



Reserve champion heifer

ANF Air Service once again purchased the reserve champion heifer at this year's show, a 731-pound animal shown by Brent Schneider. Representing ANF was Mike Thompson, pictured with Schneider and Rice FFA President Jenny Hajovsky.

Headlight Photo by Jeannine Fearing

Sheridan Volunteer Fire Dept. News

By Traylor Walker

The Sheridan Volunteer Fire Department (SVFD) met Jan. 21 at their regularly scheduled meeting place and elected a slate of officers for 1997.

SVFD officers are: Bobby Sims, president; Traylor Walker, treasurer; Vilma Vavrusa, secretary; Bruce Tesch, fire chief; and James Vavrusa, 1st assistant.

The SVFD's number one concern is their aging fleet of trucks and the inadequacy of the existing trucks to deliver enough water to a scene to successfully control the fire until reserve trucks from neighboring communities can respond.

The Sheridan Water Supply Cor-

poration has, on its system, one fire hydrant located on Lake Sheridan Estates, one hydrant between Lake Sheridan Estates and Sheridan and 12 hydrants dispersed throughout the townsite of Sheridan.

All of the mains in the community are sufficient to supply water to the homes but are not sufficient to be used for filling a tanker truck in minutes for respond to a fire.

The SVFD has recently purchased hose nozzles and equipment necessary to apply foam to fires. This procedure can reduce the volume of water needed but is very costly.

SVFD was informed at the meeting that LCRA has donated

20 gallons of the substance to SVFD and we are grateful for their contribution.

It was discussed and decided that the department will be practicing with the new fire fighting technique at the next scheduled fire fighting meeting, Feb. 18, at 6 p.m. at the Sheridan Volunteer and Ambulance hall.

A planning committee has been appointed to study the needs of SVFD as the organization approaches the 21st century and to make a recommendation to the department at the next business meeting Wednesday, Feb. 12, at 6 p.m. at the hall.

The SVFD is in need of members! (See SVFD, Page 7)

NIGHTINGALE'S CORNER

By Mary Jan Hargraves, RN/MSN Family Nurse Practitioner-C

The Silent Epidemic: Osteoporosis

This is another "silent epidemic" — one that strikes women five times more frequently than men. It also strikes without warning!

Osteoporosis is characterized by a generalized decrease in bone mass. It affects 15 to 20 million persons in the United States. Approximately 1.5 million fractures related to osteoporosis occur annually in individuals over the age of 45 years.

Risk Factors

1. Age: the older, the greater risk.
2. Menopause: Women become most susceptible to osteoporosis at the onset of menopause.
3. Gender: Women are at much greater risk than men.
4. Bone structure and body weight: Small boned, thin women are at greatest risk.

5. Hereditary: Family history of osteoporosis.
6. Diet: Poor nutrition without adequate bone-building calcium.
7. Lifestyle: Smoking, substance abuse, sedentary lifestyle.
8. Race: Caucasians and Asians

are more likely to develop the disease. Next week, I will discuss what treatments are available.

Please contact me at the Eagle Lake Medical Clinic, 234-2066, regarding any questions or suggestions on topics.



First plane trip

Ricardo Gonzales Jr. and his mom, Becky Morales, recently returned from a three-week stay in Apaseo el Grande, GTO, Mexico.

It was Ricardo's first plane trip which took a total of four hours. He didn't handle the trip too well, his mom says. He got a little sick.

Ricardo went to visit his grandmother, aunts, uncles and cousins for the first time since he was born. They were greeted by their relatives then had a lot of catching up to do since Ricardo had never talked to them except on the phone.

Photo Courtesy of Becky Morales

Fuel costs

Continued from Page 2

significantly lower than what customers are paying, the electric utility is required to issue a refund.

When the fuel costs are anticipated to change for an extended period of time, the electric utility must request permission to adjust the monthly fuel factors used to determine the fuel charge portion of the bill.

Since this fixed fuel cost recovery mechanism was placed into effect in the late 1980s, CPL has refunded over \$100 million in fuel cost reductions to its customers.

CPL has requested that the new fuel factors become effective with the March billing cycle, which begins Feb. 28. Residential customers using 1,000 kilowatt hours of electricity a month would see their bills increase, on average, approximately \$2.35, or 3%.

CPL is seeking permission to recover the proposed surcharge over a 12-month period rather than a one-time basis as provided in the Commission's rules. If approved, recovery of the surcharge would become effective with the May billing cycle, which begins April 30, and would continue to April 1998.

The proposed surcharge will result in a 2% increase in customers' bills over the 12-month period. Residential customers using 1,000 kilowatt-hours of electricity a month would see their bills increase, on average, by approximately \$1.65, or 2%, if the surcharge is approved as requested.

CPL will publish notices of the filing in English and Spanish in selected newspapers with general circulation throughout the company's service area, beginning as soon as possible after the filing. CPL also will provide individual notice to the governing bodies of all incorporated municipalities retaining original jurisdiction.

Happy New Year

Start Your New Year !!!

With The Healthy Woman Support Group

If you have diabetes, hypertension, want to lose weight or just develop a healthier lifestyle, come join the **Healthy Woman Support Group** at the Eagle Lake Medical Clinic Meeting will be held weekly

If you are interested in the **Healthy Woman Support Group** or would like more information, call **409-234-2066**

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An Affiliate of Rice District Community Hospital, Eagle Lake

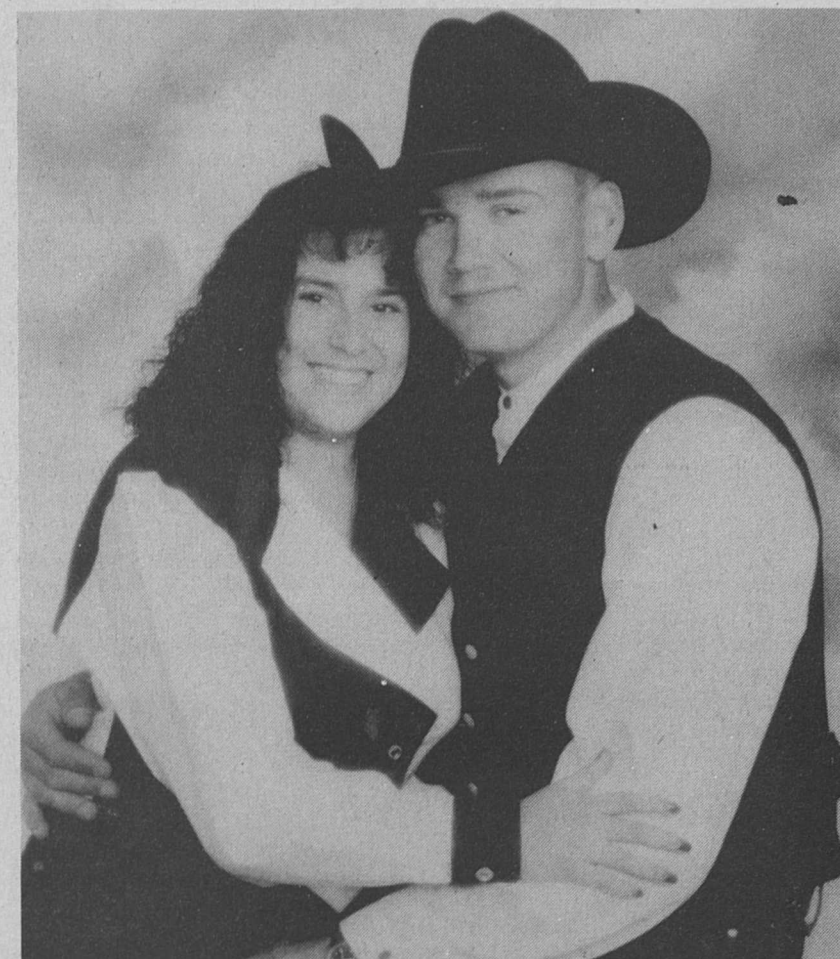
Laughlins celebrate 40th anniversary

Dr. and Mrs. Richard Lee Laughlin celebrated their 40th wedding anniversary January 23, 1997. Mrs. Laughlin is the former Doris Alley of Eagle Lake.

The couple celebrated with their children, grandchildren and close family: Gerald "Beaver" and Cheryl Laughlin Cranek; Tony and Bonnie Laughlin Fournier; grandsons, Curtis and Steven Fournier; Richard and Joan Laughlin; W.C. "Dub" Alley (Mrs. Laughlin's father); and David

and Jane Alley Meldahl (Mrs. Laughlin's sister). The family sends wishes for much

happiness and many, many more wonderful years together, with all their love.



El Campo to hold 11th Polka Fest

Polka fans from all across Texas and even from out of state are expected to converge on El Campo this Sunday, Feb. 2, for the 11th Annual El Campo Polka Fest.

The event, sponsored by Council #2490 Knights of Columbus, will be held at the spacious KC Hall on Armory Road, just South of U.S. Hwy. 59.

Music will be provided from 1 to 8 p.m. by the Leo Majek Orchestra of Corpus Christi, The Vrazels of Buckholtz and The Red Ravens of Schulenburg.

The KC Hall provides excellent dancing with an all-wood dance floor and plenty of seating space.

The Red Ravens kick off the music from 1:10 to 2:10 p.m. followed by the Vrazels from 2:10 to 3:20, then the Majeks from 3:20 to 4:30 p.m.

At 4:30, there'll be a concert of the three bands combined.

The rotation of bands resumes at 5 and concludes at 8.

Admission is only \$6 per person; 12 years and under are \$1.

Hamburgers will be served during the event along with chicken noodle soup, cakes, kolaches and plenty of refreshments.

Come, be a part of it, the 11th Annual El Campo Polka Fest, Sunday, Feb. 2, at the El Campo KC Hall.

For more information, call 409-543-6557.

Did You Know...

- A camel needs little water because it sweats very little and keeps most of the water that is in its body.
- Mushrooms that have a bad taste or are poisonous are often called toadstools.

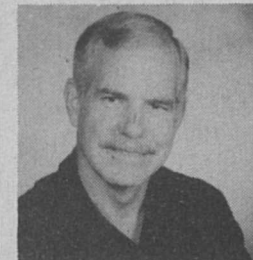
Castillo, Quinn to wed in March

Mr. and Mrs. Domingo Castillo Jr. of Kemmerer, Wyoming, are proud to announce the engagement and approaching marriage of their daughter, Erica Marie, to Asher Quinn, son of Mr. and Mrs. Aldon Hoxie of Kemmerer. The wedding is planned for 1 p.m. on March 1 at St. Patrick's Catholic Church in Diamondville, Wyoming.

Erica is the granddaughter of Josephine Montemayor of Eagle Lake and Mr. and Mrs. Domingo Castillo Sr. of Baytown.

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