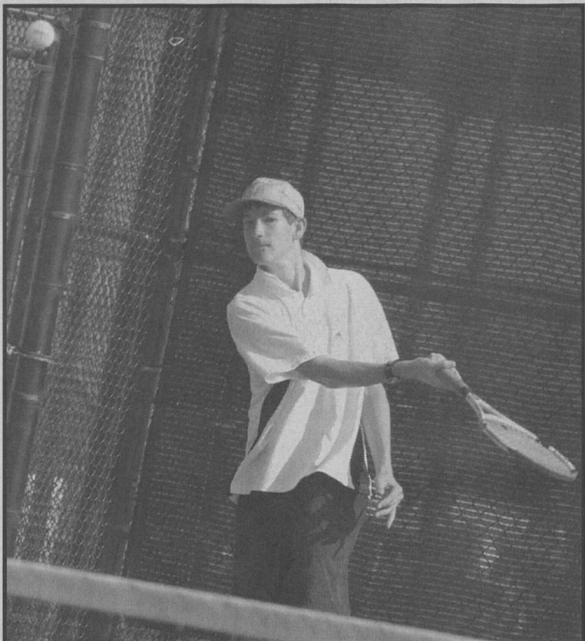


Frnka earns all district honors

Richard Frnka, son of Don and Rose Frnka of Granbury and grandson of Fred and Eunice Frnka of Eagle Lake earned all district honors in singles and doubles competition this season for the Granbury varsity tennis team.

Frnka along with teammates Chad Douglass and Clint Shero each received first-team honors to lead the Granbury varsity team in selections to the All-District 4-5A Tennis Team.

Frnka and Shero were the top team in No. 3 boy's doubles. Frnka also scored a second-team pick at No. 4 in boys singles. Frnka and Shero were 12-0 overall, 7-0 in district. In singles, Frnka was 10-2 and 5-2.



Pictured above is Richard Frnka who won 22 of 24 matches in singles and doubles competition on the season for Granbury earning him all-district honors.

Photo courtesy of Mary Vinson, Hood County News

Wal-Mart identifies "12 Toys of Christmas"

Are you feeling more like Sherlock Holmes these days, trying to sneak a peek at your children's list to Santa—all to get a clue as to what special toys they want to find under the tree Christmas morning? You don't have to be a legendary super-sleuth to bring a smile to their faces this holiday season. This year, Wal-Mart has done the detective work for you by creating the 12 Toys of Christmas list so you can feel relaxed and confident in your gift-giving knowing that you have insight into what the nation's top retailer believes will be the season's "hot" toys.

"This holiday season, there are so many fantastic toys to choose from

that we wanted to help our customers identify what we anticipate will be at the top of many lists to Santa," said Gary Severson, Wal-Mart senior vice president and general merchandise manager. "The 12 Toys of Christmas lists a variety of toys to choose from for all ages that are sure to be a hit on Christmas morning."

From traditional to trendy, educational to electronic, the list includes top picks based on a variety of input. Extensive research goes into the developing the list along with recent trend studies, buying trends of customers from years past and, quite possibly the most important input of all,

feedback from children.

The 12 Toys of Christmas are: Cabbage Patch Kids® Dolls; Barbie® as the Princess and the Pauper Doll Assortment; Marvel™ Spider-Man 2™ Triple Action Web Blaster; Leapfrog® Leapster™ Multimedia Learning System; ESPN Game Station™; Little Tikes® Hummer® H2 Ride-On; Color Video Now™ Personal Video Player; Bratz® Funk Out Doll Assortment; 1/6 Scale Radio-Controlled Cadillac® Escalade and Hummer® H2 or SUT; Plug-it-in and Play TV Games™; Schwinn® 20-inch Sting-Ray Bike; and Sesame Street® E-L-M-O™.

Being prepared and planning for

the shopping season ahead can provide a less stressful time leading up to the holiday. Additional tips from Wal-Mart for success include shopping early in the season for items that are "hot sellers" so you can check those items off your list and relax as Dec. 25 nears.

"Also remember to be safe—look for age-appropriate toys and don't forget the bike helmets and knee pads for your athletes," said Severson. "And remember the batteries—you don't want any reason for your child's smile to fade Christmas morning."

Also, if your schedule is hectic or (See Wal-Mart, Page 6)

ONSTAGE Theatre Company Performs *Star Spangled Girl*

ONSTAGE Theatre Company, a favorite of the 1886 Stafford Opera House audiences, will return to Columbus during the Christmas on the Colorado weekend, Dec. 3 to 5, to perform the Neil Simon comedy, *Star Spangled Girl* on Saturday, Dec. 4.

After enjoying the festivities of the Christmas on the Colorado candlelight homes tours on Friday night from 6 to 9 p.m., then on Saturday having kolaches and coffee while visiting the Historic courthouse exhibit, seeing the historical homes on the heritage homes tour and shopping at the Mistletoe Marketplace, plan to kick back and get ready for a lighthearted evening of theatre and a great dining experience.

Neil Simon does his magic once again in *Star Spangled Girl*. Simon was writing scripts as early as 1948 and wrote for Phil Silvers, Gary Moore, and Jerry Lewis but before that

he was a mailroom clerk at Warner Brothers. He has been a producer, a playwright and a screenwriter and all done with that certain style that can turn the ordinary into comedy with insight and warmth.

In this hilarious comedy, two young men are struggling in San Francisco to put out a protest magazine when they are paid a visit by the all-American girl who moves in next door. As in many of Simon's adventures, love enters the scene, laughs begin and then after a little determined madness and frantic rejection, love and politics finally blend delightfully.

See *The Star Spangled Girl* at the beautiful historic 1886 Stafford Opera House, 425 Spring Street in Columbus on Saturday, Dec. 4. For tickets and information call 979-732-5135. Social time is at 5:30. Dinner is served at 6:30 and the curtain opens at 7:30. Attire is casual.

6th annual GERD Awareness Week is Nov. 21-27.

The heartburn after Thanksgiving dinner could be sign of a serious problem.

A burning tummy shortly after Thanksgiving Dinner may not be a simple case of heartburn—especially if you experience similar pain several times a week.

"If a person encounters discomfort that can only be quenched by antacids and over-the-counter medications, and is experiencing it regularly, they may have a more serious disorder," said Dr. Gulchin Ergun, a gastroenterologist at The Methodist Hospital in Houston.

Gastroesophageal reflux disease, or GERD, affects more than 21 million Americans and occurs when there is an abnormal backflow or reflux of stomach acid into the esophagus because the muscle between the two does not close properly.

Many people who have it never visit a physician for treatment, because they have misunderstood the symptoms. Chronic heartburn remains the most frequent symptom.

"I used to carry a huge bottle of antacids everywhere I went, and almost any food would cause my stomach to burn," said Pearland resident Matt Hollis. "Without antacids, I couldn't sleep through a night."

Once treated with a common medication, Hollis said his life-long battle with chronic heartburn was eliminated. Ergun said this is frequently the case. Once a person visits a physician and the determination is made that the problem is GERD, they can usually receive a medication that will manage the symptoms.

"GERD is usually a very treatable and easy-to-manage disease," said Ergun. "With medication and some minor lifestyle changes, patients can be free of the discomfort and have their life back. However, if it is ignored or not treated properly, it can

have serious complications."

People who do not treat persistent symptoms of reflux for more than five years are at risk of developing Barrett's oesophagus. This is a condition where the cells lining the lower oesophagus change in appearance to resemble those of the stomach and intestine.

Importantly, Barrett's oesophagus is a risk factor for cancer of the lower oesophagus.

With Thanksgiving and the holidays approaching, people usually encounter a large number of the triggers that cause heartburn. Overeating, fatty or spicy dishes, alcohol consumption and chocolate can all cause discomfort.

Those triggers can be especially challenging for people suffering with reflux disease, and frequent pain encountered throughout the holiday season should indicate a more serious problem and prompt a doctor's visit, said Ergun.

Ergun suggests medical evaluation for people who experience the following symptoms:

* Heartburn more than once a week, or severe heartburn

* Heartburn that occurs predominantly in the evening or wakes a person from sleep

* Heartburn coupled with difficult or painful swallowing

* Sour or bitter-tasting fluid entering the mouth from the throat (regurgitation)

* Occasional fullness or discomfort in the upper abdomen and nausea

* Symptoms that get worse after a person eats, bends over or lies down

According to the International Foundation for Functional Gastrointestinal Disorders, two and a half million people go to the emergency room every year because they experience non-cardiac chest pain, and more than half are diagnosed with GERD.

Columbus Livestock Co., Inc.

Sale Every Thursday, 10:30 a.m.
Todd L. Keaton, owner

We will be on the air at KULM, Columbus, Wednesdays from 6:30 to 6:45 a.m. and Thursdays, live at ring side, from 2:00 to 2:15 p.m.

If we can help you with marketing your livestock, please call Todd Keaton at 979-865-2584. If you need a truck, trailer or men to work cattle, we're as near as the phone. Out of town, call collect; your calls are wel-

come. Try us on your next shipment. At your service 24 hours a day, seven days a week, and we appreciate your business.

Columbus Livestock is located at 1064 Reese Lane, Columbus (off I-10 west, Exit 698, right on Reese Lane). Stop in at the "Auction Barn Cafe". Receiving cattle on Wednesday; receiving pens remain the same. Same competitive service... Same unbeatable service... New "state-of-the-art" facilities to serve You, the seller.

We appreciate your business!

Nov. 18, 2004 Report
Animals on hand: cattle, 1730; four horses. Sellers: 216.

Packer cows: higher dressing utility & cutter cows, 48-57 per lbs.; lower dressing utility & cutter cows, 42-47 per lb.; thin cows, 36-41.

Packer bulls: heavyweight bulls 61-72; utility cutter bulls, 53-60. Head tested: 229.

Stocker/Feeder Calves/Yearlings
Steers #1: 200-300 lbs., \$1.45-1.65; 300-400 lbs., \$1.30-1.49; 400-500 lbs., \$1.19-1.34; 500-600 lbs., \$1.08-1.18; 600-700 lbs., 98¢-1.07; 700-800 lbs., 85-95¢.
Steers #2: 200-300 lbs., \$1.25-

1.40; 300-400 lbs., \$1.15-1.29; 400-500 lbs., \$1.05-1.18; 500-600 lbs., 95¢-1.05; 600-700 lbs., 88-97¢; 700-800 lbs., 78-84¢.

Heifers #1: 200-300 lbs., \$1.30-1.50; 300-400 lbs., \$1.20-1.30; 400-500 lbs., \$1.14-1.28; 500-600 lbs., \$1.00-1.10; 600-700 lbs., 88-99¢; 700-800 lbs., 80-87¢.

Heifers #2: 200-300 lbs., \$1.15-1.25; 300-400 lbs., \$1.10-1.19; 400-500 lbs., \$1.00-1.12; 500-600 lbs., 92-99¢; 600-700 lbs., 80-87¢; 700-800 lbs., 72-79¢.

Good stocker cow/calf pairs, \$900-1050 by the head; medium cow/calf pairs, \$800-895; common cow/calf pairs, \$700-795; good stocker cows & heifers, \$800-900; medium stocker cows & heifers, \$625-795.

Outstanding Improvements



Racheal Navarro, formerly of Eagle Lake, received many accolades after moving to El Campo. After the first six weeks of school was over she not only made the A/B Honor Roll, but also received the Homework Champion Award, Citizenship, E Conduct, and Perfect Attendance.

She is the daughter of Peggy Manciaz of El Campo and Mark Navarro of Minnesota; and the granddaughter of Lydia and Atilano "Tony" Cardenas of Eagle Lake.

Congratulations Racheal, keep up the good work!

E-Conduct

Continued from Page 4

Jose Morales III, Jennifer Romo, Madeline Sims, Jasmine Cadriel, Joseph Casarez, Ethan Dulany, Viantae Fields, Rolondrea Hemphill, Tegan Johnson, Larissa Manciaz, Paloma Martinez.

Kindergarten: Hunter Adkins, Diego Barboza, Shayla Butler, Gabriel Belmares, Ja'Miah Hampton, DaJen Hargrove, Sarah Lopez, Sandra Muro, Gerardo Polanco, Abril Posada, Wendy Sosa, Caden Wiese, Summer Zarate, Jadelynn Almanza-Shorter, Jayla Cantu, Gabriella Flores, Damara Gentry, Jacey Noska, Tiffany Romo, Fabian Zapata, Ryan Zickuhr, Jaquarry Allen, Caitlin Ambeau, Rodney Eaton, Fannishia Foster, Sierra Fry, Jaycelin Noska, Ariel Quenneville, Jaime Samaniego, Chastity Scott, Marissa Serna, Brittany Sosa, Mariah Alvarado, Melissa Becerra, Julianna Castillo, Hailey Ferguson, Yazmine Gonzales, Chelsea Llanos, Cristofer Martinez, Shanice Nichols, Ashley Parker, Mya Ruiz, Johnathan Segura, Michael Sosa, Dylan Toloza.



5th Annual Christmas Coloring Contest

Pick up picture to be colored at your nearest Shoppa's Farm Supply.

Deadline to enter is Saturday, Dec. 18th. Ages: 2 - 5 years old & 6 - 10 years old

PRIZES

2 - 5 years old

1st Place - Battery operated Tractor w/Cart
2nd Place - \$100.00 Gift Certificate
3rd Place - \$75.00 Gift Certificate

6 - 10 years old

1st Place - \$150.00 Gift Certificate
2nd Place - \$100.00 Gift Certificate
3rd Place - \$75.00 Gift Certificate
Winners to be announced Monday, December 23, 2004.

For everyone on your Christmas List... We Carry...

- John Deere Tools • Jackets & T-Shirts • Boots • Generators
- Pressure Washers • Space Heaters • Line Trimmers
- Chain Saws • Pedal Tractors • Tricycles • Train Sets
- Children's Books • Ornaments



EL CAMPO - 979-543-8363
BAY CITY - 979-245-2711
EDNA - 361-782-3301
EAGLE LAKE - 979-234-5527
EAST BERNARD - 979-335-4887

Happy 3rd Birthday
Joel
Love,
Mom & Dad

Happy Birthday
"Commie"
Love,
Joel & Gracie

Pharmacy & Your Health

EAGLE LAKE DRUGSTORE
Steve K. Balas, RPh

702 South McCarty • Eagle Lake • 234-2502
• Patient Counseling • We Accept Master Card, VISA, Discover & American Express
• Insurance Plans: Blue Cross, NPA, PCS, Pro-Serve, Sanus, PAID, Texas Medicaid
24 Hour Emergency Phone: 234-3834

Juvenile Rheumatoid Arthritis Pain Relief

Juvenile rheumatoid arthritis is a persistent or recurring inflammation of the major joints, that occurs in children and teenagers. It is the most common form of arthritis in children and affects an estimated 30,000 to 50,000 children in the United States alone. The joint pain may come and go, however in this form of rheumatoid arthritis, any number of joints may become involved as well as other organs, including swelling of the spleen, liver, and lymph nodes. A high fever and rash may occur before the joints are affected. In severe cases, permanent damage to the joints occurs leading to physical deformities and irregular bone development, especially in areas of the jaw and chin. Inflammation of the iris of the eye is common with all forms of rheumatoid arthritis including the juvenile variety. If left untreated this type of eye inflammation can lead to permanent eye damage and even blindness.

Pain medicines are the most commonly prescribed drugs for treating rheumatoid arthritis, including the juvenile variety. Nonsteroidal anti-inflammatory drugs (NSAIDs), which include aspirin and ibuprofen, are excellent choices for relief of mild to moderate pain. Another class of NSAIDs called COX-2 inhibitors may also be useful in managing the pain of this type of rheumatoid arthritis.

SPORTSMAN'S RESTAURANT

201 Boothe Drive • Eagle Lake • 979-234-3071

To our loyal customers:

We will be **CLOSED** on Thanksgiving Day, Thursday, Nov. 25th. We will reopen Friday, Nov. 26th at 4:30 a.m. and will be open for the entire day. Happy Thanksgiving and God bless to you and your family.