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Headlight**

234-5521

2008 Eagle Lake Little League Teams

more teams next week...

**Party
Trays**

JANIK'S
MEAT MARKET

**Deli
Sandwiches**

1001 E. Main • Eagle Lake • 234-7665

Janik's Pork and Beef Sausage.....lb. \$2.59

80% Lean Hamburger.....lb. \$2.49

Beef Short Ribs (Great for BBQ).....lb. \$1.99

Ground Sirloin (Diet Lean).....lb. \$2.99

Round Steaks (Tenderized Free).....lb. \$2.99

Fresh Ice-packed M.G. Fryers.....lb. \$1.39

Ground Chuck Patties.....lb. \$2.49

Pork Slab Ribs (4lb and Down).....lb. \$1.95

Pure Pork Pan Sausage or Chorizo.....lb. \$1.79

Sliced Slab Bacon.....lb. \$2.79

50 lb Hind Quarter Special \$139.50

<p>Janiks Homeade Summer Sausage 3.59 lb ***** Hormel Salami 3.59 lb ***** Hormel Chopped Ham 2.29 lb</p>	<p>Hot Links 1.89 lb ***** Peppered Smoked Pork Tenderloins "Ready To Eat"</p>	<p>Fresh Head Sausage 2.99 lb ***** Janik's Home-Cured Peppered Bacon</p>
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Call in orders WELCOME; Credit Cards & Lonestar Accepted
Prices Good Through Thurs. June 19 – Sat. June 21
 Open: 7:30 a.m. to 6 p.m. David & Jill Janik, Owners

Additives Show ADHD Link

New research showing that some artificial food additives can trigger ADHD-type symptoms has led Britain to begin the removal of these chemicals from their food supply.

Now the British government, along with scientists, consumer groups, and parents in countries throughout Europe, are calling on the European Union's Health Commissioner to remove artificial food dyes from food in all of Europe. But in North America changes aren't so forthcoming.

Food dyes listed by a color + number (such as Red 40 and Yellow 5) are made from crude oil, and have been linked to many health problems, including headaches, asthma, DNA damage, nerve damage, and cancer, as well as learning and behavior problems. Since natural colorings are available, the dyes are not necessary.

Dr. Jim Stevenson, a professor at Southampton University in England who led the most recent study published in the September 2007 issue of the leading British medical journal, *The Lancet*, warns that these additives can affect all children, not just those diagnosed with ADHD.

"Before you conclude that your child has a disorder," says Kathy Bratby, M.S.N., R.N., clinical assistant professor at the State University of New York at Stony Brook School of Nursing, "take a look at what he or she is eating."



Mudcats

Front row left to right: Everardo Esquivel, Jr., Zena Woods, Kaimin Dulany, Mikeal-Michele Sosa, Carlos Arriaga, Hailey Arriaga, Deven Aguilar. Middle row left to right: Drayton Canaris, R.J. Zarate, Jr., Jacqueline Lugo, Joel Hernandez, Hugo Muro, Matt Carey. Back row, from left: Coach Gus Seaholm, parent helper Kari Canaris, Coach John Carey, Manager Larry L. "Digger" Dulany.



Padres

Front row left to right: Julissa Llanos, Steve Torres, David Llanos, Jr., Carter Cook, B.J. Stovall. Back row left to right: Coach Omar Llanos, Jeremy Gonzales, Joshua Torres, Orvil Ruvalcaba, David Casteneda, Jason Rodriguez, and Daniel Roble Assistant Coach Dustin Soto.



Dodgers

Front row left to right: Marcus Cooper, Jeffery Samanigo, Hunter Dishongh, Leonardo Robles, Brandon Teague. Back row left to right: Robert Gonzales, Cameron Muzny, Javier Esquivel, Trey Chapman, Bruno Castillo, Christian Gonzales. Coaches: Assistant Antonio Castillo, Michael



Rangers

Front row left to right: Jose Reynoso, Todd Nicholas, Luke Dishongh, Mark Anthony Gonzales, Luther Cole. Back row, from left: Brian Frances, Miguel Hernandez, Dylan Ferguson, Alejandro Gonzales, Hunter Pakebusch, Ryan Almanza. Coaches: Oscar Owen III, Manager Oscar Owen Jr.



Astros

Front row left to right: Dagon Gonzales, Jonathan Aguilar, Hector Flores, Joseph Castillo. Back row left to right: Jody Kucera, Tanner Byrum, Ezekiel Davila, Joe Dela Garza, Riley Gott, Joseph Casarez. Coaches: Tim Crume, Robert Gonzales.

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Restaurant
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CRAWFISH

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\$4.99/lb.

Catfish

Salad Bar - Potatoes - Corn - Beans
\$7.99

Gumbo - \$3.99-\$7.99

Fresh Oysters - \$10.99

Grilled and Fried Seafood Platter
from \$12.99

Handcut Ribeye Steaks

From \$10.99

Janie's Famous Bread Pudding

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