

1993 Garwood Rice Festival declared success

Even though the crowds were down in numbers, the Garwood Rice Festival on Saturday, Sept. 25, was deemed a success. A cool breeze kept the temperature down in spite of it being a very warm September.

Festival activities actually began Friday evening with an outdoor party for all the workers. Randy Waligura, Delmar Krenk and friends served up a pot of crawfish etoufee. Everyone relaxed and planned the final attack for Saturday.

The rice dish contest judging began the day's events at 10 a.m. Bea Bitter chaired the contest, sponsored by the Nada-Garwood Extension Homemakers. Judges had a tough decision with 22 tempting entries. Judging the contest were Carolyn Berger, Charlene Gold, Darlene Hayek, Gracie Priesmeyer, Rainey Schmidt and Linda Smith.

The most attractive dish award went to Velma Engstrom.

Rice Dish winners were: Main Dish, first place, Nancy Christensen for Italian Rice Bake; second was JoAnn Swoboda for Chicken Rice Soup; and third was Rosemary Wied for Mexican Rice Casserole.

Side Dish, first, Monica Staff, Corn Rice Casserole; second, Lajuan Braden, Harvest Rice Salad; third, Margaret Ortiz, Spanish Rice.

Dessert, first, Velma Engstrom, Caramel Pie; second, Monica Staff, pineapple dessert; third, Ella Buzek, Bran Nut Bread.

Other popular cooking events were the chili, barbecue and bean cookoffs, chaired by Delmar Krenk

and Gay Stephens. Smoke and flavorings wafted through the air all day as the chefs prepared for the 5:30 p.m. judging.

Winning first in the Caci Chili division was J.J. Jozwiak of Chappell Hill; second was Keith Green of Houston; and third was Cecil Schmidt of League City. Chili Showmanship went to Keith Green's Backyard Oldtime BBQ with Jessie Marlar's Spiced City Podners of Houston taking second and Frank Popp of Popp's Delight in Garwood placing third.

First place in local chili was J.J. Jozwiak of Brenham; second place, Gene Jones of Eagle Lake; and third place, BYOB, Keith Green of Houston.

The barbecue cookoff beef top prize was won by BYOB I, Keith Green; second place by BYOB II, Keith Green; and third, Crazy Cooker, Joe Till of Weimar. Chicken barbecue winners were BYOB in first; Nuts and Bolts, Oscar Teich of Sheridan, second; and Weekend Cookers, John Seifert of Garwood, third.

The showmanship trophy was won by the BS Cookers, Jim Burger of Richmond.

Winning bean cookers were Don Seifert of Houston, first; Ginger Steehler of Sheridan, second; and Dorothy Jones of Eagle Lake, third.

The washer pitch chaired by James Moore, was held behind the post office. First place was won by David Little and J.P. Krenk, second by James Moore and Curtis Cecik, and third by David Evers and Tim Ludecke.

Behind the library, the winning horseshoe pitchers were stirring up dust under the eye of chairman J.P. Krenk. Winners were Jacque Sevcik and Mary Lou Spalek, first; David Evers and James Moore, second; and Rudy Drlak and Todd Nelson, third.

The volleyball teams filled the open lot behind the Methodist Church. The contest was sponsored by Coors Beer and chaired by Vivian Spanihel. Winning the A tournament first place was Mixed Company made up of Paul Weiss, Todd Weiss, Connie Donchetz, Carolyn Zack, Sandra Hanzik and Scott Mazoch. Second place team was 6-Inch Buildup; Alyson Gentry, Cindy Flughaupt, Matt Sodolag, Betty Supak, Billy Storz and Danny Steck.

B tournament winners were Turle Wax in first with members Amy and Anthony Drlak, Jeanne Crane,

Gerald Wiggington and Perry Mazoch; and We Just Gonna Play in second, with members Alford Kulhonen, Tracey Neisohn, Falcia Supak, Brenda Mueller, Bill Marquez, Jeff Ligues and Lindell Taylor.

Chow Chip Bingo, chaired by Diane and Larry Smidovec, was an easy and interesting way to win big bucks. Carol Embesi, and Kim Gold each won \$100 and L-Bar-D won \$250.

Children's games were planned by Susan Engstrom. The winners in the tractor pull contest for three-four year olds were: Jacob Engstrom, son of Truman and Lanelle Engstrom, first; Holly Kent, daughter of Donna and Allen Kent, second; Ross Lobpries, son of Becky and Greg Lobpries, third.

The winners of the five-six category were: first, Dane Krenk, son of Delmar Krenk; second, Layton Gold, son of Ed and Kim Gold; and third, Hunter Smith, son of Madison and Charlotte Smith. The children kept the Ferris wheel going until dark.

The country store was a favorite stop. Kim Gold, chairman, reported a great success thanks to all the donated homemade items, baked goods, canned foods and breads.

Betsy Miller was in charge of the information booth which helped everyone find what they wanted.

There was a guest registration book and those who registered were entered in a drawing for a basket of rice and recipes. The winner of the basket was Tiffany Wilkerson of Eagle Lake.

Shirley Hunt, Betsy Miller and Danette Huvor also assembled scrapbooks showing the history of Garwood in pictures and clippings for display at the booth. They are still looking for additional material for the scrapbook. If anyone has something to donate contact Shirley Hunt at 758-3486.

Betsy Miller and Mabel Beard put together four baskets of goodies for the ticket drawing. These baskets were won by Linda Smith of Richmond, Jean Meisner of Nada, Bill Wilson of Garwood and Carolyn Berger of Richmond.

Patsy Weishuhn chaired the committee for the silent auction. This booth generated lots of interest on the 25 items laid out for bidding. The bidding ended at 5 p.m. with each item going to the highest bidder.

KULM Radio of Columbus pro-

vided live broadcasting with music and interviews during the afternoon. The Blues Boys of Weimar and Bill Raley entertained at the shady biergarten. Frank Popp, Mark Wied and Del Labay devoted their day to the smooth running of the biergarten.

At the awards presentation for the cookoff winners, announcer Parke Christensen gave special recognition to President Gay Ann Stephens and Vice President Betsy Miller who made the event a reality. They were each given a red rose and cash in excess of \$50 for dinner out at a favorite restaurant as thanks from the Garwood Community Association.

A cool evening added to the enjoyment of the street dance. A large crowd enjoyed dancing to the Houston Country band until 12:30 a.m.

David Little, Lion's Club president conducted the club's annual drawing at the dance.

Winners were: \$1,000 vacation, Sonya Saul of Columbus; \$500 vacation, Donald Bens of El Campo; half a calf processed, Clarence Hoelscher of Nada; \$100 gift certificate, Thomas Kalline of El Campo; \$100 vacation, Helen Wilson, Eagle Lake; \$100 savings bond, Lawrence Stallman of Garwood; binoculars, W.T. Lange, Eagle Lake; western belt, Helen Wilson; and \$25 gift certificate, Boyd Rees of Garwood.

Everyone in the community pitched in to make this a successful festival. Community service workers and jail trustees cleaned streets and trimmed trees. Projects completed in the past year with proceeds from previous festivals include painting the community building and putting a new roof on it. Betsy Miller and Gay Ann Stephens were seen on ladders scrubbing off rust to prepare for the painting.



Chamber ready for hunting, planning Wildflower Celebration

By Linda Lipperdt, Chamber Secretary

In Autumn, thoughts of hunters turn to geese and ducks. The Eagle Lake Chamber of Commerce has mailed out over 90 hunting information packages in response to requests over the last two months. If anyone would like some of the new hunting brochures for your business, please pick them up at the chamber office, 408 E. Main St. in the Prairie Edge Museum building.

This is a good time for downtown businesses to brighten their flower pots with fall flowers. It is important to show visitors to Eagle Lake how proud we are of our city.

Some exciting events are coming up. The Stephen F. Austin 200th Birthday celebration is Nov. 6-7 in

San Felipe. In conjunction with S.F. Austin's bicentennial, there are activities scheduled all over the state.

Eagle Lake will be hosting a booth at the San Felipe celebration. Brochures from Eagle Lake businesses will be offered at the booth. Bring your brochures to the chamber office to have them distributed there.

Leslie Center will be representing our city in the Miss Austin Colony pageant at the festival. And the chamber's float will be in their parade with Miss Eagle Lake, Kristy Gertson; Little Miss Eagle Lake, Jenna Cook; and Little Mr. Eagle Lake, Cory Janow.

The Wildflower Celebration is planned for April 8-17, 1994. The

committee has a lot of great ideas for our city. A lot of work will be needed by a lot of people to make it a success. Everyone in the community is needed to come help. You are all urged to attend the planning meetings at the museum.

Right now the Wildflower Celebration committee needs monetary donations to buy seeds and cover planting costs. You may make your contribution checks to the Wildflower Beautification Project, in care of First National Bank. Contact Becky Anderson, Doug Schwenn or Helen Craig for additional information about the wildflower planting project.

Alamo Challenge Bike Trek, sponsored by the American Lung Association came through Eagle Lake Oct. 3. The chamber sponsored a breakfast at the city recreation center. Refreshments were served to the bikers at the tennis courts. Helping with the stop were Becky and Mark Anderson, Gail Shavers, Ruby Morris, Liz Waddell, Beth and Linda Lipperdt. Police Officer Jeff Argo directed traffic to help the bike riders through the city.

A Veteran's Day dinner is again planned by the chamber for Nov. 11. Last year's event included a great dinner, flag ceremony, patriotic music and special honor to those who have served our country. Tickets for this year's dinner and entertainment will be available at the chamber office. Gifts of distinction, first Heights Bank and from chamber directors.

For information on any chamber of commerce activities, contact the office at 234-2780.



Lions Club carnival

A new attraction at this year's Lions Club carnival was a moon walk (pictured above) which was thoroughly enjoyed by the youngsters who attended. According to Lion Major Bengt, the local club plans to purchase one to add to their amusements.

Below, the ever-popular cake walk was again a part of the carnival. While Lion Dexter Anderson brings in another confection, Lion John Adkins (at left with his back turned) presents Melanie Marsalia with the cake she just selected and Lion Mark Anderson (in striped shirt at right with back turned) collects from participants.

Headlight Photos by Jeannine Fearling



County has health advisory council

A dedicated group of people have been meeting since last March as part of the Colorado County Health Advisory Council. Dr. Richard Proctor, Region 6 Director of Public Health, requested that Judge H.O. Strunk appoint the council to help area communities plan their own health care. Colorado County is part of Region 6.

The goal of the council is to protect and promote the physical, mental and emotional health of county residents. Council members, from Columbus, are Bill Youens, chairman; Bernice Richter, RN, secretary; Dr. Kirk Anderson, Bill Hartley, Dinah Janak, Jeanette Knigge, Connie Schobal, Robert Thomas, Yvonne Wagner, Martin Williams, Rev. Jesse Euresi and Strunk. Eagle Lake members are Lois Goodwin, P.A., Joyce Stancik, Dr. Russell Thomas and Sharon Webb, RN. From Weimar are Randy Bucas, Dr. Leo Gordon, Case Hollub and Mike Roland. Claudia Wicks is from Garwood and Dr. Edmund Strauss, the Region 6 community programs coordinator with the Texas Dept. of Health, helps direct the council.

ELCH has certified mammography technician

The Eagle Lake Community Hospital now has a certified technician for mammography. Mary Ann Owen, radiology department director, has received her specialized certification in this training.

"It was part of my personal commitment to the hospital, the community and my professional development to achieve certification as a mammography technologist from the American College of Radiology," Owen said.

The certification required long hours of study culminating in a written exam. Although she had been trained in mammography as part of her radiology technology training and had been performing mammography exams throughout her career, Owen decided that a higher standard was important to her and to the hospital.

Last year, ELCH acquired a new



Mary Ann Owen

mammography system with the help of the Pink Ladies. Dr. Preston Copeland, radiologist at the hospital, believes that the new system and well trained staff will be able to provide excellent breast cancer detection serv-

ice to the community.

"Mary Ann is a superb employee who is never satisfied with the status quo. She works hard to please the physicians and patients," Administrator Jim Buckner said. Owen was elected president of the Hospital Employee Trust Fund, an independent volunteer organization of employees to raise funds for hospital projects.

Buckner continued, "Mary Ann possesses that extra special quality. Call it kindness, caring or concern if you wish, she genuinely gives well beyond her required duties to serve everyone the best she can."

Owen is available to discuss breast cancer detection and the mammography system with any individual or group.

She can be reached at the hospital for information.

HERITAGE HOUSE NEWS

By Patricia A. Bubela, Activity Director

Mrs. Erna Cloot received a delicious cake from the cliff Everitts. She shared her goodies with the staff and other residents. Erna extended her thanks to the Everitts for the cake.

Residents celebrating October birthdays are Rose Williams on Oct. 14 and Annie Brune on the 15th. Employees celebrating birthdays this month include Annette Huffman on the 14th and Martha Ruiz on Oct. 28th. Happy Birthday to these wonderful people.

Catholic Holy Communion was served to residents last Friday by Carolyn Noska. We appreciate Carolyn and Our Lady of Perpetual Help Catholic Church for thinking of our Catholic residents.

Peace Lutheran Church members visited us Sunday afternoon. The residents attended the worship service in the spacious dining area of our facility.

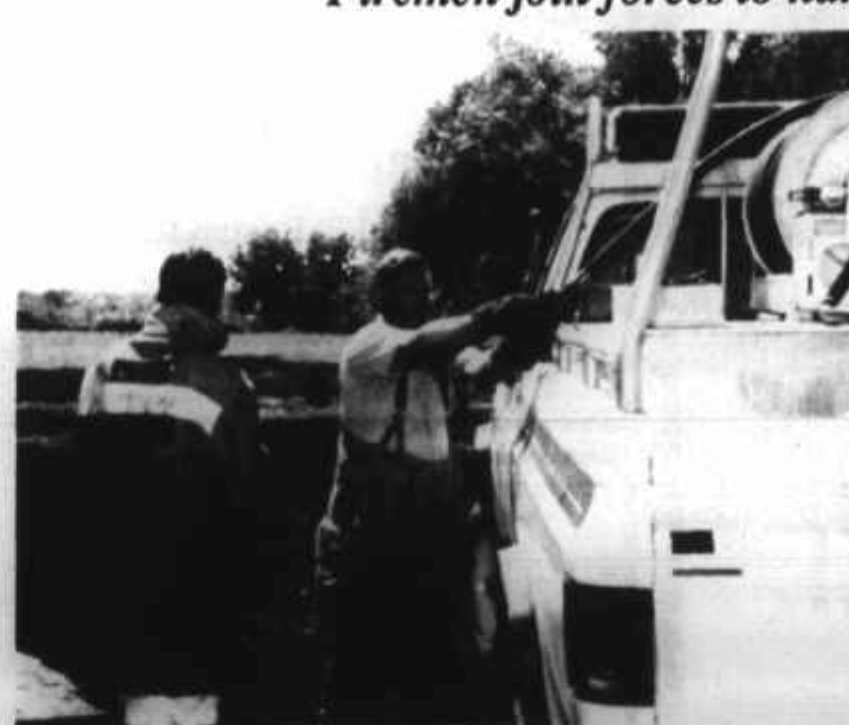
Heritage House is ready for Halloween! Our facility is spookily deco-

rated for Trick-or-Treaters. We are making plans for a Horror House on Halloween night, so make your plans to bring your children out for treats and a good "scare" or two.

Help! Our fish aquarium is in need of more fish. If you are tired of cleaning your fish tank at home and would like to donate tropical or goldfish to the Heritage House aquarium, we will gladly accept them. The fish will be well taken care of and our residents will be thrilled with new pets.



Firemen join forces to halt blaze



Firefighters worked to contain the fire near Chesterville that threatened the Walter Meitzen home.

A trash fire got out of control, burning grass and some buildings on the property before firemen were able to stop it.

Firefighters from Eagle Lake, East Bernard and Hungerford worked to contain the blaze at the Wharton County line.

In photo at left, Eagle Lake Assistant Fire Chief Gary Guiser and an unknown fireman who had borrowed Gary's jacket clean up after helping stop the fire.

It was contained before reaching the house although several out-buildings were burned.

Photos Courtesy of Jay Anderson

Rice leadership program applicants wanted

Applications for the 1994 Rice Leadership Development Program are available from the USA Rice Council. Men and women with leadership experience and a desire to serve the rice industry are encouraged to apply, said Curtis Leonhardt, Rice Council vice president for member programs.

Five rice producers and one industry related individual are selected each year by a committee of rice and agribusiness leaders. The five participants attend four one-week sessions that encompass studies of all aspects of the rice industry.

The program is sponsored by DuPont through a grant to the Rice Foundation. It covers all expenses of travel, meals and lodging so participants are only obliged to bring commitment, time and a desire to learn, noted Leonhardt.

Applications must be postmarked no later than Nov. 30. Previous appli-

cants who were not selected for the program are encouraged to reapply. Final selection will be announced in Jan. 1994. For application information,

contact the Rice Leadership Program Committee, P.O. Box 740123, Houston, TX 77274 or call 1-800-888-RICE.

THE NURTURING PROGRAM

Build a positive and healthy family!

Learn family skills for communication, positive discipline, and feeling good about me!

In Eagle Lake: For parents and children ages 4-17
Dates: October 19 & 26
November 2, 9, 16 & 23
Where: First Baptist Church
527 N. Lake, Eagle Lake, Texas

Nursery provided for children under 4.

Transportation also provided.

CLASSES ARE FREE

To Register Call:

732-8721 or 1-800-256-7321

Before Friday, October 15th

Sponsored by Colorado County Youth and Family Services.

Funded by a grant from the Texas Department of Protective and Regulatory Services.

Can we tempt you with these items?



This beautiful ivory afghan was hand knitted by Catherine Clipson in an Arran Isle design and donated for the Study Club to auction in its annual benefit. It is of washable acrylic yarn.



Denise and Ron Janow of Austin's Barbecue Hut are donating this whole boneless buffet ham for the Eagle Lake Study Club to be auctioned off at the Community Center.



Betty Wilcox models the Thanksgiving turkey apron she made for the Study Club Auction. She also donated The Best of Food and Wine Cookbook and the Christmas candle at right, hand-carved in Holland, Mich.



Dr. Raymond Thomas practices his culinary arts in preparation for his donation to the Eagle Lake Study Club's annual auction. Dr. and Mrs. Raymond Thomas and Dr. and Mrs. Russell Thomas are donating a gourmet dinner for eight to be auctioned off Oct. 23.



Dr. John Myres, DDS, shows off his work with patient Kristina Gosnel at his office on South McCarty in Eagle Lake. Dr. Myres has donated a dental examination, x-rays and teeth cleaning to be auctioned at the Study Club event Oct. 23.



Liz Waddell admires the "Robins" from the Gorman Gallery of Birds collection. Gifts of Distinction has donated this collector's piece to be auctioned Oct. 23 by the Study Club to benefit the library.

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Eating Disorders: New Treatment Guidelines

Anorexia nervosa (refusing to eat) and bulimia nervosa (binge eating and self-induced vomiting) are common eating disorders with 90 to 95 percent of all cases occurring among women. One or both disorders most often are seen in adolescent and young adult women in white upper-middle income and upper income groups. Some health experts see anorexia and bulimia as one form of rebellion used by some young women against their parents. It is suggested that such eating behaviors also may be an attempt to retreat from sexual maturity. The refusal to eat becomes a way for the young woman to retain her preadolescent body shape. Other factors may be involved. The American Psychiatric Association has issued guidelines for physicians involved in the treatment of these eating disorders. Treatment guidelines include:

- **Nutrition, education and family support:** Family members usually should be involved in planning sessions and treatment.
- **Psychotherapy:** Therapy may be needed for at least a year and should be tailored to the style and complexity of the individual.
- **Medications:** Prescription antidepressant medicines may be especially helpful for bulimia, those not responding to psychotherapy, and persons with significant depression, anxiety, or obsession.

Watch for The Headlight Annual Hunting Guide

Coming October 28th

Don't Miss Out!

If you wish to be included in this year's edition and have not been contacted, please call our office at 409-234-5521 for details.

Call Today!