

Rice Special Olympians compete at State games

Five local athletes competed in the State Special Olympics summer games held recently at Rice University.

Competing in the individual skills category in the sport of basketball was Beth Lipperdt of Eagle Lake. She compiled a final score of 45 points to

capture the first place gold medal. Competing in the sport of track and field were the following four athletes:

Erika Ellenbogen ran the 100 meter dash in 24.16 seconds to win a second place silver medal and jumped 1.13 meters in the standing long jump

for a fourth place ribbon.

Eric Guthrie put the shot 6.88 meters to claim a fifth place ribbon, and, posted 16.42 seconds in the 100 meter dash finals for a sixth place finish.

Clifford Miller threw the softball for a distance of 3.45 meters to capture a first place medal; he completed the assisted walk in 42 seconds for a second place silver medal and finished the 25 meter wheelchair race in 28:09 seconds for a third place bronze

medal.

J.L. (Jerry) Miller earned a second place silver medal for a score of 1.18 meters in the ball throw for distance, and, earned another silver medal for finishing second in his heat of the 25 meter wheelchair race with a time of 2:00.38 minutes.

Guthrie, Lipperdt and C. Miller and J. Miller live in Eagle Lake, while Ellenbogen resides in Garwood.

Congratulations to all five of these athletes for great performances.



Rice Special Olympians recently competed in the state games. Showing off their medals above are, in back, from left, Erika Ellenbogen and Eric Guthrie. In front are J.L. and Clifford Miller.

Pictured at right is Beth Lipperdt who won the gold medal in individual basketball.



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Brast descendants celebrate 20th reunion

Descendants of the late Adolph and Theodore Brast held their 20th Annual Reunion at the American Legion Hall in Sealy on Sunday, April 11.

After getting reacquainted, the group enjoyed a covered dish lunch at noon, games of dominoes and reminiscing.

Present for the reunion from Sealy were: Mrs. Hattie Peschka, Victor & Shirley Brast, Leroy & Elaine Brast, Emma & Brian Reichardt, Weldon & Judy Brast with niece, Dustie Bain and their daughter, Tammy Brast with her daughters, Kathryn Golden and Kirsten Beasley. Debra Brast with her sons, Garrett and Dylan, and Clifton and Florine Steussel came from Cat Spring.

Coming to the reunion from Eagle Lake was Annie May Schmidt; from Wallis, Marcus & Tillie Brast; from Bellville, Alice Marcinkiewicz and her son, Frank and his guests, Missy and Lauren Kaase; from Columbus, Deana Brast, Dianna Foster with her mother, Eleanor Kansteiner, L.E. & Jean Kansteiner with son, Jimmy and Bennie Kansteiner and son, Shane.

Melvin & Jeanette Rinn came from Hockley; Kenneth & Delores Vasina came from Houston; Monty & Robert Lee Brast Sr. came from Wharton with son, Robert Lee Brast Jr., from Angleton; Elsa Marie Hoff, and daughter, Dorothy and husband, Timothy Friedel with their children, Sarah Beth and Kyle, came from Wauler with Elsa's brother, Edwin Mau from Hempstead. Mike and Yvonne Stephenson and daughter, Mikayla, came from Conroe and Gene & Ann Brast came from Nacogdoches.

The door prizes were won by

Robert Lee Brast Sr., Robert Lee Brast Jr., Garrett Brast, Elaine Brast and Gene Brast.

The oldest in attendance was Mrs. Hattie Peschka.

The youngest attending was Mikayla Stephenson.

Gene and Ann Brast came the greatest distance.

USDA releases long-awaited assistance to Texas farmers

"After months of delays, Texas farmers are finally going to see their promised and much-needed federal disaster assistance," says U.S. Sen. Phil Gramm.

"Last Oct., Congress passed emergency legislation for farmers who were hit by natural disaster - and time then was of the essence," Gramm said. "Now we are heading into summer and the relief is at last arriving."

The U.S. Department of Agriculture is mailing \$2 billion worth of assistance checks beginning the first week of June to hundreds of thousands of American farmers scorched by drought to help cover their crop losses.

"I am relieved that our Texas producers are receiving this long-awaited assistance. This not only assists them with last year's losses, but will enable

them to secure essential loans for this year's crops," Gramm added.



Property Protection Program

Colorado County is among 207 county Farm Bureaus (FB) participating in the Texas FB (TFB) Property Protection program. All members in the county are eligible to use this posting and reward program which is provided as one of the many FB benefits.

Under the program, a reward of \$1,000 will be paid to a person who furnishes information leading to the arrest and final conviction of person(s) committing trespass, theft or mischief on posted property owned or rented by members. Since the program started in 1971, TFB has paid a total of \$139,200 in rewards.

Colorado County FB President Charles Harbich presented Kelly Merrit, left, and Katie Mazel, right, of Columbus with a \$500 check. The young ladies furnished information which led to the arrest of persons involved in the burglary of habitation of the Thomas Etheridge property. Photo Courtesy of TFB

Foot Facts

By Dr. Eric R. Tepper, Podiatrist

WHEN YOU'RE WALKING FOR TWO

When you're pregnant, you may be focused elsewhere and not give much thought to your feet (especially if you can't see them when you look down!), but your feet have special needs now, too. A hormone, aptly called relaxin, whose primary purpose is to help relax and expand the pelvis for the baby, also relaxes the ligaments in your feet. Add to that the shift in balance and a significant gain in weight - especially as you near term, and you have the makings for sore feet. Toward the end of the pregnancy, your feet will likely be wider and flatter, providing a stable platform on which to balance. When you're walking for two, running shoes offer shock absorption, comfort, and stability.

Just as you put your prenatal care in the hands of a specialist, so should you entrust your hard-working feet to a specialist - a podiatrist. It's time to pay attention to what your feet are trying to tell you when each step is more painful than the one before. Don't ignore foot problems, whether caused by pregnancy, injuries, diseases, or inherited conditions. Your feet aren't supposed to hurt and there is help through the techniques of modern podiatry when they do. We offer foot care for the family at Rice Medical Center. Call 234-5571 for a Tuesday appointment.

P.S. Your feet should resume their pre-pregnant state gradually after you deliver your baby.

Did You Know...

Eleven of the world's 16 busiest airports are in the U.S., including the top four — O'Hare in Chicago, Hartsfield in Atlanta, Dallas-Fort Worth and Los Angeles.

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New Type of Weight Control Medicine

In April the US Food and Drug Administration approved *orlistat* (Xenical), the first prescription-only diet preparation that works in the gastrointestinal tract. Orlistat inhibits lipase, an enzyme involved in fat metabolism. The overall effect is to prevent the breakdown of fats, thus reducing fat absorption from the gastrointestinal tract. About 30% of dietary fat is not absorbed. The medicine works only in the digestive tract to aid weight loss.

This new medicine is indicated only for individuals who are at least 20 percent overweight. In addition orlistat *should not* be used in persons with chronic malabsorption syndrome or persons with cholestasis (blockage of the flow of bile into the intestinal tract). As a part of a prescribed weight reduction program, it is recommended that orlistat be taken three times each day with meals in connection with a reduced calorie diet. Side effects of orlistat include oily rectal spotting, intestinal gas, fecal urgency, and increased defecation. Maintaining a diet with no greater than 30 percent of calories from fat may minimize side effects. Supplementation with the fat soluble vitamins A, D, E and K may be necessary due to the potential for reduced absorption of these nutrients.

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Homecoming

Continued from Page 5

(Hudson) Meyer, Rob & Ann (Meyer) Lowther of Columbus; Calvin, Debbie (Meyer), Matthew, Jonathan, Rebecca, Cody & Sarah Harris of Rock Island; Harold & Paula Waits of Houston; Margie Waits of Columbus; Norman & Sue (Waits) Hooper, John & Rhonda Hooper of Rock Island; Vernon & Margaret L. Bryant, Lawrence & Shirley (Bryant) Triplet, Arman & Margaret Loewen of Alvin; Grace Bryant, Bonnie Bryant, Morgan Bryant & Joyce Johnson of Hempstead;

Also, Robert W. & Beadie O. Means of Houston; Robert W. "Bobby" & Rose Means, Aaron & Sharla Means, Amber & Kaylin of Huntington; Curly Everett of Pearland; Vernon Venghaus of Alvin; Mary (Gazette) Conroy of Bellaire; Ted Garcia & Hilda Arios of Milpitas, Ca.; Eddie Garcia & Lou Ann Chism of Silsbee; Joe & Mona Fenn of West Columbia; Ruby (Winzenried) Sims & Doris Turner of Houston; Betty (Byrn) Mitchell of Sheridan; Paul, Mary & Peter Beard of Yoakum; Fred & Cheryl Schetz of Porter; Barrie & LaVonne (Johnson) Kyle of Lago Vista; Bill & Peggy (Jacobsen) McKeen of Liberal, Ks.;

Also, Sonja (Jacobsen) McCarterly of Midland; Richard Jones of Missouri City; Howard & Carol (Williams) Wiese of Lissie; Donnie & Anna (Cooper) Wiese & Alyssen Marsalia of Eagle Lake; Ralph & Ruby (Powell) Williams of Rock Island; Billie Jean "Nippie" (Kotria) Mayes, Jeff & Chris (Mayes), Courtney & Kelsey Andryczak of Rock Island; Tommy & Mary Ann (Klimple) Mertz, Hattie Mertz of Hallettsville; Russell & Faye Lidberg Sr. of Alleyton; Russell & Marilyn Lidberg Jr. of Sargent; Margaret (Cooper) Percival & Al Spoor, Carolyn (Cooper) Gundelach, Joan Gundelach & David Gundelach of Houston;

Also, Chuck, Jan (Gundelach), Olivia & Annie Woods of Marble Falls; Bob Eaton of Eagle Lake; Linda Ulbig of Houston; Sandra & Sherrell Speer of Wharton; Jo & Frank Beckak of Garwood; John Siebe of Houston; Kahrine Einkauf, Bessie Thomas, Esther Curry, Clay & Bernice Henry, Brandon, R.C. & Brandy Nelson, Bob & Debbie Allison, Tracey Cuneo, Roxana Strickland, Greg & Cindy Buzek & children; Jerry, Lola & Amanda Greak, Forrest, Donna (Greak), Samantha & Donald Bryant of Rock Island.

There were others in attendance who did not register.