

# MILLER'S GROCERY

Oscar & Evelyn Miller, Owners

305 E. MAIN 234-2051 EAGLE LAKE



**SPECIALS GOOD FOR 5 DAYS:** March 29, 30, 31, April 2 & 3, 1990

**STORE HOURS:** Monday through Saturday, 7:30 a.m. to 6 p.m.  
We Reserve the Right to Limit Quantities

## Shop Miller's Meat Market and SAVE!

PORK STEAKS <b>\$1.69</b>	PORK CHOPS <b>\$2.09</b>	JIMMY DEAN PORK SAUSAGE <b>\$1.69</b>
COOKS SMOKED PICNICS <b>99¢</b>	PORK LOIN STEAKS <b>\$1.89</b>	PORK BUTTS <b>\$1.39</b>
HORMEL CHOPPED HAM <b>\$1.69</b>	COOKS SLICED PICNICS <b>\$1.09</b>	PORK BONES <b>49¢</b>
		PIG FEET <b>49¢</b>
		PIG EARS <b>49¢</b>

6 Pak Cans, Frostie, Cherry RC, Diet Rite Cola or

**RC COLA \$1.25**

13 Oz. Can, Folger's

**COFFEE \$1.99**

4 Roll Pak, Charmin

**TOILET TISSUE 99¢**

Family Size Box

**TIDE \$5.97**

6-1/2 Oz. Can, Starkist Chunk

**TUNA 69¢**

20 Lb. Bag, Trail Blazer

**DOG FOOD \$2.99**

1-1/2 Lb. Loaf, Rainbo Fresh Bake

**BREAD 59¢**

Check Our **NEW** Everyday Low, Low Milk Prices!

Gallon	Gallon	Gallon
<b>HOMO \$2.28</b>	<b>1/2% \$2.18</b>	<b>2% \$2.24</b>

Fresh

**TOMATOES 59¢ LB.**

3 Lb. Bag Red Delicious

**APPLES 99¢**

1/2 Gallon Oak Farms

**BUTTERMILK \$1.19**

## GROCERY ITEMS...

1 LB. LOAF WHEAT OR WHITE, MRS. BAIRD'S BUTTERMILK BREAD	79¢
48 OZ. BOTTLE CRISCO OIL	\$1.79
64 OZ. BOTTLE BLUE OR YELLOW FABRIC SOFTENER DOWNY	\$1.99
22 OZ. BOTTLE DETERGENT IVORY LIQUID	99¢
7-1/2 OZ. BOX, KRAFT MACARONI & CHEESE DINNER	59¢
#2 CAN, COMSTOCK APPLE PIE MIX	\$1.19

5 OZ. CAN, HORMEL VIENNA SAUSAGE	5/\$1
LB. BOX, RED & WHITE SALTINES	69¢
10 LB. BAG, RED & WHITE BRIQUETS CHARCOAL	\$1.69
QT. BOTTLE, RED & WHITE CHARCOAL LIGHTER	99¢
JUMBO ROLL, SPARKLE PAPER TOWELS	EA. 69¢
1/2 GALLON, RED & WHITE BLEACH	59¢
8 CT. PKG., RAINBO FRESH BAKE HOT DOG OR HAMBURGER BUNS	69¢

### FROZEN FOODS

16 OZ. BAG, GREEN GIANT CUT GREEN BEANS	89¢
16 OZ. BAG, GREEN GIANT NIBLET CORN	89¢
8 OZ. BOX, FISHER BOY FISH STICKS	89¢

### PRODUCE...

BELL PEPPERS	6/\$1.00
RED POTATOES	LB. 29¢
CALIFORNIA GRAPEFRUIT	5 LB. BAG \$1.89
CALIFORNIA NAVEL ORANGES	5 LB. BAG \$1.89

### DAIRY DEPT.

2 LB. CTN. VELVEETA	\$4.49
DOZEN, GRADE A SMALL GLUECK'S EGGS	59¢

# Raider Review

## UIL district academic spring meet March 30

Several Rice High School students will compete in the contest(s) at the UIL district academic spring meet. The meet will be held at the Wharton County Junior College in Wharton on Friday, March 30, 1990.

"Although the UIL is more often associated with athletic competition, more students compete in the academic contests," said Dr. Bailey Marshall, UIL director. "In fact, the League began as a debating league in 1910 and then later merged with a track and field association to form the basis for the current organization. Each year, more than a third of the total participation in UIL activities involved academic contests."

Texas has the nation's most comprehensive slate of academic contests. "Long before the development of other academic-based competitions, the UIL was sponsoring contests in writing, speaking, mathematics and science," Marshall added.

UIL academic contests cover sev-

eral subject areas including math, science, business, language arts, journalism, speech, and theatre. Recently, accounting and literary criticism events were added, and contests in current events and computer skills will come into the program next year.

The purpose of the UIL academic program is to use competition to develop students' higher order thinking skills. "A primary objective for League directors is to maintain a high correlation between what is taught in the classroom and what is required of students involved in extracurricular competition," said Janet Wiman, UIL academic director. "Consequently, as much emphasis is placed on the educational context of the contests as is placed on the contests themselves."

Students who compete at the State Meet level also qualify for Texas Interscholastic League Foundation scholarships. During 1988-89, the IFL awarded more than \$460,000 in scholarship grants to 360 college stu-

dents who competed at the UIL State Academic Meet. In 1989-90, the IFL expects to award an estimated 380 new and renewed grants, valued at approximately \$489,000. The IFL funds are made possible through grants from foundations, individuals and families. The IFL has over \$1,900,000 in endowed funds.

For more information, please contact the high school principal or the UIL academic meet coordinator named above. For general information regarding UIL academic contests, contact Janet Wiman, UIL academic director, at 512-471-5883.

### Rice wins medals at Columbus Meet

On Wednesday, March 14, eleven students participated in the Columbus UIL Practice Meet. The Rice Raiders won three medals in spelling and accounting. Vicky Hyek tied for second in accounting, Laura Rodriguez won second in spelling, and Becky Korenek earned a third-place medal in spelling.

Other participants were Sharra Querner, who placed third in accounting; Glazelle Williams, who placed fifth in accounting; Dawn Piccolini, who placed fifth in Keyboarding; Wendy

### School Menu

All meals served with milk.

Thursday, March 29: chili and beans, broccoli and cauliflower blend, cole slaw, fresh fruit salad, cornbread.

Friday, March 30: tuna salad, corn-on-cob, popoye salad, sandwich bread, peach cobbler.

Monday, April 2: Country fried steak, rice and gravy, french cut green beans, brownies, hot rolls.

Tuesday, April 3: burritos with chili, pinto beans, combination salad, blueberry kolaches.

Wednesday, April 4: hot dogs with mustard and relish, tortas, catsup, carrot and celery sticks with dip, Mexican chocolate cake.

Thursday, April 5: fried chicken, creamed potatoes and gravy, English peas and onions, fruited jello, whole wheat rolls.

Friday, April 6: fish on hoagie bun with tartar sauce, spicy rotini, chunky salad, sugar cookie.

### Easter holiday April 13-16

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### Sunshine Class heard story of 'Praying Hands'

The Sunshine Class met in the home of Nellie Larson. Only four members were present, Nellie, Sophie Zoeller, Tommie Neiswender and Jonie Mae Muzny.

Elsie Beane is in the hospital and Ophelia Raabe had just received news of the death of her nephew, Daughtry Roberts, so she was unable to come. We missed both of these faithful members.

Jonie Mae presided over the short business meeting and also gave the devotional. Two short articles were read - one on how God is always there for us - the other a story of "Praying Hands".

After the benediction, they enjoyed coconut cake, candy, cookies, cheese crackers and coffee at Nellie's dining table.

Sophie Zoeller will be hostess in April and Ophelia Raabe will lead the study.

### Summer camp for children with diabetes

Every summer, over 300 young people between the ages of six and eighteen attend a very exclusive camp near Gainesville. The entrance requirements are strict: the child must have diabetes.

Too often, regular summer camps turn away a child with diabetes because of their special diet and medical needs. But Camp Sweeney, organized over 40 years ago, is a place for the child to learn while having fun. All of the activities of a regular summer camp are offered: horseback riding, swimming, boating, fishing, arts and crafts, riflery, archery, movies, dances, and carnivals.

At Camp Sweeney a 24 hour medical staff skilled in the knowledge of juvenile diabetes, gives campers supervision and attention. At daily medical lectures the campers learn the vital importance of balancing their insulin intake, and their diet in order to live longer, healthier, and happier lives.

Diets are formulated according to each individual's needs, giving the diabetic valuable examples of how to exchange foods to include an occasional "treat" so he won't feel left out around his friends at home.

Camp Sweeney is located ten miles northeast of Gainesville Texas, near the Oklahoma border. Camp facilities include six air-conditioned cabins, lodge, hospital, and various staff cabins and a pavilion where arts and crafts and rainy day activities such as country and western dancing are enjoyed. Camp Sweeney also has two tennis courts, basketball/volleyball courts, soccer and baseball fields, a swimming pool, horseback riding, archery, riflery, and a 34 acre lake where the children enjoy paddle-boating, canoeing, rowing and fishing.

Camp Sweeney has never denied admission to any child with diabetes. The only requirement is to have diabetes and be between the ages of 6 and 18. Each year approximately 75% of all campers receive scholarship aid which is funded by donations from friends, Foundations, and United Way Agencies.

The first three-week Session will begin on June 10 and end on June 29; Session two will be held from July 1 to July 20; and the final Session is set for

### Wildflower Celebration during April!

July 22 to August 10.

For more information please write the Southwestern Diabetic Foundation, Inc., P.O. Box 918, Gainesville, Texas 76240, or call 817-665-9502.

### Self esteem course offered in Victoria

"Self-Esteem: Don't Leave Home Without It" will be offered as a two-evening course in April through the University of Houston-Victoria program of continuing education.

The course, offered April 19 and 26, will be held at the Petroleum Training Institute, 3302 N. Ben Wilson. Students should preregister. For more information or to register call (512) 576-3151, extension 222.

### Professional Services

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### Victoria Diocesan Council plans convention

The Victoria Diocesan Council of Catholic Women will hold its annual convention on Saturday, March 31, 1990 in Hallettsville, Texas at Sacred Heart's Parish Hall. All Catholic women from the Victoria Diocese are invited to attend.

The schedule is as follows: 8 a.m. to 9 a.m. - registration, coffee and rolls (registration fee is \$8 and includes a meal); 9 a.m. to 9:30 a.m. - business meeting; 9:30 a.m. to 11 a.m. - workshops; 11 a.m. to 11:30 a.m. - Rosary and installation of officers; 11:30 a.m. - 1 p.m. - lunch; 1 p.m. - resumes; 4:30 p.m. - closing.

One of the speakers will be Mr. and Mrs. James Kilroy, parents of Mark Kilroy who was abducted and slain by a cult of alleged drug smugglers. Since their son's death they have devoted nearly all their free time to an Anti-Drug Crusade.

One of the highlights of the convention will be the Silent Auction which is held as a fund raiser. Items auctioned will be homemade, new or antique.

If there are any questions please call Alice Figirowa at 512-782-5450 between the hours of 8 a.m. and 3 p.m. or at 512-782-6248 after 4 p.m.

### Pharmacy & Your Health

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### Three OTC Eye Care Products

Serious problems affecting the eye, such as blurred vision, burns, infection, embedded objects in the eye, or ulcerations of the cornea should be seen by a physician or eye specialist. Less serious eye problems can often be handled with over-the-counter (OTC) medicines. Three types of OTC eye care products include:

**Decongestant Eye Drops:** Decongestant eye drops are among the most popular and highly advertised of all the eye care products. Vasoconstrictor ingredients in these medicines can shrink swollen blood vessels and reduce eye redness. Typical ingredients include naphazoline, phenylephrine, and tetrahydrozoline. OTC eye products containing these ingredients may be useful following exposure to smoke, dust, or swimming pool water.

**Artificial Tears:** Tear insufficiency may be temporarily relieved with any of several products. Many of these products contain methylcellulose or polyvinyl alcohol.

**Eyewash Products:** Eyewashes contain buffers such as boric acid and sodium phosphate. Buffers help reduce the irritating nature of eyewashes, making them similar to tears. Eyewashes reportedly are soothing to the eyes, provide wetting, and assist in the removal of foreign materials.

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Registered Dietitian

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After	Lost 80 Pounds	After	Lost 34 Pounds

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