



From left, are Rocky Banks, Dustin Hruzek and Jason Webb.

Scout Day January 31 with Harlem Globetrotters

Approximately 4,000 tickets were sold to scouts and their families on Scout Day with the Harlem Globetrotters at the Summit on January 31.

Before the 2 p.m. performance, scouts were able to attend a special basketball workshop with the Globetrotters. During the workshop drawings were held for Globetrotter t-shirts, autographed basketballs, posters, and a chance for two scouts to sit on the bench with the Harlem Globetrotters during the game. Dustin Hruzek was one out of twenty of the lucky winners to win. He received an autographed

County Extension Agent - Home Economics By Peggy Braden

Pumping dietary iron

How much iron has your child pumped today? How much have you? No, not the kind with barbells and muscle shirts. This iron is strictly dietary and the lack of this mineral in the American Diet is affecting the well-being of millions.

Adult women and young children in the United States consume only about 2/3 of their recommended dietary iron allowance, according to the Department of Agriculture's 1985 Nationwide Food Consumption Survey. In fact, iron is one of the nutrients most often lacking in the American diet. It's not the only mineral Americans are forgetting to pump either. The statistics for zinc are equally sad. Women from 19-50 years consume only an average of 61% of the Recommended Daily Allowance of zinc. Children, 1-3, fall short of their zinc RDA by an average 23%.

Shortages of either nutrient can cause serious health problems. Diets lacking in iron can lead to anemia, irritability, apathy, and reduced work capacity. Digestion is hindered and resistance to infection lowered. Fingernails can become thin, spoon-shaped and pale in color.

Zinc shortages will lead to less of appetite, poor growth, retarded sexual maturity and skin changes, such as scaly dermatitis. Zinc is also important for proper healing of wounds and resistance to infection.

How do you ensure an adequate supply of iron and zinc in the diet? One of the best ways is to include red meat. Red meat is an excellent source of iron and zinc. There are two types of dietary iron: heme iron and nonheme iron. The body absorbs heme iron five to ten times better than the nonheme version. Plant sources supply nonheme iron while animal sources supply both. About 40-60% of the iron in beef and other red meats is heme iron.

Zinc content of foods is highest in foods with a high protein content. It is also found in vegetable protein sources such as nuts and whole grain breads and cereals. However, just because you include foods high in zinc, doesn't mean that your body will get enough zinc. The availability of zinc differs from one food to another. Cereals and legumes contain significant amounts of zinc but they also contain other substances which act to inhibit zinc availability. Red meat, on the other hand, has a high zinc content as well as high availability.

Educational programs conducted by the Texas Agricultural Extension Service service people of all ages regardless of socio-economic levels, race, color, sex, religion, handicap or national origin.

Plants from seeds

For gardeners, February brings an itch for spring and thoughts of planting. Few things are more rewarding than sowing seeds and eagerly watching for that first sign of growth - tiny shoots peeking above the soil.

Seeds for annuals may be sown indoors about 6 to 8 weeks before the young plants are to be set outside, and seeds for perennials may be sown about 4 to 6 weeks before they are to be transplanted outdoors. Annuals should not be transplanted outside until all danger of frost is past. Transplanting annuals about two weeks after the frost date in your area is generally safe. Many annuals will not start growing until the ground warms up in the spring, so early transplantings will not necessarily give them a head start. Perennials should not be transplanted outdoors until all danger of frost is past. Although well-hardened perennial seedlings can withstand cool temperatures, transplanting about two weeks after the last frost date in your area is probably best.

For indoor planting, sow seeds in flats or other containers that have an ample number of drainage holes. "Plants difficult to transplant can be seeded directly into peat pots or pellets that may, in turn, be planted direct" into the ground, thus minimizing transplant shock.

Fill containers to within 1/4 inch of the top with a commercial potting mix, or develop your own potting medium. A soil-less medium consisting of equal parts of vermiculite, milled sphagnum, and perlite is ideal.

Thoroughly moisten the medium and let it drain for two hours before sowing. To control damping-off, many gardeners and professional horticulturists soak seed flats in fungicide before sowing. Use a fungicide that is recommended for this purpose. It is probably a good idea to wait 24 hours after treatment before sowing seed.

Sow the seed by pressing it into the moistened medium until it can be covered with soil to a depth equal to the diameter of the seed. Place very small seeds on the medium, and cover them lightly with milled sphagnum. Mist the surface after sowing, and label the flats or pots so you will be able to identify the seedlings when they appear.

Keep the medium moist. Water from the bottom by placing the flats or pots in a container of water until the moisture can be seen near the top of the medium. To provide uniform moisture and humidity, cover the containers with clear plastic bags. Do not let the plastic rest on the medium or touch the seedlings.

Place the container in strong, indirect light. Maintain an approximate temperature of 60 to 75 degrees F. Poke small holes in the plastic coverings as soon as the seedlings emerge. This will improve ventilation and prevent overheating. Transplant seedlings to individual containers if there is a danger of overcrowding.

Transplanting is the second most crucial period in a plant's life after germination, so it is important to make this transition as gradually as possible. Harden off seedlings by slowly exposing them to brighter light and lower humidity after they have produced their second set of true leaves. Finally, a few days before you transplant, move the plants outdoors for a few hours per day to acustom them to their new environment.

Outdoors, seeds for annuals can be sown into a prepared bed after all danger of frost is past. Sow seeds for perennials in the spring two weeks after the last frost date.

Elders at risk for loneliness

Family members should be aware of those things that can cause loneliness for the elderly, says a Texas A&M University home economics specialist.

Risk factors include the loss of a spouse, sibling, child or friend; homebound status; a change in access to transportation; illness and disability; low income; and a change in living arrangements, explains Dr. Judith Warren.

To help elders through periods of loneliness and adaptation to life changes, she suggests a number of options including grief counseling and increased social opportunities such as those offered through a senior center, eating lunch at a nutrition site, participating in a friendly visitor or telephone assurance program.

Alpha Delta Phi sorority members hear program on popular music

President Gail Guthman opened the 313th meeting of Alpha Delta Phi Monday evening, Feb. 2 in the lovely home of Sue Canaris. Sue presented her program on popular music, cleverly using the recently televised music awards and a live video featuring her children, Blake and Rebel, as tools in providing a very unique and interesting topic.

Communications were shared with members including a thank you from honorary member, Mrs. W. L. Bauer, for the Christmas remembrance and thank you from Vicki Powers for the meal prepared for her family upon Clark's dismissal from the hospital and to her secret sister for the flowers sent to cheer her during Clark's hospital stay.

In response to a letter from International, it was decided to donate to each of the humanitarian projects in the endowment fund this year. Membership chairman Debbie Christ shared information received from International noting members eligible to progress to the Exemplar Chapter.

Discussion on the upcoming western dance was led by co-chairmen Connie Gerson and Sylvia Rucka. Invitations were distributed and decorating ideas were shared.

Prairie Edge Museum Notes

Remember "to shop" at our big garage sale this Saturday, Feb. 15 from 8 a.m. to 5 p.m. Lots of "goodies" are for sale. Call Ethel Cline at 234-3064 if you want to help. Thanks to Bob Klockman, our city manager, for the wonderful publicity that he is affording us by seeing that the garage sale announcement is on the bulletin board at the city square. Thanks again for the effective publicity found in *The Eagle Lake Headlight*.

The stationery that is being hand-decorated by a group of our ladies is turning out to be a "best seller". The stationery is available at our museum sales counter. The ladies plan to meet the evening of February 16 at Elfe Thomas' home at 7 o'clock to make mosquito houses. Feel welcome to join if you haven't already been to one of the meetings.

Another item of great interest for sale at the museum is the two-volume set of Colorado County Chronicles, which was sponsored by the Colorado County Historical Commission. There is lots of fascinating reading, and also there are many interesting photographs.

Be sure to go by the First National Bank in Eagle Lake to see the archeological display that is sponsored by the Wharton County Historical Commission. Merle Hudjins of Hungerford, a member of the commission, is instrumental in bringing the display to Eagle Lake where it is being sponsored by Prairie Edge Museum. A very enlightening brochure entitled "Post War Bernard" is available at the display.

Thanks to Nettie Phillips of Alleyton for a large framed picture. Of course this gift will be placed on a wall, but we hope soon to have more display cases ready for many gifts and loans that continue to come in. Our appreciation goes to the First National Bank for recent gifts including packs and merchandise. The latter will be for sale at our garage sale. Joy Albrecht Huhalek of Alvin continues to bring us interesting memorabilia. Among the recent items are mementos that are to be added to our E.L.H.S. collection. I believe it was two years ago that I displayed many of her valentines. I hope we can soon have the space to display lots of the sheet music that we have. I have added a post card valentine to one of the cases. This valentine was mailed over sixty years ago and was part of the varied collection furnished us by Raymond Nobavitz.

Our president, Robert Samuel Martin, has begun naming

Cheese in a low fat diet

From a nutritional standpoint, cheese is a winner - high in calcium and a good source of protein. Unfortunately, it is also high in fat. A typical 1 1/2 ounce serving, equal to two slices of American cheese, contains nearly the same amount of fat as 3 1/2 pats of butter, and most of it is saturated, says Dr. Alice Hunt, a nutritionist with the Texas Agricultural Extension Service.

Between 65 and 75 percent of the calories in cheese come from fat. But dieters don't necessarily have to give up natural cheese. If you are watching your fat intake, eat small servings of cheese, eat it on days when you're eating an otherwise low-fat menu or save it for special-occasion meals, she advises. "When you use cheese in cooking, pack it loosely when measuring and don't add extra for good measure."

Karol Kallina Parker selected as 1987 Beta Sigma Phi Valentine sweetheart

Karol Kallina Parker has been selected as the 1987 Valentine sweetheart of the Alpha Sigma Omicron sorority of Garwood.

Karol and her husband, Paul by Parker, moved back to Garwood in 1982 and he works for Don Davis Motors. They have one daughter, Katherine Elizabeth, who married John Steven Redford of Ft. Worth in 1984 and a granddaughter, Kristi Katherine Redford.

Karol's interests include handling her farming and hunting interest and babysitting for her granddaughter. She was invited to join the sorority in 1983 and since then she has served in the following offices: 1983-84 treasurer, social committee and Ways and Means Committee; 1984-85, contact committee; 1985-86, social committee; 1986-87, sweetheart, office of second vice president and chairman of the yearbook committee.

She also received a perfect attendance award the previous year. "I enjoy being a member of Beta Sigma Phi," Karol said, "because being a member of this service organization, we (the members) can help do something worthwhile for our community and further the education of worthy scholarship recipients in our area."

Her hobbies include remodeling her home, plants, antiques, oil painting, playing bridge, reading, hunting, traveling, writing poetry, gourmet cooking, working in the yard at home, needlepoint and sewing.

Karol, who is a member of St. Mary's Catholic Church in Nada, also is an active member of other organizations, such as a lifetime member of UT's Ex-Students Association in Austin, a member of Theta chapter of Beta Alpha Psi since 1961 which is a honorary national accounting fraternity, and a member of the Junior Woman's Club and Business and Professional Women's Club, both national and international clubs. A graduate of Garwood High School, she majored in accounting and received her BBA degree from the University of Texas.



Shirley Mathews and Bryan Johnson

'Welcome Home' celebration for vets planned in Houston

A Texas size "welcome home" celebration for veterans is being planned in Houston. For four days in May, Houston will host reunions, festivals and concerts in honor of the men and women who served our country during the Vietnam War.

A Main Street march is scheduled for Saturday, May 23, as another step in the healing process. The citizens of Texas will have the opportunity to salute the Veterans and their families over this Memorial Day weekend. A one-half scale replica of the Washington D.C. Vietnam Veterans Memorial "The Wall," art exhibits, memorabilia, etc. will be on display during this historic event. Veterans of all wars are invited to march along in the parade to further the healing within the Veterans' community.

For further information, please contact: "The Great Texas Welcome Home Vietnam Veterans Stand-down and Veterans March," P.O. Box 53828, Houston, Texas 77052, (713) 237-VETS.

Buckling up the family

"Reducing the occurrence of injuries and the severity of injuries by wearing seat belts can reduce a family's medical expenses, not to mention the pain and other problems that result from automobile accidents," says a health education specialist with the Texas A&M University.

The specialist notes that because medical insurance rarely covers the full cost of treatment needed, automobile injuries can be a severe financial problem for many families.

Mathews, Johnson to exchange vows

Mr. & Mrs. Eddie Balusck of Garwood, announce the engagement of their daughter, Shirley Ann Mathews, to Bryan Lee Johnson, son of Mr. and Mrs. Ralph Johnson, of Eagle Lake. Ms. Mathews is an accountant at Briggs, Frazer and Company in Rosenberg and a contract oil and gas gauger around Eagle Lake. Mr. Johnson is a serviceman for Central Power and Light Company in Eagle Lake. The wedding will take place on Saturday, April 25 in Eagle Lake.

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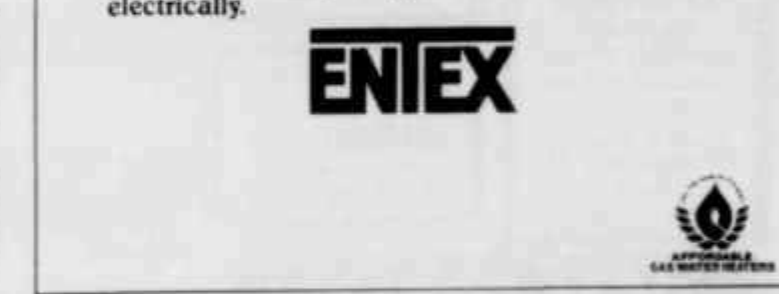
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