

Accelerated Reader once again the focus of ELMS bookfair

Thanks to local businesses, the PTO, student council and the library bookfairs, ELMS students won over \$2,000 in Accelerated Reader (AR) program incentives and prizes in the last two years.

Almost all of the businesses in Eagle Lake that were asked for help have provided prizes.

While many cities are lucky to have one major company as the only sponsor, we have something better! We have 100% support from the majority of the businesses in our town.

Imagine that record in most communities! The strength of that support should truly send a message to our students that our community values them as individuals and you, the citizens of Eagle Lake, believe in the importance of reading.

Due to an ever-growing participation and enthusiasm for the AR program, we are expecting to need over \$2,500 in prizes this year alone!

Our first step in addressing this wonderful "problem" is the return of the fall bookfair to ELMS.

The ELMS library will be hosting

a Troll bookfair, Sept. 29 through Oct. 3, beginning at 8:30 a.m. during the regular school day.

All student will be scheduled for the fair on Monday or Tuesday, and will be allowed to return from Language Arts classes during the week.

In addition, the library will have a Family Night Tuesday, Sept. 30, from 6:30 to 8 p.m.

And, beginning that Wednesday, the fair will open after school until 3:45 p.m.

Parents are welcome to come any time the fair is open.

The bookfair will benefit our students both through a great selection of outstanding reading and from the profits made during the fair.

During the bookfair, students will be able to redeem AR points for discounts at a rate of 10¢ per point. The balance of the profit will be used to purchase incentives for the program.

All students will directly benefit from the funds raised by the bookfair.

Anyone wishing to support the AR program in any way should call Mrs. Jackson at the number below.

The library desperately needs volunteers to help students at the bookfair!

If you can help, call Mrs. Jackson at home, 234-2821; or at work, 234-3501.

Garwood School recognizes job well done

Tuesday, Sept. 2, Garwood Principal Michael Lanier honored the students who had passed any section of the 1996-97 Texas Assessment of Academic Skills (TAAS) exam.

Each deserving student received a medallion with the Raider mascot and "Garwood School" on one side and "TAAS '97" engraved on the other.

Students receiving a medal were: Third grade: Kristen Danklefs, Audrey Drik, Jessica Engstrom, Micha Hoelscher, Bridget Kaiser, Dane Krenke, Layne Perry, Cassidy Popp, Danny Shimek, Hunter Smith, Curtis Williams and Kayla Wishert.

Fourth: Will Lund, Jamie Till, Ashley Labay, Frankie Guthrie, Marie Saenz, Guadalupe Saenz, Pamela Sykes, Keith Drik, Michael Juarez, Kristi Johnson, Theresa Henry, Alyson Lanier, Robert Woolard Jr., Dewayne Hurd, Justin Fitzgerald and Dwight Hurd.

Fifth: Adrian Axel, Brandie

Bartlett, Ella Edwards, Sundriah Evans, Reinbeaux Guthrie, Mark Hernandez, Dora Juarez, James Jurica, Dustin Krenke, Jess Little, Rusty Moore, Morgan Perry, Derland Sanford, Elizabeth Tapia, Fabiola Vazquez and Britnea Williams.

Sixth: Melanie Brown, Aimee Bubela, Melissa Drik, Vanessa Johnson, Amanda Kaiser, Lacey Lehrer, Jesus Ortiz, Jessica Popp, Vernon Smallwood, Kenisha Wicks, Leslie Woolard, Eliazar Zepeda.

Seventh: Frank Chavira, Amanda Henry, Lisa Hoelscher, Jamie Hutchison, Janna Janish, Tiffany Moore, Ben Ortiz, Tiffany Perry, Keaundra Sanford, Keisha Sewell, Trineca Sewell, Jacqueline Thomas, Monica Torres, Ronnie Vasquez, Bernardo Vazquez and Britney Waligura.

Eighth: Koehl Crane, David Hernandez, Justin Johnson, Lakeisha Johnson, David Juarez, Jerry Labay, Victoria de Leon, Jacob Little, Nake-

shia Parker, Tanika Scott, Lori Smith, David Sykes and Clint Wishert.

All of the hard work put forth by the students, parents, teachers and staff resulted in the Texas Education Agency declaring Garwood School a "Recognized Campus".

Mr. Lanier, his faculty and staff are very proud of the work done by all

the students.

They would like to thank Farmers Coop, Kallina Oil, Larry's Super Service, Lehrer Interests and the Student Council for the contributions they made toward the purchase of the medallions.

The combined effort of community and school will continue to help make our student successful.

NIGHTINGALE'S CORNER

By Mary Jan Hargraves, RN/MSN/FNP

Well, here come the holidays!! Halloween candy, Thanksgiving dinner, Holiday goodies!! The cold, wet weather makes for a more inactive life style in the fall and winter. Between these two situations, all of us usually put on added pounds. I'm going to give you some weight control suggestions that you may be able to incorporate into your daily life.

The U.S. Departments of Agriculture's Food Guide Pyramid diet plan can be used as a guide to healthy eating and is likely to produce a desired weight loss. Weight loss food programs of 1200 calories per day are generally adequate in all nutrients except iron, a long as the food plan includes a variety of foods from all food groups.

Food Guide Pyramid daily servings

1. Fats, oils and sweets: use sparingly. These provide calories and little else.

2. Milk, yogurt, cheese, 2-3 servings; and meat, poultry, fish, dry beans, eggs, nuts, 2-3 serving.

3. Vegetable, (3-5 servings; and fruits, 2-4 servings.

4. Bread, cereal, rice and pasta, 6-11 servings. Individuals need the most of these foods each day.

Most of the successful long-term weight-loss programs include several components; correct nutrition, exercise program, behavior modification, social support, and cognitive changes.

Weight loss should be slow and steady at 1-2 lb./week.

This is the rate that will produce a situation where the person is making the change to make the weight loss a permanent one.

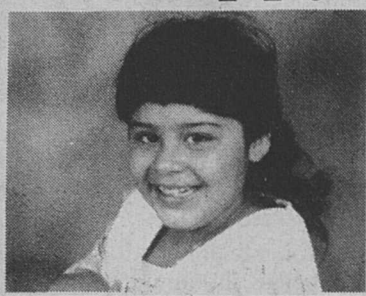
Next week, I'll go over some behavior modification techniques that may help you get down the road to a lighter, healthier you.

If you have any questions, please contact me at the Eagle Lake Medical Clinic, 409-234-2066.

Happy Birthday Lil' Carol

Sept. 26, 1997

With Love,
Daddy Cecil & Momma
Lena, Aunt CoCo and
Daddy Bull & Family



Happy 11th Birthday Amber

(Sept. 24)

Love, Mom, Dad
& Lil' Brother



Sheridan Firemen holding fundraiser

The Sheridan Volunteer Fire Department established a fund drive in May of 1997 and set a goal of \$5,000.

To date, with the accumulation of funds from a car wash, donations and memorials, the balance is \$2,621.

The Sheridan VFD would like to thank the following individuals for making a donation.

Prior to the fund drive we received donations from Mr. & Mrs. Bobby Sims, Lake Sheridan Estates, FUMC-Hallettsville-Disciples Class, D&G Ranch.

After establishing the drive: Columbus State Bank, Potter Ford Tractor Co., Randall Schulte, First State Bank, Dupré Lease Service, Mr. & Mrs. Clark Peterson, Mr. & Mrs. Donald Alex, Sheridan Dairy Delite, Mrs. Mary L. Criswell, Mr. & Mrs. Darryl Hinz, Mr. & Mrs. James Vavrusa, Mr. & Mrs. Wayne Dupré, Colorado County Butane, Sheridan Lumber Company, Mr. & Mrs. Bruce Tesch, Mrs. Martha Polach, Mr. & Mrs. Harry Brisco Sr., Mr. Casper W. West, Mr. & Mrs. David Watson;

Also, memorial for Gilbert Holub: Mrs. Dorothy Warthan, Mrs. Martha Polach; memorial for Teel Blanchard: Mrs. Martha Polach; memorial for Becky Rodriguez: Mrs. Martha Polach; memorial for Bridget Brinkmeyer: Mr. & Mrs. Billy High; memorial for Charlie Haines: Mrs. Billy Jo Hearn, Mr. & Mrs. Billy High, Mrs. Martha Polach;

Also, Mr. & Mrs. W.P. Crumpton, Mrs. Billy Jo Hearn, Mr. & Mrs. Oscar Tesch, Mrs. Thelma Hamm, Mr. & Mrs. C.E. Flippen, Brisco Brothers Ranch, Mr. & Mrs. McDowell Criswell, Mr. & Mrs. G.P. Webb, Colorado County Citizen, Mr. & Mrs. Alan Kloss, Mr. Raymond Roehr, Mrs. Evelyn Criswell, Mr. G.A. Richards, Mr. William Moore, Mr. & Mrs. Bennie Machac, Mrs. Virginia Lloyd, Mr. A.T. Blanchard, Mr. C.L. Schneider Jr., Mr. & Mrs. Wm. C. Gohlke.

In order to help boost the drive, the Sheridan VFD has decided to hold a chicken fried steak dinner and silent auction Sunday, Sept. 21, 11

a.m. to 2 p.m., at the Sheridan Community Center.

There will only be advanced ticket sales at a cost of \$5.50 per plate. You can reserve your tickets by calling Fire Chief Bruce Tesch at 409-234-5897 or Sheridan Lumber, 409-234-3921.

You may also purchase your tickets from: Sonntag Service Station, Sheridan Lumber, Sheridan Dairy Delite and Sandy Creek Drive In.

The Sheridan VFD is also asking for your help in donating items for their silent auction. This could be craft items or bought items.

Silent auction items may be left at (See Sheridan VFD, Page 12)

Did You Know...

President-elect Zachary Talyor refused to take his oath of office on the designated inauguration day, March 4, 1849, because it was a Sunday. He was sworn in the next day, leaving David R. Atchison, president pro-tem of the Senate, as acting-president for the day.

Museum

PEM later. Then a multitude of others can have this same enjoyment in the years ahead.

But as Vic insists, we wish to preserve and display materials relating to Eagle Lake and its surroundings - no African big game heads are acceptable please!

Rare copy of *Eagle Lake Canoe* presented to Museum

The 1891, Volume V, Issue 33, was found in Houston by a friend of J.R. Thomas of Eagle Lake. Realizing the historical value and the significance of the paper to the people of Eagle Lake, he gave the fragile pieces to Thomas to present to the Prairie Edge Museum.

Curator Bill Harrison spent four tedious hours assembling the fragments and stabilizing the issue. It has now been laminated to prevent further disintegration.

The *Eagle Lake Canoe* was one of the early, if not the first real newspapers established in Eagle Lake. It was started in the spring of 1887 by C.L.

Lehmann, H.A. Ivey, and J.J. Mansfield, with Mr. Mansfield serving as Editor. He later served as Mayor, County Judge, and United States Congressman from this area of Texas.

The outside pages were printed in Hallettsville in the offices of the *Hallettsville Herald* and shipped by express every Friday afternoon.

Mr. Mansfield became the sole owner of the *Canoe*, but after a few months sold his interest to J.L. Goodman.

In the summer of 1889, Mr. Mansfield re-purchased the *Canoe* and published it until March of 1890 when he sold the whole business to W.T. Eldridge.

Eldridge continued to publish the paper for about two years. He then sold the paper and presses and had them moved to El Campo.

Other publications that followed were *The Headlight* in 1895, *The Colorado County Democrat*, and finally *The Eagle Lake Headlight* in March of 1903.

Subscription price for the *Canoe*

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was \$1.50 per year, issued weekly every Saturday morning.

The 1891 original issue and a photocopy will be available for display at the museum shortly.

A few of the advertisers were: J.A. Barrett, dealer in General Merchandise, Staple and Fancy Groceries, Plantation Supplies, Notions, Boots, Shoes, Cotton and Country Produce Avery Plows and Farm Impl.;

Also, Pearl Saloon, T.J. Roberts, Prop., Finest Wines, Liquors and Cigar, Cold Lager Beer; R.B. Longmire & Co., Pure Drugs and Medicines, Elegant Stock of Perfumery; Barber Shop, W.R. Ruffin, Prop., Clean towels and sharp razors;

Also, R.B. Dobbins, Furniture and Undertaking, Supplies, Wagons, Buggies, and Wagon & Plow Timber; W.H. Good, Agent for Noxall, Hay Presses;

Also, J.W. McCarty, Ladies Trimmed and Untrimmed Hats, Dry Goods, Notions, Groceries, Clothing; M. Oppenheim, Dry Goods, Gents Furnishings, Clothing, Boots and Shoes; The Drummer's Home, Mrs. E.E. Jenkins Prop., Fresh Fish from Lake Everyday; M.E. Claiborne, Oyster Parlor.

Hay

Continued from Page 1

Hay shows provide excellent opportunities for producers to rest hay for protein content which takes the guesswork out of feeding hay.

Hay samples to be entered in the hay show must be submitted before Sept. 24. Each sample submitted will cost \$10 for the protein test. Samples should consist of a feed bag full of hay from round bales or two blocks of hay from square bales. Each sample should include your name, address, sample number and forage type.

Hay samples may be submitted to the following locations: County Extension Office, Columbus; Natural Resource Conservation Office, Columbus; Heffley's Mill & Grain, Columbus; M-G Inc. Farm Service Center, Weimar; Heinsohn's Store, Frelsburg; Bernardo Farm & Ranch Supply; Eagle Lake Farm & Home Supply; Farmer's Co-Op, Garwood; Colorado Feed, Columbus; and Family Feed, Columbus.

For additional information contact the county Extension office at 409-732-2082.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic levels, race, color, sex, religion, disability or national origin.

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