

4-H forestry - a lot growing for you

Our country has more than 750 million acres of forest. This picturesque land provides an ideal "outdoor laboratory" for youth enrolled in the 4-H forestry program. It is where 4-H members establish a basis for an education — and perhaps a career — in forestry. Our forests provide a special "outdoor lab" for 4-Hers to study and learn-by-doing about forests and forest products.

There's a lot of growing for you in the forestry program. While the primary emphasis is on forestry, the program blends well with other 4-H projects such as soil and water conservation, wildlife, outdoor recreation, ecology, environmental education and wood science.

The 4-H forestry program does not just apply to 4-Hers in a rural setting. You can study forestry even if you live in an urban area. You can learn about trees that will grow in an urban area and everything from which foods come from trees to how to make your own paper. Explore the urban phase of the forestry program.

4-H foresters can find plenty of activities which combine service to the community and a good time. Sometimes these activities are financially rewarding.

Art, hobby show

in Shiner Feb. 24

The tenth annual Art and Hobby Show is brewing in Shiner, being staged Sunday, February 24, at the Shiner Indoor American Legion Hall.

The Shiner Rotary Club, who sponsors the show, is inviting everyone to participate in this year's exhibit featuring three categories: the judged art exhibits, the commercial exhibits, and the sewing and handicraft competition. Deadline for entries is Thursday, February 14.

For further information and entry forms write: Judge Art, Jack Cloutier, Box 398, Commercial, Gu Kubecka, Box 644, and Sewing and Handicraft, Gus Nollkamper, Box 906, Shiner, Texas 77984.



4-H News

By Veronica Hundi County Extension Agent

ding, and they're all rewarding in personal satisfaction.

Some things foresters can do: plant trees from seeds or seedlings; learn to identify trees from leaves, bark, and/or fruit; four wood processing plants, furniture manufacturing companies, retail outlets of wood products, etc., explore jobs and careers in forestry; learn about trees as an energy resource; participate in or conduct Arbor Day tree planting activities; participate in forestry camps and workshops; speak out to make others aware of forestry needs and concerns.

The forestry program encourages 4-H youth to develop leadership talents and to work toward achieving character development. Members learn to develop desirable attitudes toward the needs and importance of our forest resources and to appreciate the importance of woodlands as a source of income, raw materials and enjoyment necessary for quality living. Furthermore, the forestry program offers information and understanding of good forestry practices and skill in executing them.

For more information concerning the 4-H forestry program, contact the county Extension office at 732-6694.

Eating disorders, anorexia nervosa and bulimia

Historical medical records indicated that anorexia nervosa and bulimia are old eating disorders. But their prevalence in America in the 1980's is unparalleled in medical history, and some medical experts believe they are rapidly reaching epidemic proportions. It is estimated that these disorders strike more than one in every 200 teenagers.

Anorexia and bulimia are eating disorders which are characterized by a preoccupation with food. In both cases, the individual has an irrational fear of being fat.

Anorexia is a dramatic weight loss from continuous self-starvation or from severe self-imposed dieting. Bulimia is characterized by its binging and purging, accompanied by frequent weight fluctuations rather than profound continuous weight loss. In about half of the cases, anorexia or bulimia can occur at any age, but young people seem more susceptible at two particular times. The first is just before or just after puberty. Some experts believe

to the physician for a thorough examination. Request a conference with the physician and provide information concerning weight and personality or behavior.

For more information, contact Peggy Kalina, county Extension agent, home economics at 732-2530.

Homemaker's Reflections

By Peggy Kalina

This may be the individual's unconscious effort to delay the physical maturing of the body.

The second is when a young person is contemplating a move or has just moved away from home. Other stresses or life changes may also trigger anorexia or bulimia, such as divorce of parents or broken love relationships.

Some symptoms that anorexia or bulimia may exhibit are: extreme weight change, hypothermia, insomnia, constipation, skin rash and dry skin, loss of hair and nail quality, dental caries and period, cessation of the menstrual cycle, unusual eating habits, hyperactivity and high interests in exercise, use of laxatives, diuretics, emetics and diet pills, low sense of self-worth, low sense of self-control, high achievement, denial, inability to think clearly.

If you suspect that a child or someone you know is developing anorexia or bulimia, the first step is to get them

to the physician for a thorough examination. Request a conference with the physician and provide information concerning weight and personality or behavior.

For more information, contact Peggy Kalina, county Extension agent, home economics at 732-2530.

Weight control for life

Good nutrition today is a balancing act — getting enough of the nutrients we need by eating a variety of foods and not too much of those things that can cause problems for some of us such as sodium, calories, fat, sweeteners, or alcohol. Eating nutritiously is a conscious effort that requires planning.

Variety in the foods we eat is the key to getting enough nutrients. Most foods contain more than one nutrient, but no single food item can supply all the nutrients we need each day. The greater the variety of foods we eat, the more nutrients we will get the nutrients we need.

For a balanced diet, select foods from these groups every day: fruits, vegetables, high achievement, denial, inability to think clearly.

If you suspect that a child or someone you know is developing anorexia or bulimia, the first step is to get them

to the physician for a thorough examination. Request a conference with the physician and provide information concerning weight and personality or behavior.

For more information, contact Peggy Kalina, county Extension agent, home economics at 732-2530.

Weight control for life

Good nutrition today is a balancing act — getting enough of the nutrients we need by eating a variety of foods and not too much of those things that can cause problems for some of us such as sodium, calories, fat, sweeteners, or alcohol. Eating nutritiously is a conscious effort that requires planning.

Variety in the foods we eat is the key to getting enough nutrients. Most foods contain more than one nutrient, but no single food item can supply all the nutrients we need each day. The greater the variety of foods we eat, the more nutrients we will get the nutrients we need.

For a balanced diet, select foods from these groups every day: fruits, vegetables, high achievement, denial, inability to think clearly.

If you suspect that a child or someone you know is developing anorexia or bulimia, the first step is to get them

to the physician for a thorough examination. Request a conference with the physician and provide information concerning weight and personality or behavior.

For more information, contact Peggy Kalina, county Extension agent, home economics at 732-2530.

Soil Conservation News

Wildlife habitat improvement

In January, some hunters have finished their season, while others are still afield. Bitter northern can make the outdoors inhospitable. Indoors with fireplaces may be more inviting, but you could be improving your wildlife habitat.

Connie Fair, district conservationist for the USDA Soil Conservation Service at Columbus said pastures may need more brushy cover for quail, backyard birds might benefit from more trees and shrubs, or a pond may be improved for waterfowl food.

Most plants are dormant during the winter and can be safely dug, handled, moved and transplanted. Fair said, "If large amounts of plant and mulch are expensive from nur-

series. Thickets of blackberry and plum can be thinned by moving portions to habitat with insufficient cover. Rootstocks of smartweed and duck potato can be transplanted to pond edges needing waterfowl food plants."

Fair said that technical assistance is available from his office through the local Colorado County Soil and Water Conservation District to determine locally adapted plants, numbers, sizes and spacing to benefit the wildlife of your choice.

Fair said the land should be disked at least four inches deep to kill or bury existing vegetation. Locate 25 to 50-foot strips near woody cover or areas of tall and medium height grasses to enable birds to move safely between protective cover and food supply. At least five percent of a pasture should be disked to have a noticeable effect on your quail's food supply.

The purpose of disk is to prepare a seedbed for increased germination of large seeded forbs, such as crotons, sunflowers and ragweeds as the soils warm up next spring.

Fair will remove winter annuals that would compete next spring with germinating quail foods for moisture and sunlight.

A delicious meal of boneless beef barbeque with all the trimmings will be served for only \$2.50 at 6 p.m.

A special tribute to all past clinic chairmen and workers will follow the dinner catered by Mike's. Former clinic chairman Dr. Jim "Doc" Hasky of Wharton, nationally known public speaker and humorist, will talk prior to a Cotton Style Show at 7:30 p.m.

A record 22 merchants from El Campo and ten from Wharton will provide 116 garments to be shown by 80 local models. Mrs. Curtis (Patsy) Jensen of Danavang is narrator for the show entitled, "High on Cotton — High on Style."

The 30th annual Wharton County Cotton and Grain Clinic sponsored by the El Campo Chamber of Commerce and Agriculture has been scheduled for Tuesday, February 12 at the Silver Wings Ballroom in El Campo. "Thirty Years of Unity" is this year's theme according to general chairman Herman Mauch Jr.

A delicious meal of boneless beef barbeque with all the trimmings will be served for only \$2.50 at 6 p.m.

A special tribute to all past clinic chairmen and workers will follow the dinner catered by Mike's. Former clinic chairman Dr. Jim "Doc" Hasky of Wharton, nationally known public speaker and humorist, will talk prior to a Cotton Style Show at 7:30 p.m.

A record 22 merchants from El Campo and ten from Wharton will provide 116 garments to be shown by 80 local models. Mrs. Curtis (Patsy) Jensen of Danavang is narrator for the show entitled, "High on Cotton — High on Style."

The 30th annual Wharton County Cotton and Grain Clinic sponsored by the El Campo Chamber of Commerce and Agriculture has been scheduled for Tuesday, February 12 at the Silver Wings Ballroom in El Campo. "Thirty Years of Unity" is this year's theme according to general chairman Herman Mauch Jr.

A delicious meal of boneless beef barbeque with all the trimmings will be served for only \$2.50 at 6 p.m.

A special tribute to all past clinic chairmen and workers will follow the dinner catered by Mike's. Former clinic chairman Dr. Jim "Doc" Hasky of Wharton, nationally known public speaker and humorist, will talk prior to a Cotton Style Show at 7:30 p.m.

A record 22 merchants from El Campo and ten from Wharton will provide 116 garments to be shown by 80 local models. Mrs. Curtis (Patsy) Jensen of Danavang is narrator for the show entitled, "High on Cotton — High on Style."

The 30th annual Wharton County Cotton and Grain Clinic sponsored by the El Campo Chamber of Commerce and Agriculture has been scheduled for Tuesday, February 12 at the Silver Wings Ballroom in El Campo. "Thirty Years of Unity" is this year's theme according to general chairman Herman Mauch Jr.

A delicious meal of boneless beef barbeque with all the trimmings will be served for only \$2.50 at 6 p.m.

A special tribute to all past clinic chairmen and workers will follow the dinner catered by Mike's. Former clinic chairman Dr. Jim "Doc" Hasky of Wharton, nationally known public speaker and humorist, will talk prior to a Cotton Style Show at 7:30 p.m.

A record 22 merchants from El Campo and ten from Wharton will provide 116 garments to be shown by 80 local models. Mrs. Curtis (Patsy) Jensen of Danavang is narrator for the show entitled, "High on Cotton — High on Style."

Decorating Conservation hints

By Veronica Hundi

A few, simple decorating hints can help you conserve energy and money year-round.

Members in the national 4-H home environment program conducted by the Texas Agricultural Extension Service and supported by the S&H Foundation, Inc., suggest the following guidelines for creating comfortable and carefree living spaces:

*Textiles, for example, can be used in the home to help maintain thermal comfort. Many of the principles that apply to fabric selection for garments also can apply to home decorating.

*Select fabrics with nap, texture or pile for cold weather because these textiles will feel warmer than smooth fabrics. For hot weather, select absorbent fabrics, such as cotton blends, which have smooth surfaces that are cool to the touch. Non-absorbent surfaces, like plastic and leather, will not absorb perspiration and eventually feel wet and sticky.

*Carpeting also plays an important role in conservation at home. Carpets and rugs keep floors warm in winter and cool in summer. For uninsulated floors above an unheated area, carpeting provides good insulation. The insulating ability of a carpet is determined by thickness and pile density, however, a pad under the carpet can add more insulation.

4-H members, in the program, apply energy efficient techniques as they relate to heating, furnishing and equipment in the home. They also develop an appreciation of and skills in care and preservation of old and new housing, furnishing and accessories.

4-Hers who excel in the program are eligible for awards, donated by S&H and arranged by the National 4-H Council.

More information on 4-H programs can be obtained from the County Extension office by calling 732-6694.

Where are the calories in a food and where in the food would most of them be? Most foods are mixtures of water, protein, carbohydrate, and fat. The number of calories in a food depends on how much of each of these are present in the food's mixture. Water contains no calories. Proteins and carbohydrates have about 4 calories per gram, while fats have about 9 or more than double. It makes good nutritional sense when you can trim off the fat.

Weight loss and maintenance, to great extent is a mind game. You must believe in your ability to be thin — you can make it happen. Do not think of dieting as a punishment. View it as the start to a healthier and happier life.

If you would like to receive a free eight-part letter series on weight control, call Peggy Kalina, county Extension agent, home economics, at 732-2530. These will provide weight control information and help serve as an incentive. The first letter will be mailed next week, so call today!

R.J. Petrusak Jr., supervising resident engineer from Victoria, said, "Work at most structures involves cleaning and painting of steel members, while there are some bridges where only the railing is to be cleaned and painted. One travel lane may be closed during painting operations on some of these structures — and motorists are urged to be alert for flagmen and warning signs."

Work on this project is expected to begin in February of 1985.

Livestock producers need to remember brucellosis vaccination

Livestock producers in the Class C Area of Texas, which includes Colorado, Fayette, Lavaca, Austin, and Wharton counties, need to remember this about their 1984 calf crop: heifers born in 1984 should be vaccinated before they are 30 years old to comply with vaccination regulations.

Heifers born after January 1, 1984 between 4 and 12 months of age which are acquired and used for breeding, grazing, dairying, or confinement in nonquarantined feedlot must be vaccinated or be subject to these regulations:

Heifers born after January 1, 1984 which are over 12 months of age and are unvaccinated only legally change ownership after being spayed; or moved to a livestock market and branded prior to sale; or assigned direct to slaughter, quarantined feedlot or quarantined pasture.

State funds are available for vaccinations. Contact your area Texas Animal Health Commission office or your own veterinarian for details.

Cotton and grain clinic February 12 in El Campo

The 30th annual Wharton County Cotton and Grain Clinic sponsored by the El Campo Chamber of Commerce and Agriculture has been scheduled for Tuesday, February 12 at the Silver Wings Ballroom in El Campo. "Thirty Years of Unity" is this year's theme according to general chairman Herman Mauch Jr.

A delicious meal of boneless beef barbeque with all the trimmings will be served for only \$2.50 at 6 p.m.

A special tribute to all past clinic chairmen and workers will follow the dinner catered by Mike's. Former clinic chairman Dr. Jim "Doc" Hasky of Wharton, nationally known public speaker and humorist, will talk prior to a Cotton Style Show at 7:30 p.m.

A record 22 merchants from El Campo and ten from Wharton will provide 116 garments to be shown by 80 local models. Mrs. Curtis (Patsy) Jensen of Danavang is narrator for the show entitled, "High on Cotton — High on Style."

The 30th annual Wharton County Cotton and Grain Clinic sponsored by the El Campo Chamber of Commerce and Agriculture has been scheduled for Tuesday, February 12 at the Silver Wings Ballroom in El Campo. "Thirty Years of Unity" is this year's theme according to general chairman Herman Mauch Jr.

A delicious meal of boneless beef barbeque with all the trimmings will be served for only \$2.50 at 6 p.m.

A special tribute to all past clinic chairmen and workers will follow the dinner catered by Mike's. Former clinic chairman Dr. Jim "Doc" Hasky of Wharton, nationally known public speaker and humorist, will talk prior to a Cotton Style Show at 7:30 p.m.

A record 22 merchants from El Campo and ten from Wharton will provide 116 garments to be shown by 80 local models. Mrs. Curtis (Patsy) Jensen of Danavang is narrator for the show entitled, "High on Cotton — High on Style."

The 30th annual Wharton County Cotton and Grain Clinic sponsored by the El Campo Chamber of Commerce and Agriculture has been scheduled for Tuesday, February 12 at the Silver Wings Ballroom in El Campo. "Thirty Years of Unity" is this year's theme according to general chairman Herman Mauch Jr.

A delicious meal of boneless beef barbeque with all the trimmings will be served for only \$2.50 at 6 p.m.

A special tribute to all past clinic chairmen and workers will follow the dinner catered by Mike's. Former clinic chairman Dr. Jim "Doc" Hasky of Wharton, nationally known public speaker and humorist, will talk prior to a Cotton Style Show at 7:30 p.m.

A record 22 merchants from El Campo and ten from Wharton will provide 116 garments to be shown by 80 local models. Mrs. Curtis (Patsy) Jensen of Danavang is narrator for the show entitled, "High on Cotton — High on Style."

The 30th annual Wharton County Cotton and Grain Clinic sponsored by the El Campo Chamber of Commerce and Agriculture has been scheduled for Tuesday, February 12 at the Silver Wings Ballroom in El Campo. "Thirty Years of Unity" is this year's theme according to general chairman Herman Mauch Jr.

A delicious meal of boneless beef barbeque with all the trimmings will be served for only \$2.50 at 6 p.m.

A special tribute to all past clinic chairmen and workers will follow the dinner catered by Mike's. Former clinic chairman Dr. Jim "Doc" Hasky of Wharton, nationally known public speaker and humorist, will talk prior to a Cotton Style Show at 7:30 p.m.

A record 22 merchants from El Campo and ten from Wharton will provide 116 garments to be shown by 80 local models. Mrs. Curtis (Patsy) Jensen of Danavang is narrator for the show entitled, "High on Cotton — High on Style."

The 30th annual Wharton County Cotton and Grain Clinic sponsored by the El Campo Chamber of Commerce and Agriculture has been scheduled for Tuesday, February 12 at the Silver Wings Ballroom in El Campo. "Thirty Years of Unity" is this year's theme according to general chairman Herman Mauch Jr.

A delicious meal of boneless beef barbeque with all the trimmings will be served for only \$2.50 at 6 p.m.

A special tribute to all past clinic chairmen and workers will follow the dinner catered by Mike's. Former clinic chairman Dr. Jim "Doc" Hasky of Wharton, nationally known public speaker and humorist, will talk prior to a Cotton Style Show at 7:30 p.m.

A record 22 merchants from El Campo and ten from Wharton will provide 116 garments to be shown by 80 local models. Mrs. Curtis (Patsy) Jensen of Danavang is narrator for the show entitled, "High on Cotton — High on Style."

The 30th annual Wharton County Cotton and Grain Clinic sponsored by the El Campo Chamber of Commerce and Agriculture has been scheduled for Tuesday, February 12 at the Silver Wings Ballroom in El Campo. "Thirty Years of Unity" is this year's theme according to general chairman Herman Mauch Jr.

A delicious meal of boneless beef barbeque with all the trimmings will be served for only \$2.50 at 6 p.m.

A special tribute to all past clinic chairmen and workers will follow the dinner catered by Mike's. Former clinic chairman Dr. Jim "Doc" Hasky of Wharton, nationally known public speaker and humorist, will talk prior to a Cotton Style Show at 7:30 p.m.

A record 22 merchants from El Campo and ten from Wharton will provide 116 garments to be shown by 80 local models. Mrs. Curtis (Patsy) Jensen of Danavang is narrator for the show entitled, "High on Cotton — High on Style."

Although February is the shortest month of the year, nevertheless, a number of famous people were born in this wintry month, namely our first president, George Washington, on the 22nd who became president after the Revolutionary War. His terms were important since the prestige of his great name held in check many internal struggles and allowed the young country to begin its life on a safe, but enlightened, basis.

Then our 16th president, Abraham Lincoln, born on the 12th, whose dream was to save the Union, and who also said "God bless my mother, all that I am or ever hope to be, I owe to her."

One of our lesser presidents, William Henry Harrison, born on the 9th, a hero of the Indian Wars, yet a simple man with homespun virtues, served only a month and died from pneumonia.

Some during the month thinking:

Freedom, flag and faith
Eternal vigilance
Blessed in all ways to bless the world
Remember and uphold our heritage
Under God
Above bigotry, selfishness and lawlessness
Reaffirm our patriotism, love and trust in our country

You, the person with the most freedom in all the world! Enjoy and share it wherever you go

Remember to say "I love you" on Valentine's Day to the members of your family and your circle of friends and those you come in contact with on this special day, which originated from the ancient Romans.

Courtesy of VFW Ladies Auxiliary Lila Armstrong Patriotic Instructor

Look what you can find in Want Ads...

BUYERS. Classified advertising can help you draw a crowd. Look around the house to see if you have something you can sell for extra cash.

HELP. See the Business Service Sections in this week's Want Ads. If you need professional help in fixing your roof, yard, home or driveway.

VALUE. Need a boat or car, an antique or furniture? The classified section is filled with great values on merchandise of all price ranges. Sale prices sometimes mean big savings.

CUSTOMERS. Want Ad readers love to shop at garage sales. So if you're having one, advertise it where the action begins, in classified.

CONVENIENCE. Where else but Want Ads can you do the shopping in your own home and compare features and prices on hundreds of new and used items?

BEAUTIFUL BROWN EYES. To buy a pet or locate a lost one, you're a leg up if you start with Want Ads.

ADVICE. Last but not least, our staff can help you Want Ad that sells.

Want Ads
Good things happen here.

Call Us:
at The Headlight
234-5521

Financial fitness seminar

In today's economic times, many of us are looking for new ways to save and invest our money, while also seeking tax shelters.

The Colorado County Family Living Committee and the County Extension Service are sponsoring a seminar titled "Financial Fitness for the 80's."

The seminar will be held on Thursday, February 7 at 7 p.m. in the Colorado County Agricultural Building, 316 Spring Street in Columbus.

Mary Nance, extension family resource management specialist, will present a program on "Investing How to Begin." She will discuss investment options for the new and/or small investor.

L.J. Braden, assistant treasurer, Colorado County Savings and Loan Association will present a program on IRA's and savings options.

Don't miss this informative seminar. To register, call Peggy Kalina, county Extension agent, home economics, at 732-2530 by February 6.

Thanks for your donations

To the Editor:

The Colorado County Children Services Board and the Protective Services Staff from Colorado County Children's Protective Services wish to thank all individuals and groups for the many donations received during the Thanksgiving and Christmas season.

These donations came to an approximate total of \$708 of toys and gifts; \$770 of groceries; \$240 of clothing, and \$2,041 in donated funds. All food and toys have been distributed and most of the clothing has been distributed. The clothing that has not been distributed has been placed in the Board's clothing room and will be distributed as needed. Some of the monetary donations were used to purchase specific items

for children. The remainder of these funds will be placed in the Board's account to be used throughout the year for items such as clothing, camping costs, birthday gifts, pictures, etc. for children who are in foster care.

Your generous donations have helped to brighten the season for many children and adults. Please be assured that throughout the year the Colorado County Children's Services Board will use the remainder of your donations to enable children to have a much more enjoyable and productive childhood.

Sincerely,
Reverend Ernest Dean
Chairman, Colorado County Children's Services Board

Surprise Your Valentine With A...



COMPOSE YOUR OWN VALENTINE MESSAGE... IT'S EASY TO DO!!!

Enclosed Please Find My Special Prepaid Valentine Love Line!

Compose Your Own Message Below

NAME _____
ADDRESS _____
CITY _____

TOTAL WORDS IN MESSAGE _____ TOTAL AMT. ENCLOSED _____ AT 10¢ PER WORD

CLIP AND MAIL YOUR LOVE LINE ALL ADS MUST BE PREPAID

ONLY 10¢ PER WORD*

MAIL CHECK OR BRING AD TO

Eagle Lake Headlight

220 E. Main 8:30 a.m. to 5:00 p.m. 234-5521

*\$1.50 Minimum Charge

Ads MUST be in our office by Noon, Tuesday, February 11th.

DELI LUNCH SPECIAL 2 EGG ROLLS W/SAUCE \$3.15	HOLLY FARMS FRYERS 55¢ NO LIMIT	COUNTRY STYLE PORK RIBS \$1.69
SOUTHERN BELLE BOILED HAM \$2.99	MEAT OUR OWN PORK PANS SAUSAGE \$1.69	
YELLOW OR WHITE AMERICAN CHEESE \$2.99	CHICKEN ROASTED \$1.89	
FROM THE CHEESE TABLE CREAMY HAVARTI CHEESE \$4.50	CHICKEN TUCKER'S \$1.49	

Bill's Supermarket