

## Alpha Delta Phi members encouraged to vote

Alpha Delta Phi Sorority met on Monday, January 22, in the home of Vicki Powers.

John Thomas, school board member, came and encouraged members to vote for the upcoming school bond election. He pointed out the desperate need to build a new Eagle Lake Primary School and to repair and up-

grade the other campuses in the district. In communications, members voted to add the new by-law that a quorum is 1/3 vote. President Connie Gertson read a thank you note for their participation in the "adopt an elderly person" program at Christmas. She also informed members that Linda Lippert expressed her thanks to the members who made cupcakes and muffins for the Special Olympics. Connie announced that our donation to the Endowment Fund will be sent in.

Ways and means chairman, Mary

Kay Cook, reported that raffle tickets are doing great and members should turn in their stubs at the next meeting.

Rosebud Girl, Sheila Mathis, reminded members of upcoming birthdays and anniversaries and thank you's were said for gifts received.

In new business, Connie asked that members be thinking of nominees for Lady of the Year.

After the closing ritual, all joined hands for the mizpah.

Following the meeting, Vicki served delicious refreshments to everyone.

## Hospital newsletter named

Carol Bartek's entry was chosen as the winner in the "Name the Newsletter Contest" recently held by Eagle Lake Community Hospital and judged by the staff of The Headlight.

Carol, who is employed in the medical records department, submitted the name "Stat Line" making her the recipient of a pot of homemade soup and a homemade cake of her choice.

"This will be a monthly publication," stated Sharon Grigar of the marketing department. "It will allow employees to keep up with each other...not a gossip sheet, but another line of communication with and among the employees."

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## Here's To Your Health

SOUTH TEXAS MEDICAL CLINICS, P.A. is a multi-specialty clinic that was formed in 1985 when Outlar & Blair Clinic and Rukey & Blasingame Clinic joined together. Our name may have changed but we have been providing quality health care in South Texas for the past 50 years. Our new series of health articles are intended to better inform the public on important health matters.

Articles will appear every two weeks and will be written by staff physicians of STMC, courtesy of STMC's Patient Education Department. SOUTH TEXAS MEDICAL CLINIC's Patient Education and Allergy Department is available to everyone, providing information, literature and programs as well as instruction to patients.

## WINTER DRY SKIN, ITCH

By MICHAEL L. RAMSEY, M.D.

Winter is upon us, and during this time many people will experience dry and often itching of their skin. Several factors are involved in the increase of these symptoms during the cooler months. Fortunately, much can be done to prevent or improve this condition if we understand and control those factors.

Water loss from the skin leads to dryness, flaking, and cracking. The warm, moist air of the Gulf Coast helps the skin to retain moisture during the rest of the year. During the winter months, however, we use our heaters to fight the cold. While heaters are warming the air, they also rob its moisture. In turn, dry air can dry the skin.

During cold weather we are also more prone to take long, hot baths or showers. While such bathing is very soothing at the time, hot water tends to further remove moisture and oils from the skin. Therefore, the net effect is to dry the skin even more.

Abrupt temperature changes also tend to irritate the skin, so that entering and exiting heated buildings can add to the problem. Use of wool and other scratchy materials can also irritate the skin, as can lanolin.

Keeping these factors in mind, several simple measures can help the skin survive the winter months. First, we should not overuse heating devices such as heaters and electric blankets, especially during the night. A humidifier is a worthwhile investment for persons prone to dryness. Bathing should be kept as brief and cool as tolerable, and a mild soap should be used. Bath oil is often useful, but it can make tubs dangerously slippery. The skin should be gently patted dry rather than rubbed, and it is a good idea to apply a moisturizing lotion immediately after drying. Lotions should be applied to dry skin liberally and often. Cotton clothing is generally best tolerated by sensitive skin. A conscious effort should be made to not scratch the skin, as this can worsen the problem.

If the above measures fail to prevent or treat your dry, itchy skin, see your doctor. It may be necessary to prescribe "cortisone" medications to apply to the skin, and often antihistamine pills can be given to soothe itching. There are just a few of the options available for treating irritated skin, so don't assume that you simply have to put up with it. Practice good skin care, and if you still have a problem, see your doctor.

Dr. Ramsey is board certified by the American Board of Dermatology and is a Fellow of the American Academy of Dermatology. He sees patients in Wharton and is available for consultation or can be scheduled by calling 409-532-1700 or 1-800-635-4021 and asking for Operator "M".

2100 Regional Medical Drive Wharton, TX 77488 409-532-1700 1413 Avenue G Bay City, TX 77414 409-245-9754 1602 N. Mechanic El Campo, TX 77437 409-543-2956 508 Otto East Bernard, TX 77435 409-335-7568 1-800-635-4021

## Eagle Lake Middle School lists honor roll students

Students at Eagle Lake Middle School making the third 6-weeks honor roll list are as follows:

Third Grade: Lisa Valigura, Justin Jobe, Dawn Schwemm, Misty Jones, Barrett Thomas, Tierra Wright, Brandon Besch, Ginger Case, Angela Schuster, Rebal-Canaris, Cori Gertson, Brian Cardenas, Amanda Meehan, Coy Sunderman, Kurt Rodgers, Rene Cano, Valerie Galvan, Jennifer Christ, Lori Grigar, Hollie Shindler, Danielle Witte and Amalie Kucherka.

Fourth Grade: Jonathan Burrow, Clinton Gertson, Alexis Marshall, Rhonda Rodriguez, Deann Meehan, Charles Stephens, Brimi Wood, Lane Lamkin, Amy Obenhaus, Kelli Matthews, Robert Swanson, Kerri McGaughey, Tiffany Castro and Risa Waddell.

Fifth Grade: Manuel Rodriguez, Amy Stavinoah, Adriana Cordova, Victor Lizcano, Robyn Rucka, Nicole Chamberlain, Shera Glaiser, Sara Mann, Ramona Rivera, Kris Gertson, Trey Kucherka, George Weller, Connie Longoria, Justin Rodgers, Kyle Fink, Timothy Powers, Gina Sides, Lance Grigar, Willie Cleveland and Sunny Gertson.

Sixth Grade: Michael Wiese, Kristi Gertson, Kathryn Weller, Jessica Amos, Antonia Morela, Christian Cordova, Jared Wavter, Blake Canaris, Tiffany Cramek, Valeriano Moreno, Billie Jean Salazar, Brandon Mathis, Anna Perez, Courtney Parker, Rachel Matthews, Dean Hengst, Stephanie Rivera, Sarah Matthews, Jill Saksy and Rebecca Butts.

Seventh Grade: Jessica Whis-

## Prairie Edge Players set play dates

Prairie Edge Players will present their next play, *Night Must Fall*, at 7 p.m. on March 23 and 24.

Tickets are \$4.50 each and will be available for sale beginning in mid-February.

Make plans to attend this suspense filled play written by British playwright Emlyn Williams.

Calendar of events  
January 31 - Open House 6:30 - 8 p.m.  
February 2 - Children Mass 8:05; faculty meeting 2:30; Dismissal at 2:30.  
February 8 - Can Collection. National Appreciation Day for Catholic Schools

Since 1606, when the Franciscans opened a Catholic School in St. Augustine, Florida, Catholic schools have effectively educated millions of people to heighten people's awareness of Catholic Schools. Wednesday, January 31, 1990 has been declared National Appreciation Day for Catholic Schools. Through many means during the weeks prior to this day, Americans will be invited to participate in this day by wearing the special button with the theme "Parents Choice - Catholic Schools". Since the day falls in the middle of the national celebration of Catholic Schools Week, the slogan corresponds to the theme.

Archbishop Anthony Bevilacqua, Archbishop of Philadelphia has this to say about Catholic Schools: "So often today I hear that money, or the lack of money is the main problem facing our Catholic Schools. I disagree. I believe the main problem is the attitude at heart of too many Catholics - the lack of courage and conviction. The

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## Modern Shampoo Ingredients

The first commercial shampoos contained soaps. When these shampoos were used, the soap ingredients often formed insoluble salts which remained on the hair as a dull scum. Newly formulated soap-based shampoos contain a mixture of natural oils and agents which tie up the calcium and magnesium, preventing the formation of insoluble salts. Synthetic detergents, such as sodium lauryl sulfate, have replaced the old soap ingredients. These detergents provide foaming and cleansing action while imparting luster and body to the hair.

Additional foaming agents and stabilizers are added to make shampoo products more pleasing to the user. Thickening agents such as methylcellulose also make the product more acceptable. Other shampoo ingredients include perfumes, buffers, coloring agents, and preservatives.

Conditioners are often added to shampoo products to improve the manageability of the hair after it is washed. These agents coat the hair with a small amount of lubricating material such as lanolin or glycerol. (Cream rinses help eliminate tangles and make the hair more manageable.)



Appreciation luncheon

Pictured above with Jeff Frnka, left, and Fred Frnka are Eagle Lake Community Hospital Auxiliary members Jean McInteer, Fay Rutledge, Barbara Davidson, seated, and Eunice Frnka, standing. Standing on the right of the picture are Anna Loesslin and Jimmie Scott, seated Betty Wilcox and Sharon Grigar, the hospital's business development and marketing coordinator. Marilyn Mueller from the Headlight was present and received from the ladies the cookbook "Cooks Tour of Eagle Lake" for her support to the Auxiliary. The ladies are showing off the newly printed cookbook at lunch at Taco Tony's Thursday, January 25 hosted by Fred and Jeff Frnka, owner of Laker Printing. Unable to attend were Louise Spalinger and Viola Zboril who also played a large part in assembling the books. The cookbooks are on sale at Laker Printing, Wilcox Minimex, Canaris Nursery, Gifts of Distinction and the hospital gift shop for \$10 each.

## R.I. Full Gospel Church mid-winter camp meeting

The annual mid-winter camp meeting will be held at the Rock Island Full Gospel Church from February 5 through February 11, 1990. There will be a 10 a.m., 2:30 p.m. and 8 p.m. service daily, each conducted by different ministers.

There will be many preachers, singers, musicians, and gospel workers here during this time from various states and churches.

Meals will be served daily, as the Lord provides, to all in attendance. Everyone is invited to come and see what the Lord can do for those who serve Him.

## Anderson among honor students at Baylor University

For the fall semester, Sherry Jo Anderson, a senior, was among the 914 students at Baylor University named to the Dean's Academic Honor List.

To be named to the Dean's List, a student must be an undergraduate with a minimum grade-point average of 3.7 and be enrolled in a minimum of 15 semester hours.

Sherry is the daughter of Linda and Everett Anderson of Eagle Lake.

## St. Mary's School News

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January 31 - Open House 6:30 - 8 p.m.  
February 2 - Children Mass 8:05; faculty meeting 2:30; Dismissal at 2:30.  
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My parents sent me to St. Mary's because I get more help from teachers. The school has small classes. We don't have drugs. Everyone is welcomed. Written by Tony Garcia, 5th grade.

My parents sent me to St. Mary's School because they have smaller classes and more help from teachers. They teach us the religious ways of life. My parents also send me to this school because the teachers set a good example for us. Written by Shea Swoboda, 6th grade.

My parents sent me to St. Mary's School. I like St. Mary's because the school is smaller and no drugs in it. The teachers give us more help. There is no violence in the school. We get a good education too. We have religious instruction every day. Written by Brent Schneider, 5th grade.

My parents sent me to St. Mary's School for several reasons. One reason is that there is no parental guidance. There are religious services. We say the rosary every week and go to mass every Friday. There is a drug free environment and no violence. All the teachers are well qualified. We get more help from teachers because we have small classes and few kids. Eve-

ryone is welcome. Written by Maria Hernandez, 5th grade.

My parents sent me to St. Mary's School because the teachers give us more education and we have religious services. The school also has a drug free environment. We have good discipline and more parental guidance. Besides that everybody is welcome. Written by Clint Leopold, 5th grade.

I like St. Mary's because there are fewer students and you can get more help. St. Mary's school was my parents choice because I had to have a little Catholic school in my life. Now it looks like I'm staying here. Everybody including non Catholics are welcome. Written by Jorge Hernandez, 6th grade.

My parents sent me to St. Mary's because it has a drug free environment. That is wonderful for the students since no one learns to do drugs. Also because of the smaller classes the teachers can give individual help. Everyone is welcome. Written by Marie Tille, 5th grade.

Why are Catholic Schools parents choice? St. Mary's is my parents choice because there are smaller classes and the teachers can help students more. There are well qualified teachers that have taught a lot. You attend religious services. There is also more parental guidance and involvement. Most people who go to Catholic Schools attain high academic excellence in grade school and in high school. Most Catholic schools have a drug free environment. Written by Dana Leopold, 6th grade.

## Eagle Lake Community Hospital List

### Admissions

Eagle Lake: Espie Duncan, Joe Cortez, Lillian Zahradnick, Mamie Cotton, Ida Rose, Dan Boebel, Melinda Molano, Morris Morales, Alfonso Castillo, Emma Israel; Garwood: Martha Shimek and Baby Boy; Columbus: Barbara Lejeune and Baby Girl; Sealy: Maria Gayton and Baby Boy; Wallis: Victor Drymalla; Brookshire: Cipriana DeLuna; Cat Spring: Laura Glueck.

Dismissals  
Eagle Lake: R. L. Lackey, Melinda Molano, Rachel Flowers, Dorothy Newsom, Anita Contreras, Lillie Behrens, Rubie Meitzen, Willis Grounds; Lissie: James Dutcher; Garwood: Edward Schneider, Rosie Scott and Baby Boy, Manuela Acuna; Altair: Lyle Hayden; Columbus: Haidy Rodriguez, Annette Huffman; Rock Island: Beth Klucars, Clifton Jubela; Sheridan: Dolores Kazmir, Janet Dupe; Sealy: Ruby Zellars, Vivian Alexander; Nada: Annie Meisner.

## Program to be held on veterans benefits

VFW Post 6113 of Columbus and its Ladies Auxiliary will hold a Veterans Education Program at 7:30 p.m. on Thursday, February 15 at the Veterans Community Center in Columbus.

Michael E. Brown, Chief Medical Administration Service of the Veterans Administration Medical Center in Houston, will be the speaker and will lead a question and answer session on the benefits available to all veterans, their widows and their children.

All veterans from the Colorado County and neighboring areas are invited to attend this program. There will be no charge for the program.

Warren Wilburn is the commander of VFW Post 6113 with Dessie Hoppe serving as president of its Ladies Auxiliary.

Margo Harrison at 234-5054; or

## Wildflower celebration makes plans for Spring tours

The Board members of Wildflower Celebration, Inc. met January 23rd at Sportsman's Restaurant to discuss plans for the upcoming April tours. Present at the meeting were: Judy Johnson, Sam Thomson, John and Marilyn Thomas, Bill and Margo Harrison, Bill Harrison Sr., Helyn Farris, Vic Scott, Robby Cook and Roy Dean Van Nort.

Among the agenda items discussed was a letter to be written to all the churches, youth groups, and service organizations inviting them to a meeting to further discuss ways that they can get involved in the April tours. Margo Harrison is drafting the letter, which will be sent out immediately. If your service organization is interested in participating and does not receive a letter, please contact Margo Harrison at 234-5054; or

churches and youth groups may contact Rev. Russ Minter at 234-3437.

Other items discussed included publicity through magazines, newspapers, and area Chamber of Commerce organizations. All of the Houston television channels are scheduled to report on the event. It was also reported that over 18 tour buses are scheduled and that this year's attendance looks very promising.

Later that same evening, our volunteer fire department held its annual dinner. Citizens from Garwood and Nada showed their support and had a great time as well.

One of the main topics of conversation that evening was the sad news of the death of Mrs. James Hopkins earlier that day. Mrs. Hopkins and her husband have been a huge part of this community and her passing will leave a void that can never be filled.

Birthdays  
February 8 - Sally Herman.  
February 9 - Chris Labay and Rosemary Wied.  
February 10 - Chrissy Leopold.  
February 11 - Kayla Wishert.  
February 12 - Lailuan Braden.  
February 13 - Mary Kubecka.

## NEW ARRIVALS

### Sarah Lynn Lejeune born January 28

Mr. and Mrs. Michael W. Lejeune of Columbus announce the birth of their second child, a baby girl, born January 28, 1990 at 5:37 a.m. at the Eagle Lake Community Hospital in Eagle Lake, Texas.

The baby was named Sarah Lynn and weighed six pounds, eight ounces. The attending physician was Dr. Russell Thomas.

The baby is welcomed home by a sister, Alicia Kaye, 8 years old. Her maternal grandparents are Mrs. Arthur V. Stancik of Columbus. Paternal Grandparents are Mr. and Mrs. Roland Lejeune Sr. of Iowa, La. Great grandparents are Mrs. Emma Stancik of Columbus.

The mother is the former Barbara Stancik.

### Adam Dane Shimek born January 26

Mr. and Mrs. Al Wayne Shimek of Garwood announce the birth of their second child, a baby boy, born on January 26, 1990 at 1:14 p.m. at the Eagle Lake Community Hospital in Eagle Lake, Texas.

The baby was named Adam Dane and weighed 8 pounds, thirteen and one-half ounces. The attending physician was Dr. Russell Thomas.

He is welcomed home by a brother, Danny, 19 months old. Maternal grandparents are Mr. and Mrs. D. C. Streckfuss of Columbus. Paternal grandparents are Johnnie and Earline Shimek, also of Columbus. Great Grandparent is Alfred Canik of Fayetteville.

The mother is the former Martha Streckfuss.

### Raul Leonel Garza born January 27

Mr. and Mrs. Raul Leonel Garza of Sealy announce the birth of their first child, a baby boy born on January 27, 1990 at 6:27 p.m. at the Eagle Lake Community Hospital in Eagle Lake, Texas.

The baby was named Raul Leonel and weighed eight pounds, twelve ounces. The attending physician was Dr. Jose M. Ugarre.

Maternal grandparents are Domingo and Gabriela Gaytan of Sealy. Paternal grandparents are Ma de Jesus and Saucedo de Garza of Laredo, Texas. The mother is the former Barbara Gaytan Llanos.

## Annual Sweetheart Festival to be held in Corpus Christi

The South Texas Square and Round Dance Association (STRDA) is hosting its 2nd Annual Sweetheart Festival at the Bayfront Plaza Convention Center, Corpus Christi, on February 9-10, 1990. Bill Wright (San Antonio), Mike Bramlett (Dallas) and Johnnie Wyckoff (Houston) will be calling for the festival.

Monty and Janice Nordlie and Don and Pete Hickman (San Antonio) will be doing the cueing.

The STRDA is made up of 17 clubs with approximately 700 dancers. Members of the association will be going to Waco March 2-3 to bid for the 1994 State Festival to be held in Corpus Christi. For more information, call Rose Brinkoeter, 512-881-5436.

## County reports unemployment rate at 3.6%

The Texas Employment Commission reported Colorado County's unemployment rate fell to 3.6% in December, down slightly from 3.7% in November.

Colorado County had a civilian labor force of 7,196 in December, with 6,934 workers and 262 people seeking work. That compared with a labor force of 7,304 in November, with 7,030 workers and 274 job seekers.

Statewide, the jobless rate was 5.8% in December, down from 6.9% in November and the U.S. rate was 5.1%, down from 5.2% in November. Commissioner Mary Nabers said the 5.8% rate for Texas "is the lowest we have seen since December of 1984, but unfortunately this does not reflect unemployment that resulted from the freeze in the Valley that occurred late in the month."

## Kids fashion show

Three of 22 children are shown as participants in a "Learning About Clothes" Fashion Show presented to parents by Mrs. Shorter's social science, reading and theatre arts classes. Stephanie Jackson is modeling a faded blue jean empire waist skirt, white turtle neck sweater, blue and white oxford, red ribbon and socks. Cynthia Webb furnished music for the show while William Ramirez served as narrator. The students modeled sportswear, uniforms, evening and dress clothes.

ELPS Photo

## Eagle Lake Insurance Associates, Inc. Announces New Customer Service Hours

Effective Monday, February 5

## Monday - Friday

9 a.m. to 4 p.m.

403 E. Main 234-2508

## Heritage House News

Last Friday afternoon, four Heritage House residents were honored with a Birthday Party. They were

Barbara Snelling, M.S. joins STMC

South Texas Medical Clinics P.A. has recently announced the addition of a Speech-Language Pathologist/Audiologist Barbara O. Snelling, M.S. to their staff. Mrs. Snelling received her Bachelor of Science in Speech and Hearing Science with highest distinction in 1975 from Colorado State University. She received her Masters of Science in Audiology in December 1989, from the same institution. Following the awarding of this last degree, she worked as a staff audiologist at the University of Texas Medical Branch at Galveston and later became the director of Audiology at UTMB-Galveston. She has also been employed as an audiologist with Pow, Quinn, Watkins and Thorton in Shreveport, LA, and with Bruce Meyers MD, in Lake Jackson, Texas.

Mrs. Snelling returned to graduate school at the University of Houston in the Fall of 1987 and completed a Masters equivalency in speech-language pathology in December 1989.

She has recently been notified that she passed the national certification exam for Speech-Language Pathology in the top 3% in the nation.

Mrs. Snelling is a member of the American Speech and Hearing Association, Texas Speech and Hearing Association, American Academy of Audiologists, and the Academy of Dispensing Audiologists. She is able to offer hearing and hearing aid evaluations, diagnosis and treatment of hearing disorders, stuttering and language disorders, accent reduction instruction and evaluation and treatment of swallowing dysfunction. Mrs. Snelling sees patients in Wharton and lives in Wharton.

Thanks for reading The Headlight!

## Attend the Church of Your Choice...

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## VINCEK'S SMOKEHOUSE

"Smokehouse Meat Can't Be Beat"