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Armor

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helps other national children's organizations raise funds by providing a fund raising event called the *Armadillo Derby*. In the event "armadillo jockey" charity fee support the sponsoring charity. "Armadillo Jim" and the *Armadillo Derby* were featured for the 8th year to help raise fund for the *Micrografx Chili for Children Benefit for the Missing and Exploited Children's Foundation* in Las Vegas in Nov.

"Armadillo Jim" and the mission

of *Put On Your Armor* declares, "The children of our community are our most valuable asset. When we reach out in love and let our children know how special they are, they won't want to try drugs. This is so unique, it's just what we need to help our community, the kids will love it."

For more information, please call 918-259-5000 or e-mail: info@PutOnYourArmor.org

You may visit their Internet website at: www.PutOnYourArmor.org.

Ladies

Continued from Page 10

The result of this hard work is a three-game winning streak. Falling victim to the Lady Raiders were:

Living Water: 61-41. Scoring for the Ladies were Erica Dunmore with 20; Jennifer Christ, 18; Briana Bedford, 12; Janna Janish, 6; and Shanna Waligura, 5.

Wheatley (4-A): 43-33. Dunmore, 13; Bedford, 12; Waligura and Janish, 6; Angela Phillips, 2; and Tanika Scott, 2.

Hitchcock: 39-14. Dunmore, 16; Bedford, 11; Christ, 10; and Lé Teshia Banks, 2.

The last two wins came in the 31st

Annual Royal Tournament. The girls used these victories to earn themselves a spot in the championship against Channelview (a 4-A school).

The Ladies came up short, but left with a second place trophy and individual medals around their necks.

"The second place finish in the tournament is huge for the girls' basketball program. I am very proud of the effort these girls have given me this year," commented Goetzke.

"They are trying to improve a program that has been down the last couple of years and the community should be very proud of this young team," he concluded.

Health

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tion that can hamper performance. "A good diet is critical for young athletes," said Demory-Luce. "It affects the strength and endurance of young athletes, as well as their growth and development."

Students with injuries find school a challenge

It's not easy for children with serious injuries to return to the school environment.

Simple things like going to the bathroom, carrying books, or participating in sports can be a challenge for children with injuries.

"Due to missed school days, mental or emotional trauma, or discomfort from the physical injury, their performance may drop. Students that normally may earn A's suddenly are getting D's," said Anne Gill, an instructor of pediatrics at Baylor College of Medicine, who sees patients at Baylor's Pediatric Injury Center.

The Pediatric Injury Center brings specialists from many fields together for assessment, treatment and follow-up care.

Gill suggests that parents and their family physicians work with school nurses to ensure their children do not "fall between the cracks" when they return to school.

"School nurses can help provide a smoother transition back into the classroom," she said.

TV can be a reward for completing homework

TV or not TV? That is the question.

The answer, says Dr. Julie Jones at Baylor College of Medicine in Houston, can influence whether your child starts the school year with appropriate study habits.

"Parents can increase their child's potential study time by limiting the amount of TV he or she watches," said Jones, assistant professor of family and community medicine.

"Make a rule that your child must finish homework before watching

television." If a favorite program is on before the work can be done, videotape the show for later viewing as a reward.

Jones recommends limiting TV to one hour at night.

"More than this interferes with study, reading and thinking time," she said. "If your kids stay up too late watching TV, they won't be alert enough to learn well the next day."

List

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7 "carry your hunter safety certification card, if applicable, with you in the field"

8 "carry a state driver's license or state personal identification certificate, if you are 17 years of age or older"

9 "fill out a Wildlife Resource Document to accompany any part of a deer or turkey that you give to someone else"

10 "keep all game animals and game birds in an edible condition"

8th Grade

Continued from Page 10

causes for the Raiders demise, 41-37.

Scoring for the Raiders were Hentzell with 16 points; Sosa, 11; Douglas, six; and Rangel, Phillips, Dabney and Lugo chipping in two points each.

Dec. 12, the Raiders took third place in the Columbus Tournament by taming the Leopards from La Grange, 43-7.

The Raiders started out sluggish, but kicked it into high gear in the second half, outscoring the Leopards 24-3.

Scoring for the Raiders were Sosa with 13 points; Lugo, nine; Douglas, six; Hentzell, five; Dabney and Phillips, four each; and Rangel, two.

Rubin Leal contributed on the defensive end and did a good job coming off the bench to run the offense when Douglas needed a break.

The entire team should be proud of this win, but it's time to get focused on the Blue Jays from Needville who fly in for an encounter Thursday, Dec. 17, at Eagle Lake Middle School gym starting with a B game at 4:30 p.m. The A game should start around 5:15.

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Blood Pressure Drugs May Lower Risk for Dementia

An estimated 600 million persons in the world with high blood pressure are at risk of developing serious health problems. In addition to stroke and heart disease, elderly persons with untreated high blood pressure also may be at risk for dementia. "Dementia" is a broad medical term referring to progressive loss of memory and other intellectual functions. Over time, persons affected become confused, unaware of surroundings, and generally incapacitated. While dementia can occur at any age, the term "senile dementia" refers to the condition in the elderly. Alzheimer's disease is one of the most common forms of dementia.

According to a recent report in *The Lancet*, elderly persons with high blood pressure who are treated with high blood pressure medicines may have a lower risk of developing dementia. Researchers at 19 medical centers in Europe studied 2,418 elderly patients with high blood pressure. Those in the study that received *nifedipine* (a calcium channel blocker medicine) were 50% less likely to have dementia. This is the first time researchers have found a positive link between blood pressure control with medicines and an actual reduction in the incidence of dementia.

City Council backs Revitalize's participation in Main Street Program

By Lynda Appelt
Headlight Staff

The Eagle Lake City Council approved the authorization of an application for participation in the Main Street Program at its Dec. 8 meeting.

Revitalize Eagle Lake Inc. has been looking into developing a historical preservation program for the downtown area of Eagle Lake.

Revitalize members, Lesley Matthews (who will head up the pursuit effort) Sandy Bendy and Wm. H. Harrison Sr. were present to ask for Council's verbal support of the Main Street program effort.

Scott Byler, Main Street coordinator for the City of La Grange, made a slide presentation about the Main Street Program. La Grange has been in the program since 1996.

Council gave its support for the submission of the application, which will be reviewed by either accepted or rejected by the State Office in Austin. No financial funding was requested at this time.

If the application is approved, a three-year program will be granted to Eagle Lake. The program requires all cities with less than 5,000 population to hire a part-time manager.

Matthew told Council the staff person would not be hired until Jan. 2000 at the earliest. This person will be an employee of the City.

"This is the right time for the City of Eagle Lake to do something to preserve its historical buildings and encourage expanding economy through such a program as Main Street," said Matthews.

If approved, the program will offer a resource team to visit Eagle Lake and evaluate the downtown area.

According to Matthews, the evaluation information will be released at a town meeting planned for the beginning of 1999.

"If we don't have the support of our banks, Council, citizens, media and, particularly, our merchants, there is no need to pursue the program," said Matthews. "A town meeting will help

us see if we have the support we need, and the Council's vote of support is our first step."

Council partially approved the appeal of Clyde Morales for a manufactured home permit.

Morales applied for two mobile home permits for units located on West A Street. The units have been located at the site for a number of years, but were denied permits due to lack of proper space between the units as defined in the City's new mobile home ordinance.

Morales' units are only five feet apart but the ordinance calls for 15 feet for each, totaling 30 feet.

The units otherwise meet all ordinance standards.

Units already in place are grandfathered unless the situation changes. Morales' units are rent property and became vacant. One is now rented, placing it under the new ordinance.

Council approved a permit which will allow water to be turned on in the rented unit at 413 West A only if the other unit, at 415 West A, is moved,

taken down or not rented.

Council plans to readdress the ordinance concerning rental property.

Council approved a change in the Texas Municipal Retirement Program for City employees to 6% salary deduction with a 2-to-1 match from the City. The present program is 5% with a 1 1/2-to-1 match.

The annual year-end salary adjustment for employees was approved. The bonus formula used is 10% of an employee's monthly salary to all employees with at least one year of service and \$50 to employees with less than one year. The total cost of all the City's employees' salary bonus will be \$4,191.61 as allowed in the budget.

In other business, Council:

• Discussed a chipping policy with no action taken.

• Cancelled the regular Council meeting on Dec. 22; and

• Was introduced to Eagle Lake's two newest law enforcement officers, Michael Krenk and Russell McDougall.

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