Call 234-5521 Classified Ads Deadline 5 p.m. Monday

Classified Directory

1. Public/Legal Notices
2. Personals
3. Lost and Found
4. Cards of Thanks
5. Miscellaneous
6. Entertainment
7. Child Care
8. Help Wanted
9. Work Wanted
10. Business Opportunity
11. Pets and Livestock
12. Farm Equip. & Supplies
13. Garage Sales
14. Articles for Sale
15. Articles Wanted
16. Office Space
17. Resort Rental
18. Apartments for Rent
19. Houses for Rent
20. Houses for Sale
21. Mobile Homes for Sale
22. Mobile Homes for Rent
23. Mobile Home Lots
24. Acreage for Sale/Rent
25. Real Estate
26. Real Estate Wanted
27. Trucks for Sale
28. Cars for Sale
29. Motorcycles for Sale
30. Repairs & Services
31. Hunting

Classified Advertising Rates

1 Week: $3.00 per ad up to 20 words
15 cents each additional word over 20
2 Weeks:* $2.60 per ad per week up to 20 words
13 cents per week each word over 20
3 Weeks:* $2.60 per ad per week up to 20 words
13 cents per week each word over 20
4 Weeks:* $2.20 per ad per week up to 20 words
11 cents per week each word over 20

BILLING CHARGE: A charge of 50 cents per ad per month will be added to invoices for classified word ads not paid in advance.

*Rates are for consecutive insertions. Every other week or any other combination are charged at the 1 week rate.

1 Legal/Public Notices

NOTICE

Notice is hereby given that Frankie Baird Jobe has made application with the Texas Alcoholic Beverage Commission for a Wine and Beer Retailer's Permit for the location at 1819 Glen Flora Road, Eagle Lake, Colorado County to be operated under the tradename of Frankie's Countrytime Inn.

Frankie Baird Jobe
Owner

Public Notice

REQUEST FOR PROPOSALS. The City of Eagle Lake, Texas, has been awarded a Planning Grant from the Texas Department of Community Affairs in the amount of $21,400 to be combined with local funds of $2,500 for a total $23,900 to prepare a comprehensive plan that will include base studies, a water system element, a wastewater system element, a drainage system element, and a capital improvements program. Proposals are being accepted until 5:00 p.m. June 19, 1987, at City Hall. For further information, or a copy of the RFP, contact Robert Klockman, city manager, at (409) 234-2640

4 Cards of Thanks

On behalf of the Cordova and Coronado families:

We would like to extend our thanks to the kind persons who sent flowers; also to the Guadalupanas of Eagle Lake for the dinner and to our kind friends and families for their support during the death of our loved one Pat Coronado.

Thank you and may God bless you all.

Mr. and Mrs. Victor Cordova and family of Rosenberg, Texas

5 Miscellaneous

Alcoholics Anonymous and Al Anon meeting Monday 8-9 p.m. Eagle Lake Community Hospital.

For Rent: 120x40 shop building with large parking area. 600 E. Main Street. Call before 5:00 p.m. 234-2704 or 234-2526.

HALF PRICE! Flashing arrow signs $299! Lighted, non-arrow $289! Unlighted $249! Free letters! See locally. Factory. 1-800-423-0613. anytime.

6 Entertainment

Coming Soon!

Huge, Solid Wood Dance Floor

Circle G Danceland

Altair, Texas B.Y.O.B.

6 Entertainment

Cowboy Haven

Columbus, Texas

Happy Hour 5-7 with 50c Draft Beer & $1.00 Bar Drinks! (5 to 7, Tues.-Sat.)

Tuesday & Wednesday, 6 to 10
OPEN 'MIKE' NIGHT
75¢ Draft Beer All Night

Thursday, June 11
LADIES & MEN'S NIGHT
50¢ Draft Beer & $1 Bar Drinks
until 10:30
Music by DJ

Friday, June 12
Music by XPLORER

Saturday, June 13
$1.50 Margaritas All Night
Music by DJ

For party reservations
Pool Tables Call 732-8060 Games

Come Dance with us...

KC Hall Columbus
Saturday
June 13
VELVETS
9 to 1

8 Help Wanted

RN's Only: Memorial Hospital El Campo is now offering innovative staffing for week-ends in our Critical Care Unit. Work two 16 hour shifts (3 to 11; 11 to 7) and get paid for 40 hours. We also offer a room to sleep in on your hours off. Our salaries and differential are competitive. If interested, contact Melinda Stephenson at 409-543-6251, Ext. 253.

E.O.E. and handicapped will be considered.

9 WorkWanted

HELP! HELP! Please help me earn my tuition to summer ta'nis camp. Mo.ie ... ds is my specialty. Please call me at 234-2976 after 5:00. Shane Glaiser

10 Business Opportunity

Own your own apparel or shoe store. Choose from: Jean/sportswear, ladies apparel, mens, children/maternity, large sizes, petite, dancewear/aerobic, bridal, lingerie or accessories store. Add color analysis. Brands: Liz Claiborne, Gasoline, Healthtex, Levi, Lee, Camp Beverly Hills, St. Michele, Chaus, Cutback Red, Genesis, Forenza. Organically Grown, over 2000 others. $13.99 one price designer, multi tier pricing discount or family shoe store. Retail prices unbelievable for quality shoes normally priced from $19 to $80. Over 250 brands, 2600 styles. $14,800 to $26,900 inventory, training, fixtures, grand opening, airfare, etc. Can open 15 days. Mr. Keenan (305) 366-8606.

11 Pets & Livestock

Free puppies. Call 758-3364

Rat Terrier puppies. Male and female, five and six weeks old. Ready, June 9. Wormed. $35 each. Vicki Ashley, Sheridan, 409-234-7402.

Registered Labrador puppies. Yellows or blacks from good hunting stock. Call 512-798-4750.

11 Pets & Livestock

HORSE For Sale
8 Year old mare with saddle, blanket, bridle and lead ropes.
Call after 6 p.m.
234-2990

13 Garage Sales

Saturday, June 13. **907 Church.** 9 a.m to 2 p.m. Girls 3T and 4T clothes. Miscellaneous items.

Backyard Sale: Friday, 1:00 p.m. till 5:00 and Saturday till noon. Cancelled if raining. **311 Scott.**

Garage Sale items. Flea Market. Used Furniture. Layaways. Will sell on consignment. **M & M Resale Barn,** Hwy 71, Garwood. Open Friday, Saturday and Sunday, 10 a.m. to 7 p.m. 758-3426.

13 Garage Sales

Eagle Lake Indoor
FLEA MARKET
Jewelry •Crafts, Collectibles, Plants, Garden Supplies **GARAGE SALES**
Open Every Friday, Saturday & Sunday 9 to 5:30
FOR INFORMATION CONTACT
NEW OWNERS *RON & JOY PERONI*
409-234-3565 or 234-7120
ASK ABOUT SPECIAL GARAGE SALE RATE!

Saturday Only! 9:00 a.m. to 6:00 p.m. Kirby vacuum, toys, baby clothes through adult and much, much more. **25302 Dale Street, Lissie.**

25 Real Estate

Business:
25.5 Acres; 2,000+ feet frontage on Hwy. 90A. Utilities....
$75,000; Terms.

24.7 Acres... Hwy. 90A; creek; deer; 1/4 minerals. Electricity. Telephone available.
$50,000 - terms.

Casper
713-774-0959

TRULY PROPERTIES REALTOR 123 N. McCarty 409-234-3776

ON THE SQUARE: 4036 Business bldg. Excellent location.
PARTRIDGE LANE: 4BR, 2-1/2BA, large den with fireplace, office, hot tub.
WEST PRAIRIE: 2BR, 2BA, large den, frame with aluminum siding, formal living/dining, CA/CH, 2-car garage, sprinkler system in exceptional condition.
CEMETERY ST.: Price Reduced... Mint condition, 2BR, 1BA frame, outstanding starter home or for retired family.
PRICE REDUCED ... Now Low 70's, owner moved. 3BR, 2-1/2BA brick, large den with fireplace. Excellent buy.
US 90 WEST: 3.22 AC mobile home park, restaurant, some trailers and other bldgs.
PRICE REDUCED... W. PRAIRIE: 2-story frame, 3BR, 2BA. Good opportunity for handyman to renovate!
NU COURTS 2: on Ave. B, 8 units. Excellent buy.
N. McCARTY: 2-story frame, vinyl siding, 3BR, 2BA, TV room. Low 40's.
FOREST OAKS: 3BR, 2BA, den with fireplace on 2-1/2 Ac.
EAST PRAIRIE: 2BR, 1BA frame. Low 20's.
EAST MAIN: 2.75 Ac prime commercial property. Price reduced!
GLEN FLORA RD. 3BR, 2-1/2BA brick, den, game room. Excellent buy!
MATTHEWS: 6.1 AC facing FM 102 with small frame house.
FOREST OAKS: 2 – 5 acre lots. Owner will finance.
MURPHY ST.: Two 2BR, 1BA brick homes. Mid 20's.
FM 102: 1 mile west of Eagle Lake, 3.65 acres. Excellent building site.
PARTRIDGE LANE: Lot with slab for house and garage already poured with plumbing.
COLORADO RIVER: 1/2 ac. lot with river access & mobile home hook-ups.
RIDGELEA ADDITION. Approx. 19 acres of prime land ready for development.
DONOVAN STREET: 75x180 lots.
JUST OFF CALHOUN ROAD: 2 ac. wooded tracts.

LAND...
197 Ac Rice & Milo Land, 1-1/2 mi. W. of Eagle Lake, 1/2 mile rail frontage. Good hunting.
GONZALES COUNTY: 580 AC Ranch, 7 mi. NW of Waelder; large barn, working pens, some permanent pasture.
SOUTH OF LISSIE: 640 Ac. rice land, canal, well, excellent hunting.
NEAR CHESTERVILLE...
640 Ac rice land, 2 story Spanish style house, 3 large steel bldgs., 12" well, pond, irrigation canal.
1130 Ac of rice land, SP rail trackage, watered by canal.
860 Ac of rice land, irrigation, well, creek. Excellent hunting.
290 Ac of rice land, watered by canal.
181 Ac of rice land, frontage FM 1093.

RALPH TRULY 234-7514 SANDY BENDY 234-3925

14 Articles for Sale

Bikes for sale: Schwinn girl's 20", $15; Schwinn boy's 26" three speed, $35; Boy's standard 26", $15. Boy's standard 20", $10. Call 234-5179.

First National Bank stock for sale, 14 shares. Discounted for quick sale. Call 234-2065.

For Sale: **David Brown tractor** with front end loader. **Goats for sale.** Call 234-2621.

RCA 19" Color TV. Used. Cable ready. Excellent picture. $125. Call 234-5896.

Classic Coke 2 Liter (Hot) **99¢** Plus Tax
Classic Coke 24-12 Oz. Cans **$5.95** Case Plus Tax
Austin's Grocery 505 E. Main 234-2574

14 Articles for Sale

ANTIQUE AUCTION
***ANTIQUES**COINS**COLLECTABLES*
SUNDAY, JUNE 14 at 1:00 P.M.
Glen Flora, Texas (6 miles west of Wharton, Texas on FM 102)

PARTIAL LIST: large assortment of antique furniture including Victorian 4 pc. parlor set, china cabinets, wardrobes, side boards, side by side, hall tree stand, blanket chest, old kitchen cupboard, chest of drawers, drop leaf tables, dressers, old lamps, asst. rockers and chairs, book cases, Singer sewing machine, camel back & stage coach trunks, mantle clocks, 100% wool rug, beveled mirrors, pictures & frames, brass items, old asst. linens, aprons & bonnets, cut glass, crystal, depression & milk glass, 2 sets of Noritake china (1 service for 12), old coins & mint sets, Avon, Occupied Japan items, playboy magazines, old record albums, figurines, quilts, afghans, square nails, wood boxes, crocks —
IMPOSSIBLE TO LIST ALL ITEMS — COME AND SEE FOR YOURSELF!!!
!!!DON'T MISS THIS SALE!!!
Viewing from 11:00 a.m.
FREE COFFEE **L&V GENERAL AUCTIONS** DOOR PRIZES
423 Lakeshore Dr., Wharton, TX 77488
!!!COME OUT AND HAVE A FUN DAY!!!
LONNIE LINDBERG-Auctioneer 409-532-4357
TxS-077-1995 409-677-3476
◊◊◊ **Food & Refreshments Available** ◊◊◊
Something to sell?... Give us a yell!

PIANO FOR SALE
Assume small monthly payment on modern style piano, like new condition. Can be seen locally. Please call.
Manager
1-800-367-3140

PIANO FOR SALE
Wanted: Responsible party to assume small monthly payments on piano. See locally. Call Manager at 618-234-1306 anytime.

18 Apartments for Rent

One Bedroom Furnished
$230/month
234-2296

REDUCED RENT. One month free rent with 6 month lease. One and two bedrooms. Call between 8 a.m. and 5 p.m., 234-7341.

Furnished efficiency apartment. 8 to 5 Call 234-5818 After 6:30 call 758-3887.

20 Houses for Sale

For Sale: **308 Burns St.** Call for details, 713-494-6812.

18 Apartments for Rent

FOR RENT
1 bedroom apartments for *Senior Citizens and Handicapped*
Rent Based on Income
Kevin Court Apartments
400 S. Austin Road
Eagle Lake
(409) 234-2855

20 Houses for Sale

House for sale: 601 Pendleton. Recently updated. **3-2-2 on approximately two acres;** barn, 177 foot frontage on Post Office Street (FM 102). Call for details, 713-494-6812.

By owner, **house in East Bernard, 3-2-2,** (Jacuzzi), formal dining room, fireplace, vaulted ceilings and fans. For appointment call 335-6178.

House For Sale
601 Clark, Eagle Lake.
Large lot with oak trees, CH, window A/C, 3 bedroom, 1-1/2 bath, detached garage. Near Eagle Lake Middle School.
$39,500
We're Moving!
234-2243
EVENINGS

More on Next Page

25 Real Estate

Looking for a Good Deal?
•**Rock Island...**
3BR, 2-story house; big yard
61 Acres, city water, minerals.
18 & 24 Acres, wooded, near 90A
•**Forest Oaks...**
12 Acres, electricity, water & fenced.
•**Sheridan...**
Two 10 Acre tracts, wooded.
Leyco Real Estate
903 Front S., Columbus, Texas 78934
409-732-3302

25 Real Estate

TEX-ANNA REALTY REALTOR 108 W. Main, Eagle Lake 409-234-5420

Cat Spring Road: 3BR, 1B, excellent condition. Metallic shop building and carport.
Mobile Home Parks: 14 trailer spaces with hook-ups, 6 mobile homes; 3BR, 1B home with carport.
Donovan Street: 2 Lots: .279 and .325 acres. *Financing available to qualified buyers.*
Mills Street: 3BR, 2B, appliances, large corner lot. *Excellent condition... Move in today!*
9 Miles North of Eagle Lake: 2BR, 2B, swimming pool, hot tub, on 1.4 acres. *Priced for quick sale!*
Glen Flora Rd: 3BR, 2-1/2B, brick, large rooms. *Ready to move in.* Financing available to qualified buyers.
Murphy Street: Two 2BR, 1B, brick homes. *Financing available to qualified buyers.*
State St.: 3BR, 1B frame on large lot, fenced yard.
FM 1093: New 1-1/2 story, 4BR, 2B on 1.3 acres; 80% complete. *Priced right.*
South McCarty: 3 BR, 2 B, brick, fireplace, two car garage on 1.05 acres.
Airlane Road: 4 BR, 1-1/2 B, carport. *Owner will finance.*
W. Waverly, 3BR, 2B home. CA/CH, fireplace, garage, large lot in nice neighborhood.
E. Stockridge: 4BR, 1B, frame. Central A/H, garage, nice yard.
Warwick: 3BR, 1B, frame. Guest house; large corner lot.
Corner Stevenson & W. Main: 2 BR, 1 B frame house with 1 car garage and 1 BR, 1 B frame house with garage. *Will sell separately or together.*
Lissie: 3BR, 1B, frame to be moved off lot.
West Main: Two 2 BR, 1 B furnished apartments *for rent.*
Highway 71: 1 mile north of Altair. 2 BR, 1 B home; central air & heat, garage, large fenced yard. *Owner will finance.*
Lorraine St. in Lissie: 3 BR, 1 B home on large corner lot, fenced back yard, garage and storage areas.
South McCarty: 3 BR, 2-1/2 B, brick, fireplace, enclosed breezeway.
Glen Flora Road: Several large lots available. Nice building sights. No restrictions.
E. Prairie: 3BR, 1B, carport, large lot, fenced yard.
Forest Oaks: 1-1/2 story 2BR, 1B, on **5+ acres.**
South McCarty: 2 BR, 1 B, frame, brick trim. *Price reduced!*
State Street: Duplex, easily converted to 2BR, 2B with garage; large lot; low 20's.

LAND
640 Acres Rice land; water well; canal; good hunting
10 Acres: South of Altair; pasture; scattered oak trees.
14 Acres: on Eagle Lake; excellent building site.
1130 Acres: Farm land, irrigation well, canal system. All adjoining. RR frontage. *Terms!*
50x75 metallic barn on 2+ acres: Water well and electricity, in Lissie.
5 Acres: FM 102, with 3BR, 1B home. 500 sq. ft. office bldg; 6,000 sq. ft. storage & shop area; large hay barn; storage shed & stock pens.

COMMERCIAL
East Main: 4 lots approximately 29,000 sq. ft.; 4,300 sq. ft. shop and/or storage area.

Ernie Rodgers

Call 234-5521 Classified Ads Deadline 5 p.m. Monday

20 Houses for Sale

OWN YOUR OWN HOME
HANDYMAN SPECIAL

Repossessed 3 bedroom, 2 bath with laundry room, partially finished interior. 1,440 square feet on one acre tract east of city. Low or little cash down. 10% interest, 15 year loan, will consider moving to your lot and finance.

Call us collect: United Bilt Homes, Inc., 9422 North Freeway, Houston, 713-820-1665 and ask for John Markum.

21 Mobile Homes for Sale

16-WIDE-NEW "FACTORY FRESH" FLEETWOOD, 16x80, 3-2, large, spacious, beautiful, Special Sale, Only $24,900! Only $279 per month. Rosenberg Manufactured Homes. Call 713-342-6181.

3-Bedroom Repo - 14x70, 3-2, Schult, nice, good quality home, $550 down, only $189 per month! Rosenberg Factory Outlet, 713-342-5681.

4-Bedroom - Large 14x80, 4-2, new GE stove and refrigerator, new carpet, masonite siding, free delivery, assume $259 per month! Rosenberg Factory Outlet, 713-342-5681.

New 18 Wide—Don't miss this one!
Holsworth's-Brookshire
713-391-3195
Open till 6 Monday-Friday
Till 5 on Saturday.

Used homes, 12 to choose from!
Low Down—Low Monthly
Holsworth's-Brookshire
713-391-3195
Open till 6 Monday-Friday
Till 5 on Saturday

22 Mobile Homes for Rent

Efficiency trailers for rent in Altair. Furnished, $160/month, references. Call Clifton Tyler, 732-6502 (office) or 234-2691 (home).

For Rent to responsible person, three bedroom, two bath, CA/CH, Doublewide mobile home. Three miles north of Eagle Lake on FM 102. 8 to 4:30. 234-3578.

Trailer house for rent: two bedroom, central air and heat, on Alamo Street. 234-2526 or 234-2704 from 8-5.

Champion-1981, 14x56, 2-bedroom, front kitchen, new carpet, clean & nice, free delivery, assume 5-year note at $195 per month. Rosenberg Manufactured Homes 713-342-6181.

DOUBLEWIDE SALE—New 1987 FLEETWOOD 3-2, nice modern all-electric kitchen; vaulted ceilings throughout, Only $26,900! Rosenberg Fleetwood Outlet, 713-342-6181.

For Sale: Used Mobile Home. **Two bedroom, one bath, furnished,** $4000. 206 W. Davitt. Call 234-5052.

New 16 wides—Huge rooms
Holsworth's-Brookshire
713-391-3195
Open till 6 Monday-Friday
Till 5 on Saturday

23 Mobile Home Lots

Trailer spaces on Alamo Street. Call between 8 a.m. and 5 p.m. at 234-2704 or 234-2526.

24 Acreage For Sale or Rent

3.5 Acres on Glen Flora Road. 210 ft. road frontage. Call 234-3102.

For sale: Airport property. Approximately two acres on runway. 1.8 acres on Waverly. Call for details, 713-494-6812.

Black & White Directory
— BUSINESS & SERVICES —
YOUR WEEKLY QUICK REFERENCE FOR SERVICES YOU CAN USE EVERY DAY!

case
Case Loader/Backhoe
Sales & Service
We Rent 580 Backhoes
Day-Week-Month
Delivery & Pick-up
EAGLE TRACTOR, INC.
908 East Main
EAGLE LAKE, TEXAS
409/234-2516

FOR THE BEST CALL
Bugman
of Weimar,
Scientific Pest & Termite Control
CALL COLLECT
409-725-8139

25 Real Estate

CHEAP! CHEAP! Home on Lake Sheridan. 82 lots priced to sell in Rock Island. 22 acres, partly wooded. Home at Lake Somerville. Schroeder Real Estate, Columbus, Texas. 409-732-2080.

Shady Mobile Home Park. Three bedroom house, six mobile homes, fourteen trailer spaces and acc. 705 Sempronius. One city block. Call John 234-2012.

27 Trucks for Sale

FOR SALE
Gravel Truck
35' Long, Very Good Condition.
$11,500.00
For Information call
713-442-6966
or
409-234-5163

30 Repairs & Services

SHOE REPAIR
Complete Boot & Shoe Repair
Columbus Saddlery, 1013 Walnut, 732-6921
Monday-Friday: 7:30 - 5:30; Saturday: 7:30 - 3:00

28 Cars for Sale

1978 Pontiac Firebird for sale. Good condition. Call 234-7446.

30 Repairs & Services

Free Estimates on roofing, painting, panelling, house-leveling, repairs. Fence work, build or repair. Call 713-232-3545.

Jim's Upholstery. Free pickup and deliveries. 15% off on all fabrics!. Call 234-3988.

Neuendorff's Water Well Service, Inc. Parts, pumps, tanks, cisterns, windmills. McClean Iron Filters and water softeners. 409-732-2897. Columbus, Texas.

You can trust the **Duraclean Difference** for carpet, furniture cleaning.
No scrubbing, no soaping, no steaming.
Safe, gentle foam lifts out dirt!
Ask for Duraclean Plus and save protection with Scotch Fabrics!
FREE QUOTATION
409-335-4375
Duraclean by Kostak
It's like it's just brand new!
Ask About SPRING CLEANING... SAVE 20%

A Subscription to the *Headlight*... The solution to your gift-giving problems!

Walking for health and fitness

By Peggy Braden,
County Extension Agent

Walking is the favorite method of exercise in what has been called America's "physical fitness renaissance". According to the President's Council on Physical Fitness and Sports, 36 million Americans are regular exercise walkers compared with 17 million runners and far fewer regular bicyclists and swimmers.

Studies show that walking, when done briskly on a regular schedule: improves circulation and helps your heart and lungs work more efficiently; slows bone demineralization. Walking stimulates bone growth and decreases bone loss so bones remain tougher, less likely to break;

Burns calories to help loose extra pounds and help you stay at your ideal weight. Brisk walking burns roughly 100 calories per mile; helps build lean muscle tissue and decrease percent body fat for a healthier more attractive body;

Relieves stress and tension. Research comparing exercise to a widely prescribed tranquilizer found exercise to be superior in relaxing and elevating mood with none of the drug's side effects;

Slows down aging. Recent studies have shown that aging may not be as much a result of passing years as a passive life style. Walking can not keep you young forever, but it can help you avoid growing old before your time and help you get the most out of every day; aids sleep and improves digestion; helps control diabetes, high blood pressure and arthritis.

No one can tell you exactly how far or how fast to walk at the start, but you can determine the proper pace and distance by "listening" to your body and by experimenting. Build distance and speed slowly and gradually. Try walking for 15 minutes when starting a walking program, then gradually increase the time. If after walking you seem excessively tired for an hour or longer, the walk was too strenuous. Next time, walk slower or not as far.

The speed at which you walk is less important than the time you devote to it, although it is recommended that you walk as briskly as your fitness level permits. The "talk-sing test" can help you find the right pace. You should be able to carry on a conversation while walking but not sing.

Regularity is the key to a walking program. To be effective, most authorities agree that you should exercise at least three times a week, preferably on alternate days. Fitness cannot be stored.

Walking can fit into most any schedule. And you can walk just about anywhere and because walking is easy and fun, it is an exercise you will not give upon if you a looking for a path to fitness, you can certainly walk there.

Snacking for children

Children always seem hungry and ready for a snack. When hunger strikes, don't panic. Snacks are a perfect way to give children a little more nutrition. "Fresh fruits, celery, carrot sticks and cheese are just a few ideas for some good nutritious snacks," says Marilyn Haggard, nutrition specialist with Texas A&M University.

"They don't take much more time to prepare than other types of snacks and they're much better for children." Since 20 percent of their day's calories come from snacks, it's important to watch what children eat. "Children will eat whatever food is around," the specialist says. "The best way to keep them from eating a lot of junk foods is to keep more nutritious snacks in the house."

Liver fluke control in cattle

By Leroy Hajdik,
County Extension Agent

Live flukes are worms spread by infected cattle, deer and rabbits that continuously pass eggs in manure. When manure is deposited in water, the eggs hatch and larvae develop in snails, which serve as hosts. Larvae from the snails then attach to grass and form cysts, which cattle swallow.

Flukey cattle show any combination of such clinical signs as pale mucous membranes, bottle jaw, pot belly, diarrhea, drawed, not grazing and not chewing cud, rough and dry haircoat, thin, weak and down. These signs are similar to those caused by malnutrition, coccidia and hairworms.

To control liver flukes in cattle in low areas, worm routinely one to two times a year with clorsulon (Curatrem®).

Hay value

The hay producer who believes a delay of a few days in cutting would be of little consequence in hay production should give the matter additional thought. Considerable feed value could be lost.

Research has shown that delaying harvest results in both protein and digestibility losses in the hay.

In southern perennial grasses, digestibility drops about 0.1 to 0.2 percentage units per day between four and eight weeks of age.

Coastal bermudagrass has been shown to lose 25 percent of its crude protein by delaying cutting from the fourth week to the sixth week of growth. A further delay to the eighth week reduces crude protein an additional 8 percent.

While producers can increase their total volume or number of bales of hay by delaying harvest until the sixth week of growth, hay quality will suffer.

With bermudagrasses, there is little value in delaying harvest past six weeks of growth because dry matter yields do not increase after six weeks. Considering the loss of protein and digestibility, a maximum amount of quality hay can be produced by harvesting every four to five weeks.

While many factors affect maximum yield of digestible nutrients per acre, the most important factor is the stage of plant maturity at harvest. All forage plants, grasses and legumes, become lower in protein, digestibility and acceptability to livestock as they progress from the vegetable stage to the reproductive stage of growth.

Cutting and baling hay while grass is in the vegetable stage preserves the hay's feed value while harvest delays result in feed value losses.

Sales heifer check-in Saturday

By Leroy J. Hajdik,
County Extension Agent

4-H and FFA Club members planning to enter heifers in the special Colorado County Beef Heifer Sales are reminded by Henry L. Beken, heifer sales chairman, that heifers are to be sifted and tatooed Saturday morning, June 13 at the showgrounds in Columbus.

Exhibitors and a parent are asked to have their beef heifers at the showgrounds by 9 a.m. for the sale validation procedure.

Heifers to be entered in the special sale may be of registered purebred, or crossbred breeding. They will be sifted by a special panel on June 13 and again at fair time in an effort to maintain a quality offering for the sale.

Heifers at sale time just have been certified by a veterinarian within 30 days prior to the sale that they are not bred.

Only Colorado County 4-H and FFA club members are eligible for the sale. Sale heifers will also show in the regular classes of the youth show.

The 1986 sale, according to Beken was very successful with prospects for another good sale.

For additional details contact Beken or your vocational agricultural instructor or the County Extension Agent.

Columbus Livestock Market

The market this week maintained the strength we have been seeing on most stocker calves. Better quality steer and heifer calves were strong on all weights. Light weight classes were particularly strong. A short run of cattle on hand due to the rains in the vicinity, says George Hagan and Don McAlister.

If we can be of any assistance in marketing or hauling your livestock, call collect 409-732-2622 or 409-732-5841. We have top market sales at Columbus Livestock Market every Thursday.

Cattle on hand, 386; hogs, 10; sheep, 10; horses, 4.

Packer Cows: higher dressing utility and cutter cows, 43 to 51 cents per pound; lower dressing utility and cutter cows, 37 to 45 cents; light weight canner cows, 33 to 38.5 cents.

Packer Bulls: heavyweight bulls, 57 to 60 cents per pound; utility and cutter bulls, 52 to 57 cents; light weight canner bulls, 45 to 52 cents.

Butcher Calves and Yearlings: good and choice, 62 to 66 cents per pound; standard, 55 to 62 cents.

Stocker and Feeder Calves and Yearlings: steer and bull calves 150-300 pounds, 90 cents to $1.30 per pound; 300-400 pounds, 80 cents to $1.08; 400-500 pounds, 73 to 88 cents; 500-600 pounds, 65 to 80 cents; heifer calves 200-300 pounds, 80 cents to $1.10; 300-400 pounds, 72 to 88 cents; 400-500 pounds, 67 to 76 cents; 500-600 pounds, 65 to 73 cents; replacement heifers, 70 to 75 cents.

Stocker Cows: good stocker cows and heifers, 48 to 55 cents per pound; medium stocker cows and heifers, 43 to 48 cents per pound; good cow and calf pairs, $625 to $685; medium cow and calf pairs, $550 to $625; common cow and calf pairs, $450 to $550.

Hogs: No. 1 butchers, 54 to 57 cents per pound; No. 2 and 3 butchers, 52 to 54 cents; feeder pigs and shoats, 80 cents to $1.

Sheep: ewes, 18 to 25 cents per pound; lambs, 50 to 65 cents; bucks, 15 to 20 cents; pairs, $25 to $40 per pair.

Surplus food distribution June 18

Combined Community Action (CCA) will distribute USDA surplus food in Eagle Lake on Thursday, June 18 from 1:30-3:30 p.m. at Providence Baptist Church, 1207 East State Street in Eagle Lake. They also will be at the CCA Community Center, 903 Preston in Columbus on June 18 from 9:30-11:30 a.m. On Wednesday, June 24, CCA will distribute surplus food in Weimar at Weimar City Hall from 10:30 a.m. to noon.

Information on eligibility requirements for the Emergency Food Assistance program may be obtained from the CCA office in Columbus or the central office in Smithville, (512) 237-2434. Rules for participation in the program are the same for everyone without regard to age, race, marital status, color, religion, sex, handicap, national origin or political belief.

Lisa Brown letter at Texas A&I

Lisa Brown was among 36 members of the Texas A&I's men's and women's track and field team to receive letters this year, according to Vonn Murray, Javelina track coach.

Lisa, a freshman at Texas A&I, lettered for the first time. She is a Rice CISD graduate.

Side effects of sunbathing

The fast approach of summer is bringing sunbathers out in droves in search of the "golden tan." What these people may not know is that they may pay dearly for their now bronze skin when they get older.

Texas A&M University Agricultural Extension Service health education specialist Dr. Mary Ann Heusner says, "Frequent exposure to the sun's ultraviolet rays may lead to skin cancer. The earlier you are exposed to the sun and the more often you are in it, the better your chances are of getting skin cancer."

Those with fair skin and those who freckle easily are more likely to get the disease than those who have more pigment in their skin. "Early detection is very important with any type of cancer," the specialist warns. "Look for any chance of coloration or texture of your skin, or any raised surfaces. These may be the beginning of skin cancer and should be treated immediately."

Volunteers needed in locating red-cockaded woodpecker colonies

The National Forests in Texas is looking for volunteers interested in locating and assisting with an endangered bird.

The red-cockaded woodpecker, which makes its colonies in mature, living pine trees, has been receiving care, concern and special attention by the U.S. Forest Service for several years because it is on the endangered species list.

The Federal agency is asking for volunteers to assist with locating colonies and helping with overall recovery efforts, according to Mike Lannan, supervisor of the National Forests in Texas. There are approximately 225 active colonies of the rare bird already counted on the four National Forests in the Lone Star state numbering less than 700 of the woodpeckers. A target for the National Forests in Texas is 625 colonies.

Throughout the South on national forests, there are about 2,000 active colonies. Another 2,250 colonies need to be found to remove the bird from the endangered species list.

Persons interested in "adopting a red-cockaded woodpecker colony" will care for, maintain and gather data after receiving some training from the staff wildlife biologist for the National Forests in Texas, Lannan said.

Volunteers interested in involving themselves in this program are encouraged to contact the: Wildlife Biologist, National Forests in Texas, 701 N. 1st Street, Lufkin, Texas 75901-3088 or call (409) 639-8537 during office hours.

The idea of getting citizens involved with this program and adopting a colony of the endangered bird was originally conceived by Jerry Davis, a wildlife biologist for the U.S. Forest Service stationed on the Sam Houston National Forest which is the closest of the four forests in the state to Houston.

D. Thomas participates in exercise

Army Pvt. Derrick E. Thomas has participated in "Team Spirit '87," a Republic of Korea/United States Combined Forces Command sponsored exercise held in South Korea.

"Team Spirit '87" was the 12th in an annual series of combined/joint field training exercises, staged to increase the defensive posture of The Republic of Korea and U.S. combat and support forces.

The exercise involved forces stationed in South Korea, as well as U.S. forces from other locations within the Pacific Command and the continental United States.

Thomas, son of Barbara J. Thomas of Eagle Lake, is assigned with the 35th Infantry at Schofield Barracks, Hawaii. He is a 1986 graduate of Ellision High School in Killeen.

Combined Community Action - a family operation

(The following article appeared in a statewide Community Action agency's journal and is being reprinted with the permission of Zy Weinberg, executive director of the Texas Association of Community Action Agencies.)

Secluded in a grove of mesquite trees and surrounded by fields of spring wildflowers, the Red Rock Community Center is a peaceful place.

Van driver Sam Kendrick will take you to the center, and his wife, Darlene, will greet you at the door of the 1929 stucco schoolhouse, and invite you to lunch.

If the census figures are accurate, nearly half of the 100 people in this small, southeastern Bastrop County town eat their noon meal lives days a week in the community center. On this particular Wednesday, 45 elderly people came to lunch.

Attendance at the elderly nutrition program in Red Rock is indicative of the popularity of services offered by Combined Community Action (CCA) of Smithville. CCA operatives 10 programs in a nine-county area of east central Texas, and all of them are faced with a demand they are unable to keep up with.

The agency blankets their rural counties with a wide array of transportation, nutrition, weatherization, energy assistance, homemaker, health and community services. CCA is truly rural in character, serving small towns such as Carmine, Dime Box, Doak Springs, Industry, Post Oak and Red Rock with the same services provided in large communities. Overall, CCA maintains 11 community centers and 10 congregate meal sites for the elderly.

CCA has a distinct "family" ambiance. In addition to the Kendricks, there are two other husband-wife teams running CCA centers. CCA employees who are not actually related, may have begun to feel so, they have been together so long.

"The agency has a real good employment record," says executive director Rhoda Gersch. "There are very few turnovers. Some of the staff have been here since the beginning of the agency" over 20 years ago.

The 102 full and part time employees of CCA include both young adults and grandparents. During a recent celebration for Older Workers Week, Ms. Gersch learned that 27% of her staff was over age 55. The oldest employee is 80, and one of the center directors is 75.

The experience staff delivers a huge variety of services on an annual budget of approximately $1.5 million. The 11 community centers in five counties distribute commodities, clothing and emergency food. Applications are also taken there for weatherization and utility assistance services.

For elderly nutrition, two central kitchens - in Smithville and San Marcos - prepare over 600 meals a day for congregate sites and home deliveries. Almost half of the support for these meal services come from local donations and volunteers.

The rural transit program operates just in Bastrop, Fayette and Lee Counties, but has 17 vans that travel to Austin, Brenham, Columbus, Temple, Shiner and Victoria. A fixed route system is also run in the city of Bastrop. The transportation component additionally provides shuttle services for county fairs and other special local events to ease parking problems.

Surplus food commodities are distributed monthly under the Temporary Emergency Food Assistance Program (TEFAP) at 25 sites in five counties. This program has recently been aided by the receipt of $7,000 in emergency funding from Hands Across America, which allowed CCA to purchase a newer refrigerated semi-trailer to replace that old one that was constantly breaking down. The old trailer, now parked but not retired, is being used to store dry foods, which were not distributed before April due to the lack of storage space.

CCA also operates a homemaker service in five counties, funded by the Older Americans Act. Available to any person age 60 or over, regardless of income, the homemaker program offers housekeeping, personal care and meal services to the homebound to help keep them out of nursing homes. Services are provided to over 100 older adults by a staff of 17 volunteers and aides supervised by a licensed vocational nurse.

Other programs administered by CCA include Head Start, for 105 children in Bastrop County, and Day Activity and Health Services (DAHS) for 25 persons in Elgin. CCA had the first DAHS center in a rural area in Texas. The DAHS program started there in 1983.

Ms. Gersch, a "newcomer" who has run the agency for four years, is proud of the CCA "family." "There's a t