

**THE EAGLE LAKE HEADLIGHT**

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**Produced By:**  
Jeannine Fearing • Susie Jackson  
Jamie Reeves  
Shirley Lueddecke • Betty Drymala  
Janet Dupré, Sheridan

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## To The Editor & You

### Legion delivers toys to 116 children

**To the Editor:**  
Members of the W. Cherry-M. Perry Post 108 of American Legion and children throughout the Eagle Lake area extend their sincere thanks to everyone who donated toys or cash for the purchase of toys during the pre-Christmas project.

Toys and candy were delivered by Legionnaires to 116 children in 42 families in Eagle Lake and to 23 children in 10 families in Garwood, Sheridan, Rock Island and Altair prior to the arrival of Santa.

Your cooperation helped make many children in less fortunate families very happy at Christmastime. Thank you one and all.

We also thank the Legionnaires and their wives who helped in packing and delivering toys; and the merchants who helped collect toys, namely Wilcox Minimex, Struss Auto Supply and Laker Printing.

**Fred R. Frnka, Commander**  
American Legion Post 108

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## Poll in Austin says Hutchison can get fair trial

Witnesses testified and a poll was presented last week in state District Court to support the prosecution contention that Republican U.S. Sen. Kay Bailey Hutchison can indeed get a fair trial in Austin.

Defense attorneys earlier filed a motion that the trial be moved away from Travis County because "prejudicial" publicity and an "unfavorable political climate" make it difficult to empanel a fair and impartial jury.

Judge John F. Onion Jr. is expected to rule next week on the defense's request for a change of venue.

Austin pollster and political consultant Jeff Smith testified that 67% of registered voters surveyed recently said they had not formed an impression about Hutchison's guilt or innocence. The poll, which cost \$5,000, was commissioned by the Travis County District Attorney's office.

Austin Mayor Bruce Todd was among more than 20 witnesses including community leaders and activists, editors, reporters and talk show hosts to dispute claims by the defense that Hutchison could not get a fair trial in the capital city. Todd said Austinites have not prejudged the senator.

Dick DeGuerin, Hutchison's attorney, criticized prosecutors for spending the money for the poll, but Travis County First Assistant District Attorney Steve McCleery defended the expenditure, saying that moving the trial would cost far more.

Hutchison is charged with four felony counts and a misdemeanor of missing state employees while she was state treasurer and destroying government records and evidence.

**Sincerely**  
Jeffrey L. Gubbes, M.D.  
Chairman Ob-Gyn Dept.,  
South Texas Medical  
Clinics, P.A.

**Former Eagle Lake resident** Vic Valdez, who now lives in Houston, is spending the holidays traveling the Yucatan Peninsula, exploring Mayan ruins at Uxmal and Chichen Itza and taking in the beaches along the Mexican Caribbean.

A 65th birthday party honored Betty Swanner of Eagle Lake recently. Her children and grandchildren, brothers and sisters all gave the party for her. There were over 200 guests at the Community Center to help celebrate the occasion including guests from Galveston, Houston, La Marque, Katy, Oakland, Calif., and O'Fallon, Mo.

•ARA Grocery has a new phone number if you have tried to call them this week. The number for the store is now 234-5910, says owner Mike Mithana.

•To Vic and Cherry Corman, a happy 30th wedding anniversary Tuesday, Dec. 28th. That's a long time to live with one person, Cherry.



**About Town...**

**Letters to Editor Policy**

The Eagle Lake Headlight will accept reasonable length letters for publication in the Letters to the Editor column under the following guidelines:

1. Letters should not be more than 1,500 characters.
2. All letters must include the writer's name printed as well as the writer's signature, and include the writer's address and home and work telephone numbers. The Headlight must be able to reach the writer in person before the letter can be published.
3. The writer may request their name be withheld from publication, but the information mentioned in Paragraph No. 2 must be included for our files.
4. Letters about political activity will be published but those which mention candidates will be considered advertising and charged at the regular advertising rate.
5. Letters from political candidates espousing a political view, will be considered for publication but the writer's name will not be printed unless the writer pays the regular advertising rate.
6. The newspaper reserves the right to apply fairness standards in withholding any letter from publication, and to edit letters for libel protection.

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According to a recent report in *Annals of Internal Medicine*, more than 18,000 heart attack survivors given beta blocker medicines such as propranolol, metoprolol, and timolol have been studied. Medicine was started 5 to 21 days after the attack. Studies vary as to the length of time beta blockers were given. The *American Hospital Formulary* indicates that up to 39 months of therapy reduced deaths related to heart disease and arteriosclerosis. The article in *Annals of Internal Medicine* reports that maximum protection is provided during the first 12 months of therapy. Only victims with the greatest risk of death from another heart attack benefited beyond 12 months.

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## Wilkersons receive distinction of December Yard of the Month

The Christmas spirit was well displayed by the December choice for Yard of the Month. The Eagle Lake Civic Garden Club has chosen the home of Howard and Gretchen Wilkerson at 107 E. Waverly St. for the December honor. The two children, Tiffany and Kacey.

For their hard work and beautiful display the Garden Club presented the Wilkersons with a potted poinsettia. Their yard has a wide array of Christmas scenery for both daylight and evening viewing. Howard was the master of this artwork. In the center of the front yard are two large angels and a church scene cut out of wood which are well lighted.

Along the sidewalk leading to the front door are reindeer, of dark brown stained wood with red bows at their necks, made by Howard. The walk is also lined with red lights to delight the viewer at night. Christmas balls hang from the trees.

At the right side of the house is a beautifully lighted star about six feet in diameter. And a lighted wreath adorns a front window. A framework of white lights runs along the hedge across the left front of the house.

The overall effect will bring smiles of Christmas pleasure to every viewer. This along with many other decorated and lighted houses around town has brightened the holidays.



**December yard bright with Christmas spirit**  
For their hard work and beautiful display the Howard Wilkersons receive a potted poinsettia from Penny Henske with the Eagle Lake Civic Garden Club as the selection for the December Yard of the Month.  
Headlight Photo by Susie Jackson

## Heritage House News

By Patricia Bubela, Activity Director

Heritage House celebrated Christmas Thursday with a special Bingo call by Bob Chapman. Residents loved the royal treatment they always receive from Bob as well as the prizes. Thanks to Bob for calling Bingo and for the wonderful humor he brought our residents for Christmas.

A note of thanks to Heritage House employees Rowena Earls and Rachel for having exercise, hot chocolate, sewing and a movie for residents' enjoyment Thursday.

Residents received lovely gifts of several handmade afghans from Gulf Meadows Baptist Church in Houston. The coverlets will be put to good use and are greatly appreciated.

It was ho-ho-ho time Thursday evening when a special visit was paid to all the residents by Bob Chapman and Jean Cranford. Each one received delicious gifts of fruit thanks to Bob and to Bob Wilcox. We thank you for donating the fruit and to Jean for assisting with giving out the gifts.

Each resident of Heritage House got a beautiful Christmas card from Betty Hoover. Thank you for your thoughtfulness. We all enjoyed reading the Christmas greetings. We all appreciated the ones who have given poinsettias, food and good cheer to the residents and staff. We thank all of you for making our Christmas extra special this year.

We all wish every one of you in the community a Happy New Year. May you each be blessed with good health, happiness and prosperity throughout 1994.

## Shorter speaks at FFA national convention

Texas FFA members were among the 29,000 members, advisors and guests who attended the National FFA Convention in Kansas City, Nov. 11-13. Texas had 53 delegates there.

Curtis Childers of Glen Rose was elected the national FFA president. He is Texas FFA immediate past president.

Addresses at the convention featured U.S. Secretary of Agriculture Mike Espy, Senator Larry Craig of Idaho, former FFA national secretary Coby Shorter, Miss America Kimberly Alken, cowboy poet Baxter Black and others.

Neely Young of Katy won the national extemporaneous speaking contest. Carrie Carmen of Prosper FFA was a finalist in the agriscience student recognition program. Texas judging teams also placed at national including FFAs from Manor, Pleasanton, Fredericksburg, and Valley.

Honorary FFA degrees were bestowed on teachers Scotty Windham of Abilene, Gary Voss of Katy and John Dawley of Groesbeck.

## Bible verse of the week

*As I live, saith the Lord, every knee shall bow to me, and every tongue shall confess to God. So then every one of us shall give account of himself to God.*  
—Romans 14:11-12  
Contributed by Neddy Phillips

## LCRA customers get Christmas present

Central Texas utilities that purchase wholesale electricity from the Lower Colorado River Authority received a Christmas present this year. Lower fuel rates took effect Dec. 25. The Public Utility Commission of Texas approved LCRA's new fuel charge of 1.41¢ per kilowatt hour. The lower rate should last until early 1995.

The drop in fuel charge means the 33 cities and 11 electric cooperatives that purchase electricity from LCRA will pay about \$2 million annually in fuel charges to purchase coal, natural gas and fuel oil to run the utility's three power plants.

In addition to the fuel charge, wholesale customers pay a base rate to cover operational costs. LCRA has pledged not to raise its base electric rate before the year 2000.

**Head Start offers meals**

Cen-Tex Family Services Inc., which administers the Head Start program in Colorado County as well as those in Fayette, Bastrop and Lee counties, offers a program of meals served to persons who are eligible to participate in the child and adult care food program.

These meals are at no separate charge and they do not discriminate. Each Head Start office has a copy of the policy concerning nondiscrimination.

Anyone having questions concerning the program or discrimination program may contact the office in Smithville or Director, Civil Rights Division, MC E-609, Texas Department of Human Services at P.O. Box 149030, Austin, TX 78714-9030.

## Keep that resolution to exercise

Making a New Year's resolution to exercise may sound like a broken record to many but you don't really have to undergo strenuous routines to succeed.

According to a dietitian with the Texas Agricultural Extension Service, the first thing people need to do is think in terms of physical activity rather than exercise. Dr. Mary Kinney Bielamowicz, professor and registered dietitian, notes that too many people see exercise as the mandatory 60 minute routine three times a week. Or they feel they must do a set of exercises for 30 minutes a day.

The Centers for Disease Control and the American College of Sports Medicine suggest, in a report, these erroneous perceptions have helped prompt an epidemic of inactivity even though health benefits result from a variety of physical activities.

Health officials encourage a moderate approach to exercise. They suggest simply getting out and moving around more. Make physical activity part of the daily routine.

For example, many people think they don't have time to exercise but they can manage to exercise 10 minutes just by getting up a little earlier or incorporating the few minutes into their lunch hour. Allowing 10 minute intervals of physical activity throughout the day can add up to that 30 minute workout.

Healthful physical activity can include a whole range of pursuits notes the dietitian, such as gardening, manual labor, farming, household chores and fun hobbies like dancing, swimming, biking and hiking.

She said their research shows an increase in physical activity reduces the risk of several illnesses including heart disease, high blood pressure, non-insulin diabetes, breast and colon cancer, osteoporosis and mental health problems.

Bielamowicz suggests some ways to get started being more active:

- Start gradually by adding a few minutes of increased activity each day, building up to a total of about 30 minutes daily.
- Walk to the house of a friend a few blocks away rather than drive.
- Park your car far away from the store entrance when you go shopping and walk an extra lap around the mall.
- Walk up flights of stairs rather than use the elevator.
- Walk the dog for 10 or 15 minutes.
- Do stretching exercises in your office and get up from your desk periodically to walk around.
- Join in play with the children by dancing, playing ball, walking them to the park rather than drive.
- Do several household chores at one time such as vacuuming, making beds, sweeping, carrying out garbage.
- Rake leaves or mow the lawn yourself, or start a garden if you have space.

These and many other such activities can make exercising easier to do. Remember that physical activity not only helps deter certain diseases but it is the beginning of feeling better physically and mentally, the specialist said.

## Views On Dental Health

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**WHEN YOU'VE LOST A TOOTH**

You may think losing one tooth is of no real consequence, until you see the results of the chain reaction that begins to take place. The process is gradual and you may not be aware of what's happened until a serious problem develops.

When you smile broadly, you may not feel any embarrassment if the missing tooth is in the back of your mouth. Perhaps not now, but in time there will be certain facial changes. Your cheek, for example, may slowly start to sink into the space once maintained by the missing tooth. This may cause a sagging, puckering, and wrinkling of the skin, giving your face an older look than your years. Inside, the missing tooth will contribute to the drifting of adjacent teeth, forming pockets where bacteria can thrive. The resulting gum disease, if not treated in time, can lead to decay and tooth loss.

Missing teeth are not to be ignored if you're concerned about your dental health and your appearance. When you have a tooth extracted and your dentist recommends that the missing tooth be replaced with an artificial one, take his advice.

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