

# CONGRATULATIONS!

To The Rice High School Raiders and Lady Raiders Basketball Programs on a Very Successful Year!

**"We Are Very Proud of You"**

## GOOD LUCK

To The District Winning Boys and Coach Sam Bell in the State Play-Offs

### Raider Pride!



Come out Friday, February 23<sup>rd</sup> to Yoakum High School at 7:30 P.M. to Support the Raiders against Luling!

Del, Kate, Russell, Melanie & Stephanie Labay  
Ervin & LaVerne Stienke  
Ralph, Kathy, Ragen & Kristen Stienke  
John, Karen, Neysa, Michael, Matthew & Angela Popp

The Country Hayloft, Nada  
Frederick, Cathy, Corey, Amy, Margie & Dana Leopold

Jerry, Betty, Scott, Jill, Bryan & Janna Janish  
Edward, Cynthia, Chad & Kurt Sunderman  
Mark, Cynthia, Brett, Shelley & Kaylyn Boenisch  
Jim, Leona, Lisa, Lynn & Jimmy Brzozowski

Bennie, Beverly, Aaron & Andrea Machac  
Clark, Vicki, Kimberly, Timothy & Andrew Powers  
Brad, Judy & Carrie Engstrom  
Mark, Jane, Jennifer & Doug Wied

Jimmy, Karen, Bryan & Dyana Rees  
Brooks & Jo Ann Bell  
Gary, Betsy, Shane & Shara Glaiser

George, Sue, Matt, Kate, George & Herb Weller  
Mr. & Mrs. Paul Powers  
Michael Grahmann

Dennis & Jeanie Jackson  
Betty & Jack Sanders  
John, Bernice, John Jr. & Michelle Carey

Jo, Joe Naketra & Mark Johnson  
Jerry, Gayle, Pecos & Cash Coble  
Fred, Sharon, Josh & Shari Grahmann

John, Joan & Sarah Matthews  
Earnest & Barbara Fields & Family  
Kado, Cynthia, Ernest, Kerry & Lonnie Powell

Jack, Ann, Lena, John & Mark Frazer  
Max, Carolyn, Matt, Andrew & Kerri McGaughey  
Mike, Mel, Lance & Lori Grigar

Wayne, Jonna & Clayton Bowen  
Lynda, Bill & Laura Lynn Appelt  
Mike, Georgia & Leigh Ann Michalka

Mr. & Mrs. Ralph Truly  
Major, Sandra & Bonnie Benge  
A.D. & Katherine Fudge  
Jon Gregory at Don Morrison Ford, Inc.

Randy & Janelle Klein

**F&W Food Store, Inc.,  
Garwood**

Bruce Withrow  
Edwin, Lillian, Allen, Jason & Sara Eggemeyer  
City Cafe, Garwood  
Clarence, Onie Mae, Dawn & J.R. Horndt

Albert Lopez  
William, Diana, Shanna & Jason Brunner  
Tim, Brenda & Tory Teykl

John, Marilyn, Maria, Tricia & Ryan Thomas  
Marc & Vernita Jordan, Whitey & Dewayne  
Wayne, Brenda, Vance & Kim Corman

Ted & Louise Brunner  
Larry, Darnell, Andrew, Tiffany & Kimberly Varley  
Kenneth, Henrietta, Doug & Brad Baumgarten

Bobby, Patsy, Rachel, Amada & Jeremy Weishuhn  
J.W. & Charla Lively  
George, Barbara & Anessa Williams

Rhonda Hadde  
Nada Grain, Raymond & Ruby Korenek  
Vic's TV & Nada Grocery, Vic & Dorothy Hyek

Nada Garage & Service Station  
Kaltex Supply, Nada  
Farmers Cooperative Service, Garwood

D.L. Water Systems, Inc.  
Larry's Super Service, Garwood  
Thomas Clinic Partners

Dr. Raymond Thomas & Dr. Russell Thomas  
Pat Mascheck  
Rick & Martha Bagley, Rossi & Robert Lujan

Eagle Lake Drugstore  
Steve & Linda Balas  
J.W. Concrete

Euers Dental Clinic  
Sam, Coleen, Brandy & Kayla Meitzen  
Rusty & Wanda

K-D Jewelry  
Donnie, Anna Mae & Melanie Wiese  
Kid's Korner

Jeff Fmka

Mark, Becky, Noble & Meredith Anderson  
creative expressions, Nelson & Michele Isenhower  
Eagle Lake Gymnastics  
Alice & Kent Williams

lola Williams  
A.J. & Marlene Williams  
Charles, Shirley & Scott Garrett

Gifts of Distinction  
Liz & Raymond Waddell  
Dorothy & Gene Baker

Heights of Texas  
Royal Cleaners  
Elmer & Frances Struss

Don, Sandy & Keith Bendy  
Dianne, Stacey & Stephanie Causey  
Margo & Bill Harrison

Nancy Nelson  
Pat & Bob Cook  
Sam, Sandy & Kelly Thomson

Bennie & Elizabeth Miller  
Eagle Lake Farm & Home Supply  
Elaine's Grill

Jackie & Lisa Dromgoole  
Maxine & Robert Griffith  
JoAnn's

Jim, Shelia, Brent & Brandon Mathis  
Robert McClelland, Postmaster, Eagle Lake  
Eagle Lake Post Office Employees

Michael, Sylvia, Robyn & John Michael Rucka  
Wilcox Minimax  
Eagle Lake Noon Lions Club

Wanda, Sam, Brian & Leslie Center  
Ugarte Clinic  
Dr. Jose & Debbie Ugarte

Rip & Carol Ripper  
Steve, Beverly & Tess Taylor  
Mayor Roy D. Van Nort

Jean, Jim Brandon & Michael Wiese  
Bryan Wiese  
Jim, Mary Ann, Breana, Britni & Eric Wood

Davis, Beth, Risa & Leslie Waddell  
Eagle Lake Headlight Staff

## ST. MARY'S SCHOOL NEWS

St. Mary's School held their open house January 31 with many parents and friends present. There was entertainment by the children after their performance. The students along with their parents visited with the teachers. St. Mary's Catholic School, like others nationwide, could not be as successful as they are without the support, dedication and energy of the parents, who make sacrifices in their own lives for their children to have a Catholic education.

Congratulations! The clarinet team of Carl Crane, Ashley Crane, Jorge Hernandez, Erin Korenek, Stacy Leopold and Chad Wesselski won the Master Musician contest by beating out three other groups. This was accomplished with musical arrangements and getting fewer demerits than the other groups. The team played at the Christmas concert and plan to play at the Spring concert. Keep up the good work.

St. Mary's School Endowment Fund gratefully acknowledges the memorials and gifts listed as follows: For Chas D. Stephens: Mr. and Mrs. N.J. Schneider and family, Mr. and Mrs. Ed Lee Schneider, Mr. and Mrs. Frank Popp Jr.; for Cecilia Rany: Helen Berger; for Anna (Staff) Erdelt: Mr. and Mrs. Gary Zbronek and sons, Mr. and Mrs. Gary Conner; in honor of Ben and Emma Frels birth day in heaven: Clarence and Viola Frels and Josephine Frels; in honor of the Holy Roman Catholic Hierarchy (the Holy Father and Bishops - living and deceased) all priests, Religious and Laity: Josephine Frels and a donation by Dr. and Mrs. Ronald Zboril; For Julia Crane: Mr. and Mrs. Albert Gold, Mr. and Mrs. Donald Schoenfeld, Mr. and Mrs. Mike Bubela, Mr. and Mrs. Lawrence Korenek and family, Mr. and Mrs. Kenneth Staff and family, John Seifert, Mr. and Mrs. Joe Seifert, Mr. and Mrs. Vic Hyek and family, Alois Bittner, Richard Seifert, Mr. and Mrs. Joe L. Popp, Mr. and Mrs. Dick Otis, Mable J. Beard, Mr. and Mrs. Gene Bures, Mr. and Mrs. T.A. Pinchback, Gertrude Harry, Mr. and Mrs. Arthur Mahalic, Mr. and Mrs. Arnold Hubenak, Mr. and Mrs. Guy C. Conner, Mr. and Mrs. Edward Korenek and family, Henrietta Korenek, Mr. and Mrs. N.J. Schneider, Margaret Bunge, Mr. and Mrs. Frank Popp Jr. and family, Oscar A. Bunge, Mary Popp, Frieda Kubesch, Victoria Drapela, Annie Rek and William, Mrs. Annie Arnold, Enelle Popp, Mr. and Mrs. Arthur Leopold, Madeline Popp, Helen Berger, Mary Ann Waligura, Angeline Hoffmann, Mr. and Mrs. A.J. Richter, Mr. and Mrs. Marvin Swoboda and family, Frank Jurajda, Henry Malek, Norbert Meisner, Mrs. P.L. Phillips, Mr. and Mrs. Gary Crane, Mr. and Mrs. Albert Bittner, Mr. and Mrs. Mark Boenisch and family, Helburn and Mary Ornder, Mr. and Mrs. Raymond Drik, Ethelyn M. Popp, Mr. and Mrs. Marvin Horndt, Mr. and Mrs. Walter Schoellmann, Mr. and Mrs. Frederick Leopold and family, Tim Leopold, Mr. and Mrs. John Schneider, Mr. and Mrs. Herbert Popp and family, Mr. and Mrs. John Lee Korenek and family, Mr. and Mrs. H.P. Parr, L.J. Schilling, Josephine Frels, Mr. and Mrs. W.R. Zboril, Mrs. Millie Faykus, Mr. and Mrs. Harry Zboril, Mrs. Otto

Popp, Mr. and Mrs. A.J. Pall, Mr. and Mrs. Bill Abell, Mr. and Mrs. Harry Lee, Lee Schneider, Mr. and Mrs. Ed J. Hubenak, Mr. and Mrs. Ed Riha, Mr. and Mrs. Cotton Crane and family, Adolph Kasimiersky, Mr. and Mrs. Barney Kahn, Mr. and Mrs. Edwin Gold and family, Mrs. Richard Korenek, Mr. and Mrs. Gus Popp, Mr. and Mrs. Steve Janik, Joyce M. Hajovsky, Mr. and Mrs. W.L. Crane and family, Harvey Vornsand, Mr. and Mrs. Leonard staff, Mr. and Mrs. Herman Popp, The Melansons, Albert Leopold, Mrs. W.A. Hefner, Mr. and Mrs. Daniel Kahn, Mr. and Mrs. Michael Parker, Columbus Community Hospital employees, Mr. and Mrs. Dan Cook Jr., Mr. and Mrs. Lawrence Shimek;

For Leon Heine: Mr. and Mrs. Ed Lee Schneider, Mr. and Mrs. Leonard Staff, Helen Berger, Emelie Popp, Madeline Popp, Josephine Frels, Mr. and Mrs. Edwin Gold, Mr. and Mrs. Herbert Popp and family, Mr. and Mrs. Frederick Leopold and family, Gertie Harry, Lorine Bubela, Mr. and Mrs. Ludwig Schoellmann, Mr. and Mrs. Walter Schoellmann, Mr. and Mrs. John Berger and family, Mr. and Mrs. Herman Popp, Frieda Kubesch, Mr. and Mrs. Albert Gold, Mr. and Mrs. Joe Popp, Mr. and Mrs. Gus Swoboda, Mr. and Mrs. Frank Popp Jr.; For Loretta Knobel: Helen Berger; For John J. Hopkins: Mr. and Mrs. Frank Popp Jr.; for Mary Elizabeth Hopkins: Mr. and Mrs. N.J. Schneider, Mr. and Mrs. Frank Popp Jr., Helen Berger, Mr. and Mrs. Raymond Drik and family, Mr. and Mrs. Leonard Staff and sons; for Joseph Kristynik: Ethelyn Popp, Helen Berger, Mr. and Mrs. N.J. Schneider, Mr. and Mrs. Leonard Staff and sons, Mr. and Mrs. Joe Leopold, Mr. and Mrs. Edward Korenek, Mr. and Mrs. Albert Gold, Mr. and Mrs. Vic Hyek, Mr. and Mrs. John Lee Korenek and family; for Hermine Kubesch: Mr. and Mrs. Frederick Leopold and family, Mr. and Mrs. James (Cotton) Crane, Angeline Hoffmann, Frieda Kubesch, Mr. and Mrs. Leonard Staff and sons, Helen Berger.

Donations to the Endowment Fund can be made to any member of the Endowment Fund committee. What a nice gift it would be to make to the school in honor of a relative or friend. Committee members are Ed Lee Schneider, Donald Leopold, Rudy Till III, Madeline Popp and Helen Berger.

Plans are under way for St. Mary's School Extravaganza to be held April 28 and 29. We are planning to have entertainment for the whole family. So be sure to mark your calendars for an exciting weekend.

Students at St. Mary's are currently conducting a label collection drive that promises to deliver valuable educational equipment. As part of a program called Label for Education, Campbell Soup Co. is offering free equipment to schools in exchange for labels from the company products.

According to principal Bea Schoellmann, schools may redeem the labels for free audio/visual equipment, athletic equipment, reference books and teaching aids. Labels from all Campbell's soups, Campbell's bean products, Campbell's fresh

mushrooms and tomatoes, all Prepro spaghetti sauces, Prepro frozen entrees, Campbell's tomato juice, V-8 vegetable juice, V-8 low sodium vegetable juice, all Franco American products, Swanson canned and frozen food products, Vaseline pickle products and Pepperidge Farm cookies, crackers,

bakery and frozen foods are all redeemable. "We know we have many friends in the community who will want to help," said Mrs. Schoellmann. "They can do so by saving the Campbell's labels and giving them to our students or simply drop them off at the school."

In 1974 a group of Mississippi cotton and rice farmers were faced with a situation to continue farming at a very low profit/loss or cease farming. After checking several possibilities, some Mississippi farmers decided to raise catfish. After a few years a new crop was established in the Mississippi area. Today ninety percent (90%) of all farm raised catfish are grown in the state of Mississippi. They have converted their surplus field crops, cotton and rice, into corn and soybeans. Then milled and fed to their final product, catfish. The catfish are then processed and marketed giving them final control of their product. They are now producing 650 million pounds of catfish, of which 40% is shipped into Texas.

This was the topic discussed at the Aquaculture Conference in Corpus Christi, Texas. Colorado County was represented by J. D. "Jay" Vacek and H. O. "Butch" Strunk with a total attendance of approximately 650 persons.

The conference concluded Texas should share in a greater part of this market, but did not because of oil. As we know, this has all changed. In the past few years Rice farmers have experienced less return for their efforts. "The Texas gulf coast, Colorado County, and surrounding counties have great potential for this product," stated LeRoy Hajdik, County Extension Agent. "We tried this many years ago, but the market was not here, it is today. Rice land complements the catfish business. This area also grows soybeans and corn, which is the feed stock for feeding the catfish."

Betty Ford and Jim Fronczak have started a Koi Fish farm in Austin County. "These fish will sell for six to eight thousand dollars each in a few months. We have 150 fish in inventory and have these sold," stated Jim Fronczak. "We will be increasing our inventory and would be glad to sell anyone these fish. Also, if anyone would be interested in seeing these fish call me."

Rice water will increase in price. L.C.R.A. has limited their supply to the rice farmer and has quoted a price of around ninety-two dollars per surface acre. Chemical, fuel costs, and all other costs will increase substantially for these farmers. This will decrease the profitability even further for our farmers. J. D. "Jay" Vacek stated, "a community should target the industries they want in their area. Ninety percent of industries are located where the land is best suited for this product. Fish farming does suit this area. The Texas coast, in the coming year, will have a processor where the fish farmers can market their product. This will cut the risk."

H. O. "Butch" Strunk stated, "after attending the conference I feel fish farming is a possibility in our county. I would like to see more information available concerning fish farming and would like anyone interested in this industry to contact me. The conference stated this would increase jobs and profitability. It could be an 'Opportunity' to improve our economy and create jobs in our area. I am for this."

## Aquaculture is Agriculture

### The lure to profit and jobs

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Second program to begin in spring

## First Medifast program successfully completed

Eagle Lake Community Hospital has announced the successful completion of the first medically supervised Medifast® program. Medifast® is a nationally known Protein-Sparing Modified Fasting (PSMF) Program that includes a physician-supervised weight reduction phase, group support meetings each week, behavior modification sessions, consultations with a registered dietitian, and a maintenance support phase.

There was no calorie counting and no complicated meal planning. The result was a rapid and continuous weight reduction. Participants lost an average of 3 to 5 pounds per week. Participants in the program expressed feelings of "I'm not even hungry," "Being around other people that are eating doesn't bother me," and "I don't have to count calories or measure food".

One of the hospital's most successful weight loss participants, Carolyn Niska, achieved a weight loss of over eighty pounds. She stated that the program was wonderful and that it was easier than any other diet she had been on. Another of the program's participants, Sydney Sheldon, who achieved a weight loss of 34 pounds, felt that the information she was given in the group nutrition classes will help her and her husband to eat better and healthier. She too felt that the Medifast® Program was easy to follow and the liquid supplement was tasty.

Eagle Lake Community Hospital's first Medifast® Program ran a total of twenty-seven weeks. Participants in the first program had from twenty-five to one hundred pounds to lose. Most participants stayed in the program an average of twelve to fourteen weeks

depending on the weight loss they wished to achieve. Total weight loss achieved by this first group was over 400 pounds.

Eagle Lake Community Hospital is planning its second Medifast® Program. This program will begin early in the spring and will continue for twenty-two to twenty-four weeks. Enrollment in this program is available to people who have at least twenty pounds to lose, and seek the medical approval of their own physician, and complete the physician screening necessary for acceptance into the Medifast® Program.

If you are interested in this program, call Eagle Lake Community Hospital at (409) 234-5571, for more information. An orientation program will be held soon to introduce interested persons to the benefits of the program.

Pictured are Joe Surovick (former Extension Agent for Colorado County) and H. O. "Butch" Strunk, touring the fish farms at the Aquaculture Conference.

| Games This Week! |   |
|------------------|---|
| Feb. 23          | Raiders vs. Luling at Yoakum High School, 7:30 p.m. |
| Feb. 27          | Raiders host Schulenburg 5 p.m. (JV); 7 p.m. (V)    |
| Mar. 2           | Raiders host Sealy 5 p.m. (JV); 7 p.m. (V)          |
| Mar. 2           | ELMS track teams at Sealy Relays                    |
| Mar. 3           | Rice Boys/Girls track teams at Kinkaid Relays       |

Pictured are Joe Surovick (former Extension Agent for Colorado County) and H. O. "Butch" Strunk, touring the fish farms at the Aquaculture Conference.

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| Expectorant/Cough<br>Suppressant<br>Naldecon<br>Senior Dx<br>4 Oz.<br><b>\$3.99</b> | Extra Strength<br>Datril<br>60's-500 mg. ea.<br><b>\$3.16</b>                      |   |
| Dental Care Paste 5 Oz.<br><b>\$1.99</b>  | Theragesic Creme 5 Oz.<br><b>\$4.07</b>  |   |

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## Columbus Livestock Market Report

The market continued strong this week, best demand seen in a long time. The good quality steer and heifers were \$4 to \$5 a hundred higher and the packer cows and bulls were \$1 to \$3 a hundred higher with approximately 150 head on hand. We had a lot of good buyers on hand to make for a very active market.

If we can be of assistance in marketing or hauling your livestock, call George Hagan, Don McAlister or J.W. Golla collect (409) 732-2622 or 732-5841. At night, call George Hagan at 732-2553, Don McAlister at 234-5801 or J.W. Golla at 732-5280. We are at your service seven days a week, 24 hours a day. Out of town, call collect.

We have top market sales at Columbus Livestock Market every Thursday. From 1:45 to 2 p.m. on Thursdays, a live report from ring side can be heard on KULM.

Cattle on hand, 688; sheep and goats, 12; hogs, 5.

Packer Cows: higher dressing utility and cutter cows, 53-62 cents per pound; lower dressing utility and cutter cows, 49-53 cents; light weight canner cows, 44-49 cents.

Heavier weight bulls, 65-70 cents per pound; utility and cutter bulls, 59-65 cents; light weight canner bulls, 53-59 cents.

Butcher Calves and Yearlings: good and choice, 77-78 cents per pound; standard, 75-76 cents.

Stocker and Feeder Calves and Yearlings: steer and bull calves, 150-200 pounds, \$1.25-\$1.70 per pound; 200-300 pounds, \$1.30-\$1.52; 300-400 pounds, \$1.16-\$1.32; 400-500 pounds, 97 cents-\$1.15; 500-600 pounds, 88 cents-\$1.03. Heifer calves, 200-300 pounds, \$1-\$1.30; 300-400 pounds, 85 cents-\$1.16; 400-500, 80 cents-\$1.10; 500-600 pounds, 80-87 cents; replacement heifers, 85-90 cents.