

Blood drive scheduled May 16

The Eagle Lake Ministerial Alliance is sponsoring a blood drive to be held Saturday, May 16 from 9:00 a.m. to 3:00 p.m. The drive will be set up inside the Church Hall at Our Lady of Guadalupe.

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234-5521

Snack on fruits, vegetables for a healthier you

By Peggy Braden, County Extension Agent

Skipping meals in favor of eat-and-run snacks isn't necessarily a nutritional disaster. Many people assume that snacking is bad when, in fact, it can be good for you. Snacking can provide you with all the nutrients you need - if you make wise choices. Your body needs the calories, vitamins, minerals and proteins from wholesome foods. Sugar-filled snacks lack these nutrients but have plenty of calories. When you don't have time for a meal try some of these:

- Take a bran muffin and yogurt for breakfast at the office.
- Buy from the vending machine that stocks peanut butter crackers.
- Enjoy a pizza with mushrooms and green pepper.
- Keep nuts, crackers and dried fruits in your desk drawer, car or pantry.
- If you crave a sweet snack, at least choose one that has some health value such as

carrot cake, oatmeal raisin cookies or granola bars. If you are not overweight, you may have room in your diet for some sweets.

Fifteen hundred calories of wholesome foods - in a snack or at meals - can provide the Recommended Daily Allowance of vitamins, minerals and protein that you need to maintain your health.

Some of the snack foods that contain these nutrients include:

- Peanuts, peanut butter crackers, sunflower seeds provide protein, B-vitamins, fiber.
- Fruit juices, dried fruit and fresh fruit - especially raisins, apricots, bananas and oranges - are high in vitamins A and C and iron.
- Bread sticks, whole grain crackers, granola bars, dry cereals, muffins, bagels, fruit breads and popcorn are excellent carbohydrate sources.
- Cheese, yogurt and pizza supply calcium, riboflavin and protein.

Area Restaurant Review

A Twice Monthly Feature of Reminders, Pictures & Stories About Your Favorite Eating Places

Call 409-234-5521 or 713-934-3101 to reserve your space for only \$20 bi-weekly which gives you exposure in Eagle Lake, Brookshire and Pattison areas.



Brazos House

food with a personal touch served in a relaxing atmosphere

Snap & Edie entertain this Friday on the patio

When you enter the Brazos House Restaurant on Front Street in Brookshire, you step into a restaurant that offers more than a plate-lunch special.

The food certainly is the star attraction, but the atmosphere of the main dining room with its historical pictures and realistic memorabilia, the cozy and unique bar, and the New Orleans-style patio area present the patron with relaxing comfort.

The Brazos House has daily luncheon specials, is open at 5 p.m. for dining on Friday and Saturday nights. It offers Saturday morning breakfast starting at 10 a.m. Happy hour is from 11 a.m. to 6 p.m. on Saturday.

Since last September Shirley Scott has been operating the Brazos House, leaving the building from Cletus Brown. Janie Stratton uses her talents in the food preparation, developing special items in addition to the regular menu.

"We have a beautiful setting for ladies luncheons, businessmen's meetings, wedding receptions and small gatherings," Shirley said last week. Call 934-3636 for arrangements.

Of special note is the entertainment scheduled for the first Friday of each month, May through July. The East Bernard couple, Snap & Edie, is well known through out this part of Texas. The first time they were at the Brazos House, the first Friday of April, they drew a large crowd. "They don't just play

for themselves," Janie and Shirley agreed. "They play for the audience."

Other special events Shirley has planned include a free afternoon barbecue on May 16 (the weekend before Memorial Day) for happy hour patrons, and a benefit golf tournament this summer.

The patio area tables are arranged under a lattice-work roof, and surrounded by wrought-iron fencing that Brown obtained in New Orleans. It adds that French Quarter effect diners enjoy.

Of course customers of the Brazos House come for the enjoyment of the food. The regular menu ranges from burgers to steaks, and from seafood to Cajun meals. Don't forget to look for the selection of home-made pies, home made New Orleans Style Bread Pudding, and Cletus Brown. Janie Stratton uses her talents in the food preparation, developing special items in addition to the regular menu.

The house specialty steak is a 16 ounce top sirloin with Janie's special sauce accompaniment. "I don't even know the recipe," Shirley adds. The Saturday breakfast is a special meal too, featuring homemade buttermilk biscuits, cream gravy, hash browns and eggs with ham or bacon. The regular menu also is available on Saturday.

If you plan on coming for the Snap & Edie performance, come early to select your seat. Of course you still can enjoy dinner there or in the main dining room where you still can hear the whole show. The performance is from 9 p.m. to 1 a.m. Their music, heavily laced with humor, ranges from country western to classic rock. Edie is quite versatile on the range of instruments she plays.

The Brazos House plans to sponsor a benefit golf tournament which probably will be played at Weston Lakes. A portion of the proceeds will go to the Muscular Dystrophy Association.

The address is 4107 Front St., Brookshire, and the telephone number is (713) 934-3636.



The main dining room features pictures and other memorabilia of interest.

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Jan Carson to speak at Study Club President's Luncheon

Jan Carson will be the speaker at the Study Club President's Luncheon May 8 at the Community Center. Jan is a newscaster of Channel 2 TV in Houston. Her topic will be "How Television Treats Women." She is an experienced television journalist and has anchored in Louisville and San Francisco, as well as in Houston.



Jan Carson

to do so immediately. All tickets which have not been called for are now available for the public to buy. Elizabeth Boothe, reporter

Elizabeth Boothe continues telling about visit in Washington, D.C.

I am so happy to share my wonderful visit in Washington, D.C. with you and thanks to all of you who, I hope, share this joy by reading my reports. There are so many blessings in my life, and I thank God for them. One of these is the good health that enables me to do so many things. During this recent memorable weekend my eyes beheld people, many beautiful scenes, buildings and other landmarks, and exhibits. I was able to walk many miles without becoming weary. Sandra was such an efficient guide.

Saturday morning, April 4 we began our "touring" day by visiting the second building of the Smithsonian Complex, of which there are 14 museums with one The Cooper-Hewitt Museum being in New York City. We had gone to the John F. Kennedy Center for the Performing Arts the evening before, and that is one of the 14 units of the Smithsonian, which is the world's largest museum complex. The Smithsonian, named for John Smithson, was established over a hundred years ago, and its original building with its turrets and ivy-covered red brick walls is now called the "Castle," which is the location for administrative procedures. This great museum was established for the increase and diffusion of knowledge among men. To take an inventory of the Smithsonian took five years (1978-1983). The complete inventory included collections that range from fleas and whole skulls to locomotives and paintings. The following fact is indeed startling: The Smithsonian possesses more than 100 million specimens and artifacts. One can understand why displays can be changed as often as the curators and other museum personnel desire to do so. Admission is free to all museums.

The Air and Space Museum, about which I shall now write, is the largest of the 14 in the Smithsonian Complex and is judged to be the most popular museum in the world. It houses aerodynamic treasures of our nation. Included in these are moon rocks and rockets. The Wright Brothers' 1903 Flyer, the first controlled, powered machine to fly, is on exhibit after having been restored. There were many hot-air balloons and other means of air travel. I was intrigued by the title of a certain booklet, which I saw soon after we entered the huge building. The title was "A Method of Reaching Extreme Altitudes" and was published in 1919 by the Smithsonian Institution. I finally saw Lindbergh's plane the "Spirit of St. Louis." I had known for years that this interesting specimen was in the Smithsonian. How well I remember

hearing the news that Lindbergh had successfully flown non-stop from the United States to France. I was a freshman at Baylor College in Belton, Texas, at this time (the spring of 1927). We saw a very enlightening film concerning the progress of travel by air. I'll look forward to "seeing you next week in Washington."

Elizabeth Boothe

Prairie Edge Museum Notes

Be sure to see a very precious artifact at our museum - the slate our following message signed by the late Anne Margaret Thatcher White: "The slate I used in school."

Our sincere thanks go to R. and L. Roofing Company of Houston for donating the manpower and time and the hot black tar with which to fill in areas that were leaking on the roof. We really appreciate this friendly spirit.

A group of missionaries of the Church of Jesus Christ of Latter Day Saints expressed a visit to Prairie Edge recently. We're hoping that more and more people visit. I have written that we are going to add Friday afternoon from 2-5 to be open during the summer. Our time to be open now is from 2-5 p.m. on Saturdays and Sundays.

Prairie Edge is happy to be the

setting again for the art exhibit of the works of students of Mrs. Harold Raabe. This exhibit will be during the day of May 23 and will be in the form of an open house with the public invited to attend.

I was happy to see and visit with good friend Sue Causey and her two beautiful daughters Easter Sunday. Sue and Paul now live in College Station, where Paul is attending A&M. I am remembering how interested they were in helping us get Prairie Edge up to a good start. Morgan Causey rode on one of our floats and I believe Paul and John Mathys are the ones who painted our big name sign "Prairie Edge Museum" on the front of our building.

I'll tell you next week what the latest "creation" of the Museum Crafters is. They are meeting tonight April 27 at the home of Jean Leopold.

Call Bill Harrison Sr. at 234-2662 or Elizabeth Boothe at 234-3361 if you care to arrange for a special tour of the museum.

Elizabeth Boothe, reporter

East Bernard school menu

Monday, May 4: breakfast, cereal or peanut butter and jelly on toast; juice, milk; lunch, chesburger, French fries, pinto beans, lettuce, tomato, pickles, onions, milk.

Tuesday, May 5: breakfast, cereal or pancakes with syrup, juice, milk; lunch, pizza, fried okra or peas, salad, fruit, brownie, milk.

Wednesday, May 6: breakfast, cereal or cinnamon roll, fruit, milk; lunch, nacho chips with chili and cheese, corn, fruit juice, apple turnover, milk.

Thursday, May 7: breakfast, cereal or doughnuts, fruit, milk; lunch, turkey and dressing with gravy, sweet potatoes, green beans, fruit, cranberries, hot roll, milk.

Friday, May 8: breakfast, cereal or scrambled eggs with breakfast sausage, biscuits, jelly, juice, milk; lunch, hot dog with chili and cheese, French fries, ranch style beans, fruit, milk.

Governor proclaims Hospital Volunteer Week

Governor William P. Clements Jr. has proclaimed April 26-May 2 as Hospital Volunteer Week in Texas in recognition of the many men and women who volunteer their time and talent as a labor of love to enrich life in Texas hospitals.

Clements noted the value of hospital volunteers who provide meaningful services to both patients and hospital staff members. He noted that volunteer contribute to hospital efficiency by performing tasks which allow staff members to concentrate on the more technical aspects of hospital operations.

"Hospital Volunteers...People Helping People," theme for "Volunteer Week in Texas," reflects the role of hospital volunteers providing services and contributing financially to the hospital's mission solely for the gratification and satisfaction of helping others.

"These service-oriented volunteers gain the goodwill of patients and the community which reflects favorably on the hospitals they serve," Clements stated in the proclamation. "As hospitals continue to meet current challenges created by a highly technical society and its sophisticated medical procedures, the importance of volunteerism continues to increase," he added.

Hospital Volunteer Week in Texas

Standing are, from left, Viola Zboril, Kate Spalinger, president, Jimmie Scott, and Louise Spalinger, seated, Lanny Powers, mayor.

Hospital Auxiliary honored Wednesday

The Eagle Lake Community Hospital administration will honor the hospital auxiliary with a reception from 2 to 4 p.m. Wednesday (today), April 29. This social is in appreciation to the Pink Ladies during Hospital Volunteer Week.

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FIRST BAPTIST CHURCH: N. Lake at E. Prairie, Eagle Lake. Rev. J. Melburn Sibley, Jr.

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CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS: 200 N. Lake, Eagle Lake. Samuel Peterson, Branch Pres., 234-5905.

ST. MARY'S CHURCH: Box 97, Nasa, 758-3218. Rev. Mag. Victor G. Schindler, Pastor. Most Rev. Hugo M. Gerbermann, M.M. (Retired).

CHURCH OF CHRIST: 815 Milan, Columbus. Roy V. Palmer, Minister.

PROVIDENCE BAPTIST CHURCH: 1207 E. State, Eagle Lake. Rev. Coby Shorter, 234-3736.

CHRIST EPISCOPAL CHURCH: 306 E. Stockbridge, Rev. George T. Welch.

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ROCK ISLAND METHODIST CHURCH: Janet Duper, Lay Pastor.

THE UNITED METHODIST CHURCH: Rev. Charles E. Rank, Pastor, 300 W. Prairie.

FIRST PRESBYTERIAN CHURCH: 106 E. State St. Rev. Charles C. Miller, Jr., Pastor.

VINE OF THE LORD: Paul Aguilar, Pastor.

FRIENDSHIP A.G.: 501 Wallace, East Bernard, Fred Chambers, Pastor.

NEW LIFE FELLOWSHIP: Hwy. 90A, Sheridan, Pastor Robert Heusing, 234-5922.

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS: Landmark Bldg., Main St., Sealy. D. Geagley, Branch Pres.

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