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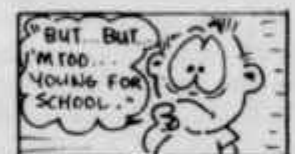
New students register at Middle School

Student registration for new students that will be entering 3rd through 8th grade at the Eagle Lake Middle School should stop by the school office. The office is open from 8 a.m. to 4 p.m. Monday through Friday.

Students should bring their shot records and last year's school records when they register.

Middle School room assignments in next week's special section

The room assignments for 3rd through 8th grade at Eagle Lake Middle School were not available for this issue of the special edition. They will be published in next week's Back to School section.



The first kindergarten was opened at Blankenburg, near Keilhaus, Germany, in the year 1837.



Ag teachers attend workshop

Ronell Roberts, left, and Les Klutz, pictured with Diane Hughes of H. & P., received certificates for completing the Motor Control Workshop. This Wharton County Junior College for vocational workshop was sponsored by Central Power and Light Co., Houston Lighting and Power and Texas-New Mexico Power Co. It was held at Wharton County Junior College for vocational agriculture teachers in the area.

IT'S TIME TO GET OUT OF THE DARK.



Open your eyes and see just how many subjects are covered in the new edition of the Consumer Information Catalog. It's free just for the asking and so are nearly half of the 200 federal publications described inside. Booklets on subjects like financial and career planning; eating right; exercising; and staying healthy; housing and child care; federal benefit programs. Just about everything you would need to know. Write today. We'll send you the latest edition of the Consumer Information Catalog, which is updated and published quarterly. It'll be a great help, you'll see. Just write:



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Vitamins not always necessary for children

While you're out buying clothes, school supplies and lunch boxes to get your children started on the new school year, should you also be buying vitamins?

According to Dr. Alice Hunt, a nutritionist and registered dietitian, the answer is "probably not." "Normal, healthy children who eat a varied and balanced diet will get an adequate amount of all the necessary nutrients their bodies need, so a Vitamin-mineral supplement is unnecessary," says the Texas A&M University specialist.

Hunt also advises considering the foods your children eat regularly. For example, if a child eats a bowl of fortified cereal every day, it may be similar to taking a vitamin, depending on the degree of fortification.

The labels on cereals and other fortified foods list the percentage of the recommended daily allowances (RDAs) of vitamins and minerals contained in a serving of the product. According to the specialist, a number of these products contain 100% of the daily requirements for adults.

"If your child has a consistently poor appetite or eats only a limited variety of foods, a check-up by a physician is appropriate," says Hunt. "The doctor may suggest a vitamin-mineral supplement to improve overall nutritional health."

Because excessive amounts of some nutrients, such as vitamins A and D, can be toxic however, she advises against giving a child supplements without checking with a doctor.

"Giving children vitamins can easily lead parents into a false sense of security that the child's nutritional needs are being met," cautions Hunt. "But a supplement is not an adequate substitute for a

good diet."

The nutritionist maintains that the best thing parents can do to get children off to a healthy start on the school year is to stick to the basics: encourage them to eat a good breakfast, pack a nutritious lunch and have plenty of healthy snack foods around after school.

Choosing healthy lunches

Most parents will agree that a healthy, hearty lunch is an important and fun part of every child's school day. But school lunches and bag lunches have different advantages that deserve some attention from parents, says the Texas Medical Association.

Public school lunch programs in Texas provide one-third of the daily nutritional requirements for children. Each school district's menu planners must follow strict standards when deciding what to serve, including the number of servings from the four basic food groups, as well as the quantity of each serving.

Another plus for school lunches is that certain children are eligible for free or reduced-price meals.

Possibly the only disadvantage of the school lunch program is that your child may not always like what is being served and consequently may not eat well.

TMA suggests following the school lunch menu and packing a lunch for your child on these days:

Tips offered to parents when packing lunches:

•In general, children need more nutrient and calories than adults because they are very active and have rapid growth "spurts."

•Iron tops the list of nutrient needs during early childhood and adolescence. Iron is necessary for the formation of red blood cells and other functions and is especially important for adolescent girls.

•Protein is necessary for bone and cell growth and calcium is vital for building strong bones and teeth.

•Use the four basic food groups — meat, milk and cheese, fruit and vegetables, and bread — to plan lunches. Include a wide variety

Rice High School student schedules

On Monday, August 17, Rice High School student schedules will be available to students or an adult member of their family at one of the following places: Sheridan school library, 8 to 9:30 a.m.; Garwood school library, 10 a.m. to noon; Eagle Lake Middle School lobby, 1 to 3 p.m. Students unable to meet this schedule may receive them at Rice High School on August 20 or 21.

Students needing schedule changes are asked to appear in person to meet with their counselor at Rice High School on August 20 or 21 between 8 a.m. and 3 p.m. to discuss their needs and initiate needed changes. No other schedule changes will be made until the second school day.

The Mind of a Child

The mind of a child
Such a marvelous thing
So clean and so pure
It makes the heart sing.
Not cluttered with all
That adult life must bring
But simple and fresh as the
first
Day of spring.
Oh, that we could capture
And keep that great
treasure —
The mind of a child, forever
and ever.
Barbara Dunn
Holidaysburg, PA

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