

THE FIRST NATIONAL BANK

Community Calendar for August 1986

To Announce Your Activities Call 234-5521

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SERVICES AVAILABLE: Texas Driver's License renewal, 8 a.m. to noon and 1 p.m. to 5 p.m., First Floor, Colorado County Courthouse, 732-3451; testing, Monday only, 9 a.m. to 4 p.m. Vehicle License Plate renewal, purchase, 8 a.m. to 5 p.m., basement, Colorado County Courthouse, office of Evelyn Thomas, county tax assessor-collector, 732-2710. Social Security: Department of Health and Human Resources, P.O. Box 646, Brenham, Texas 77833. SCORE (Service Core of Retired Executives): For appointment, call Columbus Chamber of Commerce, 732-5881. Texas Department of Public Welfare, Visits at Eagle Lake city hall council meeting room every Thursday, 9 a.m. to 4:30 p.m.; main office, 1336 Fannin St., Columbus, Monday-Friday, 7 a.m. to 5:30 p.m., 732-6231.						
3 Prairie Edge Museum, open 2-5 p.m. TID BIT: Umpire Appreciation Week, August 3-9. August 4 Continued Martha Sunday School Class, 7:30 p.m., home of Mrs. W.L. Bauer. Alcoholics Anonymous meeting, 8 p.m., hospital conference room.	4 Eagle Lake Civic Garden Club meeting, 1 p.m., City Hall. Colorado County Children's Service Board meeting, 4 p.m., Colorado County Courthouse, Columbus. Eagle Lake Volunteer Fire Dept. practice meeting, 7 p.m., fire station. Sheridan 4-H Club, 7 p.m., Sheridan school cafeteria. St. Mary's 4-H Club, 7 p.m., St. Mary's Parish Hall, Nada. VFW Game Night, 7:30 p.m., Community Center. Boy Scouts Troop 334, 7:30 p.m., Scout Hut.	5 Nutrition luncheon and senior citizens' meeting, noon, Episcopal Church, KC Game Night, 7:30 p.m., Dider Hall. 6 Eagle Lake Rotary Club, 12:10 p.m., Community Center; program chairman, Sam Thomson. TOPS meeting, 5 to 6 p.m., Christ Episcopal Church Parish House. Nine-hole Scramblers, sponsored by Ladies Golf Association, tee off 6 p.m., Recreation Center. Texas Association of Vietnam Veterans, 7 p.m., municipal building.	7 Ministerial Alliance meeting, 9 a.m., hospital conference room. WMU, 9:30 a.m., Sheridan Baptist Church. Nutrition luncheon and senior citizens' meeting, noon, Episcopal Church. Eagle Lake Lions Club, noon, Community Center. Our Lady of Perpetual Help Altar Society meeting, 7 p.m., Dider Hall. TID BIT: Golf PGA championship, August 7-10; Halfway point of summer.	8 Masonic Lodge meeting, 7:30 p.m.	9 Prairie Edge Museum open 2-5 p.m. TID BITS: All-American Soap Box Derby, and National Smile Week, August 4-9.	
10 Prairie Edge Museum, open 2-5 p.m. TID BIT: Family Day, Herbert Hoover's birthday.	11 Commissioners' Court, 10 a.m., Colorado County Courthouse. Eagle Lake Volunteer Fire Dept. practice meeting, 7 p.m., fire station. Rice school board of education meeting, 7:30 p.m., Rice administration building. Dorcas Sunday School Class, 7:30 p.m., home of Mrs. Jimmie Scott. VFW Game Night, 7:30 p.m., Community Center. Boy Scouts Troop 334, 7:30 p.m., Scout Hut. Alcoholics Anonymous meeting, 8 p.m., hospital conference room.	12 Nutrition luncheon and senior citizens' meeting, noon, Episcopal Church. Colorado County Central Appraisal District board of directors meeting, 1:30 p.m., Colorado County Courthouse. KC Game Night, 7:30 p.m., Dider Hall. Eagle Lake City Council meeting, 7:30 p.m., city hall.	13 Eagle Lake Pilot Club business meeting, noon, Christ Episcopal Church. Eagle Lake Rotary Club, 12:10 p.m., Community Center; program chairman, Dan Thornton. TOPS meeting, 5 to 6 p.m., Christ Episcopal Church Parish House. Nine-hole Scramblers, sponsored by Ladies Golf Association, tee off 6 p.m., Recreation Center. TID BIT: International Lethander's Day. First Baptist Church, WMS, 9:30 a.m., home of Elizabeth Boothe.	14 Eagle Lake Lions Club, noon, Community Center. Nutrition luncheon and senior citizens' meeting, noon, Episcopal Church. Free Immunization Clinic, 1 to 4 p.m., Ugarte Clinic, 706 S. McCarty. TID BIT: Victory (V.J.) Day.		16 Prairie Edge Museum open 2-5 p.m.
17 Prairie Edge Museum, open 2-5 p.m.	18 Sheridan Baptist Church Vacation Bible School, 8:30-11:30 a.m., at the church; classes end August 22. Chamber of Commerce meets, noon, Snack Center. VFW Game Night, 7:30 p.m., Community Center. Eagle Lake Volunteer Fire Dept. Ladies Auxiliary meeting, 7:30 p.m., fire station. MACYC meeting, 7:30 p.m., Town and Country. Boy Scouts Troop 334, 7:30 p.m., Scout Hut. Alcoholics Anonymous meeting, 8 p.m., hospital conference room.	19 Colorado County Soil and Water District meeting, 8 a.m., agriculture building, Columbus. Nutrition luncheon and senior citizens' meeting, noon, Episcopal Church. KC Game Night, 7:30 p.m., Dider Hall. Museum Committee meeting, 7:30 p.m., city hall. Colorado/Fayette County Nurses meeting, 7:30 p.m., Weimar. VFW Post 8783 meeting, 8 p.m., Recreation Center. VFW Ladies Auxiliary meeting, 8 p.m., fire station meeting room. TID BIT: National Aviation Day, Orville Wright's birthday.	20 Eagle Lake Rotary Club, 12:10 p.m., Community Center; program chairman, Harold Lloyd Williams. TOPS meeting, 5 to 6 p.m., Christ Episcopal Church Parish House. Nine-hole Scramblers, sponsored by Ladies Golf Association, tee off 6 p.m., Recreation Center. TID BIT: Benjamin Harrison's birthday. First Baptist Church, WMS, 9:30 a.m., home of Elizabeth Boothe.	21 WMU, 9:30 to 11 a.m., Sheridan Baptist Church. Eagle Lake Lions Club, noon, Community Center. Nutrition luncheon and senior citizens' meeting, noon, Episcopal Church. Combined Community Action Surplus Food Distribution, 1:30-3 p.m., Providence Baptist Church, 1207 E. State Street. Eagle Lake, 9:30 to 11:30 a.m., CCA Community Center, 903 Preston Street, Columbus. LCRA board meeting, Austin. Rice CISD Teacher In-Service begins.	22 Combined Community Action surplus food registration, 8:30 a.m. to 12:30 p.m., Eagle Lake city hall.	23 VIP (Very Important People) luncheon and games party, 11:30 a.m. to 3 p.m., United Methodist Church fellowship hall. Prairie Edge Museum, open 2-5 p.m.
24 Prairie Edge Museum, open 2-5 p.m. TID BIT: Freedom of Enterprise Week, August 24-30.	25 Commissioners' Court, 10 a.m., Colorado County Courthouse. Eagle Lake Community Hospital board meeting, 6:30 p.m., hospital conference room. Eagle Lake Volunteer Fire Dept. business meeting, 7 p.m., fire station. VFW Game Night, 7:30 p.m., Community Center. Boy Scouts Troop 334, 7:30 p.m., Scout Hut. Alcoholics Anonymous meeting, 8 p.m., hospital cafeteria.	26 Nutrition luncheon and senior citizens' meeting, noon, Episcopal Church. KC Game Night, 7:30 p.m., Dider Hall. Eagle Lake City Council meeting, 7:30 p.m., city hall. Knights of Columbus meeting, 8 p.m., KC Hall. TID BIT: U.S. Open Tennis championships, August 25-September 7; Women's Equality Day.	27 Combined Community Action surplus food distribution, 10:30 a.m. to noon, Weimar City Hall. Eagle Lake Pilot Club program meeting, noon, Christ Episcopal Church. Eagle Lake Rotary Club, 12:10 p.m., Community Center; program chairman, David Wintermann. Nine-hole Scramblers, sponsored by Ladies Golf Association, tee off 6 p.m., Recreation Center. TOPS meeting, 5-6 p.m., Christ Episcopal Church. TID BIT: Lyndon B. Johnson's birthday.	28 WMU Friendship Fellowship for Senior Citizens, 11:30 a.m., Sheridan Baptist Church fellowship hall. Eagle Lake Lions Club, noon, Community Center. Nutrition luncheon and senior citizens' meeting, noon, Episcopal Church. Eagle Lake Volunteer Ambulance Corps training meeting, 7:30 p.m., ambulance hall.	29 Combined Community Action surplus food registration, 8:30 a.m. to 12:30 p.m., Eagle Lake city hall.	30 Prairie Edge Museum, open 2-5 p.m.
31 Prairie Edge Museum, open 2-5 p.m. TID BIT: Jerry Lewis Labor Day Telethon for Muscular Dystrophy, August 31-September 1; National Neighborhood Day.						



July 23-
August 22

Refuge job program combines work and environmental ethics

The Attwater Prairie Chicken National Wildlife Refuge, located on FM 3013 between Eagle Lake and Seely, is again participating in the Youth Conservation Corps program this summer. The Youth Conservation Corps (YCC) is a government program to provide high school aged youth with environmentally oriented summer employment. The U.S. Fish and Wildlife Service, which administers the Attwater Prairie Chicken Refuge, is one of several Federal agencies participating in the program. Refuge YCCers, or "enrollees," as they are called, are chosen each spring by a drawing among applicants from local area schools. They are employed for eight weeks during the summer on jobs ranging from routine refuge maintenance to special projects.

The YCC crew consists of six individuals and a crew leader who directs the work in the field. Members of the Attwater Prairie Chicken Refuge crew are Dave Flathmann, Pedro de la Garza, and Mitch Miller, all of Eagle Lake; Kim Jensen and Tracy Dierzanowski of Seely; and Doug Glueck of Cat Spring. Rudy Klecka, a resident of Seely and history/geography teacher at Seely Junior High School, is the crew leader. The enrollees began work on June 8 and will continue until the program ends August 2.

The YCC program accomplishes needed work on public lands while providing employment to a cross section of teenagers of various social and ethnic backgrounds. Enrollees must be at least 15 and no more than 18 years old. At the same time, it teaches the individual a work ethic while developing their appreciation for the natural environment. As Thomas Prusa, refuge manager, pointed out while watching the crew reposition a section of fence that had



been improperly aligned. "One aspect of the program is to teach the kids that when they do a job, they have to do it right."

The environmental awareness program is woven into the daily activities of the enrollees. Painting the refuge office building included removal of a hive of honeybees and a discussion of the bees' life history by assistant refuge manager Bob Adamcik. Crew leader Klecka stopped on the way to a fence project one morning so enrollees could

watch a bobcat hunt a rabbit along a railroad track. Another morning the crew assisted refuge employees in a census of endangered prairie chickens out on the prairie.

Refuge manager Prusa says that YCCers have been involved in everything from clerical work to fence building and grounds maintenance. One individual, Miss Dierzanowski, uses a typewriter and computer to help rework the Refuge filing system. Doug Glueck keeps the mowers running on the office lawn while helping the others, including Miss Jensen, build fence-line and refurbish the exterior of the headquarters office building.

The YCC program for this year is almost over, and there is some question about its existence next year because of funding problems. Prusa hopes it will happen and expects that it will. "It's a good program for the refuge, the kids, and the communities," he says. "We'd like it to continue."

Attwater Prairie Chicken National Wildlife Refuge was established in 1972, to assist in the recovery of the disappearing Attwater's Greater Prairie Chicken. Young people interested in participating in the Refuge's 1987 YCC program should contact Refuge personnel for information after the first of the year.

Cross-fencing hailed as tool for better grazing control

Have you ever considered cross-fencing as a part of the grazing program on your farm or ranch? Yes, cross-fencing can be used as a tool to control grazing management in a farm or ranch operation.

By using cross-fencing, the livestock can more fully utilize the available grass in each pasture, and gives the grass an opportunity to grow and recover naturally for future utilization by livestock.

Materials used in the cross-fence should be new. Corner posts should be six inches across the top or more and line posts should be three inches across the top or more. Steel T line posts may also be used as long as they weigh 1.33 pounds per foot without the anchor plate. Line posts can be spaced 10 feet apart or more, if desired. Fiberglass posts may be used, also, if the fence is to be electrified.

H-brace posts or double H-brace posts need to be used to provide strength and stability to the fence. Four or more strands of 12 1/2 gauge domestic wire, or 13 1/2 gauge high tensile strength smooth or barbed wire may be used in constructing the fence. Staples one inch to 1 1/2 inches long can be used to secure the wire to wooden posts, or clips can be used on steel T posts and fiberglass posts.

Cross-fencing and rotation grazing of your pastures, whether native grass or coastal, can help improve your livestock performance as the pastures are grazed and then allowed to quickly recover. Rotation grazing also improves the quality of the grass. Better utilization of the grass is realized as grazing takes place in each pasture.

We, at the Soil Conservation Service office in Columbus, have information for constructing cross-fences and also have specification sheets. Call 732-2773 or come by 316 Spring Street in Columbus.

Grass management
 Proper management of range grass plants is essential if these plants are to remain healthy, vigorous and thrifty. Understanding how these grasses grow is also essential in order to properly manage these plants, according to the Soil Conservation Service.

The leaves and green stems are the factories of grass plants. In fact, 95 percent of the total plant food is called photosynthesis which converts solar energy from the sun into simple sugars in the plant.

When the leaves of the plant are grazed too short, the ability of the leaves to make food is greatly reduced. This results in loss of roots and a reduction of plant vigor, thus making the plant weakened.

If grazing of the grass plant persists, the end result will be death of the plant simply because it cannot make any food to keep itself alive. When continuous overgrazing occurs, this results in less available forage for livestock, and poorer quality forage. The final result of overgrazing is higher feed bills and less profit.

Undesirable plants replace the grass, and eventually bare ground is the result with ugly scars of erosion showing up on the face of the land. This is why proper grass management and proper grazing height of grass plants are important.

As rule of thumb, the amount of percentage of a grass plant which can safely be grazed is about 50 percent. Using this rule of thumb, and depending on the growing season, i.e. rainfall, climate and other factors, the planter will have enough leaf surface remaining to adequately

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produce forage, and to keep itself healthy.

The roots of the plant are used as storage batteries, so to speak, so that the food reserves can be used to put out new growth the following spring.

Another factor to consider in grass management is that about one-half of the roots of a plant die off each year and need to be replaced.

The best way to achieve proper grazing of grass on rangelands is to stock the livestock numbers according to the available forage produced.

Periods of rest from grazing are needed to allow new plants to start and develop. This will help to maintain a healthy, vigorous plant community.

Deferred grazing is another valuable way to improve all rangelands. It gives the land a rest for a certain period of time such as three months each year during the growing season.

This will promote natural revegetation by increasing the vigor of the grass stand and permit desirable plants to produce seed. It can provide a food reserve for fall and winter grazing or emergency use. It will improve the appearance of the range, and help prevent soil and water loss.

For assistance in determining range conditions, grass plant identifications, livestock stocking rates and suggested systems of grazing, contact the personnel of the Soil Conservation Service in Columbus at 732-2773 or write to 316 Spring Street in Columbus.

Service assistance
 The slide program, "The First 50 Years," recently was shown to the senior citizens' group of the Weimar United Methodist Church. Some 30 persons attended and enjoyed the slide presentation.

The regular meeting of the directors for the Colorado Soil and Water Conservation District was held July 17. Directors attending were Melvin Albright, George Cason Jr., Theo Schultz and Herbert Engstrom. Connie Fair, Roy Freeman and Alfred Vander Stucken.

Charlie Wanjana, a district cooperater of the Weimar area, is planning to shape and vegetate eroded areas to control erosion.

Chas Michna, of the Weimar area, is planning to shape and vegetate eroded areas.

Older adults: changes in digestion, appetite

By Peggy Kalina, County Extension Agent
 As people age, lifestyle changes such as increased use of medicines, reduced exercise and changes in eating habits, may interfere with digestion. The following steps have been suggested by the National Institute on Aging to keep the digestive system working at its best:

• Eat a well-balanced diet including a variety of fresh fruits, vegetables, and whole grain breads, cereals and other grain products.

• Eat slowly and, when possible, try to relax for 30 minutes after each meal.

• Exercise regularly.

• Drink alcohol in moderation, if at all.

• Avoid large amounts of caffeine.

• Use caution when taking over-the-counter drugs and always follow your doctor's directions exactly when taking prescribed medications.

The sense of taste and the sense of smell are both affected by the normal process of aging. Because these senses are so closely tied to the enjoyment of food, older adults may find it difficult to maintain a healthy appetite.

Taste buds decrease in number and sensitivity with age. The average 70 year old, for example, has one-sixth of the taste buds of a 20 year old.

Studies show that the taste receptors to identify sweet and salty flavors are the first to atrophy while those that sense bitter and sour flavors tend to function into old age. That is one explanation for why some elders report that "nothing tastes good." Older adults may eat excessively to try to capture the taste sensation.

The sense of smell may begin to decline in the late thirties. By age 80, about 40 percent of people have difficulty in identifying common substances by smell. Because one-third of the taste sensation depends on the ability to smell, this can also affect an older person's appetite.

Smoking, poor dental hygiene and medications also contribute to a decline in the taste of food. When appetite is a problem, the older adult may want to stop smoking, improve dental care and discuss a change in medication with a physician.

To increase their enjoyment of eating, elders need attractively prepared and served meals. Small, frequent meals, varied textures, colors and temperatures will add to the identification and enjoyment of food.

Spices can be used to enhance food flavor and older adults will also improve flavor for some older adults.

Even as the ability to taste foods, the memories associated with certain foods can be quite pleasant and may be the one way for elders to continue eating with satisfaction.

Bullock orders workforce reduction
 State Comptroller Bob Bullock recently ordered a reduction in his agency's workforce and the closing of 15 local offices to save the state an estimated \$11.2 million.

The budget deficit dictates that the responsible for the operation of government trim and cutback in a manner that reflects the seriousness of the state's financial condition. These actions are being done to comply with Governor Mark White's executive order and legislative committee requests, Bullock said.

He said the reduction of staff would mean that 134 employees would be let go and that 15 of the agency's field offices would be closed or merged.

Bullock said office closings would affect Dallas, Fort Worth, Arlington, Wichita Falls, Longview, Conroe, Corpus Christi, Galveston, Houston, San Antonio, Brownsville, Belton and San Angelo.

About half of the employees leaving the agency will come from field offices and the other half from

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Views On Dental Health
 ARE DENTAL X-RAYS SAFE?

Sometimes, dentists wish they had the eyes of "Superman" but we use X-rays. The X-ray is one of the dentist's most useful diagnostic tools. Many defects of the teeth and the bone which surrounds them cannot be seen by the dentist's eye. They are only visible on X-ray film. Before you ask, let me answer: X-rays are safe! Millions of X-ray films have been taken by dentists without a fatal report of injury to anyone. Exposures which would take 6 or 8 seconds are now made in a fraction of a second. Metal filters to keep back unwanted radiation are standard on all new model X-ray machines. Older machines are equipped with filters and electronic timing devices to enable them to use high-speed X-ray film for short exposure times.

The National Committee on Radiation Protection states: "There is no scientific evidence that the proper use of modern X-ray equipment for dental diagnostic purposes will be harmful to the patient."

Prepared as a public service to promote better dental health. From the office of DAVID W. EUERS, D.D.S., 704 S. McCarty Avenue, Eagle Lake, 234-3525.

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