

Heritage House News

By Gladys Owens, Activity Director

I would like to take this opportunity to recognize one of our residents for all the time and energy she gives to all the other residents and even the staff at Heritage House. Erma Clout gives so much of herself, we could never express how much she means to everyone. Erma delivers mail daily, puts calendars out once a month, helps secure signatures when needed, and sees to all our activities on weekends. Erma not only does all the above but she talks with other residents when they are down and always makes them feel better with her wit and easy smile. The list could go on, but I know Erma is a humble lady and a big old thank you will do for her.

We are getting our baskets and eggs ready for our Easter egg hunt March 22. Everyone is looking forward to having the children here that day, it will be very special.

Our new volunteers are a joy to our residents. We are so lucky to have such caring people in our community that will take time to give. Keep the calls coming! We want an overflow of

volunteers! Worship service was conducted by Rev. Zaragoza Gonzalez of Getsemane Baptist Church on Sunday. We also want to thank Bill Wilder and Jack Farris for bringing the Gideon Bibles to our residents that wanted them for their rooms.

Administrators' notes: One of the major problems associated with aging is a loss of bone mass. More than 20 million elderly Americans suffer from a reduction in bone mass. Due to this fact, many are high risks for bone fractures.

Since osteoporosis, age-related bone loss is associated with debilitating fractures, the public has become more aware of the disease. These fractures may be of spine, hip, wrist, etc. More than 250,000 suffer from fractures annually.

Falls are often associated with hip fractures; however, in the patient suffering from osteoporosis, the fracture may occur first causing the fall. Fractures of this nature tend to have many

complications. Researchers have mounting evidence that the lack of adequate vitamin D is a major cause for osteoporosis and fractures in the elderly. Radiologists can recognize osteoporosis only after 30% to 50% of the calcium content of the bone has been lost.

In the elderly, the major cause of osteoporosis is osteoporosis. Osteoporosis is defined as the combined loss of skeletal collagen matrix and calcium which causes porosity of the bone. At the present, there is no safe, proven therapy for the disease.

Osteomalacia, this form of osteoporosis, causes the elastic-like collagen-protein matrix not to mineralize. If the elastic-like substance does not mineralize it cannot add strength to the bone. The major cause of the lack of mineralization is vitamin D deficiency.

In the elderly, one of the primary causes for the vitamin D deficiency is the decrease in milk consumption, the principal vitamin D fortified food. The only other major source of vitamin D is fatty fish. Egg yolks have some vitamin D; however, due to the high cholesterol content the elderly avoid them.

Vitamin D is supplied to the body through the exposure to the sun, however, the elderly have a decreased capacity to produce vitamin D in their skin. To supplement the intake of vitamin D, the elderly could drink two eight-ounce glasses of skim, lowfat, or regular milk daily or they could take multivitamins. This is not an "iron-clad" solution, but it can reduce the possibilities of vitamin D deficiency.

Surveys are being conducted that have proven that those that are presently in a controlled nursing facility which supplies milk on demand or with two meals daily, or who provide multivitamins with vitamin D has a reduced amount of residents developing vitamin deficiency. Residents at Heritage House are encouraged daily to consume milk and milk products. Most have many more ounces of milk per day than required to maintain a healthy level of vitamin D in their systems.

Heritage House always places the health and well-being of our residents first. We take the time to care and if you visit us at Heritage House, you will see that care is evident throughout the facility.

DAVID W. EUERS, D.D.S.

234-3525

Located Next to Eagle Lake Drugs

Views On Dental Health

HAIRLINE TOOTH FRACTURE

On occasion a seemingly healthy tooth that has never been filled may sustain a hairline fracture through the pain-sensitive pulp. This fracture line may be so fine and in such a position as to defy ready detection by the dentist, especially since this type of fracture does not show on X-ray films.

When fractured, and for days after the fracture, the tooth can cause the most severe pain ever encountered in dental disorders. The difficulty is that there may be no objective verification of the location of the problem; and pain may or may not be experienced in the fractured tooth (it may be referred to a

healthy tooth on the same side). To be certain, the dentist may suggest that treatment be delayed for a few days or more. He is not being cruel, simply cautious. Then the patient must carefully note the features of the pain pattern, as well as time and circumstances. This pattern should ultimately identify the damaged tooth and dictate the proper course of treatment.

Presented as a public service to promote better dental health. From the office of DAVID W. EUERS, D.D.S., 704 S. McCarty Avenue, Eagle Lake, 234-3525.

Affordable Dental Care for the Whole Family
•Gentle Family Dentistry •Nitrous Oxide Sedation Available •All Phases of General Dentistry including Cosmetic •Extractions •Wisdom Teeth, Root Canals, Crowns, Bridges, Dentures & Partials
•Insurance & Welfare Welcome •Orthodontist On Staff
Open 8-5, Monday through Friday
MasterCard and Visa Accepted After Hours Call: 409-234-2836



The Gilstraps aren't moving; they're being robbed.

The Gilstraps aren't home today. They're in Toledo on vacation. And these moving men aren't movers at all. They're crooks. They think they're pretty smart. They think no one will notice. They're wrong. Across the street, the neighbors are calling the cops. Because the neighbors know, if they don't call the cops now, the Gilstraps will have to call them. Later. This neighborhood has learned how to prevent crime. Find out what you and your neighbors can do. Write to: McGruff, P.O. Box 362, Washington, D.C. 20044. And help me.

TAKE A BITE OUT OF CRIME

OBITUARIES

Reginal Ray Hemphill

June 7, 1962-March 13, 1991

Life on earth ended for Reginal Hemphill on March 13 at 12:30 p.m. at Herman Hospital.

Reginal was born to Robert and Jennie B. Hemphill on June 7, 1962 in Eagle Lake. He was preceded in death by his father in 1970.

Reginal was a graduate of Rice CISD in Altair. After graduation he attended Wharton Junior College and Hargrett Technical School in Houston where he received a degree in Respiratory Therapy. He was employed at Ben Taub Hospital in Houston.

Reginal confessed to Christ and was baptized September 1, 1974 by Rev. Odie Rhodes and served at White Cloud Baptist Church on the Usher Board and the Youth Brotherhood.

Later he moved to Houston and on Sunday, March 10, he united with St. Paul Baptist Church where Rev. Verne Seriale is the pastor.

Survivors left to cherish his memory include his daughter, Genice ShaRay Brown of Marlon; mother,



Jennie B. Hemphill of Eagle Lake; four brothers, Wayne and Tilford Hemphill of Eagle Lake, Guy Hemphill of Houston and Robert Hemphill of El Paso; six sisters, Lilian Binkley, Norma Rayne, Belinda Denley and Joyce Hudson all of Houston, Robbie Armstrong of Rosenberg and Sheryl

Davis of Eagle Lake; four brothers-in-law, Alfred Armstrong, Lavo Binkley, Paul Rayne and Leroy Davis; fourteen nieces, six nephews, four great-nieces, four great-nephews, five aunts, four uncles and a host of relatives and friends.

Funeral services were held Saturday, March 16, at 10 a.m. at White Cloud Baptist Church with Rev. Odie Rhodes officiating.

Palbearers were Bruce White, Albert Johnson, Lawrence Lott, Kelvin Henderson, Oliver Pettus, Tony Tillman, Dewayne Davis and Gregory White.

Honorary pallbearers were Wayne Douglas, Guy Vernell, Tilford Jerome and Robert Hemphill, Clifton Denley, Jr., Alton Paul Rayne, Alfred G. Armstrong and Leroy Davis.

Services were entrusted to G.D. Mill Mortuary of Katy.

Our sympathy is extended to the family in their loss.

Alice C. White

January 22, 1900-March 12, 1991

Mrs. Alice C. White, age 91, of Houston, passed away Tuesday, March 12 at 9:13 p.m. at the Southwestern Memorial Hospital in Houston following a lengthy illness.

Born in Eagle Lake, January 22, 1900 to John L. Waddell and Anna Nellie Goode, a pioneer family of Eagle Lake, she attended local schools and later taught in the El Campo ISD. In 1919 she married Claude Emmette White and moved to Houston in 1929. She had lived in the Houston area most of her life and had been active in the Sorority of Royal Neighbors and the Bethel Inde-

pendent Presbyterian Church of Houston.

She was preceded in death by her parents; her husband Claude, Sr. who passed away in 1955; three sisters, Winnie George, Jonnie Seasholtz and Lois Smith and a brother, Phillip E. Waddell.

Survivors include her devoted children Claude E. White, Jr. and his wife Naomi, of Houston, and Russell A. White, Sr., New Ulm; sisters, Mamie Eggers of Richmond and Florence Goodson of Eagle Lake; seven grand and 24 great grandchildren, numerous nieces, nephews,

other relatives and loved ones. Funeral services were held at 3 p.m. on Thursday, March 14, from the Dulaney Funeral Home Chapel with Rev. Charles Runk, Pastor, Eagle Lake Methodist Church officiating.

Graveside services and interment followed in the Masonic Cemetery of Eagle Lake.

Pallbearers were Ace Robertson, Russell White III, Clyde White, Roger White, Wayne Sunrall and Billy Eggers.

Our sympathy is extended to the family in their loss.

UDC hears program on 'Alleyton, Cotton Trains'

Shropshire Upton Chapter #361 UDC met Thursday, March 14, at 2 p.m. in the David Kollich home in Weimar. Mrs. James Rutta, president, presided and led the opening ritual and Mrs. Cranek led the flag salutes. Mrs. Rutta then welcomed two guests, Joan Buttschell and Joyce Gordy.

Mrs. Cranek gave the Children of the Confederacy (C of C) report. The C.W. Tait Children of the Confederacy will host the C of C State Convention in Columbus in June, 1991. They will be taken on a walking tour of Columbus, have lunch at Thursday's Treasures followed by a banquet at a local hotel.

Mrs. Cranek, recorder of crosses chairman, reported that The Cross of Military Service papers have been submitted for Ernest Harrison Walker on the record of his ancestor, Confederate Soldier A.H. Carter and for Virgil E. Womack on his Confederate Soldier Ancestor Mathew N. Womack. She also gave the museum report in the absence of Mrs. Draper. The museum was kept open on the 1st and 3rd Thursdays plus one Saturday and \$125 was deposited from donations and sale items. Five members will attend the District III meeting in Humble on Saturday, March 16.

Sarah Uzzi introduced Mr. Gerald Jensen of Houston, who gave the program on "Alleyton and Cotton Trains". Mr. Jensen has received many awards and certificates of appreciation from schools and patriotic societies for his contributions to preserve the memory and spirit of the men and women who achieved independence for Texas.

In 1861, Alleyton became a bee-hive of activity as a boom town with a busy train depot, roundhouse and railroad shops. Large warehouses lined the streets. The railroad came as far as Alleyton bringing great amounts of cotton, "The White Gold of the South". It was then ferried across the Colorado River loaded on large wagons pulled by ten oxen or six mules and transported to the Rio Grande.

There was no real route; the wagons went from one water hole to the next on the long tortuous trip. Every bush and cactus on the way had strands of cotton. At this time Alleyton was the largest town in Colorado County.

It was well known by foreign Governments, Lincoln and Union officials. Many of the wagon trains of cotton had a value of \$500,000. They returned bulging with guns and supplies for the Confederacy. The Union could not lawfully blockade the Mexican half of the Rio Grande. It was common for 70 vessels to be waiting in Matamoros for cotton from Alleyton with millions of dollars worth being sold monthly. New England textile mills were in shambles with no cotton. In France, 26,000 people were out of work. In England, Queen Victoria's Government refused to respect an executive order closing Southern Ports.

Refreshments were served by Mrs. Kahlich, Mrs. Burger, Frances Seivert and Amanda Bayless.

The April 11 meeting will be a tour of the Northington Plantation in Egypt, Texas.



Gold initiated into Honor Society

Linda Gold, daughter of Walter and Mary Ann Gold of Nada, is pictured above after being initiated on March 10 into the National Phi Theta Kappa Scholastic Honor Society of Wharton County Junior College. Linda is a 1990 Honor Graduate of Rice High School. Pictured with Linda is Carol Janak of Weimar.

WCJC Photo

Sportsman's Restaurant

All You Can Eat Buffets

5:30 to 8:00 p.m.

Every THURSDAY.....MEXICAN FOOD

Every FRIDAY.....SEAFOOD

Every SATURDAY.... COUNTRY COOKIN'

Free Desserts

201 Boothe Dr.
Eagle Lake

409-234-3071

Sunday Buffet

Served
11 a.m. to 1:30 p.m.

Pilot Club names Pidgeon 1991 'Sweetheart'

The Pilot Club of Eagle Lake is happy to announce Mrs. Barbara Pidgeon as our 1991 Sweetheart. Barbara has been a member of the Eagle Lake Pilot Club since April, 1988. She was Lifetime Leader in 1989-90 and again assumed the same responsibility in February 1991.

Barbara is president-elect 1990-91, and current program chairperson. She is also current Just Say No leader. Barbara is very active in the community and an employee of Eagle Lake Community Hospital, as well as a member of its Pink Lady Volunteers. Our congratulations to her!

March is membership month for

Prizes offered for poetry

A first prize of \$500 is being offered for the best poem in a contest sponsored by Sparrowgrass Poetry Forum. Thirty-four other cash prizes will also be awarded. There is no cost to enter.

The rules are simple: each poet may enter one poem only, 20 lines or less, in any style, on any subject. Entry deadline is March 31, 1991. Winners will be notified by May 31, 1991.

"The contest is open to everyone. But new poets, especially, are urged to enter, because we are always hoping to encourage and reward new talent," says William H. Trent, editor. "The poem you send for the contest also will be considered for publication in a hardcover book." Book purchase may be required to insure publication, but is not required to enter for the contest.

To enter, send one poem to: Sparrowgrass Poetry Forum, Dept. D, 203 Diamond St., Sistersville, WV 26175.

The Pilot Club. A "Special Guest" will attend the March 27 meeting to which Pilots are encouraged to bring a guest. Remember to notify Jean Abel by Monday, March 25 if you plan to bring a guest. The program promises to be special.

The Texas District Convention will be held in Austin on April 26-28 at the Doubletree Hotel-Austin. The theme is "Caring and Sharing Through Pilot Friendship and Service." The delegates from Eagle Lake will be Barbara Pidgeon, president-elect, 1st delegate; Lucille Perry, immediate past-president, 2nd delegate; Dorothy Kohleff, 3rd delegate and Linda Lippert and Jeanette Zajicek as alternate delegates.

The Annual Chicken Spaghetti Supper will be held Friday, April 5. Tickets are available from any club member.

The next meeting of the Eagle Lake Pilot Club will be on Wednesday, March 27 at Sportsman's Catering Center.

Rice CISD Menu

All meals served with milk

Thursday, March 21: fried chicken, rice and gravy, English peas w/onion, fruited jello, hot rolls.

Friday, March 22: crunchy fish portions w/tartar sauce and catsup, macaroni and cheese, breaded squash, chocolate oat bar, cornbread.

Monday, March 25: corn dogs, mustard, broccoli and rice casserole, pickle and carrot spears, doughnuts.

Tuesday, March 26: turkey, dressing w/giblet gravy, green beans w/mushroom soup, cranberry sauce, hot rolls.

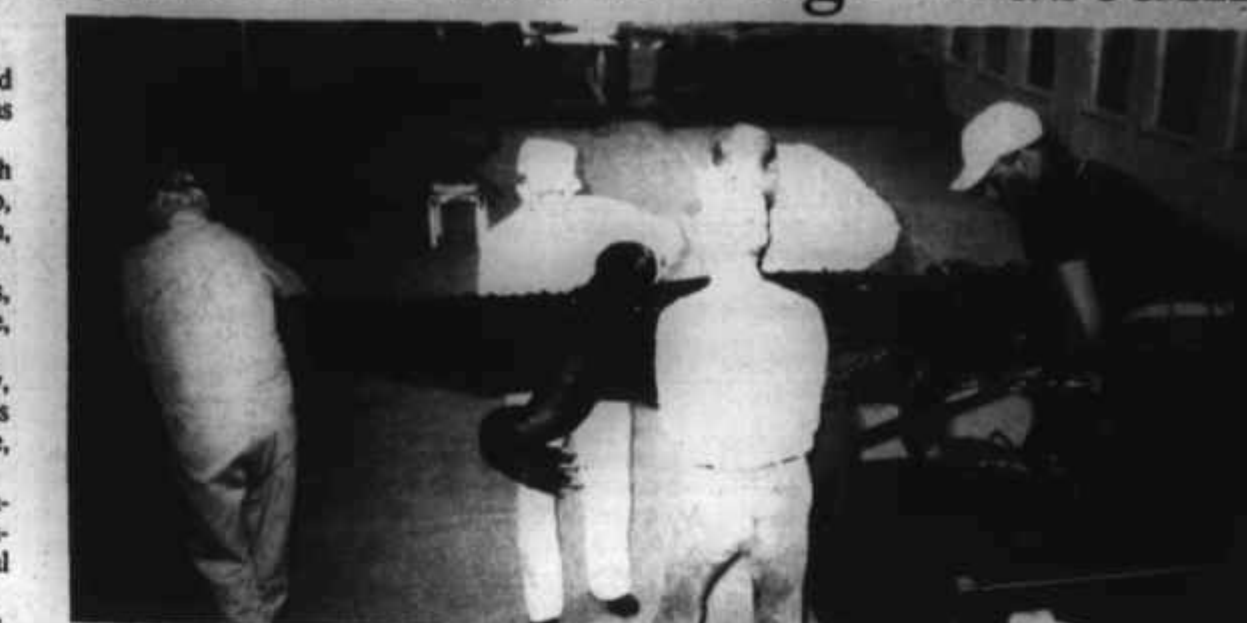
Wednesday, March 27: hamburgers, French fries, catsup, hamburger salad, mixed fruit, oatmeal cookie.

Thursday, March 28: frito pie, baked beans, pineapple tidbits, cake w/vanilla cream icing, cornbread sticks.

Friday, March 29: Easter Holidays.

Monday, April 1: Easter Holidays.

State record alligator has new home at Prairie Edge Museum



The Texas state record alligator arrived at Prairie Edge Museum last Friday just in time for the tourists who will be here for the Wildflower Celebration.

Unloading the 'gator are (from left to right) Joe Lee McCreary, Lloyd Spalinger, Rollin Baker, Louis Schorlemmer and Tony Tillman.



After much huffing, puffing, twisting and turning, the alligator was placed near display cases in the main section of the Museum as pictured at right. The area will be roped off to protect the display from curious fingers.

The photo at left was Rollin Baker's idea. The alligator is shown sporting one of the caps bearing his likeness which are on sale at the Museum.

Headlight Photos
by Jeannine Fearing

Games This Week!

March 21-23 Rice Baseball at Hallettsville Tournament
March 22 ELMS Track Teams at Schulenburg Relays
March 25 Rice Baseball vs. Schulenburg, Here, 5 & 7 p.m.
March 28 Rice Baseball at Sweeny, 5 & 7 p.m.

SPORTS

7th, 8th grade compete in Brookshire-Royal track meet

Our teams traveled to Brookshire-Royal on Saturday, March 9th and competed very good. The 8th grade came away with a second place trophy while the 7th grade with seven athletes placed fifth out of six teams competing.

Team Results
7th grade
1st Royal, 173
2nd Columbus, 114
3rd Sealy, 91-1/2
4th Bellville, 64
5th Rice, 43
6th Hempstead, 21

7th grade results
Field Events
Pole Vault: Tim Teague, 1st place with a jump of 7'6".
High Jump: Teague, came in 4th with a jump of 4'8".

Running Events
880 Run: Teague, 3rd place with a time of 2:31.37.
110 Hurdles: Jesse Bishop, 4th place with a time of 20.78.
300 Hurdles: Bishop, 5th place with a time of 52.97.
1 Mile Run: Teague, 1st place with a time of 5:30.42; Christian Cordova, 5th place with a time of 6:18.42.
1 Mile Relay Team: Bishop, Carlos

Tovar, Andre Hatton, Teague came in 5th place with a time of 4:33.57.

8th grade results
Field Events
Shot Put: Shawn Hurd, 6th place with a throw of 36'7".
Discus: Hurd, 4th place with a throw of 104'4".

Long Jump: Charles Chapman, 1st place with a jump of 18'4"; David Godley, 3rd place with a jump of 16'10".
Triple Jump: Chapman, 1st place with a jump of 38'4"; Godley, 4th place with a jump of 38'1/2"; Charyn Thomas, 6th place with a jump of 35'.

High Jump: Tim Jones, 2nd place with a jump of 5'2"; Thomas, Tie for 3rd place with a jump of 5'2".
Pole Vault: Anthony Barrios, tie for 3rd place with a jump of 7'6".

Running Events
400 M. Relay Team: Godley, Trinity Parker, Barrios, Hurd, 2nd place with a time of 49.04.
880 Run: Derrick Jones, 5th place with a time of 2:29.86.
110 Hurdles: Thomas, 1st place with a time of 17.38; Chapman, 2nd place with a time of 17.67; Tim Jones, 4th place with a time of 18.39.
100 M. Dash: Godley, 3rd place

with a time of 12:45.
300 M. Hurdles: Chapman, 1st place with a time of 41.54; Tim Jones, 2nd place with a time of 44.72; Thomas, 3rd place with a time of 46.28.
200 M. Dash: Godley, 2nd place with a time of 25.24.
1600 M. Run: Neil Broesche, 4th place with a time of 5:50.31.
1600 M. Relay Team: Thomas, Hurd, Barrios, Chapman, 2nd place with a time of 4:05.74.
Congratulations to these kids for

their efforts. We need to increase our efforts in the next meet and come away with a first place in the 8th grade. Our next meet is in Schulenburg this Friday. Field events start at 4 p.m. We will leave school at 2:30 and be back around 9 or 10 p.m. The track meet at Brazos was canceled on Saturday, March 16th, due to the weather.

"Raider Pride '91"
Coach Jackson
Coach Sanders

Middle School girls' track results

The 7th and 8th grade girls competed in the Brookshire-Royal track meet held March 9th. Following are the results:

7th grade
Shot Put: Rebecca Burrow, 3rd place.
Discus: Burrow, 3rd; Jill Satsky, 5th.
High Jump: Jodi Heard (Sheridan), tie for 6th.
400 Relay Team: Stephanie Rivera, B.J. Salazar, Kristie Gertson, Robin Donner, 3rd place.
800 Run: Elizabeth Martinez, 5th.
110 Hurdles: Kristie Gertson, 2nd.
Paula Barrow, 5th.
400 Run: Heard (Sheridan), 2nd.
200 Yard Dash: Donner, 2nd; Salazar, 5th.
800 Relay Team: Rivera, Heard, Salazar, Donner, 2nd place.
1 Mile Relay: Rivera, Gertson, Burrow, Heard, 3rd place.

8th grade
High Jump: Shea McClanahan, 3rd place.

Long Jump: Christal Lockett, 2nd.
Triple Jump: Breanna Wood, 6th.
400 Relay Team: McClanahan, Lockett, Wood, Annette McTeer, 4th place.
800 Yard Run: Janil Chapman, 2nd.
110 Hurdles: McClanahan, 3rd.

400 Yard Run: Chapman, 3rd.
300 Hurdles: Wood, 2nd.
800 Relay Team: Lockett, Wood, McClanahan, McTeer, 1st place.
1600 Relay Team: Chapman, Meredith Anderson, Kim Marsalla, McTeer, 3rd place.
1600 Run: Anderson, 6th place.

The 8th grade girls came in fourth with 88 points. Congratulations to all the girls for a fine effort.

Coach Volkmer and Lewis

Pharmacy & Your Health

EAGLE LAKE DRUGSTORE

Steve K. Balas, RPh

702 South McCarty • Eagle Lake • 234-2502

•Patient Counseling • We Accept Master Card, VISA, Discover & American Express •Insurance Plans: Blue Cross, NPA, PCS, Pro-Serve, Sanus, PAID, Texas Medicaid

24 Hour Emergency Phone: 234-3834

This Week is Poison Prevention Week

FREE brochure "A Guide to the Prevention of Poisoning" and Mr. Yuck Stickers for Customers... Just come in and ask!

The theme for National Poison Prevention Week is "Children Act Fast - So Do Poisons." The theme is part of a campaign to alert the public to the problem of accidental poisonings among children.

According to the Poison Prevention Week Council, more than half a million children swallow some medicine or household chemical each year. While most recover, at least 30 children die annually in poisoning accidents. When young children are crawling, they can find poisonous products such as drain cleaners under the kitchen sink. As children get older and are able to stand, they may reach for medicines on counter tops or open medicine cabinets.

If chemicals or household products have been swallowed, offer a small amount of water to the child. Then call a hospital emergency room or the local poison control center for advice as to whether or not to make the victim vomit. Keep a one-ounce bottle of ipecac syrup on hand for each child or grandchild in the home.

Poison prevention starts with keeping poisons out of the reach of children. When these products are in use, children should be observed closely. Keep poisonous products in their original containers. Medicines are best stored in a locked cabinet or on a high shelf out of children's reach.

Why wait for your federal income tax refund?

■ receive your refund anticipation loan while a matter of days
■ available whether you prepare your return or not

HAR BLOCK
115 E. MAIN
EAGLE LAKE
OPEN 9 A.M. TO 5 P.M.

MANY OTHER STYLES & SIZES AVAILABLE

FREE DELIVERY

Portable Building Sales

908 N. Mechanic • El Campo • 543-5516

FINANCING AVAILABLE* *With Approved Credit

90 DAYS INTEREST FREE

KOVASOVIC'S East Bernard Meat Center

"Our Quality Speaks for Itself" "Freshest Meat in Town"

Open 8 to 6, Monday-Saturday 409-335-4425

We Accept Food Stamps Sale Good Thurs., March 21st through Sat., March 23rd