

MILLER'S GROCERY

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SPECIALS GOOD FOR 5 DAYS: April 19, 20, 21, 23 & 24, 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!

WHOLE GRADE A M.G. FRYERS 65¢	CHICKEN DRUMSTICKS 69¢	TURKEY WINGS 49¢
CHICKEN LEG QUARTERS 49¢	CHICKEN BACKS 29¢	TURKEY DRUMSTICKS 59¢
READY FOR FRYING, CUT UP FRYERS 75¢	CHICKEN GIZZARDS 69¢	RED & WHITE TURKEY 79¢
CHICKEN WINGS 69¢	CHICKEN BREASTS \$1.39	HOLLY FARM CHICKEN FRANKS 79¢
	FRESH CHICKEN LIVERS 69¢	LOUIS RICH GROUND TURKEY \$1.29
	CHICKEN HENS 99¢	

2 Lb. Jar, Kraft Grape
JELLY 99¢

32 Oz. Bottle, Hunt's Tomato
KETCHUP 99¢

4 Roll Pkg., Nice 'n Soft
TOILET TISSUE 89¢

Giant Box Laundry Detergent
GAIN \$1.49

6 Pak 16 Oz. Cans Regular or Light
BUDWEISER \$2.99

16 Oz. Cans
MILLER LITE \$2.99

2 Liter Bottle, Dr. Pepper, Pepsi, A&W, Nesbitts or
7-Up 99¢

3 Lb. Tub Mrs. Tuckers Spread
MARGARINE 99¢

Gallon Low Fat
MILK \$1.99

GROCERY ITEMS...

14-1/2 OZ. CANS, HUNTS SOLID PAK TOMATOES 2/\$1.00	GIANT BOX LAUNDRY DASH DETERGENT \$1.49
8 OZ. CANS, HUNTS TOMATO SAUCE 4/\$1.00	16 OZ. CANS, DEL MONTE CUT GREEN BEANS 2/\$1.00
48 OZ. BOTTLE WESSON OIL \$1.99	1/2 GALLON CTN. BLUE BELL MELLORINE \$1.59
18 CT. JAR, PETER PAN PEANUT BUTTER \$1.99	REGULAR \$2.29 BAG CORN CHIPS \$1.69
8 OZ. PKG., AMERICAN BEAUTY FINE, WIDE OR EXTRA WIDE NOODLES 2/\$1.00	PKG., RAINBO CINNAMON ROLLS 99¢
2 LB. BAG POP'S RITE POPCORN 89¢	PRODUCE...
45 CT. BOX, GLAD LARGE KITCHEN BAGS \$1.19	CALIFORNIA ICEBERG LETTUCE 39¢
10 CT. BOX, GLAD LAWN BAGS \$1.99	WASHINGTON EXTRA FANCY RED DELICIOUS APPLES 39¢
32 OZ. SIZE DETERGENT IVORY LIQUID \$1.49	FRESH CALIFORNIA CARROTS 4 LB. BAGS / \$1.00
TALL CANS, RED & WHITE CANNED MILK 2/89¢	COLORADO RUSSET POTATOES 3 LBS. / \$1.00
TALL CAN, RED & WHITE PINK SALMON \$1.99	CHILEAN THOMPSON GREEN SEEDLESS GRAPES 89¢
6 PAK LONG NECK BOTTLES MILLER GENUINE DRAFT BEER \$2.69	CALIFORNIA SUNKIST NAVEL ORANGES 39¢

20 Oz. Bags, Better Valu Frozen Shoestring
POTATOES 3/\$1.00

FROZEN FOODS

16 OZ. BOX, FROSTY ACRES ONION RINGS 89¢
20 OZ. PKG., BANQUET FRUIT PIES \$1.29
STEAK 'N TATER OR STEAK 'N CORN NIGHT HAWK DINNERS \$1.59
CAMPBELL SOUPER COMBO 2/\$5.00

DAIRY DEPT.

10 CT. CAN HUNGRY JACK BISCUITS 69¢
6 OZ. PKG., KRAFT AMERICAN SINGLES \$1.29
DOZEN, GRADE A GLUECKS SMALL EGGS 59¢
1/2 GALLON OAK FARMS EXTRA PROTEIN MILK \$1.39

Raider Review

Prom Time Live

By BECKY FAICHTINGER
Prom time has come and gone again, and will remain in the memory of those Juniors and Seniors who danced the night away while searching for their many "Treasures of the Caribbean".
The many preparations began, not only with decorating, but also with finding a date, buying a dress, and renting a taxi. At the end of February, the Juniors began planning for decorations, choosing a theme, and organizing committees so the Seniors could have a 1990 night to remember.
The center piece for the evening was a sunken Caribbean Cruiser, accented with other items conveying the image of underwater life. The table decorations consisted of miniature treasure chests from which balloons of gold, silver and black, floated above. One wall of the commons was decorated with the Prom theme, which was surrounded by other exotic creatures

Band notes

By DARRYL ANDERSON
On Wednesday, April 4, the Mighty Raider Band traveled to Palatka High School to participate in Concert and Sightreading Competition. Going into the contest, Rice was one of several bands which had received a division one rating (superior) at marching contest and were therefore eligible to become a sweepstakes band. Although they fell short of this goal, they still attained a great deal of success. After their performance in concert, they went directly to the sightreading room where they played a piece of music they had never seen with only eight minutes to study. Soon after this performance, the results were made known. The band received a division two (excellent) in both areas of competition. Mr. Wren, the director, was very pleased with the band's performance and was proud of the vast

School Menu

All meals served with milk.
Thursday, April 19: beef and cheese tacos, Mexicale corn, taco salad, pickle spears, doughnuts.
Friday, April 20: fish nuggets, tartar sauce, macaroni with cheese sauce, sliced peaches, creamed, vegetable blend.
Monday, April 23: veal cutlets, whipped potatoes and gravy, hot Schnitzel green beans, chocolate chip oat bar, hot rolls.
Tuesday, April 24: meatballs and brown gravy, rice, whole wheat bread, collard greens, orange wedges.
Wednesday, April 25: hamburgers, French fries, catsup, hamburger salad, fruit cocktail, ice cream.
Thursday, April 26: beef and cheese enchiladas, baked beans, cole slaw, ambrosia, crackers.
Friday, April 27: deli turkey sandwich, fried veggies, cut lettuce, pickle spears, banana pudding.

Raiders in District tennis

By ANESSA WILLIAMS
On Thursday and Friday, April 5th and 6th, the Raider tennis teams traveled to Columbus High School to compete in the district tournaments for both Varsity and JV tennis players.
On the first day, the varsity team competed. Jaime Marquart advanced to Regionals by capturing the boys singles title for the second year in a row.
On Friday, April 6th, the JV team competed. Laura Rodriguez captured third in girls singles, while Tami Fuller and Kori Klein won third in girls doubles. Vicki Drik and Becky Faichtinger placed fourth in girls doubles.

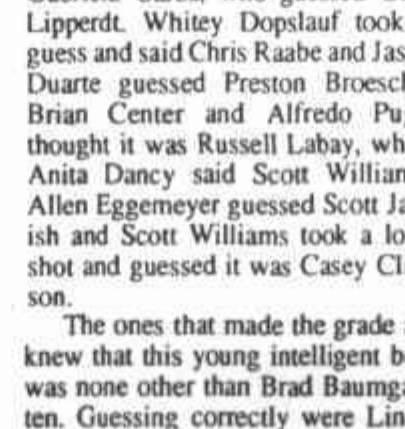
Rice FFA banquet held April 10

By LAREINA PENCE
On April 10, 1990, the FFA held its 20th annual banquet. At the beginning of the banquet, all of the officers introduced their parents and the chaplain, Kim Corman, gave the invocation. The meal was catered by Mike's of Columbus.
After the meal, Whitney Dopslauf opened the banquet and the officers performed the opening ceremony. The minutes were read by secretary, Rachel Weishuh followed by the flag ceremony. Those in charge of the flag ceremony were Louis Mahalic, Jason Eggemeyer, Chad Sunderman, Kim Corman, Michael Till, and Holly Casarez. Rachel introduced the guests, and Tom Gold introduced the chapter's sweethearts which included Miss Stephanie Cassey (chapter sweetheart) and Miss Rhonda Prazak (sweetheart).
Next in line was the Honorary Membership ceremony performed by the 1990-91 officers. Those who received this honorary membership award were Mark Wied, Roy Dean Van Nort, David Rose, and Les P. Klutz. Service Club awards were presented by the Student Advisor, Mike Till. The recipients of this award were the Eagle Lake Chamber of Commerce and Marilyn-Mueller of the Eagle Lake Headlight.
Following those presentations, the awards were handed out by Miss Stephanie Cassey. The awards recipients were as follows: Todd Mascheck, Diversified Livestock Production; Rachel Weishuh, Wildlife and Recreation Management; Joshua Grahmann, Greenhand Scholarship; Brian Casarez, Ag Sales and Service; Lareina Pence, Junior Scholarship; Kim Corman, Senior Scholarship; Jesse George, Greenhand Ag. Mechanics; Tom Gold, Jr. Ag Mechanics; Whitney Dopslauf, Sr. Ag. Mechanics; Ken Henderson, Greenhand Swine Production; Shan Stallal, Sophomore Swine Production; Marsha Norris, Junior Swine Production; and Whitney Dopslauf, Senior Swine Production.
Leadership awards went to Sher Sunderman, Kim Corman and Lareina Pence for Farm Radio Broadcasting. Tara Johnson received a leadership award for Creed Speaking and she, Ragen Stienke, John Carey, Chad Sunderman, Truman Scott, Chancey Pence and Joshua Grahmann received an award for participating in Junior Chapter Conducting. Also to receive leadership awards were Aaron Machac, Ken Henderson and Todd Mascheck for being on the FFA Quiz Team. Congratulations go out to each and every one of these award winners.
Louis Mahalic introduced the 1990-91 officers, which are as follows: President, Rachel Weishuh; Vice President, Tom Gold; Secretary, Sher Sunderman; Treasurer, Chad Sunderman; Representative, Lareina Pence; Sentinel, Jason Eggemeyer; Student Advisor, Louis Mahalic; Parliamentarian, Aaron Machac; and Chaplain, Jesse George.
After the introductions, the newly elected officers Jason Eggemeyer, Chad Sunderman, Aaron Machac, and Jesse George awarded the retiring officer plaques to the 1989-90 officers: President, Whitney Dopslauf; Vice President, Tom Gold; Secretary, Rachel Weishuh; Treasurer, Lareina Pence; Representative, Sher Sunderman; Student Advisor, Michael Till; Sentinel, Holly Casarez; and Chaplain, Kim Corman.
To end the banquet, the 1990-91 officers performed the closing ceremony.



Who's zat?

By NATALIE CORDOVA
Who could this intelligent boy be posing for? We asked the Seniors who they thought this face belonged to, which left them with an inquisitive look. The only clue given was that he is a member of the Senior class.
Those who were confused and puzzled were Melinda Torres and Gabriela Garza, who guessed Glen Lippert. Whitney Dopslauf took a guess and said Chris Raabe and Jason Duarte guessed Preston Broesche. Brian Center and Alfredo Puga thought it was Russell Labay, while Anita Dancy said Scott Williams. Allen Eggemeyer guessed Scott Janish and Scott Williams took a long shot and guessed it was Casey Clipson.
The ones that made the grade all knew that this young intelligent boy was none other than Brad Baumgarten. Guessing correctly were Linda Gold, Dawn Horndt, Shara Querner, Russell Labay, Benny Castillo and Jerry Cano.
Brad Baumgarten is the son of Mr. and Mrs. Kenneth Baumgarten of Nada. Brad is an active member in band, NHS, U.I.L., Headline Writing and Business Club.



Joshua Grahmann Raider Pride award recipient

By JANIE BOTARD
The recipient for this week's student pride award is freshman, Joshua Grahmann. Like all the winners of this prestigious award, Joshua was honored. "I believe that to be chosen as 'Student of the Week', a student must exhibit pride and spirit in his school."
Joshua had a high opinion of the Rice teachers. "I feel that the teachers of Rice High School proved their best services in order to help students accomplish their academic goals."
Some of Joshua's challenging classes are Algebra I, Biology I P, and P. English I.
Joshua is the son of Mr. and Mrs. Fred Grahmann of Rock Island. Along with his tough academic schedule, he is involved in the Future Farmers of America, football, baseball, and U.I.L. spelling. In his spare time, he is an active member in the 4-H club.

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Views On Dental Health

TEETH AND GENERAL HEALTH

If you were told that crooked teeth could lead to dry skin, brittle hair, poor circulation, headaches or emotional problems, I'm sure you would laugh yourself to sleep. Bizarre as it may seem, the cause of many of these problems which do not respond to other forms of medical relief could possibly be found in your teeth and jaws.
Recent research suggests that an improper bite puts a tremendous strain on the muscles of mastication (chewing muscles), leading to improper coordination in the brain and this secondarily leads to other medical problems.
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Take With Plenty of Water
Increasing one's intake of water often is recommended with health problems such as kidney stones or urinary tract infection. Water is "good medicine" in combination with a variety of commonly used medicines including sulfonamide anti-infective agents and the bulk-forming laxatives. In addition to making swallowing easier, water makes these medicines safer and can increase their effectiveness.

Sulfonamides primarily are used for urinary tract infections. However, if there is a deficiency of water in the body, only small amounts of urine are formed. The result is an increased tendency for the formation of sulfonamide crystals in various parts of the urinary tract. Drinking additional water helps prevent the formation of sulfonamide crystals.

Bulk-forming laxatives may contain methylcellulose, polycarbophil, or psyllium. Each of these agents relies on the presence of water in the large intestine for its action. The Handbook of Nonprescription Drugs indicates that each dose of bulk laxative "should be taken with a full glass of water (at least 8 ounces)."

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