



Foot Facts

By Dr. Eric R. Tepper, Podiatrist

FOOT RELIEF OVER THE COUNTER

Our feet probably have the right to fight back once in a while, given the pounding we put them through. They way feet let us know they've had enough is often through muscle soreness and pain. There are shelves full of non-prescription products at pharmacies that promise to relieve muscle pain when rubbed into the skin. These are classified as external analgesics, and most of them work by increasing the flow of blood to the pain site. This creates a sensation of warmth, which overrides a person's awareness of pain. The more thoroughly those ointments are rubbed in, the better the chance for relief, because the massaging action may do as much to ease soreness as the medication itself. While these products do nothing to address whatever problem is causing discomfort, they are usually harmless as long as they are not applied to broken or inflamed skin.

Home treatments may bring short-term, temporary relief, but medical answers are your best bet for the long-term. Our aim is to prevent, not just repair. Don't wait for muscle soreness, skin conditions, aches, and pains to disappear like magic. Call us instead for prompt, personal attention at 234-5571, at Rice Medical Center. I have office hours here on Tuesdays.

P.S. If foot pain is severe or lasts longer than a day or two, it's time to call your doctor.



Pharmacy & Your Health

EAGLE LAKE DRUGSTORE

Steve K. Balas, RPh

702 South McCarty • Eagle Lake • 234-2502

•Patient Counseling • We Accept Master Card, VISA, Discover & American Express •Insurance Plans: Blue Cross, NPA, PCS, Pro-Serve, Sanus, PAID, Texas Medicaid

24 Hour Emergency Phone: 234-3834

First Rx Medicine for Canker Sores

There are two common types of sores or blisters that occur on the inside lining of the mouth. *Cold sores*, which occur on the lips and also around the outside of the mouth, are caused by the *Herpes simplex* virus. The other type is a *canker sore* (technically known as an aphthous ulcer). Canker sores are inflamed, painful cavities or ulcers inside the mouth or on the tongue, lips, gums, or mouth lining. Although some health experts think they result from the body's response to its own tissue (called an autoimmune response), the exact cause is unknown. Factors that may trigger a canker sore include fever, fatigue, tension, menstruation, allergies to certain foods, poor mental hygiene, or excessive abrasion of the mouth with a stiff toothbrush.

Recently, the U.S. Food and Drug Administration approved the first prescription medicine for canker sores. The new medicine, which is scheduled to be available this fall, is called amlexanox (*Aphthasol*). It will be available in a paste that is squeezed from a tube and applied to each mouth sore four times a day (after meals and at bedtime). The paste has been evaluated in clinical trials and has been shown to reduce ulcer size and enhance ulcer healing. In addition, one study reported a significant reduction in canker sore pain.



Alvarados to celebrate 51 years

The former Jovita Torres, who married Frank Alvarado Jr. in Eagle Lake on September 16, 1946, recently celebrated their 51st wedding anniversary. They presently reside in Houston with their seven children, 11 grandchildren and three great-grandchildren.



Givens celebrate Golden Anniversary

Ralph and Lettye Givens recently celebrated their Golden Wedding Anniversary with a cruise to Alaska. They were wished "Bon Voyage" by their children, Marvin and Toni Givens and Paula and Glen Matthews of Burleson and Sharon and Charles Frank of Crowley.

Married Aug. 22, 1947, in San Antonio, she is the former Lettye Peveto. He is a veteran of WW II and retired from Southern Pacific Railroad. She retired from McGilvray Ford. The couple, who have lived in the Cedar Creek Lake area for 21 years, has seven grandchildren and three great-grandchildren.

24 & 48

Sunday's South Central Texas League game between the Eagle Lake Aces and the Burton Panthers in the 11th inning with a sky-high triple which went a country mile over the center-fielder's head...

The H.C. Ripple home on the Altair highway is nearing completion. Mr. & Mrs. Ripple will teach in the Eagle Lake school this fall. Mr. Ripple said Tuesday that they expect to move into their home in about two weeks...

Mr. & Mrs. J.L. Adkins and Esther of Lissie went to Galena Park Sunday evening to get Robert.

Aug. 5, 1949

The framework is up and the roof is being put on the new Lissie Evangelical United Brethren Church...

Mrs. Dan Nicewander of Rock Island is one of three Colorado County delegates elected to attend the State Texas Home Demonstration convention which will be held Sept. 21, 22

and 23 in Mineral Wells...

Improvements in business, houses and residences noticed around town this week included several air conditioning installations...

Harry Larson was elected Commander of the American Legion Post No. 108 for the coming year...

Twenty boys have signed up to make the trip to the football camp in Austin from Aug. 21 to 27. They are Billy Stiles, Tommy Scott, Bruce Kilgore, George Cason, Walter Frnka, Ernest Larmer, Billy Reading, Frankie Parma, Claude Briggs, Sammy Tise, Robert Zahradnick, Craig Adams, John DeShazo, Pat Lednick, Boniface Parma, James Owen Ricks, Tommy Smith, Pete Canaris, Jack Dowdy and Billy Stapleton...

Simon S. White, local manager of the American Rice Growers Association, attended a meeting Monday and Tuesday in Port Bolivar...

A swimming party at the Legion Pool Thursday, July 28, marked the seventh birthday of Maurine Elizabeth Tyler, daughter of Mr. & Mrs. Marvin Tyler of Altair...

Miss Kay Kearney of Galveston and George Cason, who have been

Continued from Page 2

guests at the Anderson Lodge in Hunt, returned to Eagle Lake Monday with Mrs. Anderson and Judith...

Gordon Birdwell and Ben Stapleton Sr. spent the weekend in Highlands, bringing Mrs. Birdwell and Gerry home on Sunday. Mrs. Birdwell and son had spent three weeks visiting the family of her sister...

Mrs. B.L. Vineyard has been visiting in Columbus this week with her nephew, John Adkins...

A letter this morning from Mrs. R.T. Westmoreland from Providence, R.I., tells of her plans to leave there Aug. 2 by plane for Indiana, where a new Plymouth awaits her...

Mrs. O.L. Mill and her daughter, Mrs. W.L. Bauer, complimented Mrs. Charles Lee Spalinger with a pink and blue shower at Mrs. Mill's home Saturday afternoon...

Raymond Jochetz Jr. is having to have four upper front teeth replaced as a result of an accident on the highway near Corsicana Sunday night of last week, when his car crashed into a stalled cattle truck...

Mrs. C.R. Curry and Mrs. C.K. Randow complimented Mrs. E.W. Estlinbaum with a party on her birthday July 26 at Mrs. Curry's home.

OBITUARY

Josephine Elkins Paul

Josephine Elkins Paul, 81, died Monday, September 8, 1997, in San Antonio.

Mrs. Paul was the daughter of Sophia Wilson and William Corrin Elkins and a descendant of the pioneer Montgomery and Thatcher families who settled in Colorado County in 1835.

She grew up in Eagle Lake and graduated from Eagle Lake High School.

She married Wallis M. Paul at the Christ Episcopal Church in Eagle Lake on June 11, 1938, with Rev. C.G. Mormon Jr. officiating.

They were the parents of Thomas C. and Jo Ann Paul.

Jo showed her artistic abilities at an early age and continued in her pursuit in art school. She sold many of her paintings.

She was a member of the Gallery of the McNay Art Museum and a volunteer hostess.

She was also a member of the Alamo Chapter Daughters of the American Revolution, Alamo Chapter Daughters of the Republic of Texas, Montgomery-Thatcher Historical Cemetery Association and the Argyle Club.

She was an active member of the Christ Episcopal Church in San Antonio, where she served in the Altar Guild.

She was preceded in death by her husband, Wallis, on May 4, 1985.

Survivors include her children Tom and JoAnn; grandchildren, Kathleen Paul, Caroline Fournier, Christine Paul and Colleen Paul; three great-grandchildren; four sisters, Frances Elkins Hutchings, Willie Maye Elkins Tate, Ruth Elkins Orr and Dorothy Elkins Cox; and cousins, Joe N. Frazer Jr. and Fair Frazer Wells.

Funeral services were held Thursday, September 11, at 11 a.m. from Christ Episcopal Church in San Antonio. Interment followed in Sunset Memorial Park.

Sympathy is extended to the family in their loss.

Steak & Shrimp Dinner Dancing • Cocktails • Cash Prizes

All For Only...

\$50 a couple

Join In The Fun At The
2nd Annual RMC Employee Volunteer's

Harvest Ball Saturday, October 4

Eagle Lake Community Center

Social Hour: 6 to 7 p.m.

Dancing: 8 p.m. to Midnight

Salute to Dr. Raymond Thomas
& Dinner: 7 to 8 p.m.

Tickets Available at:

Eagle Lake Drugstore • Laker Printing • Rice Medical Center • Thomas Clinic

Call 409-234-5571 For More Information

Views On Dental Health

JOHN B. MYRES, D.D.S.

234-3525

Located in the
Rice Medical Center

LAUGHING GAS

Want a good laugh? Visit your dentist and have a little "laughing gas". Seriously, folks, I'm referring to a relaxant — nitrous oxide.

A dentist named Horace Wells first used this odorless, colorless gas and realized its value to the dental profession back in the 1840's. Because of its effects, it was soon tagged, "laughing gas".

Today, many dental offices offer, if you desire, a soft nose-piece breathing unit that mixes this gas with pure oxygen. This mixture provides an emphatically safe, relaxing, good feeling (analgesia). You are awake, aware, responsive and not unconscious or asleep as

with hospital anesthesia. Its effects reduce apprehension and awareness toward dental procedures. It works, as the circus announcer says, "For children from age 8 to 80."

By simply breathing pure oxygen before you depart the dental office, it immediately removes the nitrous oxide from your system with a return to normal with no after effects — except better teeth.

Presented as a public service to promote better dental health. From the office of JOHN B. MYRES, D.D.S., 600 S. Austin Road, Eagle Lake, 234-3525.

Affordable Dental Care for the Whole Family
•Gentle Family Dentistry •Nitrous Oxide Sedation Available •All Phases of General Dentistry including Cosmetic •Extractions •Wisdom Teeth, Root Canals, Crowns, Bridges, Dentures & Partial and Orthodontics •Insurance & New Patients Welcome
Open 8-5, Monday through Friday Saturday: 8-2
MasterCard and Visa Accepted After Hours Call: 409-234-5172

Attend the Church of Your Choice...

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

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

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

LATIN-AMERICAN ASSEMBLY OF GOD (Belen de Judea Mission): 1000 East E, Eagle Lake; Ruth Olvera, Pastor.

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. R.L. Carter.

EAST BERNARD FIRST BAPTIST: Rev. Clifford Roser.

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. Obie Rhodes; 234-3800.

CHURCH OF CHRIST: Sheridan, Texas.

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

CHRIST OUR REDEEMER — Charismatic: 478-7534, 478-6512, Jerry C. McKinney, Pastor.

HOLY CROSS CATHOLIC CHURCH: East Bernard.

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

ST. MARY'S CATHOLIC CHURCH: Box 97, Nada, 758-3218. Rev. Joseph Koebel, Pastor.

CHRIST EPISCOPAL: 306 E. Stockbridge.

EAGLE LAKE GOSPEL MISSION: Rev. Emil Burger.

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

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 Street, Eagle Lake; 234-3368.

VINE OF THE LORD: Paul Aguilar, Interim.

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.

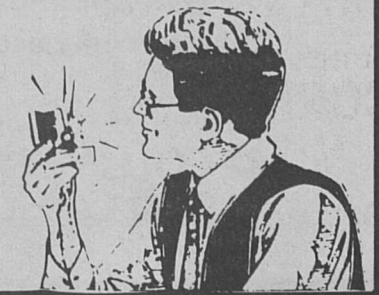
THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS: 200 N. Lake, Eagle Lake, 234-5805; Miguel H. Arellano, Branch President.

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

Ring Services, Jewelry Repair Services, Ring Sizing, Ring Repair, Chain Repair, Bracelet Repair, Diamond & Colored Stone Replacing, Reproving, Retipping, Latch & Loop Buildup, Watch Batteries Charged

K-D JEWELRY

704-B S. McCarty, Eagle Lake
234-5717



Schindler LPG, Inc.

234-3314

Eagle Lake

The First National Bank

Member F.D.I.C.

Bank of Friendly Service

Eagle Lake

Lissie Flying Service

Farmer to Farmer Agriculture Flying

Lissie, Texas

234-2482

Attend the Church of Your Choice

Eagle Lake Headlight

220 E. Main

"Your Hometown Newspaper"

234-5521