

Garwood/Nada News

By GEORGIA MICHALKA

Church

The Lehrer Memorial United Methodist Church was fortunate to have their District Superintendent, Dr. Prenz Woods, preach on Sunday, January 13, along with conducting their Charge Conference that afternoon. In conjunction with this the congregation held a covered-dish luncheon. A special highlight during the worship service was Mr. Bill Carpenter presenting a solo, "How Great Thou Art" accompanied by his daughter Kristine at the piano.

GAP

The Garwood Association of Parents is pleased to present Betty Ann Davis to our community on Wednesday evening, January 23. Mrs. Davis is a drug and alcohol counselor serving the Rice Consolidated district in a special capacity. She has given her program "Smart Kids-Tough Choices" to many of our young people. Now she would like to target the adults in our communities by adding to the program "When Love Is

Not Enough

Mrs. Davis has impressed her listeners with her enthusiastic and personal approach toward combating the drug problem. Her presentation here is intended for all our adults—those with kids in school as well as other concerned community members. She promises to provide some valuable insights into parenting skills and ammunition to fight the war on drugs. The program is scheduled for 7 p.m. at the Garwood School. There will be child care provided. This program could be very important for children's welfare. Please make every effort to attend.

Students of the month

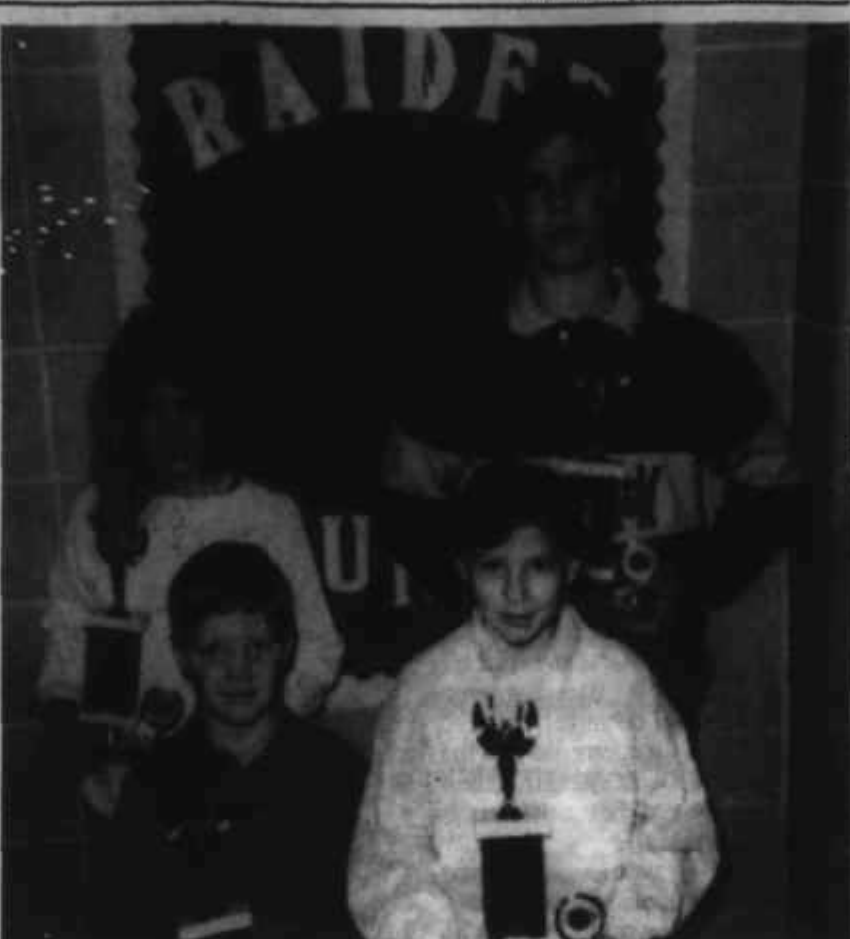
The Garwood Lions Club is happy to announce its students-of-the-month for November and December. November's are Clint Krenk and Lori Smith. Clint is in the seventh grade. His parents are Billy Ray and Sue Krenk. Lori is a second-grader and her parents are Michel and Patsy Smith.

December's students

are Jennifer Krenk and Jacob Little. Jennifer is in the sixth grade. Her parents are J.P. and Beverly Krenk. Jacob is a second-grader and his parents are David and Debbie Little. Congratulations to all four students for their achievements and also their parents who must be very proud of them.

January birthdays

17: James Wied.
18: Sandy Schneider.
19: Alison Atkins.
20: Claressa George, Bernice Kalina.
21: Albert C. Leopold, Katie Hoffman.
22: Allan Labay, Lindsay Till, Raymond Korenek, Paul Baumgarten.
January anniversaries
18: Mr. and Mrs. Larry Crane.
20: Mr. and Mrs. Cotton Crane.
22: Mr. and Mrs. Truman Engstrom, Jr.



Garwood 'Students of the Month'

Course scheduled to help parents survive teens

Do you, or the parents of teens that you know, sometimes wish your teens and pre-teens could be sent away for a few years and then returned to you as cooperative young adults? Or maybe, as the parents of teens, you and your friends just want some direction on how to guide adolescents through their most troublesome years.

Well, now there's a help-an-innovative video-based parent education program designed specifically for parents of teens and pre-teens. Called **Active Parenting of Teens**, the program is being sponsored by the Colorado County Extension Service Home Economics Committee starting Jan. 24.

Active Parents of Teens will be offered in six, two-hour sessions. The program features over 60 video vignettes on issues both relevant and timely to raising a teenager, including how to prevent substance abuse and

how to openly discuss sexuality. After viewing the various scenarios, parents participate in group discussion, role plays and other activities.

Active Parenting of Teens was produced by Active Parenting Publishers, publishers of other successful parenting programs: **Active Parenting and Family Talk**. It was written by Dr. Michael Popkin, a child and family counselor and proponent of Adlerian and Dreikursian psychology.

Dr. Popkin stresses that, like his other video parenting programs, **Active Parenting of Teens** is not psychotherapy, but rather a common-sense approach to parenting. There is no dwelling on blame, only a move-ahead attitude that shows it is never too late to improve parent-child relationships.

In addition to the sessions dealing with substance abuse and teenage sexuality, this program includes vi-

gnettes on instilling courage and self-esteem, developing responsibility and winning cooperation through communication. The realistic video sequences stir reactions like, "Yes, that's just how I feel" or "That's our teenager, all right," and demonstrate positive ways to resolve conflict.

To sign up for the Active Parenting of Teens Program, call Peggy Braden, County Extension Agent-Home Economics, at 732-2530. The cost of the

program is \$10.00 per participant.

The first session will be held Thursday, Jan. 24, at 7:00 p.m. in the County Agriculture Building in Columbus each Thursday of the following five weeks.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

SCHOOL MENUS

Rice CISD

All meals served with milk.
Thursday, Jan. 17: Link sausage w/mustard, baked potato and toppings, three bean salad, sliced peaches, garlic bread.
Friday, Jan. 18: Burritos w/chili and cheese, Mexican corn, winter mix, cinnamon rolls.

Monday, Jan. 21: Holiday Martin Luther King Jr. Day.
Tuesday, Jan. 22: Corn dogs w/mustard, au gratin potatoes, raisin/carrot salad, doughnuts.

Wednesday, Jan. 23: Chicken burgers, French fries, catsup, burger salad, orange quarters, million dollar cookie.
Thursday, Jan. 24: Frito pie, baked beans, fried veggies, Mexican chocolate cake, cornbread sticks.

Friday, Jan. 25: Steaketti's w/onion gravy over rice, English peas, ambrosia, hot rolls.

East Bernard ISD

All meals served with milk.
Monday, Jan. 21: Breakfast, oat meal, toast or cereal, juice; Snackbar, BBQ ribs, French fries, fruit; Lunch, steak fingers, potatoes, gravy, broccoli w/cheese, fruit, hot roll.

Tuesday, Jan. 22: Breakfast, doughnut or cereal, fruit; Snackbar, stromboli, French fries, tossed salad; Lunch, hot dogs w/chili and cheese, chips, baked beans, fruit.

Wednesday, Jan. 23: Breakfast, cinnamon roll or cereal, fruit; Snackbar, Salisbury steak, gravy, tator tots, fruit, hot roll; Lunch, hamburgers, French fries, pinto beans, lettuce, tomato, onion, pickle.

Thurs., Jan. 24: Pancakes, syrup or cereal, juice; Snackbar, burritos w/chili, cheese, French fries, fruit, cornbread; Lunch, fried chicken, rice, gravy, green beans, mixed fruit, hot roll.

'Smart kids tough choices' workshops scheduled

For the last four years Betty Ann Davis of Brookshire has been talking on drug and alcohol prevention to children from the ages of five to eighteen. She is a certified drug and alcohol counselor, and as she listened to children talk of their family systems, how hard it is growing up in today's society, how easy it is to drink alcohol and how hard it is to say no to drugs, she realized she needed to educate parents about the effect society does have on drug and alcohol abuse.

Each campus in Southern Colorado County will have its own dates for this special event.

The Garwood Association of Parents (GAP) and Raiders Against Drugs (RAD) leaders will host the program at 7 p.m. on Wednesday, Jan. 23 on the Garwood School campus.

The Sheridan School will have their program at 6 p.m. on Tuesday, Feb. 5. Babysitting and refreshments will be provided. RAD and PITS leaders will sponsor this event.

On Tuesday, Feb. 26 at 7 p.m.,



Parent-Teacher Organization (PTO) and RAD leaders will sponsor the drug prevention workshop at the Eagle Lake Middle School campus. Many parents don't know how to teach their children to say no to drugs. Come to this parenting workshop and support your children and their schools.

'When love is not enough'

"Smart Kids Tough Choices" is based on the premise that each child will be faced with the decision to use or not use a mind-changing chemical. The effort is to influence that decision by preparing them to choose wisely. Workshop contents include awareness of our defenses, decision making skills and building self-esteem.

Emergency Food Assistance participants need to recertify

All participants who have been receiving USDA Supplemental Food Program under the Emergency Food Assistance Program must be recertified.

To be recertified, participants must complete a new application with current income information, and present personal identification such as a driver's license, Social Security Card, food stamp ID card, etc. Proof of residency must be seen by the eligibility worker, such as a driver's license, utility bill, voter registration, etc.

A person unable to recertify themselves can send an authorized representative. The Authorized Representative will need to bring a note from the individual stating that they give the authorized representative permission to recertify them. The note needs to state monthly income. Along with the note the Authorized Representative should bring the individuals driver's license or Social Security card.

CCA staff will not recertify that individual unless the authorized representative brings a note. Participants will need to recertify before the day of distribution.

Applications can be made at the local CCA Community Service Center in Columbus, Eagle Lake and Weimar.

Participants can recertify at the Eagle Lake City Hall, Wednesday, Jan. 23 and Tuesday, the 29th from 8

until 12 noon.

Information on eligibility requirements for the Emergency Food Assistance Program may be obtained from the local CCA Community Service Center at 903, Piquet, Columbus, Texas, 409-732-6390.

Rules for participation in the program are the same for everyone with

out regard to age, race, marital status, color, religion, sex, handicap, national origin or political belief.

Area students honored

Wharton County Junior College has recognized a number of area students as distinguished scholars for the fall semester of 1990 according to Dr. Jim A. Coats, Jr., vice president and chief academic officer.

Two hundred and eleven students are designated to the Dean's List for earning at least a 3.5 grade-point-average (on a scale of four) in all work completed during at least twelve semester hours of work.

Students in our area making the list were Kimberly A. Garrett of Eagle Lake, Lynn R. Brzozowski and

Danette R. Huvor, both of Garwood.

Congratulations to these young ladies for a job well done!

Simcik receives Masters from Sam Houston
Steven Ray Simcik of Eagle Lake has been awarded his Master of Arts degree in biology from Sam Houston State University of Huntsville. Steven is the son of Mrs. Hattie Simcik and the late Jim Simcik also of Eagle Lake. Congratulations to Steven for a job well done!

KC Council #4843 to host free throw championship

The Eagle Lake Knights of Columbus will once again host their annual Basketball Free Throw Championship. This years contest will be held on Saturday, January 26, 1991 at

9:00 a.m. in the Eagle Lake Middle School Gym.

In councils all across the United States the Knights of Columbus International Free Throw Basketball Championship will begin in the month of January and end in March when the International championships are named.

The Free Throw program is designed to give each participant the opportunity to advance through four levels of active competition beginning with the council level contest. Entrants may compete in only one council competition. Winners of the council competition will proceed to the district level of competition. The winners of the district contest will then proceed to the regional level of competition and those declared winners at regional competition will advance to the state level of competition to be held during the month of March.

The Knights of Columbus Basketball Free Throw Championship is open to all boys and girls ages 10 to 14 inclusive. Age eligibility is determined by the age of the contestant as of January 1, 1991.

In order to be eligible for competition, all entrants must register with a Knights of Columbus council prior to beginning the competition. All appli-

cations must be made on the official entry form. Proof of age must accompany all applications. Entrants may compete in only one council competition.

Please note that because of University and Interscholastic League (UIL) rules, students participating in junior high or high school basketball programs are not eligible to participate. To do so would be in violation of UIL rules.

Once again competition will be open for boys and girls ages 10 to 14. For the 10 and 11 year age group each participant will shoot their 15 shots from the 12 foot mark in front of the basket. In the 12, 13 and 14 year-old age groups the 15 shots at the basket will be from the regular free throw line.

Entry forms for the Free Throw Contest are available at the Eagle Lake Middle School Gym. For further details about the contest call Ray Sykowski at 234-3447. He will be the director of the 1991 local competition.

At the completion of competition this year each participant will receive a certificate for participation in the Free Throw Competition.

Armed Services News

Marine Pvt. Andy V. Ferguson

... a resident of East Bernard, has completed recruit training Marine Corps Recruit Depot, San Diego.

Marine Pvt. Timothy O. Rester

... son of Jerry O. and Audrey E. Rester of Columbus has completed recruit training at Marine Corps Recruit Depot, San Diego, California.

During their 13-week training cycle, they were taught the basics of battlefield survival. They were introduced to the typical daily routine that they will experience during their enlistment and studied the personal and professional standards traditionally exhibited by Marines.

Both participated in an active physical conditioning program and gained proficiency in a variety of military skills including first aid, rifle marksmanship and close order drill. Teamwork and self-discipline were emphasized throughout the training cycle.

A 1990 graduate of Boling High School, Boling, Ferguson joined the Marine Corps Reserves in August 1990. A 1990 graduate of Columbus High School, Rester joined the Marine Corps in August of 1990.

Prairie Edge Museum Report

By ELIZABETH BOOTHIE, REPORTER

Plan to visit our remodeled museum room, you will like it! Congratulations to all who made it in time to get in on the ribbon-cutting ceremony on December 22. After all my advertising of the big event, I did not get there in time because of the icy weather. I should have started earlier. Anyway, I arrived soon enough to mingle with other brave souls who ventured out into the wintry weather. Videos were taken of the folks admiring and speaking of the recent improvements. At the close of the board meeting this past Monday we saw ourselves on T.V.

Plans are definitely in the making for our spring Wildflower Tours. The way time seems to be flying by, we shall soon be saying that the big events are only a few weeks away. The opening date will be March 23 and the activities will continue for six weeks. If you wish to help here at Prairie Edge, the headquarters, let Joe Lee McCreary or any of our other board members know. All the booth spaces for crafts have been reserved. Ask about where you can obtain brochures to send to your out-of-town friends.

We shall soon be putting out information concerning tickets for the upcoming drama "Arsenic and Old Lace" to be presented by our Prairie

Edge Players under the direction of Dr. Raymond Thomas and Helen Craig on March 16 and 17. Watch this column and other parts of The Headlight for information concerning the play. Those in charge of ticket sales will gladly welcome you as volunteers to help sell tickets.

One of my favorite magazines is County Life since it is so nostalgic in its articles and pictures. A recent issue was written about old toasters. We have several of these at Prairie Edge, and you can rest assured that the appearance of these is very different from our modern ones. There are also recent articles about rolling pins and old cook stoves and heating stoves. The cook stove pictured is very much like the one in my old home in Luling.

My mother baked many delicious pies, cakes and biscuits in that stove's oven. There is a caboose heating stove in our collection. By the way, our own caboose is due to have a paint job soon.

I recently received a note from Julius Kuykendall from Houston. Julius visited our museum a short while ago, and he enjoyed being there. He wrote asking me to write him the price of a History of Eagle Lake so that he can order the book. His father worked for William Donovan, who was a

turn-of-the-century entrepreneur who introduced rice culture to our area. Following are some excerpts from our Prairie Edge brochure. Concerning Indians: "Indians lived for thousands of years in the Eagle Lake area. In small groups these first Americans hunted and gathered their daily needs, using base camps along our tree-lined lake." Concerning the good old days are these words: "Visitors delight in our exhibits featuring displays of photographs, advertisements of early-day businesses and artifacts. No one really wants to go back to those days, but it is great fun to return briefly by reviewing matters relating to our forebears."

I want to urge principals and teachers to schedule tours for their pupils. Call Bill Harrison at 234-2662 to arrange for a special tour. The museum is open regularly on Saturdays and Sundays from 2 to 5 p.m.

The sales at our Thrift Shop were pretty good Saturday January 5. This Saturday, January 19 there will be a one-half price sale for all clothing hanging on the racks.

I want to close with the following powerful words: "In all thy ways acknowledge Him, and He shall direct thy paths." Proverbs 3:6.



1st grade entertains at Heritage House

The Eagle Lake Primary School first graders entertained at the Heritage House on December 26, singing Christmas carols to the residents. Directing is Mrs. Appelt, their music teacher. Patti Stephens accompanied on the piano. ELPS Photo

Sheridan News

By VELMA KUTZER

"Billy Sanders, an active Naval Reservist, left Tuesday, January 15 for duty in the Persian Gulf. His wife, Dana, left earlier this month for duty on the U.S.N.S. Mercy Hospital Ship.

Another young man from Sheridan serving aboard the U.S.S. Wisconsin Battleship is Jimmy Boatard. Recently while in Bahrain on R & R, Jimmy ran into James (Minnie) Williamson, also from Sheridan. Hopefully and prayerfully these young men and Dana will return home safe and soon.

"Linda Davidson from Edna spent Saturday visiting with her parents, Mr. and Mrs. Earl Cousins.

"Get well wishes to Patsy Alex who underwent surgery in Galveston Wednesday and to Mrs. Kiefer, mother of Kay Parham, who was hospitalized Sunday afternoon.

"The Annual Rice FFA Show and Sale is Saturday, January 19th. A barbecue meal will be served at 11 a.m. with the sale beginning at 12. Two Freshmen from Sheridan will each be showing and selling steers this year. Chris Jackson has a Simbrah Steer and Justin Kutzer, a black Brangus. The last few weeks for these boys has consisted of a lot of grooming and

walking with their animals and also bathing them. Best of luck is wished for both of them.

"The winners from the Christmas Lighting Contest were: First place, Leo and Pauline Solomon; second, Clinger Steiler and third place, Chris Jackson. Honorable mention went to Eugene Garza; the Robert Rodriguez family and Brent and Dalaine Pittman.

"It's time to reserve on your calendar, the weekend of March 29, 30 and 31 for the Sheridan Community Homecoming Banquet. Out of town invitations have been mailed and a large number of R.S.V.P.'s received. The first one and very successful one was held in 1986. Saturday the 30th is the "main event" day with a program, noon meal and announcements, etc. to take place. If you know of someone out of town or state that has not received any invitation, please let them

Happy Birthday Greg



Love,
Your Step-sister

Lordy, Lordy

Our Boss Is 40!

January 18th
Mary, Richard & Sammy

Happy 30th Birthday Daddy!

January 16th

We Love You,
Tricia & Karl



Dennis Schroeder
representing
Mutual Omaha
People you can count on...
For All of Your:
•Hospitalization •Accident
•Life •Income Protection
•Cancer Insurance
•Supplement to Medicare
Serving Colorado & Fayette Counties
Call or Write
P.O. Box 13, LaGrange, Texas 78945
409-968-5211

Carefree Delivery
Classes Begin
Tuesday, Feb. 5th
7 to 9 p.m.
Hospital Conference Room
Eagle Lake Community Hospital's
Childbirth Preparation Classes
Call 409-234-5571
to register or for more information
Jane Tacker, R.N.
Instructor
Over 6 Years
Experience and Success

Here's To Your Health
SOUTH TEXAS MEDICAL CLINICS, P.A.
SOUTH TEXAS MEDICAL CLINICS, P.A. is a multi-specialty clinic that was formed in 1985 when Outler & Blair Clinic and Rugley & 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 once a month and will be written by staff physicians of STMC.
BACK TO SCHOOL... FAT KIDS CAN BE FIT KIDS
By Gary M. McWilliams, M.D.
Children returning to school this month are part of a generation that is fatter and less fit than students were 25 years ago. A recent survey showed that as many as 40% of 5-8 year olds are obese, with half of these children already showing three or more risk factors for heart disease, stroke and cancer.
Although today's children have the potential to become the most obese adults in history, we as parents can reverse this unhealthy trend by taking some positive and immediate steps. If we start now and teach our children healthier eating habits and the importance of physical activity, they will most likely continue to make positive health choices into their future.
There are some easy steps a parent can take to improve their children's health. One of the simplest is to make some substitutions in a youngster's lunchbox:

HIGH FAT	Calories	LOWER FAT	Calories	SAVINGS
Bologna sandwich with mayonnaise	410	Bologna Sandwich with mustard	325	SAVES 85
Potato chips	150	Air popped popcorn (3 cups)	75	SAVES 75
Cookies	375	Grapes	100	SAVES 275
Whole Milk 1 cup	160	Skim Milk 1 cup	70	SAVES 90
TOTAL CALORIES	1,095		570	SAVES \$25

The difference between eating these two lunches during the course of the school year translates into 28 pounds a child would either lose or not gain. Equally important, the lower fat lunch is more nutritious overall. Here are some additional suggestions to parents who want to make a difference in their children's health:
1. Take your children grocery shopping and let them pick out vegetables and fruits.
2. Encourage your children to play outside after school. The average child spends more time watching television than attending school.
3. Substitute two pieces of fruit twice a week instead of cookies as a snack.
4. Spend active time with your children — walking and riding bikes.
We must do something now or we'll pay dearly, both in terms of dollars and lives, for our inattention to our children. If you are concerned about your children's eating habits, please call the Patient Education Department at 552-1700, extension 241, for more information.
Dr. McWilliams is one of eight full-time board-certified Family Practice specialists with South Texas Medical Clinics, P.A. He sees patients in the Wharton Clinic.
2100 Regional Medical Drive
Wharton, TX 77488
409-532-1700
1413 Avenue G
Bay City, TX 77414
409-245-9754
1601 N. Mechanic
El Campo, TX 77437
409-543-2956
508 Otto
East Bernard, TX 77435
409-335-7568
1-800-635-4021

New Arrival
Courtney Lynn Roberts
Ronel and Rebekah Roberts of Eagle Lake are excited to announce the arrival of their first child, a baby girl, born at 8:57 a.m. on December 21, 1990 at the Gulf Coast Medical Center in Wharton. Courtney Lynn weighed 7 lbs. and 7 oz., and was 20 inches long.
Maternal grandparents are Mr. and Mrs. Jack Coffin of Altus, Oklahoma and paternal grandparents are Mr. and Mrs. Ronel M. Roberts of Eagle Lake. The mother is the former Rebekah Coffin.

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Standard Adjustable Walker: Constructed of sturdy, lightweight aluminum with plastic handgrips and rubber leg tips for stability.
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Crutch Pads: Maximum comfort for underarm crutch users and prevent excessive arm strain.
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Quad Cane: Four pronged base with non-skid rubber tips provide greater weight distribution and increased balance. Available in various widths.
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Cane and Walker Tip: Help prevent slipping.
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Steve & Linda Bates, Owners
409-234-2502
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702 S. McCarty
Eagle Lake

1991 state championship domino tournament

Tough, competitive, eager and fun are the bi-words of some of the domino players that plan to enter this year's Texas State Championship Domino Tournament that will kick off at the K of C Hall on Sunday morning, Jan. 20 at 9:00 a.m. in Hallettsville.

The 38th Annual Texas State Championship can begin for you as early as Friday for a complete weekend of fun.
Friday, Jan. 18:
4:00-12:00 p.m. — doors open. Bring your partner or pick up one-play dominoes.
5:00-7:00 p.m. — Dine at the finest Big Game Supper anywhere. See the Big Buck's Contest beautiful prizes awarded to the contest winners, or just play dominoes.
Saturday, Jan. 19:
10:00-11:00 a.m. — doors open. Practice playing dominoes and feast yourself to home-cooked food and meet those domino friends from all over the state of Texas.
Sunday, Jan. 20:
7:00 a.m. — registration begins.
8:30 a.m. — 1991 Texas Domino hall of Fame inductees: Mr. F.E. Stader and Mr. Ralph Foster of Dallas.
9:00 a.m. — Texas State Championship 38th Domino Tournament begins.
11:30 a.m. — Home-cooked meal.
12:00 p.m. — 38th TSCDT continues.

Short orders and refreshments are available at the hall throughout the day. At time of closing the first through fifth places will be awarded prize money and trophies.

Come out to the 1991 TSCDT and enjoy a true American heritage game that has been handed down by our great-grandpa and grandpa to mom and dad and then us... so let us see how good our domino skills are.