bone strength, fertility and blood coagulation. Diets severely limited in fat content can cause many problems. Fat is not all bad.

Excess fat, however, is bad and most Americans should worry about too much rather than too little. Today, 42 percent of the calories in an average American diet come from fats.

The American Heart Association recommends that fat make up no more than 30 to 35 percent of daily calories. AHA also recommends a 1:1:1 ratio of polyunsaturated, monounsaturated and saturated fats.

Polyunsaturated and monounsaturated fats are liquids at room temperature while saturated fats are solids at room temperature. Saturated fats are believed to raise cholesterol levels in susceptible persons, while polyunsaturated fats are believed to lower cholesterol levels.

If you're cutting out the fat in diet for health reasons, you've probably eliminated all kinds of goodies like butter, chocolate, salad dressing and red meat. But wait! Take a second look at that steak before you feed it to Fido.

Did you know that three ounces of cooked, trimmed top loin have a mere 7 grams of fat? Less than half of that is saturated. For persons on a 2,000 calorie diet that sirloin steak is

### Stress and caring for the alzheimer patient

Seeking information and obtaining outside help are the most effective ways to reduce stress that can result from caring for someone with Alzheimer's disease, according to the January issue of *Texas Medicine*.

A recent study of 21 persons who are primary caregivers for a family member with Alzheimer's disease, the authors found that certain coping strategies contributed to stress. These are an increase in the amount of time spent with the patient, disruption in sleep patterns, and a change in recreational activities. "It is surprising, that the strategy of future planning was not more strongly associated with decrease in stress," according to the article in the official journal of the Texas Medical Association.

"In fact, planning appears to be more indicative of a stress increase (34.7 percent) rather than a stress reduction... this may be due to the progressive deterioration of the disease and acknowledged lack of care."

"It is also important to note that most of the coping strategies associated with an increase in stress involved a change or modification in the personal life of the caregiver," write the authors. They add that strategies such as changes in recreational activities, sleep patterns, time commitments, and financial status are inherent in the role of a primary caregiver.

The article also suggests that

# Raider Review

The RAIDER REVIEW is published by the Journalism Department of Rice High School, and the opinions reflected are of the students and not the administration, or The Eagle Lake Headlight, unless so stated.

EDITORS.....Annual, Kelli Lanier  
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Newspaper, Elizabeth Young

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Lesley Matthews, Bonny McMarrrough, Patty Stephens.

PHOTOGRAPHERS.....Jose de la Garza, Steven Meinecke,  
Vance Pence and Jason Priestmeyer.

### Art students meet deadline

By Suzanne Corman

Deadline! Deadline! The rodeo art show is over and the art students have another deadline to meet. The Scholastic art show is here once again.

Many changes have been made in this year's contest. Instead of having competition on the state level, all entries will go directly to the national level in New York.

Eight students from Rice are sending some of their work to Houston. Lesley Matthews, Christina Montoya and Beth Ferguson are sending portfolios. Lisa Drik is sending a pencil picture and Suzanne Corman is sending an acrylic painting. These other students also will be sending a picture.

Speaking of deadlines, the seniors also will be working towards a \$500 scholarship from the Live Oak Art Club.

The art department has a busy year ahead of them. The Raider Review wishes each of them the best of luck in competition.

### Jr./sr. prom set March 21

By Bonny McMarrrough

Next to graduation, the most exciting event of the 1986-87 school year at Rice High School is in the "makin's" right now. This event is the junior/senior banquet (prom). For two and one-half years, the juniors have raised money and planned on making this prom spectacular for the seniors.

The prom will be held in the Rice High School Commons on March 21. A barbecue dinner will be served at 8 p.m. and the band, Xplorers, will begin playing at 8:30. At midnight the magic ends and all will leave with pleasant memories.

### Rice senior class officers hold meeting

By Lesley Matthews

The senior class officers, consisting of president, Sacey Causey; vice president, Bill Heffner; secretary, Lisa Drik; and reporter, Donna Drik met with senior class sponsor, Mrs. Chiu, on Thursday, Jan. 29.

The meeting was held to discuss the sale of senior shirts and also to decide when the class should vote on their class song, motto, colors and flower. Before the vote, the officers have to come up with suggestions about each of these items, so the choices will be announced at a later date.

### Rice CISD School Menu

Thursday, Feb. 12: chicken nuggets, buttered corn, English peas, honey butter, angel biscuits.

Friday, Feb. 13: meat loaf, parley potatoes, spinach and lettuce salad, valentine dessert, hot rolls.

Monday, Feb. 16: burritos with chili, baked beans, mixed fruit, sugar cookies.

Tuesday, Feb. 17: pork chops, macaroni and cheese, green beans with mushroom soup, chilled peas.

Wednesday, Feb. 18: hamburger, French fries, catsup, hamburger salad, ice cream.

Thursday, Feb. 19: meat and cheese pizza, buttermilk corn, luncheon choice, rolled wheat clusters.

Friday, Feb. 20: steak fingers, cassup, mashed potatoes and gravy, okra gumbos, luncheon cake, hot rolls.

### Who's zat?

By Dianne Glover

Who's this little doll with the smile pretty enough to be a model for Ultra-Bright? The only clue given was that she is a junior. Here are the students' reactions.

Bonny McMarrrough thought that she resembled Paige Botard. Camille Mitchell was confident that this was a picture of Elaine Contreras. Renee Balas and Patty Ann Stephens thought that this little girl looked like Bonny McMarrrough. After a few minutes of thinking, Alicia Alaniz was still stumped. Jeff Marquet took a wild guess and said that she was Deirdra Douglas!

The students who knew without a doubt that this little cutie was Sally Strube were Jennifer Mader, Dolores Soto, Elizabeth Young and Sally's best friend Cindy Garza. Sally is a member of FTA and the mighty Raider Band.

### Future Rice spellers to compete

By Kelli Lanier

As the school year passes by, many areas of academic achievement are on the minds of not only high school students, but also those in elementary and junior high schools. These students have the opportunity to compete in different types of competition, such as the Houston Livestock Show Art Exhibit, University Interscholastic League competition, and now The Houston Chronicle spelling bee.

Each year, The Houston Chronicle sponsors a spelling bee competition for students in grades K-5 and grades 6-8.

Students from the Eagle Lake Middle School, Sheridan Elementary School, Columbus Junior High School and St. Michael's School in Weimar will participate in competition to be held in the Rice High School Commons on Wednesday, Feb. 25. As in the past, Rice will be the co-sponsor for Colorado County.

Competition will begin with the Junior East Texas Bee (grades K-5) at 10 a.m., followed by the East Texas Bee (grades 6-8). Words to be used in competition will be selected from the 1987 Words of the Champions, beginning with a melody of first-round words.

The spelling bee winner in grades K-5 will compete in the Junior East Texas Bee on April 1, and the winner in grades 6-8 will compete in the East Texas Bee on April 8. The East Texas Bee champion will then represent East Texas at the National Spelling Bee to be held on May 24-30 in Washington, D.C.

### Scott to participate in weightlifting meet

By Dolores Soto

Some of you might be wondering what the football players of Rice are up to. Well, Mickey Scott, a senior at Rice, has been training with weights to pass the time. He is presently working towards an upcoming meet to be held in downtown Austin at the Austin Hilton where he will be competing in the 220 pound class teenage weightlifting division.

Mickey says that he is very excited about the meet and has been working very hard for it. He also says that he is going to try to win the state title in his weight class. Mickey weighs in at 230 pounds with a maximum squat at 600 pounds, maximum bench press at 350 pounds and maximum dead-lift

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### Eagle Lake's Future...

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 Danny Navia 6 year old son of Efrin & Patricia Navia	 Patricia Hernandez 14 year old daughter of Emma Hernandez	 Patricia Lares 12 year old daughter of Roberto & Angela Silva	 Ariane Hollub 6 year old daughter of Case & Carol Hollub

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According to a Texas A&M economist, infrequent cleaning can impair the efficiency of a microwave oven. "Microwaves are absorbed by food, whether that food is on the walls of the oven or in a dish," says Dr. Susan Quiring, "so a build-up of food particles on the oven surfaces can slow the cooking process." She says that food soils around the door or the frame may also interfere with the door seal or even prevent the oven from starting properly. Ideally, the microwave should be cleaned after each use with a paper towel or sponge dipped in a mild detergent and warm water solution. Quiring says,

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### Tina Grahmann on honor roll at Victoria College

Tina Marie Grahmann has been named to the Victoria College honor roll for the Fall semester. To qualify, students must have carried 12 or more semester hours and posted a 3.5 or higher grade point average.

Tina is the daughter of Mr. and Mrs. Fred Grahmann of Rock Island.

### Views On Dental Health

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### MOUTH BREATHING PROBLEMS

Occasionally, you may notice a youngster who cannot breathe through his nose and uses his mouth for all his breathing. This may not seem abnormal, but it is, and can lead to a lot of future dental problems if not stopped early.

What causes mouth breathing? This habit is usually caused by enlarged tonsils and/or adenoids. (The adenoids are located in the upper part of the throat and behind the palate.) When infected, they can enlarge and block breathing through the nasal passage. The child will gasp for air through his mouth.

Mouth breathing can lead to a host of dental problems such as "tooth teeth," weak jaw and dried-out gums that are susceptible to irritation and pyorrhea. It also can seriously distort the child's face through the years, narrowing nostrils, weakening the chin, and slacking the lips. Also, because air doesn't pass through the normal heating and humidifying nasal passages, it is dry, irritating and often causes frequent colds and infections, thus perpetuating a vicious cycle.

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### Tillman named FTA'er of the month

By Jennifer Mader

Each month, the Rice Future Teachers of America select a member who has helped FTA the most for that month. So far this year, four outstanding students were chosen for this honor. They are Shari Popp, Lynette Banks, Lara Dapre and Jennifer Mader.

The January FTA'er of the month was selected from members Vantrese Tillman, Kelli Lanier and Melva Hemphill. The top participant voted for the December FTA'er of the month and worked on the FTA scrapbook three mornings before school during January.

The January FTA'er of the month is Vantrese Tillman.

Congratulations, Van!

Vantrese Tillman

 Lisa Dromppole 12 year old daughter of Elaine & Jack Dromppole	 Kimberly Ann Lott 4 year old daughter of Howard & Ernestine Lott	 Robyn Rucka 7 year old daughter of Michael & Sylvia Rucka	 Atanacio de Santiago 13 year old son of Atanacio de Santiago
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