

Pharmacy & Your Health

EAGLE LAKE DRUGSTORE

Steve K. Balas, RPh

702 South McCarty • Eagle Lake • 234-2502

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New Eye Medicine Lowers Pressure

Glaucoma is a condition of increased pressure in and around the eye ball. This condition may result from an increase in the production of fluid that bathes the eye or from a reduction in the drainage of fluid from the eye. With some glaucoma types, pain is not present. If left untreated, glaucoma can result in blurred vision and blindness.

Medicines for glaucoma work by decreasing the production of eye fluid or increasing drainage of eye fluid already produced. Commonly used glaucoma medicines include pilocarpine (various brand names), timolol (Timoptic), demecarium (Humorsol), echthiopate (Phospholine), and epinephrine (various brand names).

A new glaucoma eye medicine has been approved and is scheduled to be available later this year. The new medicine is latanoprost (Xalatan). This is the first synthetic prostaglandin approved for glaucoma. Prostaglandins are naturally occurring chemicals in the body that produce many different effects. This medicine increases drainage of eye fluid. Latanoprost is approved only for persons who do not respond to or cannot tolerate other glaucoma medicines. When it is used with pilocarpine or timolol, additional reductions in eye pressure have been noted.

OBITUARY

Mary Elizabeth Greak

May 19, 1931 - August 5, 1996

Mary Elizabeth Greak, 65, of Eagle Lake, passed away Monday, August 5, 1996, at 2:09 p.m. at Rice District Community Hospital.

She was born May 19, 1931, in Eagle Lake to Gilbert and Christine Hoy McDonald.

Mary was a lifelong resident of Eagle Lake, graduating from Eagle Lake High in the Class of 1949.

She married Daniel Greak on July 30, 1949, at the First Baptist Church of Rosenberg.

A devoted wife, mother and grandmother, she will be remembered and missed by all.

She was preceded in death by her parents; husband, Daniel Greak Sr., (December 15, 1989); a son, Larry Greak; a granddaughter, Crystal Zapalac; and a brother, Ronald Clifton McDonald.

Survivors include daughters and sons-in-law, Judy and Randy Zapalac of Sealy and Christine and Michael Hruzek of Eagle Lake; sons and daughter-in-law, Daniel Greak Jr. of Houston, Ronald Greak of Eagle Lake, and Allen and Patricia Greak of Altair; sisters, Cora M. Kilgore of Houston, Florence Carlson of Onalaska; grandchildren, Edward and Eric Zapalac, Dustin and Jonathan Hruzek, Allen II and Shelley Greak; nieces, nephews, other relatives and friends.

Funeral services were held at 10 a.m. on Wednesday, August 7, from the Chapel of Dalany Funeral Home, with Rev. Russell "Rusty" Griffin, Pastor, Sealy Assembly of God, officiating.

Interment followed in Lakeside Cemetery in Eagle Lake.

Palbearers were Michael Karlson, Rudy "Butch" Schmidt, J.B. Sebesta, Louis Wayne Sides, Walter Guhmann Jr., Sidney Greak, Mark Boyd and Tom Kilgore.

Ralph McIngvale was named honorary palbearer.

Sympathy is extended to the family in their loss.

VBS was big success

Community Vacation Bible School was held July 29 through Aug. 2 at the United Methodist Church.

The theme this year was "Come Follow Jesus".

Approximately 60 children attended and enjoyed the activities during the week.

The week closed with a program at noon on Friday, Aug. 2, which was followed by an indoor picnic.

Those teaching and helping in the classes were: Becky Anderson, Anna Mae Wiese, Rofein Shavers, Tess Balas, Maren Wallis, Roxanne Schindler, Amanda Henry, Jay Young, Robbin Clifton, Sandy Young, Tanya Wiese, Britni Wood, Anna Gertson and Jayne Easterling.

The music leaders were Bruce Johnson, Jackie Middleton and Rev. Barry Bauerschlag.

Refreshments chairperson was Anna Lee Higgins and kitchen assistants were Fran Ann Johnson, Debra Rud and Dorothy Walker.

Laura Myers was in charge of the nursery.

Margaret Henry and Carla Dops-lauf served as directors for the week. Those who helped prepare and serve refreshments for the week and closing picnic included: Freda Johnson, Jean McIner, Wilma Hodde, Ann Pavliska, Alice Sunderman, Barbara Pidgeon, Margie Wiese, Betty Wilcox, Donna Bauerschlag, Jean Wiese, Nancy Seaborn, Gladys Gold, Kathryn Mehner, Elaine Hess, Beverly Taylor, Ruby Morris, Carol Pavlcek, Linda Balas and Jean Thornton.

Everyone worked hard to make it a very successful and rewarding week.

KLECKA'S FOOD market

EAST BERNARD TEXAS

Phone 335-7322 or 335-6554

Open Monday-Saturday, 7 a.m. to 9:30 p.m.; Sundays, 8 a.m. to 9 p.m.

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BE LESS PRODUCTIVE AT THE OFFICE.

The office has always been a place to get ahead. Unfortunately, it's also a place where a lot of natural resources start to fall behind. Take a look around the next time you're at work. See how many lights are left on when people leave. See how many sheets of paper are being wasted. How much electricity is being used to run computers that are left on. Look at how much water is being wasted in the restrooms. And how much solid waste is being thrown out in the trash cans. We bet it's a lot. Now, here are some simple ways you can produce less waste at work. When you're at the copier, only make the copies you need. Use both sides of the paper when writing a memo. Turn off your light when you leave. Use a lower watt bulb in your lamps. Drink your coffee or tea out of mugs instead of throwaway cups. Set up a recycling bin for aluminum cans and one for bottles. And when you're in the bathroom...

brushing your teeth or washing your face, don't let the faucet run. Remember, if we use fewer resources today, we'll use fewer resources tomorrow.

Which would truly be a job well done.

FOR MORE INFORMATION AND LIPS CALL 1-800-30-START

Earth Share

Foot Facts

By Dr. Eric R. Tepper, Podiatrist

DOING THE WALKING FOR TWO

When a woman is expecting a baby, there usually comes a time that she can't even look down and see her feet while standing. In this case, however, out of sight should not mean out of mind, because understanding the special needs of the feet during pregnancy can help prevent painful problems. The most obvious change is that the feet grow longer. Footwear that accommodates the extra size can help a woman keep her balance, protect her lower back, and walk in comfort. A less visible change is a rise in the levels of progesterone and relaxin hormones, which relax the body's ligaments. The plantar fasciae (ligaments that run lengthwise underneath the foot) loosen, leaving feet vulnerable to biomechanical abnormalities and reducing the feet's shock-absorbing ability. Luckily, most of these problems return to normal after the baby is born.

The feet are the foundation of the body, and keeping them strong and healthy is key to your entire body's well-being. When foot problems occur, correcting them early on often leads to the correction of aches, pains, and problems in other parts of the body. When foot problems point to trouble elsewhere in the body, or result from pregnancy or other conditions, we will work with the members of your health care team to ensure your good health. We welcome your call for complete family foot care at 234-5571, at Rice District Community Hospital. I am here every Tuesday.

P.S. It takes six to nine months for a woman's feet to return to normal after giving birth. Inflammation of the plantar fasciae is common.

Parents... get ready for school

Children are not the only ones who should gear-up for a new school year. "Parenting is tough as a new school year begins," said Dr. James Bray of Baylor College of Medicine in Houston. Many parents do not set guidelines at home, so school rules may be difficult for children. By creating home rules, parents can help. Bray also recommended not overly pressuring children to achieve. Parents should respect individual strengths. Other suggestions include:

- Get involved in their homework.
- Attend parent-teacher organization meetings and arrange meetings with teachers to check progress.
- Teach children social skills to help them get along with schoolmates.
- Praise for work well done.

EAGLE LAKE MEDICAL CLINIC

700 S. McCarty
Eagle Lake
409-234-2066

Ravindra Kumar, M.D.

Internal Medicine

Primary Care for Adolescent and Adult Patients

Member of: General America • PHCS • Aetna TRSA • Humana Great West, Blue Cross & Blue Shield • Guardian • And Others

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Julio Arebalo, M.D. Howard Schreiber, M.D.
ENT: Charles Stierberg, M.D.

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The First National Bank

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Lissie, Texas 234-2482

Attend the Church of Your Choice

Eagle Lake Headlight

230 E. Main "Your Hometown Newspaper" 234-5521

Attend the Church of Your Choice...

LIVING HOPE CHURCH: Revs. Joe and Mercy Fling; 234-5536.

TEMPLE BEREAT: 621 Maple Street, Eagle Lake, Rev. Romero.

ROCK ISLAND FULL GOSPEL: P.O. Box 232, Rock Island; 234-5840; Nick Williams, Pastor.

BETHELEM DE JUDEA ASSEMBLEA DE DIOS: 1000 East E Street, Eagle Lake.

SEALY ASSEMBLY OF GOD: 1140 Meyer St., Sealy; Warren Richardson, Pastor.

THE DAY OF PENTECOST APOSTOLIC REVIVAL: FM 102 S. Matthews, 4 p.m. (at Mt. Zion), Rev. L.L. Carter.

EAST BERNARD FIRST BAPTIST: Rev. Clifford Roster.

FIRST BAPTIST: N. Lake at E. Prairie, Eagle Lake, Rev. David Mann.

FRIENDSHIP BAPTIST: 405 S. Lake, Eagle Lake, Rev. Earl Shorter, Jr., Pastor; 234-5795.

IGLESIA BAUTISTA GETSEMANI: 901 B Street, Eagle Lake; Rev. Mario Vasquez.

GREATER MT. OLIVE BAPTIST: Rev. R. Kiser, Pastor. 705 Lake, Eagle Lake, 234-3545.

PROVIDENCE BAPTIST: 1207 E. State, Eagle Lake, Rev. Coby Shorter; 234-3735.

ROCK ISLAND BAPTIST: Bob Allison, Pastor.

SHERIDAN FIRST BAPTIST

WHITE CLOUD BAPTIST CHURCH: 202 Old Altair Rd., Eagle Lake; Rev. Otis Rhodes; 234-3800.

CHURCH OF CHRIST: Sheridan, Texas.

NEW LIFE FELLOWSHIP: Hwy. 90A, Sheridan; Del Sanford, Pastor; 234-3276.

CHRIST OUR REDEEMER - Charismatic: 478-2534, 478-6512, Jerry C. McKinney, Pastor.

HOLY CROSS CATHOLIC CHURCH: East Bernard.

PARISH OF THE NATIVITY: Our Lady of Guadalupe Sanctuary; Guadalupe Terrace Addition; 7 a.m. (Español); 11 a.m. Our Lady of Perpetual Help Sanctuary; 310 N. Stevenson; 9 a.m. Father Eddie Winkler.

ST. MARY'S CATHOLIC CHURCH: Box 97, Nada, 758-3218. Rev. Mag. Victor G. Schmidtziński, Pastor.

CHRIST EPISCOPAL: 306 E. Stockbridge.

EAGLE LAKE GOSPEL MISSION: Rev. Emil Burger.

GRACE LUTHERAN: 408 N. Stevenson, 234-3381; Rev. Robert E. Schlorf.

LEHRER MEMORIAL UNITED METHODIST: Garwood, Texas, Rev. Barry Bauerschlag, Pastor.

LISSIE UNITED METHODIST: Sandra Kimbrow, Pastor; 234-2112; Lissie, Texas.

ROCK ISLAND METHODIST: Ken Sellers Jr., Lay-Pastor.

UNITED METHODIST: Barry Bauerschlag, Pastor. 200 W. Prairie; Sunday School 9:30 a.m.; Worship 10:45 a.m.

FIRST PRESBYTERIAN: 106 E. State St., Eagle Lake.

Richard Avery, Pastor.

VINE OF THE LORD: Frank Navarro, Pastor.

FRIENDSHIP A.G.: 501 Wallace, East Bernard, Fred Chambers, Pastor.

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS: 600 West St., Sealy; Marshall Crosby, Branch Pres.

CHURCH OF CHRIST: 815 Milam, Columbus, Roy V. Palmer, Minister.

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS: 200 N. Lake, Eagle Lake, 234-5805; Miguel H. Arriola, Branch President.

THE SHEPHERD'S WAY: Non-denominational Christian Fellowship; 217 Main, Sealy, Frank Lucas, Pastor. 885-7873.

RDCH PATIENTS

Week ending 8-1-96

ADMISSIONS

Eagle Lake: Edward Priemeyer, Shawn Carr & Baby Girl, Kenneth Abel; Sealy: Pauline Klanika & Baby Boy.

DISMISSALS

Eagle Lake: Mary Baker, Willie Jones; Altair: Gabriel Chap; Sheridan: Maggie Brewer & Baby Boy, Bernice Dixon; Garwood: Tonye Lacio, Tammy Harris & Baby Girl; Esgyt: Epifania K. Flores & Baby Boy; Lissie: Martha Hernandez & Baby Girl, Wendy Perez & Baby Girl; East Bernard: Frances Adkins; Columbus: Mary Lippert; Sealy: Jessica Rodriguez & Baby Girl, Mary Kucera; San Felipe: Tisha Miller; Wallis: Jamie Longoria; El Campo: Vicci Martinez & Baby Boy; Hempstead: Ruth Denley; Houston: Jared Kunz.

Ben Davis Funeral Home

931 Preston Street Columbus

409-732-2875

Cred A. Henry Owner/Manager

- Monuments
- Pre-Burial

Vegetables

14-1/2 Oz. - 15-1/2 Oz. Cans

3/99¢

Oil

48 Oz. Bottle

\$1.49

Pizzas

7 Oz.

59¢

Tomato Sauce

8 Oz. Can

5/\$1.00

Sugar

4 Lb. Bag

\$1.39

Del Monte Squeeze Ketchup

28 Oz. Bottle

88¢

Del Monte

Imperial Pure Cane

Parade Vegetable or Corn

Libby's Cut Green Beans, Sweet Peas, Whole Kernel or Cream Style Corn

Jumbo Size Texas Sweet Pecos Cantaloupes

99¢ Ea.

Regular, Diet or Caffeine Free Mr. Pibb, Nestea, Sprite or

CLASSIC COKE 12 Pk. Cans \$2.79

MILLER LITE BEER 18 Pk. Cans \$9.88

Regular or Light Beer

LONE STAR 20 Pk. Cans \$6.99

Carlo Rossi Blush, Burgundy, Chablis or Rhine WINE 4.0 L \$6.99

Regular or Light Blue Bell ICE CREAM 1/2 Gal \$2.99

Blue Bell FROZEN YOGURT 1/2 Gal \$2.99

Pink Beauty Pink SALMON 14-3/4 Oz. Can \$1.39

Kraft, Regular Only, 32 Oz. Jar MAYONNAISE \$1.99

McCormick Ground Black PEPPER 4 Oz. Can \$1.29

Assorted Cap'n Crunch CEREAL 15 Oz.-16 Oz. Box \$1.99

18 Oz. Box General Mills GOLDEN GRAHAMS CEREAL 2 for \$5

24 Oz. Can, Lemon & Sugar Added, Parade ICED TEA MIX 99¢

Adolphus Long Grain RICE 2 Lb. Bag 99¢

4 Roll Pkg. Northern BATHROOM TISSUE 89¢

Regular or Lemon All-Purpose Cleaner

FANTASTIK 16 Oz. Trigger Spray 88¢

Glass Cleaner

GLASS PLUS 17 Oz. Trigger Spray 88¢

Liquid Detergent

GAIN ULTRA 50 Oz. Bottle \$2.49

Bengal 11-1/4 Oz. Bonus Can

ANT & ROACH SPRAY \$5.99

Crystal White Assorted DISH LIQUID 40 Oz. Bottle 99¢

Gulf Lite Fluid CHARCOAL STARTER 64 Oz. \$3.19

16 Oz. Solo Plastic PARTY CUPS 20 Ct. Pkg. 99¢

Parade 1/2 Moon Cheddar or Colby CHEESE 10 Oz. Pkg. \$1.49

64 Oz. Bottle, Citrus Punch CITRUS DELIGHT 99¢

8 Oz. Pkg. Parade Sliced American CHEESE SINGLES 88¢

PRODUCE...

Fresh California Iceberg LETTUCE Each 2 for \$1.00

Ripe Salad Roma TOMATOES 1/2 Ct. 59¢

Sweet California Red Flame or Thompson Seedless GRAPES 1/2 Ct. 99¢

Fresh California BROCCOLI Each 79¢

Fresh Juicy California NECTARINES 1/2 Ct. 79¢

Fresh Juicy LIMES Each 12 for \$1.00

Fresh Peppers JALAPEÑOS 1/2 Ct. 69¢

BACK TO SCHOOL SPECIALS

Mead Pocket FOLDERS Each 6 for \$1.00

Mead Sticker 1/2" or 1" BINDERS Each 79¢

Mead 70 Ct. THEME BOOKS Ea. 2 for \$1.00

Mead 150 Ct. FILLER PAPER Ea. 2 for \$1.00

Eagle Yellow #2 PENCILS 10 Pk. 2 for \$1.00

Blue or Black Classic Sic BIC PENS 10 Pk. 89¢

Coloray 77 COLORING PENCILS 12 Ct. 99¢

Glue All or School Glue ELMERS GLUE 4 Oz. 69¢

CRAYOLA CRAYONS 16 Ct. 79¢

Sweet California Red Flame or Thompson Seedless Family Pack USDA Beef Boneless CHUCK STEAKS 1/2 Ct. \$1.39

Family Pack USDA Beef Boneless GRAY STEAKS 1/2 Ct. \$1.99

Great for BBQ - USDA Beef SHORT RIBS 1/2 Ct. \$1.99

USDA Beef Boneless STEW MEAT 1/2 Ct. \$1.99

5 Lbs. or More - USDA Fresh Lean Ground CHUCK 1/2 Ct. \$1.69

Smithfield's Smoked PICNIC HAMS 1/2 Ct. 89¢

USDA Family Pack CHICKEN BREASTS 1/2 Ct. \$1.29

USDA Boneless Butterfly PORK CHOPS 1/2 Ct. \$3.99

Rath Meat HOT DOGS 12 Oz. Pkg. 59¢

Hormel Market Sliced CHOPPED HAM 1/2 Ct. \$1.69

INDEX DIVIDERS 5 Ct. 4 for \$1.00

SARGENT CRAYONS 24 Ct. 69¢

Plastic SCHOOL BOXES Each 89¢