

EAGLE LAKE PRIMARY SCHOOL HAPPENINGS



Poison Prevention Program

Mrs. Sharon Evers, pharmacist for the Eagle Lake Community Hospital, presented a Poison Prevention Program to the Pre-Kindergarten and Kindergarten students on March 21 and March 26. Shown at left are the morning Kindergarten students of Mrs. Webb and Mrs. Hoskins' class. The children were given balloons, coloring books and Mr. Yuk stickers.

ELPS Photo

Parents Honor ELPS Staff

Public School Week was highlighted by a luncheon given by parents for the ELPS faculty and staff. Around 30 ladies participated managing all of the classrooms and offices while the staff ate lunch in the gym. Pictured at right are the ladies who served the meal: Sue Weller, Diane Spaniel, Robin Thomas, Silvia Brune, Janie Schwenn, Joy Peroni and Vivian Guerra.

ELPS Photo



Country Peddler Show

Folk Art • Decorating • Apparel
Coming to Katy Great Southwest Equestrian Center April 26-28
Fri. 4-9 • Sat. 9-6 • Sun. 11-4

Panhellenic Association sponsors Rush Roundtable

All area high school senior girls who are planning to attend a four-year college or university, and who are interested in learning more about the sorority system, going through rush, and the Greek life, are cordially invited to attend a Rush Roundtable, sponsored by the Colorado Valley Alumnae Panhellenic Association.

The roundtable will be held on Saturday, April 20 from 11 a.m. to 1 p.m. at the home of Mrs. John Stough, 208 Rolling Hill Drive, in La Grange. A buffet luncheon will be served. Mrs. Dale Martin will be the featured speaker, and local active sorority members will answer questions about going through Rush, as well as model appropriate clothes for rush parties.

Senior girls and their parents are encouraged to attend the Roundtable. For further information, please call Linda Balas, 409-234-3834 in Eagle Lake; Jane Wolters, 409-732-2775 in Columbus; or Linda Smalley, 409-869-8771 in La Grange.



March Terrific Kids

The Terrific Kids of the Eagle Lake Primary School for the month of March are from left in the front row: Robert Ramirez, Johnny Sosa, Javier Lopez, Candance Maxie, Selena Sykowski, Yanitza Montoya; middle row: Tim Fisher, Rhonda Peroni, Gus Seasholtz, Jessica Thomas, Jamie Hutchison; back row: Eric Barros, Doris Lugo, Anthony Salinas, Lonnie Sims, Erica Garcia, John Rucka.

Chosen as Terrific Kids from the afternoon kindergarten classes were Jill Marland (at left) and Angel Torres.

ELPS Photos



Western Day at ELPS

Kindergarten students at the Eagle Lake Primary School became cowboys and cowgirls for a day as a part of their "Texas Unit" of study. Each child was given a ride on a very special horse named Lucille. Lucille is shown being ridden by her owner, Lauren Spaniel, who is a student of Mrs. Appel's morning kindergarten class. Lauren's classmates expressed thanks to Lauren, her dad, Joe Mike Spaniel and to Mr. Harry Corliss for bringing Lucille to the school, as well as the trailer, chaps, spurs, saddle, and other western equipment to provide an outstanding learning experience to a very excited group of 5 and 6 year-olds. Some had never ridden a horse, and for some it was an opportunity to pet a horse for the first time. This is Lucille's third year to visit the Primary School on Western Day.

ELPS Photo

HEB, Mauro invite schools to join 'Challenge'

HEB Grocery Stores and Texas Land Commissioner Garry Mauro are challenging school children to take action on environmental problems.

The "Environmental Challenge" offers \$5,000 in prizes to schools whose students develop projects that address environmental concerns such as recycling, air and water pollution and global warming. The field includes any other environmental or natural science topic and participation

is open to students in grades K-12 in public or private schools.

Applications for the contest must be postmarked by April 26 and be mailed to Jane Velasquez, Texas General Land Office, 4204 Woodcock Drive, Suite 204, San Antonio, 78228-1324. Judging will begin shortly after the application deadline and prizes will be awarded May 13.

HEB and the Land Office conducted the first such contest in the San Antonio area during Earth Day activities in 1990. Due to overwhelming response from students there, HEB decided to expand the contest to all schools in its service area around Texas. For further assistance, contact Velasquez at 512-736-5247.

RCISD offers advanced placement

Rice Consolidated Independent School District provides for advanced placement examinations in language arts, mathematics, social studies and science in grades one through five and courses specified by the commissioner of education in grades six through 12.

Students shall be eligible to take an advanced placement test if they meet the following criteria:
• Score in the top 10 percent on previously administered standardized

achievement, aptitude or subject area tests; and

• Teacher recommendation and prior approval by the building principal.

Requests for advanced placement examinations must be submitted in writing to building principals no later than Friday, May 11.

For more information regarding advanced placement testing and test dates, contact the appropriate campus principal or counselor.

Koenig to speak at Texas German Society annual meeting

Rod Koenig, a partner in the Houston law firm of Fulbright & Jaworski, will be the keynote speaker at the annual meeting of the Texas German Society. The meeting will be held on Saturday, April 20 at St. Joseph Catholic Church in Moulton. Registration will begin at 9 a.m.

Mr. Koenig is a sixth generation German American. He is president of the German Gulf Coast Association, an umbrella organization for German clubs in the greater Houston area. A founding director and incorporator of the Texas German Society, Mr. Koenig is also active in a number of German-related activities, including the Houston Saengerbund and the German Festival of Houston. He is the recipient of the Federal Republic of German Friendship Award.

An honors graduate of the University of Texas School of Law, Mr. Koenig is certified as a specialist in

Estate Planning and Probate Law and is a Fellow of the American College of Trust & Estate Counsel. He is a frequent speaker on estate planning topics and has been published in a number of professional journals and magazines. Mr. Koenig's topic will be "Leave Your German Mark."

Also on the day's program will be Harry Meyer, Mayor of Moulton; W.A. Hobbs, Lavaca County Judge; Doug Kubicek, Lavaca County Historian; and the Windale Singers. Reservations can be made through a local chapter or through the program director Elkor Spies, P.O. Box 265, Hallettsville 77964, phone 512-798-2460. The registration fee of \$5 includes the cost of a catered lunch.

Anyone who is of German descent or interested in promoting the Texas German heritage, culture, and language is invited to attend.

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ELMS announces March 'Students of the Month'

The following students have been selected for the 4th six-weeks of the Month of March:

3rd grade: Barbara Smith, Sharla Wauls, Les Wilkerson and Bill Ihee.

4th grade: Lisa Valigura, Kayse Eubanks, Elui Ruvakaba, Aracely Montiel and Gerardo Serna.

5th grade: Frances Mkwia, Jamestisha Fry, Deah Hutchinson, Kerri McGaughey and Renesha Tibodeaux.

6th grade: Bridget Baird and George Weller.

7th grade: Courtney Parker and Blake Canalis.

8th grade: Christina Rodriguez and Shawn Hurd.

Jennifer Mader honored with bridal shower

Jennifer Mader was honored with a bridal shower on Saturday, April 6, 1991 at the Nada Parish Hall. The hall was decorated in the bride's chosen colors of navy and ivory. Hostesses were the faculty of the Garwood School and other close friends of the bride.

Special guests were Irene Mader, the honoree's mother; Beverly Edings, the bride's godmother; Lucille Bayler, the bride's mother; and the groom's grandmother, Rosie Mark of East Bernard.

The hostesses gave the honoree a Eureka Ultra vacuum cleaner.

Pettis receives Employee Recognition Award

Lester Pettis is the recipient of the Employee of the Quarter Award for nursing at L.B.J. He is a Patient Escort in Operative Services. He has held that position since 1990 when he transferred from Dietary Services. He has been a District employee since 1988.

When asked about his job, he said he liked everything about it and he liked being around patients when they are away from home. "They need someone to talk to. It keeps them from being afraid," he said. Not only does he try and ally their fears of surgery but he makes time to visit them 2-3 days after to check in on them and let them know he hasn't forgotten them. He has a sincere concern for others, patients and co-workers alike. He is a positive man and believes that all employees should have a good attitude, always smile and above all, should leave personal problems at home. He thinks that this is probably why he was nominated for this honor. Though surprised to be acknowledged

for his contribution to the Nursing Department, Mr. Pettis feels that these qualities which his father instilled in him really contribute to the type of employee he has become.

Not resting on his laurels, Mr.

Pettis is due to complete the HCHD Sterile Processing Technician Course next month. He has been spending the last 12 Saturdays in class learning a new profession. His hope is to be placed in Sterile Processing where he can practice his new skills. He would eventually like to be an operating room technician, but no matter what he does he will keep a positive attitude, work hard and continue to try and be the best person he can be.

What kind of teen do you want to raise?

By PEGGY BRADEN, County Extension Agent, Colorado County

One of the most important purposes of the family is to teach children survival skills. This includes physical, social, mental and emotional skills. Therefore, in parenting teens, it is important to look to the future and see what type of skills your child will need to "survive" in our society.

According to the nationally acclaimed parent education program, "Active Parenting", there are three

important qualities each person should possess: courage, responsibility and cooperation. Let's discuss each of these briefly.

Courage is the foundation upon which a teen builds his/her personality. It is the heart of human potential. Noted psychologist Alfred Adler once said that if he could give one gift to a child, it would be courage. If a child were courageous, he reasoned, that child could learn everything else that he needed to learn. Coupled with parental guidance, a child's courage enables the child to try, to fail, and to try again, until he/she masters the challenges that life poses. With too little courage, the child gives up easily, or does not try at all.

A second quality is responsibility. A teen must be given freedom to make decisions, but must also accept the consequences of those decisions. The reality of our society is that teens will be called upon to make thousands of choices, and they will be held re-

sponsible for their choices by experiencing the consequences that follows. They will face choices about drugs, drinking, sex, crime and even suicide. And their parents won't be there to tell them what to do. But if they have been prepared to make responsible decisions, and have instilled in them the courage to stand behind those decisions, then they will be prepared to meet these challenges.

A third quality a teen needs to develop is cooperation. A great deal of emphasis has been placed on competition as the road to success. In reality it has always been those individuals who used teamwork who have moved society forward. Parents should help teens to learn that life, including the family, is neither independent or dependent, but rather an interdependent experience.

For more information on parenting, call Peggy Braden, County Extension Agent-Home Economics, at 732-2530.

Games This Week!

Tuesday, April 16 Rice Baseball vs Brookshire Royal.
Here, 5 & 7:30 p.m.

SPORTS

Hunting, fishing changes recommended by TPWD officials

Texas Parks and Wildlife Department officials recommended reducing the deer bag limit in the East Texas Pineywoods, as well as recommending other hunting and fishing changes during the Texas Parks and Wildlife Commission meeting held on March 28.

A loss of habitat and the second most hunting pressure in the state has caused the white-tailed deer herd in the East Texas Pineywoods to decline, or level off, causing a need for a change in the bag limit, said Gary Spencer, district leader from Jasper. The recommended bag limit is three deer, no more than one buck and no more than two antlerless.

The season, statewide, will remain the same as it's been, beginning the first Saturday in November and closing the first Sunday in January, said Bob Cook, director of wildlife operations.

"We don't have the data to justify moving it back," he said. "We are concerned about the potential disruption of the breeding season caused by the early opening date, but the deer are being bred. It is not an emergency situation. We will get the needed data."

Spencer also recommended eliminating the antlerless deer season in Angelina, Houston, Nacogdoches, Polk, Trinity and Walker counties. The early season needs to be closed because an increase in the antlerless deer harvest no longer is needed.

On the fishing side, the department has recommended reducing the bag limit for fishing guides to one game fish per day. The recommendation has come about over the concern of a section in the Parks and Wildlife Code which states, "...it is illegal to sell, barter or exchange certain game fish taken from public water."

Although fishing guides are not selling fish per se, the fish they catch while guiding clients usually are given to the clients, said Phil Dutrocher, director of management in the inland fisheries branch. This exchange may be construed as a part of the service the guide is providing and may be interpreted as a violation of this rule.

Guides will only be allowed one game fish per day, not one fish of each game species, he said. The one fish bag limit is to allow a guide to retain a possible state record fish. The bag limit is in effect only when the guide is working for a client, not when he's on

his own time.

The department also proposed reducing the minimum size limit for spotted and guadalupe bass from 14 to 12 inches and removing the 10-inch minimum length for yellow bass.

The public will be able to comment on the proposed changes during a series of public hearings to be announced in April. Final regulations will be voted on at the May 23 commission meeting and, if passed, will become effective September 1.

Other proposed changes include:
• Removing the 10-inch minimum length limit on crappie at Lake Fork and Lake O' the Pines from December to February of each year to reduce the mortality of crappie caught from extremely deep water. The rule requires fishermen to keep the first 25 crappie caught, regardless of size.

• An 18-inch minimum length limit on black bass at Cooper Lake in Delta and Hopkins counties, scheduled to open in September; a 14- to 18-inch slot limit on black bass at Pinkston and Waxahachie lakes; and a 14- to 21-inch slot limit on black bass at Mill Creek Reservoir.

• An experimental 14-inch minimum length limit and 10-fish daily

bag limit on channel and blue catfish on six reservoirs — Canyon, Comor, Lewisville, Meredith, Palestine and Whitney. Catfish are the second most popular sportfish in Texas and the current regulations, nine-inch minimum length and 25 daily bag, do little to address the potential for over harvest, which may already be occurring in some places.

• Reinstating the use of 60-foot minnow seines in fresh water.

• Establishing a 12-inch maximum size limit for mullet.

• Providing new size and bag limits, expected to be similar to those in place in the federal Exclusive Economic Zone, for greater amberjack, cobia, jewfish and lane, vermillion and red snapper.

• Standardized deer regulations in Houston County — three deer bag, no more than one buck and two antlerless deer, antlerless by permit only throughout the county.

• Reducing the deer bag in Henderson County to the same as recommended for Houston County (above).

• Continuing the experimental "doe-days" regulation for two more years as initially proposed in 14 Post Oak Savannah counties.

Rice completes golf season

The Rice High School Raiders completed their golf season Monday with second-round play at Stephen F. Austin Golf Course. In team play, Bellville captured the District Championship with a 36-hole score of 693 followed in second place by Columbus with a score of 702. Both teams will advance to regional play to represent District 20-AAA. La Grange placed third with a score of 716.

In medalist play: Keith Hernandez of La Grange placed first with a 36-

hole score of 157; followed by Chris Nolen of Bellville, second with 158, and John Amour of Columbus, third with 162. The three Rice competitors in medalist play were Todd Mascheck with a score of 191, Shane Glaiser with 199, and Matthew McGaughey with 240.

We encourage all boys enrolled or about to be enrolled at Rice High School with an interest in golf to pursue that interest between now and next February. At that time, grades permitting, we invite you to join the Rice Raider Golf Program to represent the school while you continue the improvement of your own golf skills. Until then, keep on course.

Foot Facts

By Dr. Eric R. Tepper, Podiatrist

BIOMECHANICS AND YOU

Biomechanics is a fairly new medical specialty which studies the way the human body moves. Studies have been done on a wide range of subjects to determine what is normal and what is abnormal movement. If your feet move too much, they hurt. If your feet are trying to support your weight off balance, that will put stress on it and it will hurt. To prevent these kinds of foot pain, podiatrists use orthotic inserts to hold the foot in a proper position. Orthotics come in several kinds. A high-tensile-strength plastic insert is often used by athletes and children to prevent excessive motion due to overflexibility. A cork and leather orthotic can be custom fitted to absorb shock and gently reposition an off-balance or improperly aligned foot. The third kind commonly used is a padded innersole, used to cushion a foot which has lost its fat pad.

Of course, flexibility exercises, started gently and slowly increasing, can maximize your range of movement. Please call our 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. As a family practice, I offer comprehensive diagnosis and treatment of foot problems, as well as preventative foot care directions.

P.S. Diabetes and arthritis sufferers often use the padded innersole to relieve friction.

Golf Report

The Tee Up Pro Shop held an 18-hole scramble on Sunday, April 7th. A total of 40 golfers participated.

The results of the fun tournament are as follows:
First place: Brent Barrett, Wayne Moses, Lin Cayton, Guy Humphrey, David Guthman.

Second place: Glen Sunderman, Stephanie Sunderman, Butch Broesch, Pat Cook, Lynn Racka.

Third place: Pinto Broesche, Jack Hogemeyer, Debbie Jones, Dwight Hadley, Anita Kubek.

Fourth place: Bob Ashby, Jerry Smith, Aggie Smith, Bryant Salyer, Kenneth Schatz.

Wildlife, habitat management seminar in Columbus April 13

The Texas Parks and Wildlife Department and the Texas Sportsman Association will co-sponsor a wildlife and habitat management seminar, scheduled for April 13 in Columbus. Department biologists and range specialists and biologists from the Soil Conservation Service will address many of the problems facing wildlife in the area, including fire ants and their effect on quail; managing wildlife and livestock; forming landowner coop-

eratives and their benefit; supplemental food plots; and fire as a management tool.

The seminar is scheduled for 9 a.m. at the Knights of Columbus Hall in Columbus for landowners and sportsmen who are interested in improving wildlife habitat on their land or hunting lease. Admission is free.

For more information, contact Bob Carroll at 409-968-6591.

Earth Day events scheduled for weekends in April

Earth Day activities are planned in 90 state parks for weekends in April, especially the weekend of April 20-21. Please contact the park manager at a park in your area for specific, local information.

The two parks in our area that have planned activities are Monument Hill/Kreische Brewery located in La Grange and Stephen F. Austin in San Felipe. The activities scheduled in La Grange are on April 21 from 1:30 p.m. to 5 p.m. and the activities in San Felipe are scheduled for April 19 and 20.

For more information on planned activities call La Grange, 409-968-5658 or San Felipe, 409-885-3613.

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Obesity: Four Different Approaches

According to recent estimates, between 40 and 50 percent of adults living in North America are overweight due to excess body fat (obesity). Obesity can produce a variety of physical and emotional problems. For example, the obese tend to have more high blood pressure, heart disease, goit, diabetes, and gallbladder disease than do persons whose weight is in the normal range.

Effective weight control requires a life-long commitment in order to prevent regaining weight that has been lost. Experts generally recognize four different approaches to weight loss.

Restriction of calories: Calorie restricted diets reduce daily calorie and fat consumption.

Exercise: Brisk "walking" 3 to 4 miles a day can produce as much as one-half pound of weight loss per week.

Behavior modification: Behaviors are relearned or modified so that fewer calories are consumed and/or there is more daily activity or exercise.

Drug therapy: The main value of certain drugs in weight control is the reduction in appetite. The best approach is to combine drug therapy with exercise, calorie restriction, and behavior modification.

MONEY MAKER.

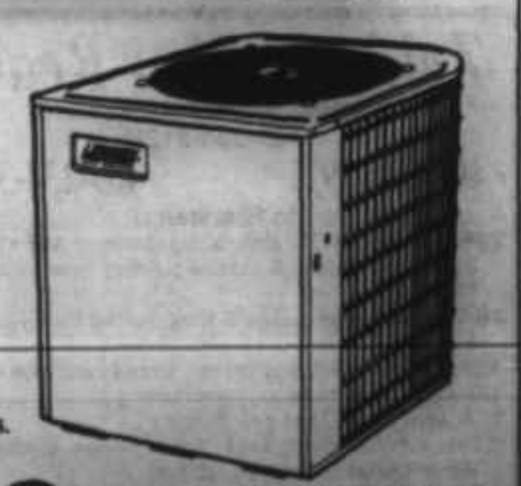
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