

### Sorority plans April social

Alpha Delta Phi sorority met on March 5, in the home of Mary Kay Cook.

Shirley Johnson gave a very interesting program on "codependency and dysfunctional families". She gave us some insight on birth order and how it affects a persons behavior. She also discussed how parents need to take the time to listen to their children when they talk to them.

Mary Kay Cook volunteered to make the hospital tray favors for March.

Connie announced that the next meeting will be held in the home of Shirley Johnson with Ann Braden giving the program.

Sylvia Rucka, social chairman, tentatively set a date for the April social. Members and their children will have a pizza party at the Pizza Hut on April 9.

In old business, Connie reminded members to bring the refreshments that they signed up for to the Lady of the Year Tea which would be held on March 11.

In new business, Connie announced that founder's Day will be held on April 28, at Anna Lee's Kitchen beginning at 11:30.

Following the closing ritual, members enjoyed the refreshments served by Mary Kay Cook.

### Prairie Edge Museum

By ELIZABETH BOOTHE

Aren't you glad that Prairie Edge came to our community in 1984? Not only is it a "storehouse" for artifacts of days gone by, but also it is a focal point for club meetings, drama presentations, and headquarters for our Wildflower Tour. Folks, the activities connected with the tour begin two weeks from this coming Saturday.

Lois Raabe will exhibit art work of her middle school students during the time of the Wildflower Tour activities. These exhibits will be placed above the display cases at the museum. There are two exhibits that were not on display this time last year. These are the buttons and the articles that used to be found on dressers and washstands.

If you would like to take an active part in work to be done at the museum, call one of our three curators who are Rollin Baker (234-2027), Bill Harrison (234-2662), and Louis Schorlemmer (234-2827).

The museum is open on Saturdays and Sundays from 2 to 5 p.m. Call Bill Harrison at 234-2662 or Elizabeth Boothe at 234-3361 if you would like a special tour.

I wish to close with the following anonymous quotation: "We usually do what we want to do."

### Crime Stoppers

Eagle Lake Crime Stoppers will pay a cash reward of up to \$1,000 for any information which leads to the arrest and conviction of person(s) involved in any case of criminal activity. The caller may wish to remain anonymous. Call 234-5555 and help take a bite out of crime.

### ELMS ronor roll students listed

The following students at the Eagle Lake Middle School have made the honor roll for the 4th six-week period:

3rd grade: Brandon Besch, Rebal Canaris, Rene Cano, Ginger Case, Jennifer Christ, Valerie Galvan, Marvin Garza, Matt Gertson, Ralph Gertson, Lori Grigar, Johnnie Johnson, Amalie Kucherka, Thomas Marsalia, Jorge Morales, Latoya Parker, Ronnie Peroni, Angela Schuster, Holli Shindler, Susana Silva, Amanda Sosa, Coy Sunderman, Danielle Wicze and Tiera Wright.

4th grade: Jonathan Burrow, Tiffany Castro, Clinton Gertson, Horace Hodges, Stalecia Johnson, Jake Lamkin, Alexis Marshall, Kelli Matthews, Keri McGaughey, DeeAnn Meehan, Brianna Moreida, Amy Obenhaus, Rhonda Rodriguez, Robert Swanson, Casey Tillman, Jason Torres, Benjamin Turner, Risa Waddell, Tiffany Wilkerson and Britni Wood.

5th grade: Bridget Baid, Willie Cleveland, Adriana Cordova, Kyle Fink, Kris Gertson, Sunny Gertson, Shara Glaiser, Ivonne Gonzalez, Lance Grigar, Joy Hengst, Trey Kucherka, Connie Longoria, Sara Mann, Timothy Powers, Ramona Rivera, Justin Rodgers, Robyn Rucka, Gina Sides and Christopher Soto.

6th grade: Jessica Amos, Byron Black, Rebecca Burrow, Blake Canaris, Miguel Castillo, Amy Castleman, Christian Cordova, Tiffany Crane, Laulita Deville, Kristi Gertson, Rosalinda Granillo, Garrett Hagedorf, Wendy Henderson, Dean Hengst, Brandon Mathis, Sarah Matthews, Rachel Matthews, Antonia Moreida, Valerie Moreno, Courtney Parker, Annie Perez, Stephanie Rivera, Billie Jean Salazar, Jill Saska, John Sosa, Jeremy Stevens, Jarred Vawter, Kathryn Weller and Michael Wiese.

7th grade: Neil Broschke, Janil Chapman, Melanie Duke, Eddie Esparza, Bernita Fry, Nancy Hernandez, John Kaluza, Paula Kelley, Christal Lockett, Angie Martinez, Shea McClanahan, Jill Stephens, Ginger Thorpe, Camille Tillman, Regina Valdez, Maribel Valdes, Kristie Vargas and Jessica Whisnant.

8th grade: Darian Barrow, Christopher Burrow, Marsha De La Garza, Rhonda Saska, Rebecca Sosa, Elizabeth Stiles and Rosemary Valles.

### Heritage House News

By PATRICIA A. BUEBLA

Special thanks to the Episcopal Church minister, Rev. Russell Minter for the enlightening worship services for Heritage House residents. Everyone attending enjoyed the afternoon fellowship.

Our facility dining area and resident's bedroom doors were beautifully decorated in bright green for St. Patrick's Day by Mrs. Ernie Sommerlotte last Tuesday afternoon. Ernie brought Shamrock's and Crepe paper to brighten the Leprechaun spirit of our residents and after the decorations were put up everyone "ooohed and aahhed". Thanks Ernie for the pretty decorations, we appreciate your help. Also a special thanks to Elaine Harrison for combing and fixing hair for our ladies. The ladies enjoy your visit and delight in seeing your smiles.

Last Tuesday afternoon, our movie feature was a documentary on the country of Australia. Residents enjoyed hot buttered popcorn during intermission. Thanks to the library for the large assortment of free VCR movies to check out. We are thankful for the different services our town library provides and the librarians are always courteous and helpful.

Cinnamon rolls were enjoyed Wednesday afternoon as a special treat by a large group of residents.

Last Friday, residents enjoyed a Double Bingo game thanks to Jean McClanahan for the prizes. Evelyn Redmond was the biggest prize winner for the afternoon game. Everyone playing had a great time and loved the prizes.

Our "Welcome Mat" is out for Mary Dunn, resident from Sheridan, Texas. We want to welcome her and wish her stay to be comfortable and pleasant while at our facility.

### Hospital News

Admissions: Eagle Lake: James Ishoe, James Frnka, Dee Sopchak, Becky Melendez, T. J. Smith, Mary Selders, Emma Thomas, Frances Burda; Sealy: Rosetta Glenn; Giddings: Almetta Robertson; Garwood: Lydia Rodriguez and baby girl; Glen Flora: Josie Flores and baby boy; San Antonio: Carrie Junious.

Dismissals: Eagle Lake: Harvey Birdwell, Frances Gordon, Willard Stuart, Azterlee Wilson, Isaac Howard, Albina Butler, Marcus Gunter; Brookshire: Ariana Ortiz; Rosenberg: Sabina Hernandez, Robin Davidson; Giddings: Henry Lehman; East Bernard: Ed Marik; Sheridan: Mary Dunn; Glen Flora: Murtis Clark; Fort Worth: Roselia Rodriguez; Wallis: Victor Drymalik; Sealy: Carole Lane; Rock Island: Johnny Quintanilla.

### All-District

Continued from Page 1

per game. He also had a great season. Other players named to all-district were: first team - Todd Barten of Columbus, Reggie Davis of Needville and Paul Morrison of Sweeny; second team - Ronnie Ashton and Tyrone Whitehead, both of Columbus, Raymond Richie of Needville and Jerome Spells of Hitchcock, and honorable mention - George Lemons and Glendale Woodard, both of Sweeny, Dennis Smith and Lejon Giles, both of Palacios, Larry Springer of Needville and Chris Bevins and Calvin Detriche, both of Hitchcock. Tim Carter of Columbus was named "newcomer of the year".

Leading the Raiders to the regionals this year was Coach Sam Bell and he was selected as "Coach of the Year".

Other teammates adding to the Raiders' successful season were Kevin Williams (junior), Michael Popp (senior), Raymond Ford (sophomore), Marsha Norris (junior), Eddie Fields (sophomore) and Ulab Johnson (sophomore).



Scooter Davis



Brian Amos



Deon Williams



Shawn Turner

Another fine team performance resulted in a 1st place finish at the Brookshire track meet held on Friday, March 9. We scored over 140 pts. and beat 6 other teams in doing so.

People scoring points for the team were as follows: Field Events: Shot put: Anthony Barrios; pole vault: Anthony Barrios; long jump: Trinity Parker and Charyan Thomas; triple jump: Charles Chapman and Trinity Parker.

400 relay team: Thomas, Parker, Barrios, Chapman, first place; 800 Run: Bennie Gonzales, first and Alex Blanco, fourth; 110 hurdles: Charyan Thomas, first; 100 meter dash: Trinity Parker, second; 400 meter dash: Anthony Barrios, second; 300 hurdles: Charles Chapman, first; 200 meter dash: Charyan Thomas, fifth; 1600 meter run: Bennie Gonzales, first and Alex Blanco, third; 1600 meter relay team: Parker, Chapman, Barrios, Chapman, first and Parish Dodge, second; 100 Dash: Ernest Sims, fifth; 300 Hurdles: Rick Thomas, first and Parish Dodge, fourth; 200 Dash: Ernest Sims, third; 1600 Run: Kelly Chamberlain, fourth; 1600 meter relay: Polach, Elizonda, Ryan Thomas and Vojacek, fourth place.

Discus: Matthew Vojacek; second place; Garwood; sixth; Shot Put: Jerome Hayes, first and Marcus Dogins, fourth; Long Jump: Rick Thomas, second and Ernest Sims, third; Triple Jump: Rick Thomas, first; High Jump: Travis Polach, fifth.

Running Events: 800 Run: Kelly Chamberlain.

Discus: Yvette Marshall, fourth place; Long Jump: Marshall, second and Kamika Davis, third; High Jump: Rebecca Marsalia, fifth and Kamika Davis, sixth.

440 Relay: Erica Grace, Monica Vargas, Davis and Marshall, second place; 800 Meter Run: Marsha De La Garza, second; 200 Meter Run: Marshall, first; Mile Run: Marsha De La Garza, first and Ramona Soto from Sheridan placed fifth; 880 Relay: Marsalia, Grace, Davis and Marshall, first; 100 Meter Low Hurdles: Grace, first; 400 Meter Run: Vargas, sixth place.

Congratulations to the girls for a job well done. The next track meet will be at ELMS on Saturday, March 17. Come on out and watch the girls in action.

Scoring for the 8th grade girls are as follows: Field Events: Discus: Yvette Marshall, fourth place; Long Jump: Marshall, second and Kamika Davis, third; High Jump: Rebecca Marsalia, fifth and Kamika Davis, sixth.

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### 7th grade boys first in Brookshire Relays

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### Beat Yoakum Raiders fall to East Bernard Brahmas

Rice Raiders met East Bernard Brahmas last week and lost 2-3 in the first game on March 6 and 6-12 on March 9. They beat Yoakum Tuesday night, March 13 at Rice.

The Raiders were unable to play four scrimmage games scheduled at the beginning of February due to Rice being in the basketball playoffs. They only played four innings in the game against Hempstead February 20 and did not play any other games until they met East Bernard March 6 at the Raider field in Altair.

In the March 6 game, Chris Drozquez was the losing pitcher. He threw a four hitter ball game.

Russell Labbe, the leading hitter, was 1 for 3 with a homerun. Kevin Jackson was 1 for 2 with a double and drove in a run.

On March 9, the Raiders traveled to East Bernard. Wade Satsky was the losing pitcher and stands at 0-1. Down 3-0 in the second inning, the Raiders scored in the top of the third inning, but a Brahma player hit a home run to bring the score 7-3 at the third inning. The Raiders filled the bases many times, but just couldn't connect to bring the runners in.

In the fifth inning, the score was 12-6. In the top of the sixth inning, the Raiders tried every angle to add runs to the score, but were unsuccessful.

Rice beat Yoakum Tuesday night with the JV team winning 4-2 and the Varsity team beating Yoakum 5-4.

The Varsity team record is 1-2.

### Games This Week!

Mar. 15-17 Rice Baseball at Weimar Tournament  
Mar. 20 Rice Baseball at Sealy 5 p.m. JV, 7 p.m. V  
Mar. 16 Raiders/Lady Raiders track teams at Brookshire Royal  
Mar. 17 Raiders track team at Palacios  
Mar. 17 ELMS boys/girls host relays in Eagle Lake



### Lady Raiders third in Needville Relays

The Lady Raiders participated in the Needville Relays Saturday and placed third with a total of 30.75 points. The day was very windy, but the girls performed well. Results are as follows:

First place winner: 800 meter relay - Charlene McGrew, Melissa Guthmann, Tammy Hinze, Jackie Dromgoole.

Second place: 400 meter relay - McGrew, Guthmann, Hinze, Dromgoole; 1600 meter relay - McGrew, Guthmann, Hinze, Dromgoole; 1600 meter relay - McGrew, Guthmann, Hinze, Dromgoole.

Third place: shot put, Cassandra Edwards.

Fourth place: 100 meter hurdles, Shanna Brunner; 400 meter dash, April McMillian; long jump, Guthmann; 15' 10 1/2" high jump, Michelle Owens (three way tie); 4' 6"; 100 meter dash, Kim Powers.

Fifth place: 100 meter hurdles, J. Dromgoole; 400 meter dash, Evelyn Dromgoole; 1600 meter dash, Sophronie Anderson.

Sixth place: 100 meter hurdles, J' Amy McClanahan.

The Lady Raiders travel to the Brookshire Relays this Friday with the meet beginning at 3:30 p.m. and finals start at 7:30 p.m.

### Monthly giveaway

Eagle Lake Implement Co., John Deere dealer, is participating in "A Part of Paradise" drawing sponsored by John Deere. Eagle Lake Implement announced Albert Tomchesson, left, as the February winner in the drawing. He received a John Deere battery charger. Pictured with Tomchesson is Draper Stephens, general manager of the local John Deere store. Eagle Lake Implement will be giving away a John Deere quartz watch in March and a John Deere picnic basket in April. In addition to the prizes locally, John Deere will be awarding five grand prizes: an all expense paid one week trip for two to Hawaii (including air fare, rental car, first class accommodations and a side trip to Maui); five first prizes: John Deere AMT 800 (8.5 horsepower one-seater), and 100 second prizes: John Deere toolbox of tools (57 of the most used tools, including wrench sets and socket sets). Game players should rub off their personal game card and take it to Eagle Lake Implement to match the parts on the display. Each week the parts on the display will be changed, so keep your card and check it each week.

St. Patrick's Day Sale  
Anything Green...  
20% OFF  
Excluding jewelry & gift items  
Discount good through Saturday, March 17, 1990.  
KID'S KORNER & GROWN-UPS, TOO  
105 N. McCarty Eagle Lake 234-5376



### Horsin' around

The kindergarten classes at Eagle Lake Primary School received a special treat March 6 in conjunction with Western Day. They have been studying Texas and cowboys. Joe Mika Spanihel brought his horse "Lucille" for the kids to ride and his daughter, Lauren, was the cowgirl for the special event. Each child received a ride with Lyda Appelt, one of the teachers, leading the horse and Lauren walking beside her. The entire morning kindergarten class is pictured above with Lucille standing patiently for the photo.

### Honor roll students at Garwood

The following students at the Garwood Elementary and Junior High School have made the honor roll for the 4th six-week period:

1st grade: David Hernandez, Ashley Johnson, Justin Johnson, Lakeisha Johnson, Jacob Little, Chris Schiuring, Lori Smith, Blake Wied, Corey Williams.

2nd grade: Brett Boenisch, Amanda Engstrom, Robert Goode, Leigh Ann Michalka, Sarah Rivera, Cassandra Schuetz.

3rd grade: Mariel Atkins, Veronica Casarez, Joey Castaneda, Cliff Cerny, Brian Janish, Chad Kallina, Dudley Lehrer, Dyana Rees, Lindsay Tull, Jeremy Weishahn, Roberto Hernandez.

4th grade: Brooke Cranek, Philip Juarez, Stephanie Labay, Rebecca Rivera, Samantha Schuetz, Delana Smith, Amanda Weishahn.

5th grade: Cody Cerny, Shonta Cotton, Carrie Engstrom, Chad Fucik, Shaan Johnson, Rachelle Kallina, Jennifer Kremek, Neal Mahalitic, Katie Jo Woodruff, Bryan Rees.

6th grade: Crystal Atkins, Clint Kremek, Kristen Stienke, Doug Wied.

7th grade: Ryan Carpenter, Shelley Hoelscher, Carla Johnson, Rodney Eaux, Bryan Johnson.

8th grade: Clay Cerny, Misty Cranek, Sara Eggemeyer, Jerome Haynes, Sam Mader, Amanda Priesmeyer, Mashay Smith.

9th grade: Ryan Carpenter, Shelley Hoelscher, Carla Johnson, Rodney Eaux, Bryan Johnson.

10th grade: Ryan Carpenter, Shelley Hoelscher, Carla Johnson, Rodney Eaux, Bryan Johnson.

11th grade: Ryan Carpenter, Shelley Hoelscher, Carla Johnson, Rodney Eaux, Bryan Johnson.

12th grade: Ryan Carpenter, Shelley Hoelscher, Carla Johnson, Rodney Eaux, Bryan Johnson.

Eagle Lake Community Hospital  
600 South Austin Road  
Eagle Lake, Texas 77434  
409-234-5571  
Announces Our Second Medifast™ Program  
To Begin in the Early Spring.  
Medifast™ is a Medically Supervised Weight Loss Program  
Comprehensive medical treatment includes:  
\*Clinical Evaluation \*Rapid Weight Reduction  
\*Nutrition Counseling (by a Registered Dietitian) \*Physician Supervision  
"I saw weekly weight losses of 3-5 pounds. I saw unhappy people develop an excitement about themselves through the weekly behavior modification and nutrition counseling sessions, and under the supervision of medical doctors. The Medifast Program gave a new body image to several committed people. How do you know it won't work for you?... Unless, of course, you try."  
Cynthia Piland, R.D.L.D.  
Registered Dietitian  
Before After  
Carolyn Noska Lost 80 Pounds  
Sydney Sheldon Lost 34 Pounds  
"We tried and we know it works!"

Pharmacy & Your Health  
EAGLE LAKE DRUGSTORE  
Steve K. Balas, RPh  
702 South McCarty • Eagle Lake • 234-2502  
•Patient Counseling • We Accept Master Card, VISA, Discover & American Express •Insurance Plans: Blue Cross, NPA, PCS, Pro-Serve, Sanus, PAID, Texas Medicaid  
24 Hour Emergency Phone: 234-3834

Laxative Lowers Cholesterol  
Recently there has been much interest in reports which indicated that various natural and processed food products had the ability to lower blood cholesterol levels. Most of the attention has been directed toward foods which contain differing amounts of fiber. Researchers have reported a 10 to 15 percent reduction in blood levels of cholesterol in individuals who ingested psyllium, one of several fiber-based preparations that is used as a laxative. In a study of 26 men at a Veterans Administration Hospital, reduced cholesterol levels returned to previously high levels when psyllium was discontinued.  
In a more recent study at the University of Minnesota, psyllium was evaluated in 75 patients with mild to moderately elevated blood cholesterol. The placebo group (modified diets without psyllium) achieved some reduction in cholesterol. The test group (modified diets plus a teaspoonful of psyllium dissolved in water with meals three times a day) achieved an additional 8 percent reduction in LDL cholesterol and a 5 percent reduction in total blood cholesterol. Researchers, who published their findings in a recent issue of the Journal of the American Medical Association, indicated that, in certain patients, "physicians may wish to consider this form of treatment before trying drug therapy."

Views On Dental Health  
TIPS ON USING DENTURES  
If you wear dentures, you want to make the best possible use of them in chewing food and maintaining the shape of your face. When you chew food, for example, chew straight up and down and