



THE EAGLE LAKE HEADLIGHT

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To THE EDITOR & YOU

Amtrak president sends his thanks

The following was forwarded to *The Headlight* by County Judge Al Jamison:

Honorable Al Jamison
County Judge
P.O. Box 236 Columbus, TX 78934

Dear Judge Jamison:
On behalf of Amtrak and our passengers, please allow me to express

our deepest appreciation for your assistance when the Sunset Limited derailed on the morning of July 8. Your compassion and generosity have made a profound difference in the lives of many.

The heroic efforts of the countless individuals and groups who came to the aid of Amtrak passengers and crew helped make this difficult event easier for all concerned. Your actions are

proof indeed that the American spirit of volunteerism is alive and flourishing.

We at Amtrak extend our sincere thanks for your selflessness and welcome your continued support.

Sincerely,
Lee W. Bullock
President, Amtrak Intercity

About Town...

•Colorado County Alumnae Panhellenic Association announced the following fall sorority pledges: Sam Houston State, Caleche Cranek, daughter of Charlotte Cranek of Garwood, pledging Zeta Tau Alpha; and Holly Waligura, daughter of Mark and Cindy Waligura of Garwood, Zeta Tau Alpha; Southwest Texas State University: Lori Grigar, daughter of Michael and Melody Grigar of Eagle Lake, pledging Delta Zeta; and Texas A&M University: Amy Obenhaus, daughter of Janice Waddell of Eagle Lake, pledging Delta Zeta.

•Mikayla Manciaz, daughter of Patricia and Marty Manciaz of Eagle Lake, celebrated her third birthday at the home of her great-grandfather, Atilano Cardenas Sr., last Sunday, Sept. 19.

The theme of the party was the WWF. For those of you who don't know, that's the World Wrestling Federation. Kayla is a big fan of the "Rattlesnake" Stone Cold Steve Austin. She even got a drinking cup in the shape of Stone Cold. Guests at the party enjoyed barbecue with all the trimmings, sandwiches, chips, coke, punch and cake.

H-E-B voluntarily recalls possible contaminated meat

Texas Department of Health (TDH) officials said they were satisfied that H-E-B grocery had successfully removed nearly 20,000 pounds of ground beef from its store shelves after fears it may have been contaminated.

H-E-B voluntarily recalled the meat after internal routine testing detected E. coli in a one-ounce sample of ground beef in a company warehouse. The recalled meat was packaged in Styrofoam trays wrapped in clear plastic with "sell by" dates of Sept. 13 and 14 and 16-ounce aqua and green tubes of "super-lean" ground beef with a "sell by" date of Sept. 23.

The meat was sold Sept. 13 and 14 in many of the company's 160 stores but not its Central Market and Pantry Food stores. TDH officials said anyone who had purchased meat with those dates and packaging should return it to H-E-B for a full refund.

Most forms of the bacteria E. coli are harmless to humans but some strains, including the one detected in the H-E-B meat, can cause diarrheal illness.

UT Reopens Tower Deck

The University of Texas-Austin Sept. 15 reopened the observation deck of the Tower 25 years after a string of tragedies forced university officials to close the Austin landmark.

Public "twilight" tours began Sept. 16 and will continue through Oct. 29. After that date only daytime hours will be offered. Tickets are \$3 and can be reserved by calling toll free 1-877-475-6633.

The tower was closed Oct. 28, 1974 after several suicides and only eight years after Charles Whitman carried out his deadly rampage from the observation deck, killing 14 people and injuring 31 others Aug. 1, 1966.

"I believe it is important that we



State Capitol Highlights
By Ed Sterling
Texas Press Association

Hispanic Population Increases
Texas recorded the nation's second largest increase in Hispanic population, adding 1.5 million compared with 1990 and bringing the state's total to 5.9 million Hispanics.

Nationwide the Hispanic population increased from 22.4 million in 1990 to 30.3 million in 1998, a 35% gain. California leads the nation with 2.4 million more Hispanics in 1998 compared with the 1990 figures.

The U.S. Census Bureau released the annual estimates as a guide to gear up for the 2000 Census.

Harris County led the state with an estimated 875,338 Hispanics and Bexar County followed with 761,019 Hispanics.

Texas saw substantially less increases in its other population groups. The bureau estimates 382,000 more blacks and 225,000 more Asian and Pacific Islanders lived in the state in 1998.

Other Highlights

•Seven Texas urban counties will split \$5.9 million in grant money to fund a new juvenile justice program designed to intensify intervention and supervision of youthful probationers.

The program, Project Spotlight, gives a two-year grant to Bexar, Dallas, El Paso, Harris, Nueces, Tarrant and Travis counties.

•Michael L. Williams was named chairman of the Texas Railroad Commission. Gov. George W. Bush appointed him to the commission in Dec. 1998.

•PULSE EFT Association, which as more than 20 million debit cardholders, successfully passed the 9/9/99 test. Company officials said the date passing without a hitch reaffirmed that the public can expect a normal day of operation on Jan. 1, 2000.

•Tire Recyclers in San Antonio was ordered to pay \$316,000 to the Texas Natural Conservation Commission in connection with 10 felony counts of criminal fraud. The company filed false reports and received reimbursements under a tire waste processing program.

•Texas' newest area code - 361 - went into effect Sept. 18 in the Coastal Bend region. The area code is the state's 18th.

•Texans with concealed handgun permits now can carry those guns in Arizona, and vice versa. Texas Department of Public Safety signed a reciprocity agreement with Arizona. Similar agreements already are in place with Louisiana, Oklahoma and Arkansas.

Let's Look Back...

24 & 48 YEARS AGO

April 11, 1974

Attorney Willard Stuart administered the oath of office to newly elected city officials, Councilmen Roy Dean Van Nort and Eugene Baker and Mayor Elmer Struss. Van Nort is new on the council while Baker and Struss are beginning new two-year terms following last Saturday's election...

Raymond R. Thomas of Eagle Lake and Jose J. Garcia of Sheridan received the oath of office as new school board members for Rice Consolidated School District. Both were elected without opposition last Saturday...

Miss Denise Milner, bride-elect of Bob Griffith, was complimented at a coffee in the home of Mr. & Mrs. Paul Powers Saturday morning, April 6, from 9:30 to 11:30...

Visiting here Thursday through Monday with Mr. & Mrs. Joe N. Frazar Jr., Kathy and Lisa, were Captain & Mrs. Joe N. Frazar III, Joe IV and Catherine of Temple. Capt. Frazar is stationed at Ft. Hood...

While paring the 18th hole, Bobby Olvera qualified for the Regional Tournament by shooting a 77. On April 19 & 20, Bobby will participate in the Regional Tournament in Huntsville...

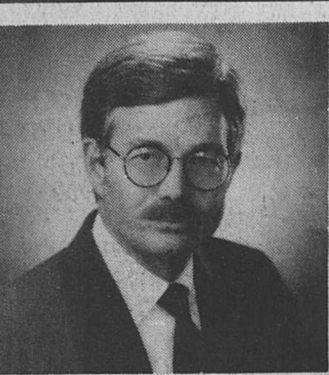
Janet Kersch, an 8th grader at Sheridan Elementary School, was named the winner of the Colorado County Chronicle spelling bee held March 27. Runner-up was Joyce Korenek, a 7th grader from St. Mary's School. Other participants were Monica Barela of Eagle Lake Middle School and Marlene Herzik from St. Anthony School in Columbus...

Mr. & Mrs. Albert Botard of Sheridan announced the engagement and approaching marriage of their daughter, Aileen Sue, to Monte Dwayne Peck, son of Mr. & Mrs. Irvin M. Peck of Weimar. The couple have planned a June 29 wedding...

Eagle Lake Noon Lions Club has allocated \$800 for the construction of a new Children's Park at the site of the tennis courts at Eagle Lake Recreation Center. Roy Dean Van Nort, president of the Noon Lions announced the project which was approved by the board of directors and he named Joe N. Frazar Jr. and Donald Bendy to join him on a committee to make final plans. Bendy will serve as chairman...

Death called one of Eagle Lake's longtime and prominent residents and a former publisher of the *Eagle Lake Headlight*, Mrs. Bruce W. McCarty of Dallas, to her final reward last Sunday, April 7...

Brenda Jones, Sandra Flowers
(See 24 & 48, Page 3)



KEN SPARKS
Attorney at Law

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Former Harris Co. Chief Prosecutor
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PRAYER BEFORE FOOTBALL GAMES

Traditionally, at this time and in years past, we have asked all those in attendance at our football games to join us in student led prayer. Last February, the Fifth Circuit United States Court of Appeals ruled it unconstitutional for School Districts to offer prayer at any school activity except graduation ceremonies. Specifically, the lawsuit prohibits the School District from organizing prayer at athletic events. While School Board members, administrators and school staff, as individuals, may disagree with the Court's ruling, our oath of office requires us to abide by the law of the land. We, as a District, ask students to obey the rules with which they may not always agree. We can do no less than we ask of them.

The School Board, and many members of the administration and staff, support efforts to reverse the decision of the Fifth Circuit. We are hopeful that the United States Supreme Court will uphold the constitutionality of student led prayer at football games and allow us to restore this traditional means of solemnizing the event. We encourage others, including local and state elected officials, to support the right of the students to lead and organize public prayer before school games. However, until such time as the law changes, we will abide by applicable court rulings.

Please note that the School District's policy of abiding by these Court decisions does not restrict, in any way, the right of an individual to offer a prayer at a football game or at any other school sponsored event. We simply cannot legally continue our practice of allowing organized student led prayer.

Richard E. Gott
Superintendent of the Rice
Consolidated ISD

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Bone Loss Prevented with Less Estrogen after Menopause

Osteoporosis (a mineral loss from bone that leads to porous bones) is a major health problem that affects more than 20 million Americans. Bone fractures due to osteoporosis occur most often in the spine, wrist, and hip — with hip fractures having the potential to be especially devastating. The risk of death of persons who experience hip fractures is much higher than for persons who do not have hip fractures.

For decades many postmenopausal women have been prescribed at least 0.625 mg of conjugated estrogens as the "standard" preventative dose in osteoporosis. Now there is evidence that a much smaller dose of estrogen replacement can effectively prevent bone loss, possibly with fewer adverse effects. According to a study recently reported in *Annals of Internal Medicine*, over 100 elderly women were evaluated for up to 42 months. Some of the women took a low-dose estrogen (0.3 mg daily), a progestin-type medicine, calcium, and vitamin D. Researchers compared these women with women in the study who did not get estrogen replacement. Scans of spine and wrist bones showed that the low-dose estrogen protected against bone loss.