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Oscar & Evelyn Miller, Owners

BBQ SHACK
Open Friday & Saturday

SPECIALS GOOD FOR 5 DAYS:
February 7, 8, 9, 11 & 12, 1991

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 & SAVE!

FAMILY PAKS...

PIG FEET 10 LB. BAG \$5.90

PORK BONES 10 LB. BAG \$4.90

PORK STEAKS 10 LB. TRAY \$13.90

PORK CHITTERLINGS 10 LB. BUCKET \$6.90

SLICED BACON 10 LB. TRAY \$15.90

LEG QUARTERS 10 LB. BAG \$4.50

HAMBURGER MEAT 10 LB. BAG \$16.90

DECKER HOT LINKS 10 LB. BAG \$15.90

HORMEL SLICED LUNCHEON MEAT \$1.89

PORK ROAST \$1.25

HORMEL BLACK LABEL BACON 1 LB. PKG. \$1.99

HORMEL WEINERS 1 LB. PKG. \$1.99

CORN DOGS 1 LB. PKG. \$1.59

LITTLE SIZZLERS 12 OZ. PKG. \$1.19

PORK CHOPS 1 LB. \$1.99

PORK LOIN STEAKS 1 LB. \$1.69

PORK RIBS 1 LB. \$1.79

12 Pak Cans, Dr. Pepper, 7-Up, Diet Dr. Pepper, Diet Pepsi, Diet 7-Up, A&W Root Beer or

PEPSI \$2.99

6 Pak Cans Regular or Light

MILWAUKEE'S BEST \$1.99

Regular \$1.59 Bag Ruffle Brand

POTATO CHIPS 99¢

1/2 Gallon Carton Brown, Gold or Silver Rim

BLUE BELL ICE CREAM \$2.99

8 Oz. Cans Hunts

TOMATO SAUCE 5 FOR \$1

1-1/2 Lb. Loaves Rainbo Fresh Bake

BREAD 2 FOR \$1.00

Jumbo Roll Spillmate

PAPER TOWELS 69¢

Chilean Seedless

GRAPES 99¢

1/2 Gallon Carton Oak Farms

SKIM MILK 99¢

GROCERY ITEMS...

Lb. Quarter Package Imperial

MARGARINE 69¢

24 CT. CASE CANS NATURAL LIGHT BEER \$7.95

#300 CANS BUSH'S BLACKEYE PEAS 3 FOR \$1.00

4 ROLL PAK NORTHERN TOILET TISSUE 99¢

5 LB. BAG IMPERIAL PURE CANE SUGAR \$1.89

64 OZ. BOTTLE FABRIC SOFTENER DOWNY \$2.79

HOME LAUNDRY SIZE SURF DETERGENT \$5.99

24 OZ. CAN SWEET SUE CHICKEN & DUMPLINGS \$1.49

5 OZ. CANS LIBBY VIENNA SAUSAGES 2 FOR \$1.00

DAIRY DEPT.

1/2 GALLON CARTON OAK FARMS JUNGLE JUICE 59¢

8 OZ. CARTON OAK FARMS SOUR CREAM 79¢

8 OZ. PKG. RED & WHITE AMERICAN CHEESE SINGLES 99¢

Fresh Texas

CARROTS 3 BAGS \$1

PRODUCE...

RED POTATOES 25¢

SMALL FANCY ZUCCHINI 49¢

FRESH STRAWBERRIES 99¢

Robert has been in Huntsville for over three and a half years. He came from a home in which his father had been in and out of jail for robbery. His uncle, who was an alcoholic and drug user gave him his first marijuana cigarette at age 5. He finally started using cocaine and had to steal, forge checks and credit cards in order to support his habit.

Robert has obtained his GED in

On Wednesday, January 16, the Texas Department of Criminal Justice, Institutional Division, from Huntsville, gave two programs at the Eagle Lake Middle School.

This was part of a community education program, called "Operation Kick It" which goes out into communities, with prisoners from that institution, giving programs to schools and organizations on drug abuse and how the prisoners themselves made their mistakes, with them ending up in prison.

Mr. Doug Eckles, assistant administrator of the program brought with him an officer, Mr. L. Barnes and two inmates named Robert and Gilbert. Two assemblies were held, with the first one being for the 3rd, 4th and 5th graders who are also in the Just Say No Club. The second assembly was for about one and a half years, told how he had come from an average family and how his friends had enticed him to use drugs.

Gilbert told how he went from marijuana to cocaine and eventually started selling it, thinking he would never get caught. He also told the students about the average day in their life at prison, starting with getting up at 2:45 a.m. each and every morning and that the average length of time they had to eat, once seated, was 3-5 minutes. Gilbert plans to go to college when he is released.

Raider Review

The *Raider Review* is published by the Journalism Department of Rice High School. The opinions reflected are those of the students and not the administration nor The Eagle Lake Headlight unless so stated.

Editor: Annual & Newspaper - Anessa Williams
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Photographers: Eric Garza, Conny Hutchison

Who's Zat?

By TRICIA THOMAS

"Would you please put that camera away and give me something to eat!"

This little toddler hasn't changed much; lunch is still her favorite part of the school day. Besides having a lot more hair and a couple more teeth, this Junior girl still looks the same right down to that devious little smile.

Although many Juniors were not fooled by this picture, Shanna Brunner made a wrong guess when she guessed Lana Hutchison. Tami Fuller also gave a wrong answer with Connie Soko. Scott Garrett was a little closer to home when he guessed Shanna Brunner, but Stefanie Kershner, Steven Polach, Bobo Botard, Welby Horton, Jenny Wied and Shannon Smith all knew that this cute little baby could be none other than Vicki Drlik.

Weekly Calendar

By BECKY FAICHTINGER

Monday, Feb. 11: Baseball scrimmage, Hallsville at Rice, 4:30.

Tuesday, Feb. 12: Boys basketball, Bellville at Rice, 5:00.

Wednesday, Feb. 13: Principal meeting at 9:00, Junior class fund-raiser.

Thursday, Feb. 14: Junior class fund-raiser.

Friday, Feb. 15: Baseball, Schulenburg at Rice, 4:30.

Saturday, Feb. 16: Solo & Ensemble, Victoria; FTA Convention, Austin.

O.E.C. class honors soldiers in the Gulf

The Office Education class of Rice High showed their concern for the men and women who are serving our country in the Middle East. The class prepared a bulletin board in their honor to show support and to hope the troops will come home soon. Several of the members of this class have relatives in the Persian Gulf. Pictured from left are Irma Perez, Mary Cope, Karen Earls, Melanie Wiese, Becky Ortiz and Veronica Garcia.

U.I.L. Feature

Another event in U.I.L. competition is Headline Writing. The contest is thirty minutes long, and participants will be given a fact sheet which contains six short articles. The participants will then write headlines for each story.

The criteria of the contest is that the headline should be within the prescribed count, wording should be active and precise, headline should contain a subject and a verb, headline should be written in present or future tense, accuracy should not be sacrificed for creativity and grammar, spelling and punctuation should be correct.

Students from the Rice District competing in this event are Sher Sun-

Meet the Raiders

By VICKI DRLIK

This week's Meet the Raider is Matt Weller. Matt plays offensive guard on the varsity basketball team. Basketball is a sport Matt really enjoys. His favorite part of the game is in the fourth quarter when people get excited while getting into the game. He also enjoys people getting "stuffed".

Matt said the Raiders toughest opponents were Brookshire-Royal because of their great speed and talent. Matt feels the Raiders are very talented in their outside shooting, but their press has hurt them badly.

Matt, the son of George and Sue Weller of Eagle Lake, enjoys watching UNLV basketball games.

Raiders Are #1!

Area School Menus

Rice CISD

All meals served with milk

Thursday, Feb. 7: Roast beef, creamed potatoes and gravy, English peas, million dollar cookie, whole wheat bread.

Friday, Feb. 8: Beef and cheese tacos, pinto beans, taco salad, pineapple tidbits, doughnuts.

Monday, Feb. 11: Country fried steak, rice and gravy, mixed vegetables, sliced peaches, hot rolls.

Tuesday, Feb. 12: Cajun creation w/ice, carrot and cabbage slaw, cake w/vanilla cream icing, cornbread.

Wednesday, Feb. 13: Fish burgers, French fries, catsup, burger salad, apple halves, cinnamon crisps.

Thursday, Feb. 14: Valentine chicken nuggets w/honey sauce, buttered rotini, breaded squash, pear halves w/red hot, sugar cookies.

Friday, Feb. 15: Fish squares, catsup, macaroni and cheese, Chinese vegetable blend, upside down cake, jalepeno cornbread.

East Bernard ISD

All meals served with milk

Monday, Feb. 11: Breakfast: Pancakes, syrup or cereal, juice; Snackbar: Chicken nuggets, french fries, fruit, hot roll; Lunchroom: BBQ on bun (K-4), BBQ Ribs (5-12), chips, baked beans, fruit.

Tuesday, Feb. 12: Breakfast: Cinnamon roll or cereal, fruit; Snackbar: Grilled cheese, chicken noodle soup, french fries, fruit; Lunchroom: Burrito with chili & cheese, green beans, fruit, cornbread.

Wednesday, Feb. 13: Breakfast: Biscuit, sausage, jelly or cereal, juice;

Students hear effects of drugs, alcohol

Eagle Lake Middle School News...

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Foot Facts

By Dr. Eric R. Tepper, Podiatrist

SPASMS

A muscle cramp, or spasm, is a sudden, involuntary and unnatural contraction of the muscle. Athletes are especially prone to the kinds of cramps which result from an injury to the affected muscle. A blow to the muscle, causing minor internal bleeding, can trigger a spasm, as can overstretching, which may rupture some of the muscle fibers. The muscle is contracted as a way to prevent further injury. Minor muscle fiber tears and bruises usually heal rapidly. Some spasms occur for no apparent reason. The runner may be moving at full speed or resting. Suddenly a muscle, often the calf muscle, tightens. Pain is intense. Sudden changes in temperature, depletion of minerals by perspiration, local impairment of circulation by tight clothing all can cause muscle spasms. Treatment is aimed at releasing the spasm. Slow, firm stretching of the affected area is best.

As athletes in general may be especially vulnerable to injury, regular consultation with a podiatrist may be important for both the professional and amateur athlete. Please call my office for further information or for an appointment, at the Eagle Lake Community Hospital at 409-234-5571. I am there the first and third Tuesdays of the month. I offer your entire family high quality, professional and sensitive service.

P.S. Ask your podiatrist about exercises to help prevent cramps in the calf, arch and toes.

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Put your business in the spotlight. For advertising information call 409-234-5521.

"SUNBURN" OF THE EYES

A person's skin is not the only part of the body that can suffer burns from overexposure to the sun's rays. The cornea, the clear outer "window" of the eye, can also be burned by a large dose of ultraviolet (UV) light.

A corneal burn of this type is called "UV keratoconjunctivitis" and is characterized by red, irritated, gritty-feeling eyes. As with sunburned skin, eye sunburn tends to show up on a delayed basis. Usually about six to twelve hours after exposure, the eyes will begin to feel sensitive to light, with pain and redness developing quickly.

The best approach to UV keratoconjunctivitis is prevention. A brimmed hat and a good pair of UV-blocking sunglasses should be worn in bright sunlight. Cool compresses will help soothe sunburned eyes, but if the symptoms do not disappear after a night's sleep, the care of an ophthalmologist should be sought immediately.

If you have a question about this or any other topic, or if you or a member of your family has an eye problem, please call us. We provide a full range of pediatric, adult and geriatric eye-health services. We're open weekdays from 8:00 until 5:30 and Saturdays from 8:30 until noon.

The Eye Care Clinic at Eagle Lake

For information and appointments, please call 1-800-535-0186




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