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### ORAL HEALTH AND YOUR HEART

Researchers are finding possible links between periodontal infections and other diseases throughout the body. Current studies suggest that there may be a link between periodontal (gum) disease, heart disease and other health conditions.

Your oral health affects your overall health, but the studies that will find exactly why these problems are linked are still underway.

The current theory is that bacteria present in infected gums can come loose and move throughout your body. The worse the infection, the more likely the bacteria are to become blood-borne. Infected gums bleed making it easier for bacteria to enter your bloodstream.

Once bacteria reaches the arteries, they can irritate them in the same way that they irritate gum tissue. This could cause arterial plaque to accumulate in the arteries, which can cause hardening and block blood-flow. Compromised blood flow to your heart can cause a heart attack.

Gum disease is an infection that should always be taken seriously. If you have any questions about your oral health, ask your dentist.

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# Views Around The Lake

by Cindy Klopsteck

## Prairie Edge Museum Honors William H. Harrison, Sr.

"The quality, not the longevity, of one's life is what is important."

—Martin Luther King Jr.

But what about the few who are fortunate enough to have a long, quality life, energetically involved in helping others and working tirelessly in civic organizations to better a community?

The Prairie Edge Museum honored such an individual, William H. Harrison, Sr., at a reception on Sunday, March 7th, at the museum.

Since 1982, when the museum was first established, Mr. Harrison has been a vital force in every capacity from serving on the board to hands-on construction to ensuring the maintenance of the facility.

When I sat down with this gracious, vital 93-year old gentleman, I found him to be a living legacy and quite adept at giving me exact names and dates of many and varied Eagle Lake and museum events. No wonder they wanted to honor him — he is a walking museum: a museum without walls.

It all started nearly thirty years ago at a small table set up at an Eagle Lake Community Center event. Mr. Harrison and a few other concerned citizens decided to have a booth and solicit interest for a town museum.

A pair of high-button shoes sat on the table, luring inquisitive passers-by. As interest peaked in the coming months, Eagle Lake saw the formation of an official museum, The Prairie Edge Museum.

Retiring as president of First National Bank in 1979, Mr. Harrison was ready to commit to many hours of museum work.

He and Dr. Rollin Baker constructed 58 display cabinets, with assistance from Bill Wilson and Lloyd Spalinger. For many years, he and Rollin Baker and Ted Brunner served as museum curators. Along with Lucy Contreras, the four were a consistently

dependable backbone to the maintenance and care of the museum facility.

Obviously, a museum curator would love history, and Mr. Harrison proved that in penning, editing and collaborating on several books and records of local history: "A History of Eagle Lake, Texas", "Alleyton, The Back Door to the Confederacy" and "Colorado County Chronicles" being just a few. Son Bill Harrison comments, "Having lived a good bit of it himself, dad's passion for many years has been preserving and telling the history of our county and its citizens. He is especially proud of the Prairie Edge Museum and its place in educating new generations about the people and events that have made this community."

After all these years of service and dedication, I had to ask Mr. Harrison what would be his favorite museum display or

story. "That would be the 13 ft. 8 in. alligator displayed at the museum," he was quick to respond. A favorite display of visiting children and most adults, it was caught on the city's lake and at the time was the longest alligator ever officially measured in Texas.

Local school children along with parents, teachers and other citizens collected nickels and dimes to pay for the mount and preservation of the alligator, some \$1500.00 back in 1990.

When questioned about the future of the museum, he commented, "I'd like to see the endowment increase, for the museum to stand financially on its own feet." He mentioned some recent additions and improvements, including a sugar kettle loaded with local history, given by Bill and Helyn Farris.

And a last question, referring more to the preservation of the wonderfully interesting man before me, "What is your secret for a

long life, well-lived?" I asked. Mr. Harrison chuckled and said,

"Everything done in moderation." He has enjoyed his association with the museum and many other civic organizations. He treasures the many years he enjoyed locally in the outdoors and hunting. In his business dealings, most importantly, was "treating all people with the respect they were due."

The Prairie Edge Museum was proud to honor William H. Harrison Sr. We can all acknowledge and appreciate his commitment that has provided history made personal and enshrined that knowledge for generations to come.

"Fewer and fewer Americans possess objects that have a patina: old furniture, grandparents' pots and pans / the used things, warm with generations of touch, essential to a human landscape."

—Susan Sontag



William H. Harrison, Sr. was named Rotarian of the Year at the museum's ceremony on Sunday and was asked to "Ring the Bell" for the last time, as the Eagle Lake Rotary Club is closing its chapter.

## Get The Facts About Glaucoma

As people age, many expect their health to begin to deteriorate at least a little bit. While science has made many advancements and people are now living longer and healthier lives, there are still some signs people recognize as signs of aging. And these signs can begin as early as a person's 20s, growing more noticeable as time goes on.

One side effect many inappropriately associate strictly with aging is glaucoma. Though commonly considered a disease of the elderly, glaucoma is not strictly limited to baby boomers and seniors citizens. While the Glaucoma Research Foundation notes that the elderly are at a higher risk for glaucoma, they are also quick to point out that 1 out of every 10,000 babies born in the United States is born with glaucoma, illustrating the broad expanse of this potentially harmful disease.

With that in mind, consider the following quick facts about glaucoma:

\* Roughly half of the 4 million Americans who have glaucoma are unaware they have it.

\* Glaucoma is a leading cause of blindness. It's important to get routine eye examinations, as even those who do and receive adequate treatment for glaucoma will not necessarily avoid blindness. In fact, roughly 10 percent of people with glaucoma who receive proper treatment still experience loss of vision. For those who never get treatment, the likelihood of blindness is even greater.

\* There are not necessarily symptoms of glaucoma. The importance of eye examinations is further emphasized by the very real likelihood there will be no discernible symptoms of glaucoma, as doctors often diagnose the disease before patients know they even have a vision problem. When vision loss begins, it does so with diminished peripheral vision. Many people subconsciously compensate by turning their head to the side.

\* According to the Glaucoma Research Foundation, African-Americans are particularly susceptible to glaucoma at a young age.



Also during Mr. Harrison's ceremony, Earl Rodgers was honored for his years of service to the Rotary Club, and in particular for his role as Pancake Batter Mixer for the club's annual pancake supper.

## Seven Easy Veggies

1. Tomatoes: While commonly considered vegetables, tomatoes are actually fruits. But tomatoes can be an integral part of a vegetable garden. Tomatoes are high in lycopene and other antioxidants. There are also myriad varieties to tempt your palate. Tomatoes can be planted after the soil has thawed and there is no other chance for frost. They'll require plenty of sunlight. Fruit will be available to harvest toward the latter part of the summer.

2. Zucchini: Zucchini are an Italian squash variety that appear similar to a cucumber. They can be green or yellow in coloring. This vegetable is full of potassium, folate and manganese, making it a great addition to your menu. Zucchini take about a month to mature and be ready to harvest. They grow on vines and produce large flowers before bearing fruit.

3. Beets: Root vegetables like beets and radishes work well in the garden as well. The bright purple color of beets indicates they are full of many essential vitamins and minerals. Toss beets

in salads or use them in the traditional soup, borscht.

4. Carrots: Another subterranean-growing veggie, carrots require moist soil as they germinate, but as the plants mature need less water. Carrots can be enjoyed in a number of ways and are a staple of cooking year-round.

5. Peas: Peas grow inside the pods of legumes. These plants like moist soil that drains well. Water frequently but make sure the soil doesn't become flooded if you want peas to flourish.

6. Peppers: Peppers come in so many varieties it's easy to find ones that appeal to your taste in cooking. Generally peppers thrive in soil high in magnesium. Using compost and Epsom salt in the soil can help achieve the environment peppers desire.

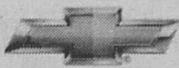
7. Lettuce: Lettuce is another staple and the basis for many salad dishes. Lettuce also tops sandwiches and can be filled and wrapped for other recipe ideas. Seeds should be planted between 8 and 16 inches apart. Water in the morning instead of at night to prevent disease from developing.

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