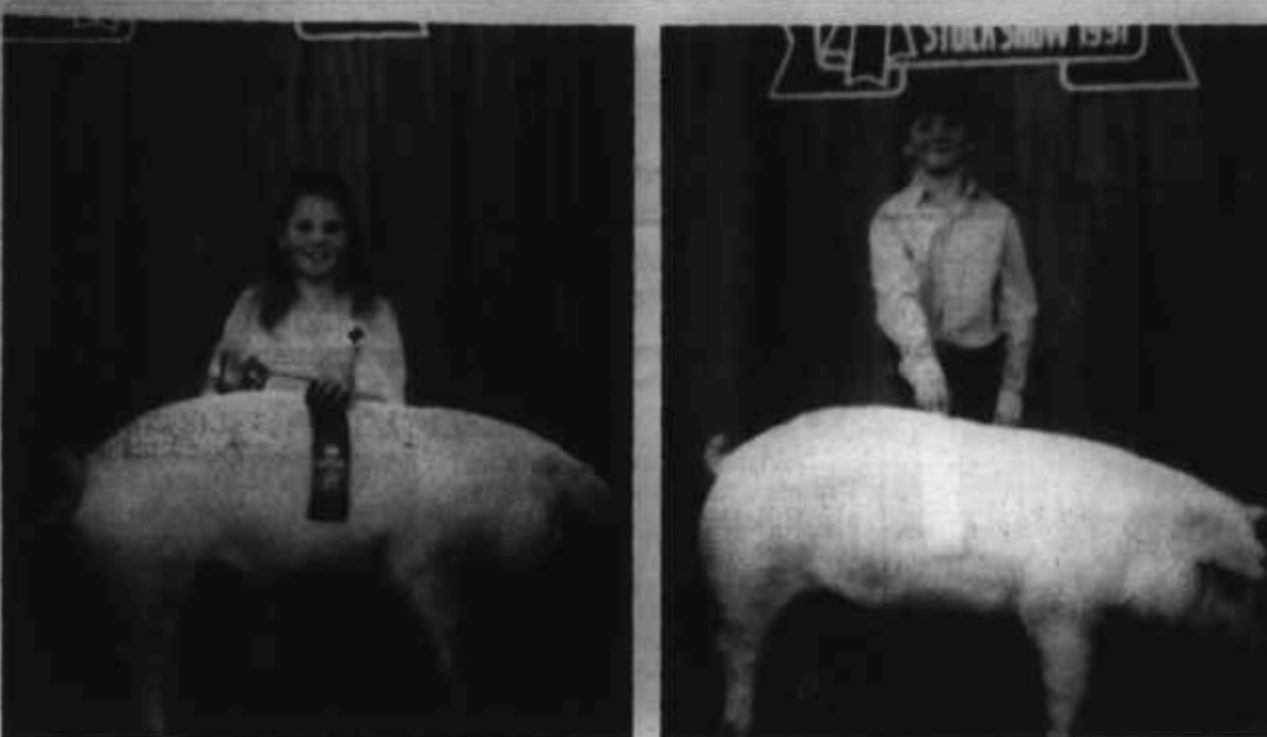




Stacie, Clint Mueller place in Stock Show

Stacie Marie and Clint Mueller participated in the Fort Worth Stock Show January 24-26, 1991. Stacie, a Rice 4-H member, (pictured at left) took first place with her Chester White pig in the junior fall sow division of the Open Breeding Show. Clint (right) placed third with his lightweight Chester White Barrow.

Stacie and Clint participated in the junior barrow show at the San Antonio Stock Show February 14th where they both made the list, but failed to make the cut. Both will also be competing in the Houston Livestock Show & Rodeo. They are the children of Stacy and Marilyn Mueller.

East Bernard ISD Menu

All meals served with milk
Mon., Feb. 25: Breakfast, doughnut or cereal; fruit; Snackbar, 3 tacos, French fries, salad; Lunch, spaghetti w/steak Italian meat sauce, mixed vegetables, fruit, hot roll.

Tues., Feb. 26: Breakfast, biscuit, sausage, jelly or cereal; juice; Snackbar, pizza, French fries; fruit; Lunch, steak-frites, gravy, later tots, green beans, fruit, hot roll.

Wed., Feb. 27: Breakfast, cinnamon roll or cereal; fruit; Snackbar, burrito w/ chili and cheese; French fries, fruit, cornbread; Lunch, chutney, ranch, lettuce, tomato, cheese, brownie.

Thurs., Feb. 28: Breakfast, French toast, syrup, sausage or cereal; juice; Snackbar, hamburger, French fries, burger salad; Lunch, turkey and dressing, broccoli or peas, fruit, roll.

Fri., March 1: Breakfast, Rice Krispies or cereal; juice; Snackbar, burrito w/ chili and cheese; French fries, fruit, cornbread; Lunch, chutney, ranch, lettuce, tomato, cheese, brownie.



Here's To Your Health

SOUTH TEXAS MEDICAL CLINICS, P.A. is a multi-specialty clinic that was formed in 1985 when Outlar & Blair Clinic and Rugeley & 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 every two weeks and will be written by staff physicians of South Texas Medical Clinics, courtesy of STMC's Patient Education Department.

EAR PAIN

By Susan Winchell, M.D.

The ear consists of the earlobe, the ear canal (external ear), the middle ear, and the inner ear. The middle ear is separated from the ear canal by a membrane called the "tympanic membrane" or eardrum and is essentially a closed space between the external and internal ear opening only into the throat by a narrow tube called the "eustachian tube". Infections can occur anywhere within the ear, but they most commonly occur in the middle ear and the external ear and often cause pain.

Ear pain, however, can have many causes; and although it often signals infection, there are other reasons ears can hurt or cause discomfort to a child. Some causes of ear pain are: (1) swimmer's ear or infection of the external ear called "otitis externa"; (2) middle ear infection or otitis media; (3) infection of the inner ear; (4) trauma to the ear; (5) foreign bodies in the ear canal such as insects or objects that are sometimes placed there by small children; (6) wax build-up; (7) toothaches; (8) pressure changes due to weather or temperature changes (especially if the child has a cold, and the eustachian tube is not functioning properly); and (9) itchy ears.

What should you do if your child complains of ear discomfort or ear pain? It is usually recommended that nothing be put into the ear before a doctor can evaluate the child as this can make it impossible to identify the problem by obscuring the physician's view. Also, it is often important that the child be seen by a physician before any treatment is undertaken in order to identify any unusual findings that might require special treatment or care. Temporary causes of ear pain usually resolve within 2 to 3 hours. This can sometimes be aided by having the child chew gum or eating a cookie or biscuit to help equalize the pressure within the middle ear and thus relieve pain.

When the pain is mild and persists for more than 2 to 3 hours, give Tylenol for pain relief in the appropriate dose for the child. Also, try placing a warm washcloth over the painful ear for about 20 minutes. Tylenol and warm compresses often help relieve the pain and allow the child to get a good night's sleep until the child can be seen in the office the next day. If, however, the pain is severe and the child is screaming or crying due to pain and relief cannot be obtained in any of the methods already described, the child should be seen by a physician as soon as possible.

Antibiotic treatment obtained over the telephone is generally not a good practice and is usually only done if the pain is severe, the child is more than 3 years old, has a cold or fever, and cannot be seen due to special circumstances. If this is done, the child needs to be seen as soon as possible to rule out other causes of ear pain.

If at any time, you have concerns or questions, be sure and contact your pediatrician immediately for further advice.

Dr. Winchell is one of four full-time board-certified Pediatric specialists with STMC, and she sees patients in El Campo.

2100 Regional Medical Drive
Wharton, TX 77488
409-532-1700
1413 Avenue G
Bay City, TX 77414
409-245-9754

1602 N. Mechanic
El Campo, TX 77437
409-543-2956
508 Otto
East Bernard, TX 77435
409-335-7568

1-800-635-4021

Club-Organization News

4-Hers compete in district

Six Colorado County 4-H members participated in the District 11 4-H Food Show on February 9 in Houston. These youth competed with other 4-H members from 16 counties in the Gulf Coast Area. They were judged on nutritional knowledge, menu planning, and food preparation skills.

Ryan Brandt of the Wild Clover 4-H club in Weimar placed 3rd in the Sub-Junior Bread and Cereal Group. Also representing Colorado County were Darrell Poppe and Jeffrey Kahlden from Weimar, Jeremy Anderson from Frelsburg, Jay and Natasha Knight from Eagle Lake.

Dorcas Class

Eight members of the Dorcas Class of the First Baptist Church met at the home of Ethel Balusek the evening of February 11.

Elizabeth Boothe, teacher of the class, opened the meeting with prayer. Catherine Clipson presided over the business session. During that time cards were signed to be sent to those who are ill, bereaved or just being missed after having moved from Eagle Lake.

Ethel brought an inspiring devotional on the theme of being thankful for our many blessings.

The group then enjoyed sitting around the dining room table where they were served delicious refreshments by the hostess. Included in this culinary array were open face tuna sandwiches and olives, fresh vegetables accompanied by a dip and out-of-this-world lemon pie.

The next meeting is scheduled for March 11 at the home of Johnnie Powers.

"I will sing unto the Lord, because He hath dealt bountifully with me," Psalm 136.

Xi Pi Psi

January 22 meeting

Xi Pi Psi Sorority met at the home of Connie Lange on January 22nd with 12 members present. Ernie called the meeting to order. Minutes were read by Connie and Dot gave the treasurer's report.

Service chairman reported the sorority would go to Kevin Court Apartments on May 7th for Bingo. Ways and Means chairman asked that everyone turn in their calendar money. They discussed the annual Western Dance and voted on a Valentine's Day card. Linda Balas gave the program on "Exploring Your Interest on Medicine". She opened discussion on new medicine and passed out leaflets on managing stress.

The next meeting will be at Lynda Appel's home and she will have the program. The meeting closed with the ritual and Mizpah. An informal social followed. During the social, service chairman reminded everyone to bring a Valentine to the next meeting.

February 5 meeting

Xi Pi Psi Sorority met in the home of Lynda Appel on February 5th with 13 members present. Ernie called the meeting to order. Connie read the minutes and Dot gave the treasurer's report.

Ernie read a thank you from Texas Department of Human Resources thanking them for their Christmas donation. Social chairman discussed the Western Dance and reminded everyone to bring food. Service Chairman Mary Lou reminded everyone to sign the Valentines to be mailed to the servicemen overseas. Pat and Jo Ann volunteered to address and mail them.

Lynda gave the program, "Feel Good". She played tapes that pertained to our daily living. It was a very good program.

The meeting closed with the ritual and Mizpah. An informal social followed. At this time, we discussed having a Spring Rush.

Democratic Club

The Colorado County Democratic Club met on the fourth Thursday of January at the Mansfield Building in Columbus at 7 p.m.

Our guest speaker, Jim Carter, State Democratic Executive Committee member was introduced by the Colorado County Democratic Club President, George Cason. Jim explained the steps it takes to become a delegate to the County, State and National Democratic Conventions. He also explained the mechanics of the Party operation. Jim feels that the Precinct Chairperson is the most important person in the Party! Grassroots is where it all begins. The Precinct Chairperson should be well acquainted with the local Democrats, and to be ready to "mobilize the troops" for "Get Out the Vote", also for support for the many varied activities of the Party.

An announcement was made of the 5th District Summit Meeting to be held Saturday March 2, at 9:30 a.m. to 1 p.m. in the Sens Center 200 Briar Ridge Drive, Bellville, Texas. The Speaker will be District 5 Senator Jim Turner. The cost is \$8.00 which includes lunch. Jim is a Freshman Senator who has been appointed to serve on the Senate Finance Committee, the Economic Development Committee, the Committee for Intergovernmental Relations, and the Special Sub-Committee on Congressional Re-Districting.

The next meeting is scheduled for Thursday, February 28 at the Mansfield Building, 930 Travis in Columbus at 7 p.m. Guest speaker will be State Representative Robert Saunders. Come, and share with him your concerns.

United Daughters of the Confederacy

Shropshire-Upton Chapter #361 U.D.C. met February 14 at 2 o'clock in the home of Randa Simmons in Columbus. Mrs. James Rata, president, presided and led the opening ritual. Mildred Kemper led the salutes to the Flags. Mrs. O.A. Schade gave a prayer for our service personnel in the Persian Gulf War.

The treasurer reported a balance of \$2,319.59. Mrs. Crane gave the Children of the Confederacy (C of C) report. The C.W. Tait chapter C of C will host the Texas Division C of C Convention in June, 1991.

Mrs. Uzzi gave the Historian's report. She gave highlights from the President General's message, who asked members to "accept me as I am" and "see what I can become". Mrs. Uzzi's grandson received a UDC scholarship and is attending the University of Texas. She announced that our April meeting will be held at the Egypt Plantation near Wharton, followed by a visit to the Wharton Museum.

The register reported that application papers for Laura Ann Rau have been submitted. Mrs. Crane, chairman of Recorder of Crosses, reported that military cross papers have been submitted for the late Clyde Rau and the late Geo. Womat.

Mrs. Draper, museum chairman, reported donations in the amount of \$37 were received in January. She showed a framed display of Red Cross Buttons given to our museum by the J.C. Burr family. A cash gift was given to the museum today. Mrs. Lawrence Tate brought 12 handmade dolls to be sold in the museum.

The District III division meeting will be held Saturday, March 16, 1991 in the Cezanne Community Center in Humble, Texas with the Magnolia Rangers Chapter #2544 serving as hostesses. The Texas Division will host the U.D.C. General Convention in November, 1991 in Irving, Texas.

Mrs. Uzzi introduced the speaker, Loretta Burns, past registrar general, who gave the program on "Unique and Little Known Facts of the War Between the States". There were 30 different names given to the war. Mrs. Burns' favorite is "War to Suppress Yankee Aggression". Capt. John Ingalls, an Englishman with the Confederate Army, led his Florida Co. on a valiant charge, overran the Federal guards and accepted the surrender of their commander, his brother. When the union forces came through Grand Coteau, La., the youngest soldier was 13 and the oldest was 90 and they successfully defended St. Charles Academy. Slaves were hired in Va. for \$30 per man, while army privates were paid \$11 per man. Capt. Guillet, a young confederate officer was fatally shot on the same horse on which three of his brothers were killed. Income tax came into being in 1864.

The March meeting will be March 14 in Weimar in the home of Elvira Kahlich. The program will be "Alleyton and Cotton Trains" by Jerry Jensen.

Eagle Lake Middle School first track meet Saturday

The Eagle Lake Middle School Boys and Girls Track Teams will be traveling to Bellville this Saturday to compete in their first meet of the season. Everyone is urged to travel with the teams and cheer them on.

'Desert Storm' local connections

We would like all of you to take time and recognize some of the local servicemen who are serving their country proudly in Saudi Arabia during "Operation Desert Storm". These servicemen, along with all of the other men and women serving, should be praised and honored for all that they are doing for the United States of America.

The Eagle Lake Headlight would also like to extend a special thanks to Sylvia Brune, who contacted families and gathered the addresses and pictures for us. Many citizens have expressed a desire to write to some of the servicemen, so we are printing the addresses for your convenience. Please feel free to write or send a card to these servicemen. I am sure letters and packages from home will help to make their time shorter over there. Also, remember these servicemen in your daily prayers so they may all return home safely.

Sylvia is still in the process of contacting local families for more addresses and pictures. If you have not been contacted and you want the address and picture to be published, please bring them to the Headlight at 220 E. Main, Eagle Lake.



SSG Oscar Hurd
458-31-9664
HHC 3/5 Cav.
Operation Desert Storm
APO NY, 09680-1310



SPC Ernest L. Lemons Jr.
456-53-8537
D Co. 702nd
Trans. BN 7 Group TML
Operation Desert Storm
APO NY, 09770



Kevin Long
USS Stein
FF 1065
FPO San Francisco, Ca.
96078-1425



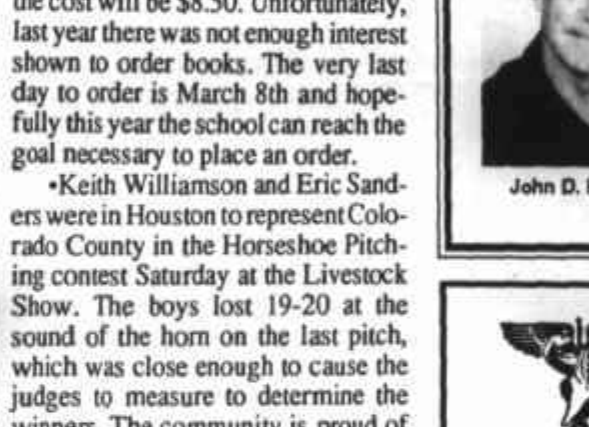
PFC Raymond E. Perkins
451-67-5219
BCO 92nd Eng. BN.
Operation Desert Shield
APO NY, 09315



Sgt. John Sommerlatte
465-96-3061
Operation Desert Storm
327th CML Co. (Decon)
APO NY, 09657



CPL Derrick E. Thomas
465-37-5704
ACO 1-187-Inf.
APO NY, 09309



CPL Richard H. Wiese
462-69-4599
HQB Comm. Co. Maint.
PL 1st Marine Div.
FPO San Francisco, Ca.
96608-5502



Cornell Wayne Yell
463-57-7866
A-333FA (ICAV)
APO NY, 09306-0430

Heritage House News

By Gladys Owens, Activity Director

Heritage House Sweetheart Queen is Ruth Wines and King is Nolan Grasshoff. We had a great party hosted by the Christian Mothers of Nada for our residents. The guests of honor were presented with a corsage and a boutonniere and were served at a private table. The table was covered with a red cloth and had a centerpiece of red and white carnations in a heart shaped vase. Sportsman's Restaurant will be treating our Sweethearts with some of their delicious yogurt also. A group from First Baptist Church of Sheridan came to deliver Valentines to our residents. They were Nancy Chabreck, Hannah Kallina, Alice Megan, Matthew Hinz and Andrew Varley. Residents exchanged Valentine cards they designed themselves. Our staff had a party to honor our employee Sweetheart Angie Alaniz Thursday morning. Her table was covered with a pink lace cloth with a double heart cake as a centerpiece. The entire staff wore red and white. Everyone looked so nice. Valentine's Day is a special day for us because caring is the heart of the matter at Heritage House.

We want to welcome Sophie Parma back after a hospital stay. Sophie is doing very well. It's so good to have her back. Also welcome back to Bob Chapman, our bingo calling volunteer. Everyone missed him and he is happy to see him up and out after his illness.

Rev. John Anderson of Grace Lutheran Church conducted worship service this past Sunday.

Administrator's news:

You have been diagnosed as having high blood pressure by your physician during a routine check-up. If you react as most, your first reaction will be total surprise as you don't feel as if you are ill. The reason for that is that high blood pressure usually does not produce symptoms. You will begin thinking and realize that you have probably suffered recently of headaches, tiredness, dizziness, shortness of breath and feelings of tension which you have blamed on anxieties at home or problems at the office.

Hypertension is actually the medical term for your condition. If diagnosed as having hypertension, this does mean you are a nervous, tense, person; however, stress can cause your blood pressure to elevate. Hypertension actually means that the blood vessels remain constricted causing the heart to continually pump harder which could cause damage to



Sheridan News

By Velma Kutzer

On February 12, the Sheridan Go-Getters held their monthly meeting at 1:30. Fourteen members and five guests were present. Two new members joined. They are Martha Polach and Teal Blanchard. Judge Butch Strunk was the guest speaker. His topic was "Keys to the Courthouse" and he talked on civic duties.

After the meeting a surprise show was held for Ora Schirmer. She will be united in marriage to Elvin Tesch. Sandwiches, cookies, cake, tea and coffee were served and enjoyed by all.

Mr. and Mrs. Jerome Anselmo Sr. proudly announce the arrival of a granddaughter, born February 12. Jennifer Marie Phillips arrived at Mainland Center Hospital in Texas City at 4:44 p.m. and weighed five pounds, seven ounces and measured 18 inches long. Parents are Donald and Debra Phillips. Grandparents are Mr. and Mrs. Donald J. Phillips Sr. of Santa Fe, Texas.

Bobby Haines and Mr. and Mrs. Charlie Haines enjoyed a visit from Kathy Young and daughters from San Antonio during the weekend.

Get well wishes to Myrtle Keifer who spent several days in the hospital in Weimar and to T.A. George who is recuperating from having surgery in DeTar Hospital in Victoria. He was released from the hospital last Monday.

Annals from the Sheridan Elementary School will go on sale this week at the school until March 8th. If the school can order at least 75, the cost will be \$6 per copy. Otherwise, the cost will be \$8.50. Unfortunately, last year there was not enough interest shown to order books. The very last day to order is March 8th and hopefully this year the school can reach the goal necessary to place an order.

Keith Williamson and Eric Sanders were in Houston to represent Colorado County in the Horseshoe Pitching contest Saturday at the Livestock Show. The boys lost 19-20 at the sound of the horn on the last pitch, which was close enough to cause the judges to measure to determine the winners. The community is proud of them and hope they will continue to improve and try again next year. Mr. and Mrs. Curtis Sevcik and Colleen accompanied the boys to Houston.

Jacque Sevcik received a call from her sister Dana Sanders at 2:30 Monday morning from Bahrain. Dana's ship had docked and while there she used the opportunity to call home. She told Jacque the mail the military is receiving is "unbelievable". There is so much that everyone receives several letters including some addressed to "Any Service Member". One day Dana received 18 letters, including one from a child in California. Dana's brother, James Williamson who is stationed in Bahrain, was able to locate Dana and have lunch with her on Sunday.

Mr. and Mrs. Roy Cody and Liz-

also served. Cordell and Caroline were married in Houston earlier this month.

"Twelve G.A.'s and two leaders attended an association meeting in Ganado Saturday. Young girls attending were: Teresa Pittman, Stephanie Thompson, Carol and Karen Kazmir, Amanda Soto, Rosie Tinsley, Jackie and Robin Alleyway, Jessica Werner, Kim Smith, Danielle Tesch, and Courtney Garza. Accompanying the group was Dalaine Pittman and Chantelle Chabreck. The girls meet every Tuesday at 3:30 at the Baptist Church.

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