

Alpha Delta Phi elects new officers

The 316th meeting of Alpha Delta Phi chapter of Beta Sigma Phi was hosted by Debbie Christ on Monday, March 16th. President Gail Guthman called the meeting to order with ten members answering roll call. All members joined in reciting opening ritual. Minutes were approved as read by recording secretary Sylvia Rucka.

A letter was received from International listing the six candidates for the state service project. The candidates were discussed with the majority of the Chapter favoring Keith Henson, the young son of a Beta Sigma Phi member in Houston who has a brain defect, as the 1987 state service project.

Connie Gertson expressed appreciation to her sorority sisters in a thank you note read by the president for the meal prepared for her family during her son's hospital stay as well as for his get well gift.

Treasurer Sue Canaris presented her report and members were reminded to submit any outstanding bills.

The Lady of the Year tea honoring recipient Rosanne Harrison was held on March 14th, and members heard a report on its success by President Guthman. In addition to the guest of honor there were seven past recipients in attendance as well. The chapter was especially grateful to honorary member Virginia Bauer who graciously hosted the tea. The tea was held at the home of Mrs. Harrison, which provided a lovely centerpiece for the refreshment table.

Tentative plans for the April social, a Easter egg hunt for members' children, were announced by social co-chairmen Connie Gertson and Sylvia Rucka. The activities have been scheduled for Thursday afternoon, April 16th at Sue Canaris' home.

The monthly hospital tray favors were to be prepared and delivered for Saint Patrick's Day by Vicki Powers and Robin Thomas.

During the Rosebud report, Gail

Guthman expressed thanks to her secret sister for her birthday remembrance on March 11.

Highlighting new business was the election of officers with Debbie Christ selected to lead the chapter's executive board as president. Other officers elected include: Vicki Powers, vice president; Connie Gertson, recording secretary; Sheila Mathis, corresponding secretary; Robin Thomas, treasurer; and Gail Guthman, extension officer. The new officers will take over in May following installation ceremonies. Mindee Porter will serve as parliamentarian and Sylvia Rucka as historian.

To complete the session, Charles Rodgers presented the cultural program on "Successful Marriage". Following closing ritual the executive board met prior to a social period during which refreshments were served by the hostess.

The next meeting will be on April 6th at Sportsman's Restaurant with Gail Guthman presenting a crafts program.

Xi Pi Psi discusses future activities

The 195th meeting of Xi Pi Psi was held at Kay Clifton's. Plans for the Annual Western dance were made and members voted for the new chapter sweetener. Cindy Cheatham presented her program on "Happiness". Members listened to and shared definitions of what happiness really is.

Glenda Blair held the meeting of Jan. 27 in her home. Ernie Sommerlatte presented her program of "Friendship". The idea of what a true friend is, as well as, the many types of friends were discussed and shared. Her program ended with the poem from Lusting Friendships entitled, "Thank you for being my friend." After the meeting members had an exchange of white elephant gifts, and lots of laughs.

The February 3 meeting was held at Mrs. Dan Thornton's home with Lynn Holden as hostess. Final information on the Western dance was discussed. Linda Dulas presented a most enjoyable program on "Growing Up". Contrary to the title,

the program dealt with adults, not children, and the stages we are in presently. A group discussion on new laws, changes, and needs for updating old wills. The program was truly enlightening and most enjoyable.

Our last winter meeting was to be held at Jo Ann Gertson's on Saint Patrick's Day.

Luncheon, style show April 3 in Columbus

Columbus Hospital Auxiliary will have a luncheon and style show on Friday, April 3 from 11:30 a.m. to 1 p.m. at the K.C. Hall in Columbus. Tickets, at \$7 each, are on sale at the Style Shop in Columbus. The auxiliary will have their usual surprise, so please come and enjoy the show.

NEW ARRIVALS

Lottie Allison Allen

Mr. and Mrs. Jim Allen, of Eagle Lake, announce the birth of their first child, a daughter, born on March 17 at the Eagle Lake Community Hospital in Eagle Lake. The baby was named Lottie Allison Allen and weighed six pounds 15 ounces and measured 18 1/2 inches long at birth.

The new mother is the former Amanda Kanstner.

LaTasha Rayelle Coleman

Miss Patricia Ann Bratcher, of Columbus, announces the birth of her first child, a daughter, born on March 17 at 7:27 p.m. in the Eagle Lake Community Hospital. The baby was named LaTasha Rayelle Coleman and weighed six pounds three ounces and measured 19 1/2 inches long at birth.

Joseph James Gant Jr.

Joseph Gant and Portia Leger, of Allestree, announce the birth of their first child, a son, born on March 15 at the Eagle Lake Community Hospital in Eagle Lake. The baby was named Joseph James Gant Jr. and weighed five pounds 13 ounces and measured 19 inches long at birth.

The baby is welcomed home by a sister, Crystal Mabeaux, three years old.

Maternal grandmother is Mrs. Ida M. Gant of Allestree. Paternal grandmother is Rev. Barbara Miller of Columbus.

Ebony Yvonne Jackson

Michael Williams and Yvonne Jackson, of Allestree, announce the birth of their first child, a daughter, born on March 16 at the Eagle Lake Community Hospital in Eagle Lake. The baby was named Ebony Yvonne

and weighed six pounds nine ounces and measured 14 inches long.

Maternal grandmother is Mrs. Ida M. Gant of Allestree. Paternal grandmother is Rev. Barbara Miller of Columbus.



Sesquicentennial art fair

On December 13, 1986, eight Colorado County Cooperative students entered artwork in the sesquicentennial art fair. Each work of art was on display in the Capitol Rotunda. For their efforts, each student received a certificate with a gold seal. Nearly 4,000 students entered the art fair. The following students from Colorado County entered artwork: standing, left to right, Irma Perez of Eagle Lake, Denise Newsom of Eagle Lake and Rex McCloud of Sheridan; sitting, left to right, Jessica Burris of Columbus, Beth Lippard of Eagle Lake, Jason Wright of Columbus, Olga Lopez of Columbus and Jonathan Peters of Columbus.

Rev. McKinney gives program on communication at Brazos

On March 12, Rev. and Mrs. Jerry McKinney, pastors of Wallis Bible Church, were guests at Brazos High School. Rev. McKinney spoke to the homemaking classes on a program entitled "Understanding the Complexities of Communication." Rev. McKinney explained principles that gave insight to improving and understanding the human communication system. People are complex communication apparatuses. Everything one does communicates. It is almost impossible to conceal true feelings, because the responses are done subconsciously. When one thinks of communication, verbal communication comes to mind. If one can learn to analyze verbal responses, communication skills can be improved. First, learn to listen for a change in voice inflection. When a person is under stress, the voice will rise a pitch. This happens because stress will cause the muscles to tighten; thus, applying pressure to the vocal cords. Also, a person under stress will speak more rapidly. Second, avoid nagging words when communicating. Nagging words cause the other person to become aggravated. Words like "why" and "always" are nagging words. Remember, when nagging words are used, an argument is set in motion. Third, avoid attack words when communicating. The number one attack word is "you." The implication is the person is always wrong. Cursing is another form of attack words. Fourth, do not use danger words. Danger words are words such as never, leave, divorce and kill, and they imply a breach of relationship. Fifth, learn to identify trigger words. A trigger word causes a person to release negative emotions. Trigger words being to mind "sore spots" to the individual. At the close of each class, the students were given an opportunity to ask questions. Many interesting and stimulating questions were answered. The homemaking classes and their teacher, Ms. Barbara Schmidt, enjoyed Rev. and Mrs. McKinney's program. Each person that heard the lecture is much more aware and sensitive to words and body language. The classes and Mrs. Schmidt appreciate Rev. Mrs. McKinney for taking time to make them better communicators.

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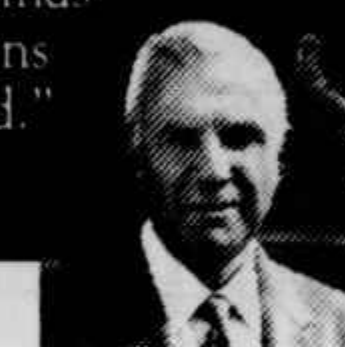
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Dannels Designs...

Eagle Lake's Own Art Gallery

Tucked away in the quiet, residential area of our community is a unique art gallery and custom framing shop. The owners and operators of this establishment are Marilyn and Jack Dannels.

Marilyn Dannels started Dannels Designs, located at 333 W. Prairie, in 1978 in the family room of her home with oil painting classes. The following year the Dannels built an art gallery and classroom next door. After several years of conducting art classes, Mr. and Mrs. Dannels expanded again to include a full service picture framing service.

Marilyn conducts art classes twice a week and offers a wide selection of custom framing, from ornate French gold leaf frames to barn wood. There is also a wide variety of ready made frames.

The Dannels have attended PFE Framing School, Jackson, Mississippi. The National Convention Trade Show, Las Vegas, and various seminars on matting and framing throughout the country. With this knowledge at their command, they are able to offer conservation matting; French, fabric wrap, embossed, multiple openings, v-groove, six-sided

inlays, and three dimensional double bevel mats. They have developed an interesting technique for building shadow boxes to show off objects such as watches, guns, arrowheads and memorabilia, lace doilies, heirlooms, and needlework.

Mrs. Dannels has studied at the Conservatory of Arts, Kansas City, Missouri; Ramo Froman School of Art, Clond Croft, New Mexico; with Simon Michael of Rockport, Texas; Dick Turner of Houston; Lee K. Parkinson in Houston; Art League of Houston and numerous nationally known art teachers such as William Stanley Earle and Jan Herring.

Marilyn is a member of the Art League of Houston; Watercolor Art Society, Houston; Professional Picture Framers and Live Art Club, Columbus. Her enthusiasm for techniques she has learned led her into teaching. Her first teaching experience was as an Art Murray dance instructor. She has also held bridge lessons, Bishop Method sewing, as well as oil painting.

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Heritage House News

by Patricia A. Horndt
Worship services were held for Heritage House residents this past Sunday and were conducted by Rev. Albert Fluthman, pastor of the Presbyterian Church, played "old timey tunes" on the piano during the birthday party held for residents who celebrated birthdays in March.

Heritage House Photos

Residents and staff sincerely thank the ladies of the Presbyterian Church for their graciousness, refreshments, music by Rev. Miller, and wonderful smiles. We hope they visit again soon.

We also want to thank Mrs. Betty Fink for the beautiful centerpieces she made for each birthday resident. Her talents are very unique and flower arrangements are gorgeous. Thanks Betty!

The Presbyterian Church group held the Birthday Party for March residents last Friday. They served delicious refreshments of Birthday Cake (which was beautifully decorated by Penny Henske), delicious assorted sandwiches, and Tropical Orange Punch to a large group of residents. The table was beautifully covered in pink with white lace overlay and the centerpiece was a Spring arrangement of fresh flowers.

Our hostesses for this delightful occasion were Rev. and Mrs. Charles Miller, Mrs. Ted Brunner, Mrs. Jim Clipson, Mrs. Mac Jones, Mrs. Joe Reed, and Mrs. Edna Mae Willis. Heritage House residents celebrating their birthday in March were Lena Rabel, Mary Kimble, Sara Grays, Frances Burda, Rosie

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What is all this sugar doing to their dental health? The same thing it did to the Dutch 300 years ago. Many of the paintings of Dutch painter Rembrandt show people with decayed or missing teeth, or no teeth at all. This was in the 17th century when the Dutch were bringing back large quantities of sugar from the New World. By 1661 Amsterdam had 60 sugar refineries and had become the "sugarbottle capital" of Europe. Before then, cavities and missing teeth were much less common and so was the use of sugar.

Good dental care today, with regular checkups, can help prevent loss of teeth. It also calls for moderation in sugar intake to help keep cavities to a minimum.

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