



ANNOUNCING NEW ARRIVALS

Devin Charles Mulford

Charles and Leticia Mulford of El Campo are proud to announce the birth of their child, a son, born November 25, 1997, at 4:24 p.m. at Rice Medical Center in Eagle Lake.

Devin Charles weighed six pounds and measured 17-1/2 inches at birth. He was welcomed home by Ginny, age 9; Melissa, age 8; and Dylan, age 5.

His maternal grandparents are Mario and Adelfa Martinez of El Campo. Paternal grandparents are Charles and Jan Mulford of Sweeny. Great-grandparents are Pablo and Maria Louisa DelaPena of Mexico. His mom is the former Leticia Martinez.

Ashton Ryan Pavlu

Vicky Jo and Larry Pavlu of Garwood are proud to announce the birth of their child, a son, born November 24, 1997, at 11:24 p.m. at Rice Medical Center in Eagle Lake.

Ashton Ryan weighed eight pounds, 15 ounces and measured 21-1/2 inches at birth.

He was welcomed home by Aubrey, age 2.

Maternal grandparents are Victor and Dorothy Hyek of Nada. Paternal grandparents are Lawrence and Lillian Pavlu of Garwood.

His mom is the former Vicky Jo Hyek.

NIGHTINGALE'S CORNER

EXERCISE-A PRESCRIPTION

It's been said that if the effects of exercise could be compressed into a pill, it would be the single most prescribed pill in the nation. The scientific data that supports the motion that the benefits of exercise are beneficial

under most circumstances is growing every year. In fact the medical professionals should be using it as a mainstay in our therapeutic resources, and not just as an afterthought.

In this era of health care reform, any serious attempt to control costs,

VFW Post #8783 holds fundraiser

The Eagle Lake Veterans of Foreign Wars Post #8783 would like to thank all the businesses and individuals who donated to the Post's annual fund raiser.

A special big thank you to all who purchased tickets and helped make this fund raiser such a huge success. Listed below are winners, prize they won and sponsors:

J.R. Thomas, \$20 cash, Royal Clean-

ers; Herbert Ramirez, \$20 Chevron supreme gas, Dan's Minute Stop; Steve Almanza III, \$20 gift certificate, Farmer's Coop, Eagle Lake; J&K's Corner, electric weed eater and safety glasses, Shoppas; Mark Leopold, hand-crafted clock, Harry Supak; Lake Lumber Co., Aladdin hot and cold thermos, Struss Auto Supply;

Also, Jim Wiese, Jeagor fleece jacket, Johnny's Sport Shop; Laura Witte, grease, oil-filter (light truck or car), Meitzen Oil Co.; David Romo, grease job, oil change,

oil & filter, G-Lube; Jerome Barta, gift basket, Eagle Lake Rice Dryer; Kenneth & Debbie Wishert, two dinners for two, Blue Plate Cafe; Alex Ramirez Jr., 1 case Powerclean Motor Oil 15W40, J.J. Repairs; Judy Brisco, 2 deluxe dinners, Taco Tony's;

Also, Bruce Hicks, \$25 gift certificate, Wal-Mart Columbus; Helen Supak, \$20 gift certificate, Sportman's Restaurant; Lake Lumber Co., 1 large pizza, 1 family order breadsticks, 1 soft drink (\$25 value),

Pizza Hut, Columbus; Jerome Zahradnick, \$30 merchandise (excluding beer, lottery and cigarettes), L.W.'s; Connie Keith, \$30 gift certificate, Furniture Shoppe; Earl Braden Jr., 24 piece socket set, Lake Lumber Co.;

Also, Christi Stancik, 6 Dallas Cowboy t-shirts, Austin's Grocery; Suzanne Sykowski, 24-gallon Rubbermaid Cooler, J&K's Corner; Valesta Mascheck, booster cables, S&W Parts; Colorado County Rice Mill, 20 lb. propane tank with fill, Schindler LPG; Louis Schorlemmer, 1997 uncirculated Bank Set, Wallis State Bank; Jim Mathis, round golf (18 holes) and cart, Tee Up Pro Shop;

Also, Georgia Marsalia, 4 homemade frozen pear strudels, Annie's Catering; Barbara Smith, 1 box homemade canned fruits and vegetables, Broesche's; Eric Baros, \$20 gift certificate, B&B Foods, Eagle Lake; Jane Booker, 1 house plant, Canaris Nursery; Katie Pagel, 1 artificial plant, ACE Rent to Own, Eagle Lake; Kris Matura, \$50 gift certificate, John B. Myres DDS; Carl Gurecky, \$20 gift certificate, Gifts of Distinction; Lillie Brune, one 3x5 American flag, VFW Post #8783;

Also, Judith Satsky, homemade tool box, Jiggs & Liz Kana; Josh Allen, \$15 gift certificate, HEB, Columbus; J&K's Corner, \$15 gift certificate, HEB, Columbus; Bonnie Broesche, 1 gal. hand cleaner, Eagle Tractor, T Lang; Chic Stein, 50 lb. bag rice, Colorado County Rice Mill; Bonnie Broesche, King Louie jacket, Strouhal Tire, Hungerford; Trafco Industries, 42" Grayton ceiling fan, anonymous; Stephen Taylor, first aid kit, Trafco Industries; Dr. Russell Thomas, \$50 saving bond, First National Bank;

Also, Selena Sykowski, 50 lb. bag rice, Rice Industries; Earl H. Rodgers, 50 lb. bag rice, Colorado County Rice Mill; Tommy Story, free Quick Lube, (GM car or truck only), Lake Motors; David Hengst, 2 chicken fried steak dinners, Dairy Queen, Eagle Lake; Lake Lumber, 3 Hunger Buster Combos, Dairy Queen, Eagle Lake; Carolyn Noska, lessons for 2, Universal R&R Karate.

Filing

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comptroller, treasurer, land, agriculture and railroad commissioners, state senator or representative, supreme court justice, Court of Criminal Appeals and Court of Appeals judges, State Board of Education, a multi-county judge or district attorney.

For more information, call Hayek at 409-732-6561. Her office is located on the first floor of the Courthouse and open from 8 a.m. to 5 p.m., Monday through Friday.

Living Hope Church sets Christmas program

Living Hope Church, Eagle Lake, welcomes the public to all its Christmas season services.

Sunday night, Dec. 14, at 6:30 p.m., special services start with the annual Christmas Nativity Pageant.

This year's program is written and directed by Amy Catlett and will feature the largest group of young people to take part in the program yet.

If you haven't experienced the joy of seeing little ones dressed as angels and wisemen coming to worship the baby Jesus lately, this program will be a blessing to you. The program will

conclude with all children receiving fruit bags and the singing of traditional Christmas songs.

On the night of Dec. 17, teams from Living Hope will be out in the community distributing necessities to the needy and singing Christmas carols around town.

From now through Dec. 17, the church is also accepting items for the seventh annual distribution to the needy. Food items, as well as mittens and winter caps, may be brought to Living Hope Church at the corner of Church and N. McCarty during Sun-

day or Wednesday services; or contact Pastors Joe and Mercy Fling at 409-234-3710.

Cub Scouts register 19 new members

Nineteen new Cub Scouts joined Pack #3078 of Eagle Lake during the fall registration drive Sept. 9. The Pack now has over 30 registered Cub Scouts.

The new scouts are: Tigers (1st grade): Francisco Vazquez, Jeremy Samora Gonzales, Bruno Flores, Jerome McAfee, Dillan Gertson, Ronnie Gonzales, Matthew Sosa and Garrett Casper; Wolves (2nd grade): Martin Vazquez, Anthony Banks, James Allmond, Jesse Rodriguez and Eddie Losoya Jr.; Bears (3rd grade): Irving Pena, Noe Diaz, Shawn Politsch, Clayton Bowen and Ethan Reznicek; Webelos (4th grade): Eder Valdez.

Scout leaders are Andrew Magninat, Webelos; Janice Magninat, Tigers; Paul Supak, Asst. Cubmaster & Bears; Mark Rotter, Cubmaster & Bears; and Sabina Rotter, Wolves.

Thank you to the local businesses, schools and churches who helped with the membership drive.

Please continue to support these young men in their efforts.

Special thanks to John Woolsey, Brahman District Executive, for his personal attendance and assistance; and the Eagle Lake Lions Club, sponsor of Cub Scout Pack #3078.

New members are welcome anytime. Please contact any leader; they will be glad to assist.

By Mary Jan Hargraves, RN/MSN/FNP

individuals must take better care of themselves, take more responsibility for their own health, and instill in health care professionals the focus on prevention.

One of the "Healthy People 2000" fitness objectives calls on health-care professionals to become more involved in the promotion and prescription of exercise.

Currently, fewer than 30% of the professionals actually discuss exercise with their patients.

Exercise has been proven effective in the prevention and/or treatment of a wide variety of health-related conditions.

1. Brain: reduce the affects of stroke, lift depression, reduce the effects of chronic pain and fatigue, raise self-esteem.

2. Spine: reduce back injuries and reduce or eliminate back pain.

3. Cardiovascular: reduce high blood pressure, prevent or reduce coronary heart disease, improve heart function.

4. Metabolic: improve blood sugar in diabetes, increase metabolic rate.

5. Circulatory system: decrease effects of peripheral vascular disease, prevent thrombophlebitis.

6. Musculoskeletal: prevents or reduces loss of minerals in bones, increases joint movement in arthritis, increases muscle strength and endurance,

increases flexibility of joints, prevents injuries to joints, spine and muscles, reduces the effects of aging.

7. Miscellaneous: all causes of mortality are decreased, longevity is increased, obesity is reduced, immune system function increased and pregnancy health is increased for mother and infant.

When the benefits are examined, it is a wonder this isn't the first treatment initiated with health problems.

The interesting thing concerning exercise is that most think a person has to run a marathon for it to be beneficial. That's not true.

The exercise prescription can include simple things such as taking stairs instead of elevator, parking further away in the parking lot, or walking to the store.

Next, the exact content of an exercise prescription will be discussed along with how to enlist yourself successfully into a program.

If you have any questions or suggestions, please call me at Eagle Lake Medical Clinic, 1-409-234-2066; or the Sealy Clinic, 1-409-885-3370.

CGCMC welcomes Arvin, new CFO

Columbia Gulf Coast Medical Center (CGCMC) is pleased to welcome Douglas J. Arvin, CPA, to the

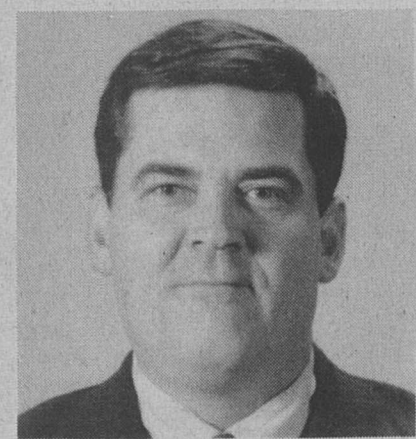
position of Chief Financial Officer (CFO). Arvin assumed the position full-time on Oct. 1.

According to Michael D. Murphy, Chief Executive Officer for CGCMC, "Doug brings with him a wealth of experience, including hospital CFO and auditing consulting experience."

Arvin was previously CFO at Dunn Memorial Hospital, Bedford, Ind., and the Jewish Hospital Health Care Services System, Louisville, Ky.

Arvin and his wife, Lori, have two sons, Charles, age 6, and Bradley, 4. He enjoys outdoor activities, basketball, golf, volleyball, camping, swimming and community-public service.

Arvin expressed his feelings about joining the CGCMC family by stating, "I am excited to be joining an organization with such an outstanding reputation for providing high quality patient care."



CFO Doug Arvin

"And I'm happy to be part of the Columbia Health System."

"I'm also looking forward to getting to know all the members of the Wharton County community and becoming involved in it."

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Mr. & Mrs. W.F. Meitzen Jr., celebrated her 14th birthday last Saturday evening with a costume Halloween party at Austin Hall.

Jo Ann Sens celebrated her birthday with a party Monday, Oct. 24th. Those present were Charles Harris, John Adkins, Millard Brisbois, Roger Addicks, Bob Cook, Herbert Dromgoole, Walter Meitzen, Dennis & Shirley Thornton, Shirley Frnka, Mary Zickuhr, Mary C. Nash, John Beseda, Jean Causey, Barbara Buck, Wanda Fay Scott, Claire Middlebrook, Doris Ann Alley, Judy Fay Thomas, Myrna Wesson, Hattie Jo Wishert, Shirley Hearn, Patsy Scott, Ernestine Davidson, Carol Sens, Betty Lou Goodson, Henry Lloyd and Mary Catherine Kretschmar.

"The office of government is not to confer happiness, but to give men opportunity to work out happiness for themselves."

—William Ellery Channing

Mahalitc, Vidrine wed

Natalie Lavene Mahalitc and Justin Ray Vidrine of DeRidder, Louisiana, were united in marriage November 16, 1997, in a candlelight ceremony at the United Methodist Church in Rock Island with Pastor Ken Seller officiating.

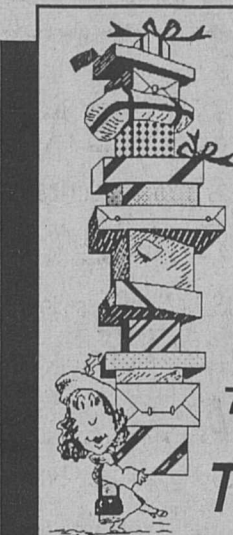
The bride is the daughter of Dianna and Duane Austin of Eagle Lake. The groom is the son of Carolyn and Mike Crain of DeRidder.

Presented in marriage by her parents and escorted by her stepfather, Duane Austin, the bride was simply beautiful in her blush pink gown and pearls.

Following the ceremony, a candlelight reception was held at the bride's parents' home in Eagle Lake.

A very special thank you to Natalie's stepfather, Duane Austin, for a lovely wedding and reception!

Family and loved ones wish Natalie and Justin success and happiness.



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LATIN-AMERICAN ASSEMBLY OF GOD (Belen de Judea Mision): 1000 East E, Eagle Lake; Ruth Olivera, 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.
GREATER NEW FAITH CHURCH: 6406 Guyler, Wallis; Rev. Clay Spears. 409-478-2169.
EAST BERNARD FIRST BAPTIST: Rev. Clifford Roser.
FIRST BAPTIST: N. Lake at E. Prairie, Eagle Lake.
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. (Español), 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 AG: 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.

GINDLERS

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