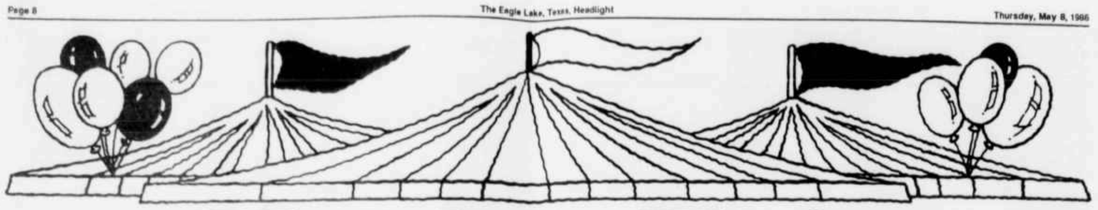

Health Fair

Sponsored by Eagle Lake Community Hospital and Eagle Lake Community Hospital Home Health Care

Eagle Lake Community Center

May 10, 10 a.m. to 5 p.m.

Just Stop by ANYTIME from 10:00 a.m. to 5:00 p.m....
View All the Exhibits and Take Advantage of the

FREE Health Information for You!

FREE SCREENING TESTING and INFORMATION

•Height •Weight •Blood Pressure •Anemia •Diabetes •Poison Control •Drug/Alcohol Abuse •Maternity/Family Planning •Personal Health Profile •Dental Screening/Care •Cancer of Colon •Hemoccult Tests •Hearing Screening •Self Breast Examination •Gymnastics •Hospital Pharmacy •Computerized High Blood Pressure Screening •Mammography •Pulmonary Function Studies/Sleep Apnea •Car Safety Seats •Lifeline •First Aid •Vision Screening •Health Risk Profile •Families with Young Children •Breast Cancer •Transportation •Fingerprinting Children (Ages 2-10) •Lifeflight •Exercise Demonstration •Hypertension

SPECIAL FEATURES

10:00-Opening by Mayor Lanny Powers
11:00-11:30-Lifeflight Tour
12:00-Exercise Demonstration, Eagle Lake Fitness Center
1:00-Diabetic Diet Teaching, Department of Public Health
1:45-Dr. C.C. Laughlin: What should your annual checkup include?
2:00-Dr. Russell Thomas, "Maintaining Wellness"
2:15-Dr. Raymond Thomas, "Cancer of the Colon"
2:30-Colorado Valley Transit, Inc., Introduction of new transit program.
3:00-Gymnastics, Gymnastic Center
4:00-Dr. J.M. Ugarte: Hypertension
4:15-Dr. H.L. Griffin, Snoring & Sleep Apnea, Ear canal care for swimming

MEET THE EXHIBITORS — HEALTH AGENCIES

•Eagle Lake Community Hospital •Eagle Lake Community Hospital Home Health Care •Colorado County Resource Council •Pilot Club •Colorado County Ambulance (Eagle Lake) •Lions Club •Dr. H.L. Griffin •Lifeflight •Dr. C.C. Laughlin •Dr. R.R. Thomas •Dr. J.M. Ugarte •Colorado Valley Council on Alcohol & Drug Abuse •Texas Department of Public Health •David Euers, DDS •Colorado County Home Extension Agent (Home Economics) •American Cancer Society •Colorado Valley Transit, Inc. •Eagle Lake Police Department •Eagle Lake Fitness Center •Dr. Russell Thomas •Gymnastic Center •Alternative Education Center •Colorado County Chapter of the American Red Cross

Educational programs conducted by the Texas Department of Health and Colorado County Home Extension Agent, Home Economics, serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

Soil Conservation News

Farm programs protect soil, improve wildlife habitat

Texas 1986 farm programs — Conservation Reserve Program and Acreage Conservation Reserve — are not only similar in name, but provide Texas landowners excellent opportunities to improve wildlife habitat. Both programs are intended to reduce overproduction of agricultural commodities and protect the nation's soil resource.

The Conservation Reserve Program pays landowners to establish highly erodible, marginally productive cropland to permanent vegetation for at least 10 years. Perennial vegetation is required for soil protection in this program. Plantings of grasses, legumes, forbs, shrubs, or trees can improve habitat for many wildlife species in Texas.

The Acreage Conservation Reserve, or set aside acreage, pays farmers to reduce their acreages of selected agricultural commodities — feed grains, rice, cotton, and wheat in Texas. Acreages taken out of production must be protected from soil erosion, but annual vegetation is permitted in this program. Annual wildlife food plots may be planted on set aside acres.

Permanent vegetation alone rarely provides the habitat needs of wildlife. Annual food plots near permanent vegetation may support less mobile forms of wildlife throughout the year. Highly mobile species, such as wintering waterfowl and dove, will benefit more from annual food plots than areas of permanent vegetation.

The Conservation Reserve Program and Acreage Conservation Reserve can be used in combination to improve wildlife habitat, particularly where habitat is deficient in food and cover for the desired wildlife species. The Agricultural Conservation and Stabilization Service (ASCS) administers both programs for USDA.

Soil Conservation Service (SCS) personnel will assist landowners to develop conservation plans that will meet program requirements and provide habitat for wildlife. The SCS office is located at 316 Spring Street, Columbus and the ASCS office address is 816 Wallace, Columbus.

Conservation assistance

District cooperator Dr. H.C. Moeller, of the Rock Island area, has completed constructing a pond.

Conservation assistance was provided to George Cason Jr. of Eagle Lake.

District cooperator Louis Epps, of the Eagle Lake area, is constructing a pond.

Robert Abell, a district cooperator of the Garwood area, has completed shaping an eroded area which will be established to bermudagrass.

Conservation assistance was provided to Herbert Engstrom of Garwood concerning irrigation water management.

The 37th Conservation Awards Banquet was held April 7 at the Columbus High School cafeteria. Some 185 guests attended the banquet to witness presentation of poster and essay awards and also other deserving conservation awards. A distinguished service award was presented to Henry Sunderman of Eagle Lake who served 18 years as a director for the Colorado Soil and Water Conservation District.

District cooperator Ron Hollas, of the Borden area, has completed shaping eroded areas which will be established to bermudagrass to control erosion.

David Kulhanek, of the Rocky Hill area, is planning to construct a pond.

Bob Poenitzsch, of the Shaws Bend area, has completed constructing a pond.

Conservation assistance was provided to Gardner Thornton on RC&D follow-up grass management.

The regular monthly meeting of the directors of the Colorado Soil and Water Conservation District was held on April 17. Directors attending were Melvin Albright, Theo Schultz and Herbert Engstrom.

The annual ministers breakfast was held on April 22 with 12 ministers attending. Soil Stewardship materials were distributed to the ministers.

Irrigation flumes were installed in an irrigation canal to make a canal water loss study during the irrigation season.

Conservation plan revision information was gathered on the Donald Bonham plan near Borden. Mr. Bonham has made some changes in his operation.

Henry Beken, a district cooperator of the Weimar area, has sodded coastal bermudagrass on areas which were recently shaped.

District cooperator Lawrence Kotrnek, of the Ellinger area, has sodded coastal bermudagrass on areas which were shaped.

Conservation assistance was provided to Norman Henderson.

RC&D assistance was provided to Alan Sanderson on grass management of the critical eroding gully area reclaimed three years ago. Grass management is excellent on the reclaimed area.

Conservation assistance was provided to Lester Hastedt discussing grass management.

RC&D critical area inspections were made on Alan Sanderson, Robert Youens and H.V. Roeder. Excellent grass management was found on the reclaimed areas.

Mulching boosts garden success

By Leroy J. Hajdik
County Extension Agent

Mulching is one of the real keys to successful vegetable gardening in Colorado County.

When properly done, mulching can go a long way toward insuring high yields of quality vegetables.

Mulching can be simply defined as "any material spread on the garden to protect the roots of plants from heat, cold or drought, reduce problems with weeds and keep fruit clean."

The following materials can be used for mulching:

•Clear plastic: It helps warm the soil early in the season. A problem is that it will stimulate weed seed germination and growth. Clear plastic can be laid over seeded rows to stimulate early germination. It should be removed as soon as seedlings emerge from the soil. It weeds are not a problem, clear plastic is an excellent mulching material.

•Black plastic: It warms soil early in the season and also reduces the weed population. Adequate soil moisture should be available when black plastic is applied. Cut holes through the plastic after it is applied over the bed to allow for seeding or transplanting.

•Paper: Various types of paper can be used as mulches, with newspaper being the most common. Several sheets of newspaper laid flat over the surface of the garden row works well as a mulch; however, this will reduce the temperature of the garden soil. Paper mulch used early in the spring when the soil is cold will delay the maturity of many garden vegetables. Paper can be used to greater advantage if applied after crops are growing and soil has warmed up.

•Organic mulches: Organic mulches are by far the most common. they are most beneficial in the summer, reducing soil temperature and saving soil moisture. Organic mulches should not be used too early in the spring as they will plant maturity.

Mulches of organic matter will help prevent soil crusting, help control weeds, prevent erosion and lessen fruit rot as well as save moisture and reduce summer temperatures. After the soil warms, apply organic mulches at a depth of 1 to 2 inches thick around growing plants.

With such organic materials as sawdust, leaves and rice hulls, it will usually be necessary to increase the amount of garden fertilizer by about one-fourth to compensate for nutrients used by microorganisms during the breakdown process. At the end of the season, organic mulches should be turned under to help improve the soil's physical condition.

East Bernard school menu

Monday, May 12: Breakfast, cereal or cinnamon roll, fruit, milk; Lunch, chicken nuggets, Curley Q's, baked beans, fruit, butter bread, milk.

Tuesday, May 13: Breakfast, cereal or French toast, breakfast sausage, syrup, juice, milk; Lunch, finger steak, creamed potatoes and gravy, green beans, fruit, homemade bread, milk.

Wednesday, May 14: Breakfast, cereal or doughnut, fruit, milk; Lunch, frito pie with cheese, corn, salad, fruit juicee, cornbread, milk.

Thursday, May 15: Breakfast, cereal or scrambled eggs, breakfast sausage, biscuit, jelly, juice, milk; Lunch, fried chicken or turkey with dressing, gravy, peas or broccoli, fruit, hot roll, milk.

Friday, May 16: Breakfast, cereal or pancakes with syrup, juice, milk; Lunch, hamburger, French fries, pinto beans, lettuce, tomato, pickles, onions, milk.

To the Citizens of Colorado County
Thank You
Citizens of Colorado County, My Family, Relatives and Friends: your enthusiastic support has been inspiring and a stimulant to me in the May 3 Democratic Primary. The job is not complete. I need your support and vote in the run off election on June 7, 1986.
Thanks to each of you for your vote.
Sincerely,
Darlene Hayek
Paid political advertisement. Paid for by Darlene Hayek, Rt. 1, Box 142-B, Weimar, Texas 78962.

MF Value Leaders
Keeps going when the going gets tough.

MF 294
★ 4-wheel drive/high ground clearance
★ 67 hp*, dependable Perkins diesel
★ 12-speed synchromesh transmission
★ 2-spool auxiliary hydraulic valves
*Min. rated PTO horsepower
MAKE TRACKS NOW TO LEARN MORE ABOUT THIS SURE-FOOTED TRACTOR.
W.A. Virnau & Sons, Inc.
Sealy 885-3549 Eagle Lake 234-5312
Massey-Ferguson
Where farmers' ideas take root.

W.M. Thomas, Jr., Insurance Agency
411 N. Mills 409-234-2619 Eagle Lake

River Oaks Convalescent Center
300 North St. Columbus 732-2347

Jo Ann's
Women & Children's Apparel & Gifts
105 N. McCarty 234-2580 Eagle Lake

MF Massey Ferguson
W.A. Virnau & Sons, Inc.
Sealy: 885-3549 Eagle Lake: 234-5312

Sher-Tex, Inc.
P.O. Box 21 234-3148/5792 Sheridan
Oilfield Contractors & Services

Attend the Church of Your Choice

Gulf Coast Savings Association
Support Your Local Church
112 N. McCarty 234-3457

Cliff Jones Chevrolet•Buick•Pontiac, Inc.
Factory Orders at $69.00 Over Invoice
I-10 @ Texas 36, Sealy, Texas 885-3554

City of Eagle Lake
Utilities Department

Larry & Lana Dulany Family
Dulany Funeral Home and Monument Company
Eagle Lake, Texas

Colorado County Federal
Savings & Loan Association
732-5776 Columbus, Texas
Insured Savings and Home Loans

Heritage House
Rated Superior by the Texas Department of Health
200 Heritage Lane, Eagle Lake 234-3591

Attend the Church of Your Choice...

TEMPLE BEREA – 621 Maple Street, Eagle Lake, Texas. Calto 7:30 p.m., miércoles. Domingo: Escuela Dominical 10:00; Culto de Oración 11:30; Culto 2 p.m. Pastor, Rev. Romero.

BETHLEM de JUDEA ASSEMBLEA de DIOS – 1000 East E Street, Eagle Lake. Rev. Manuel Garcia. Sunday School 9:30 a.m. to noon. Sunday Service 6:30 p.m. Wednesday Service 7:30 p.m. Friday Service 7:30 p.m.

FIRST ASSEMBLY OF GOD – Rev. Neil Mills, Pastor. Sunday Services: Sunday School 9:45 a.m.; Morning Worship 11 a.m.; Nightly Service 6 p.m. Each Thursday Night: Book & Revelation Study 7 p.m.; Ministries: 2nd and 4th Sunday, 5 p.m.; Women's Ministries, 1st and 3rd Sunday, 5:30 p.m.

SEALY ASSEMBLY OF GOD – 1140 Meyer St., Sealy; Warren Richardson, Pastor. Sunday: Bible Classes 9:30 a.m.; Morning Worship 10:45 a.m.; Evening Worship 7 p.m. Wednesday: Adult Bible Study 7:30 p.m.

BONUS BAPTIST CHURCH – Highway 102, Bonus, Texas. 409-234-2205. Pastor, Stanley Pruckard. Sunday School 9:30 a.m.; Morning Worship 10:30 a.m.

EAST BERNARD FIRST BAPTIST CHURCH – Rev. Autry Conn, Pastor. Sunday School 9:30 a.m.; Service 10:30 a.m.; Sunday Night Training Union 6 p.m.; Services at 7 p.m.; Wednesday Night Service 7 p.m.

FIRST BAPTIST CHURCH – N. Lake at E. Prairie, Eagle Lake, Texas. Rev. J. Mithurn Sibley, Jr. Sunday Services: Sunday School 9:45 a.m.; Morning Worship 10:50 a.m.; Training Union 6:30 p.m.; Evening Worship 7:30 p.m. Wednesdays: Prayer Service 7:30 p.m.; Choir Practice 8:30 p.m. Nursery facilities open.

GETHSEMANI BAPTIST MISSION – 901 B Street, Eagle Lake. Sunday School 9:45 a.m.; Preaching Services 11 a.m. and 6:30 p.m. Wednesdays, Prayer Service 7:30 p.m.

GREATER MT. OLIVE BAPTIST CHURCH – Rev. R. Kizer, Pastor. 705 Lake, Eagle Lake, Texas. 234-3545. Sunday School 9:30 a.m.; Morning Worship 11 a.m.; Baptist Training Union 6:30 p.m.; Evening Worship 7 p.m. Thursday, Prayer Meeting & Teachers' Meeting 7 p.m.

ROCK ISLAND BAPTIST CHURCH – 10 a.m. Sunday School; 11 a.m. Morning Worship; Evening Worship 5:00 p.m.

SHERIDAN FIRST BAPTIST CHURCH – Sunday School 9:45 a.m.; Worship Service 11 a.m.; Training Union 6:00 p.m.; Evening Worship 7 p.m. Wednesday Prayer Meeting 7 p.m.

CHURCH OF CHRIST – Sheridan, Texas. Sunday Services: Morning 11 a.m.; Bible Services 10 a.m.; Evening Worship 6 p.m.

WALLIS BIBLE CHURCH – Charismatic, 478-7554, 478-6512, Jerry C. McKinney, Pastor. Sunday 8:55 a.m. Sunday School; 10 a.m. Worship & Children's Church; 7 p.m. Worship. Tuesdays 10 a.m. Women's Bible Study; 4:15-5:00 Children's Program; 7 p.m. Teen's Meeting. Wednesday 7 p.m. Home Meetings. *Nursery provided for all services.*

HOLY CROSS CHURCH – East Bernard. Mission: Saturday 6:30 p.m. fulfills Sunday obligation. Sunday: 7 & 9 a.m.; Weekdays 6 a.m.; Tuesday & Thursday 6 p.m.

OUR LADY OF GUADALUPE CATHOLIC CHURCH – Rev. Ray Wolacki, Pastor. Guadalupe Terrace Addition. Sunday Mass 10:30 a.m.; Tuesdays and Fridays at 7 p.m.

OUR LADY OF PERPETUAL HELP CATHOLIC CHURCH – Rev. Ray Wolacki, Pastor. Sunday Mass 9:00 a.m. Saturday 7 p.m.; Wednesday 7 p.m.; Thursday & Friday 7 a.m.

ST. MARY'S CHURCH – Box 97, Nada, Texas 77460. 758-3218. Rev. Msgr. Victor G. Schmidtinsky, Pastor; Most Rev. Hugo M. Gerbermann, M.M. (Retired). Mass: Saturdays at 5:00 p.m.; Sundays at 7:00 & 9:30 a.m. Confessions Saturdays 4 to 5 p.m. and weekdays before the Masses. *Visitors are always welcome!*

CHURCH OF CHRIST – 815 Milam, Columbus, Texas. Roy V. Palmer, Minister. Sunday Worship 11 a.m. and 6 p.m. Sunday School 10 a.m. Wednesday Service 7:30 p.m.

PROVIDENCE BAPTIST CHURCH – 1207 E. State Street, Eagle Lake. Rev. Coby Shorter. 234-3736. 9 a.m. Sunday School, 11:30 a.m. Morning Worship, 6 p.m. Evening Worship. Monday Mission One and Mission Two 7 p.m. Brotherhood Monday 7:30 p.m. YWA Tuesday 7:30 p.m. Inspiration and Bible Study 11 a.m. Wednesday. Bible Band 3 p.m. Thursday. Ushers and Nurses Friday 7:30 p.m.

CHRIST EPISCOPAL CHURCH – Rev. George T. Welsch. 10:00 a.m. Sunday, Holy Communion and Sermon. 10:00 a.m. Wednesday, Holy Communion.

EAGLE LAKE GOSPEL MISSION – Rev. Emil Burger. Sunday School 10 a.m.; Morning Worship 11 a.m. Wednesday at 8 p.m. Evangelistic Service.

GRACE LUTHERAN CHURCH – Al Fladman, Pastor. Sundays: 9:30 a.m. Church School; Divine Worship 10:45 a.m. *The members and pastor of Grace Lutheran welcome you to come worship with them.*

LEHRER MEMORIAL UNITED METHODIST CHURCH – Garwood, Texas. Rev. Tom Randles, Pastor. 9:45 a.m. Sunday Church School; 11:00 a.m. Morning Worship.

LISSIE UNITED METHODIST CHURCH – Lissie, Texas. Rev. E.B. Beasley, Jr., Pastor. Sunday. Church School 9:45 a.m. Morning Worship 11 a.m.; Youth Fellowship 5 p.m.; Children's Fellowship 6 p.m.; Evening Worship 6 p.m.

ROCK ISLAND METHODIST CHURCH – Janet Dupre', Lay-Pastor. 9:00 a.m. Morning Worship.

THE UNITED METHODIST CHURCH – Rev. Charles E. Rusk, Pastor. Sunday Services: Sunday School 9:45 a.m.; Choir practice 10:35 a.m.; Worship Service 10:55 a.m. Wednesdays, Youth Club 5:30 p.m.

FIRST PRESBYTERIAN CHURCH – 106 E. State St., Eagle Lake. Sunday Services: 9:30 a.m. Church School; 10:30 a.m. Worship Service. Senior Citizens Nutrition Program. 11 a.m. to 1 p.m. Tuesday & Thursday.

VINE OF THE LORD – Paul Apolar, Pastor. Sunday School 1:00 p.m.; Sunday Preaching Service 2:00 p.m. Wednesday Service 7:30 p.m. Prayer Service 7:30 Friday.

FRIENDSHIP A/G – 501 Wallace, East Bernard. Fred Chambers, Pastor. Sunday: Sunday School 9:45 a.m.; Worship 10:50 a.m.; Evening Worship 6:30 p.m. Wednesday Bible Study. Family Ministries, 7:30 p.m.

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS – Landmark Bldg., Main St., Sealy, Texas. H.D. Gegley, Branch Pres. Sunday Services: Priesthood Meeting 8:30 a.m.; Sunday School 10 a.m.; Sacrament Meeting (Worship Service) 11 a.m.

FRIENDSHIP BAPTIST CHURCH – 405 S. Lake Avenue, Eagle Lake; Rev. R.J. Williams, Pastor. 234-5795. 9 a.m. Sunday School; 11:30 a.m. Morning Worship. Tuesday, Mission I & 2, 6 p.m. Prayer Meeting Wednesday, 7 p.m. Pastor's Aid Meeting 6 p.m. Thursday. Choir rehearsal Thursday 5:30 p.m. and Saturday 2 p.m.

Attend the Church of Your Choice

Lissie Flying Service
Farmer to Farmer Agriculture Flying
Lissie, Texas 234-2482

Schindler LPG, Inc.
234-3314 Eagle Lake

Sweetbriar Nursing Home
Joyce Brokmeyer, Administrator
103 Sweetbriar Lane, Columbus, Texas 732-5716

Schobel's Restaurant
Noon Buffet Daily
2020 Milam Columbus 732-2385

Eagle Farm & Home Supply
123 E. Main Eagle Lake 234-2566

D&S Grocery
734 E. Main Mon.-Thurs. 5 a.m.-11 p.m. Fri.-Sun. 5 a.m.-12 p.m. 234-3724

Come Worship with Us

Winco
Agri-Products of Texas, Inc.
Eagle Lake

The First National Bank
Member F.D.I.C. Bank of Friendly Service Eagle Lake

Compliments of
Coastal Contracting
234-2704/2526 Eagle Lake