

CCYFS Inc. to host Charity Golf Tournament

Colorado County Youth and Family Services (CCYFS) Inc. is hosting its First Annual Charity Golf Tournament on Saturday, Aug. 14, at the Eagle Lake Golf Course. The tournament rainout date is Aug. 21.

The format is a four-player scramble with shotgun starts at 8 a.m.

and 1 p.m.
Lunch will be served at noon.
There will be a Closet to the Hole and Longest Drive Contest and mulligans are available.
Entry fee is \$200 per four person team which includes tournament fee, lunch and attendance prizes.

Area businesses and avid golfers are requested to sponsor a hole and/or get together a team to play in the tournament.
Please contact Denise Frisella at 1-800-256-7321 to receive more information and/or an entry form.
CCYFS Inc. is a non-profit agency

dedicated to promoting positive, healthy individuals and families. The agency serves Austin, Colorado, Fayette, Lavaca and Lee Counties.
It offers STAR Services, funded by the Texas Department of Protective and Regulatory Services.

STAR Services provides timely and appropriate assistance to youth and families in order to reduce at-risk situations and stabilize the family. These services give priority to strengthening the family and keeping it together.

CCYFS also offers a Drug and Alcohol Prevention Program. This program provides substance use/abuse prevention and intervention services to youth and their families in Colorado County.

CORE Services are offered to those persons or families who may be experiencing a problem with drugs and alcohol. CORE Services are provided by experienced, licensed chemical dependency counselors.

All services are available to the general public at no charge.

All client information is confidential. A supportive Outpatient Services Program is also available for persons identified with a chemical dependence/abuse issue.

The Friends Mentoring Program offered through Star Services provides One-on-One Mentoring and Group Mentoring to youth between the ages of 7 and 17.

CCYFS's mission is to "empower youth within the community by instilling confidence, responsibility and optimism into their youthful spirits."

Texas Parks and Wildlife retains dove bag limits, longer teal season

Weighing public comment, that in some areas of the state ran 3-to-1 in favor of current dove hunting regulations, the Texas Parks and Wildlife (TPW) Commission opted to retain the current 15-bird daily bag limit and 60-day season.

The commission approved the measure as part of the 1999-2000 Early Migratory Game Bird Proclamation.

Federal framework allows the states some flexibility in the setting of season dates and bag limits, however, the combination of duration and bag is a trade-off. In Texas, those options included both a 60-day season and a 15-bird bag, or a 70-day season and 12-bird bag.

At issue for state wildlife officials is the question of hunter opportunity, not resource management, since dove

populations in Texas have remained stable at 40 million birds, half of which are produced annually.

"This is not a resource issue, it's a serving-the-public issue," said Vernon Beville, TPW migratory game bird program director. "There was not a great hew and cry when we went to the increased bag and shorter season five years ago, and input we've received from the public indicates they want to keep things the same."

The approved dates for mourning doves are Sept. 1-Oct. 30 in the North Zone; Sept. 1-Oct. 17, Dec. 26-Jan. 7 in the Central Zone; and Sept. 24-Nov. 7, Dec. 26-Jan. 9 in the South Zone (Dec. 26-Jan. 5 in the Special White-winged Dove Area).

Shooting hours are one-half hour before sunrise to sunset.

The white-winged dove season is

Sept. 4, 5, 11 and 12 in the Special White-winged Dove Area of South Texas. Bag and possession limits are 10 white-winged, mourning and white-tipped doves in the aggregate, including no more than five mourning doves and two white-tipped doves per day. Shooting hours are noon to sunset. The white-winged dove stamp is also required.

Also adopted was a 16-day teal season beginning the second Saturday in Sept. (Sept. 11-26), pending federal approval later this month.

"This assumes teal numbers will remain above population thresholds," said Beville. "If they do not, the U.S. Fish and Wildlife Service may restrict the season to nine days in which case the teal season will open on the third Saturday (Sept. 18-26)."

Approved sandhill crane hunting dates by zone are Nov. 13-Feb. 13 in Zone A; Dec. 4-Feb. 13 in Zone B; and Jan. 8-Feb. 13 in Zone C. Zone boundaries will remain the same. A free sandhill crane hunting permit is still required.

As last year, the commission approved rail and gallinule seasons concurrent with the waterfowl seasons. Dates for 1999 are Sept. 11-26 and Oct. 23-Dec. 15, but these will likely be modified if waterfowl season dates change.

Did You Know...

•Stalactites hang down from the roof of a cave and stalagmites rise up from the floor of a cave.

•America's first daily newspaper, the *Pennsylvania Evening Post and Daily Advertiser*, was not published until 1783.

•If you have three quarters, four dimes and four pennies, you have \$1.19. You also have the largest amount of money in coins that cannot be used to make change for a dollar.



Power hitters

The Eagle Lake Little League finished the 1999 season on June 19 with closing ceremonies. The highlight of the day was the Long Ball Hitting Contest. The winners, pictured above, are, in front, from left, Gary Segura, T-Ball; and Timothy Morales, Pee-Wee. In back are Drew Quinney, Minor League; and Miguel Arrellano, Major League division.

Photo Courtesy of Jonna Bowen

Newsbriefs

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and many games for the young and old.

A raffle drawing will take place at 6:30 p.m. For more information, call Clarice Kutach at 409-532-1937.

RCISD athletics to get underway

Football and volleyball athletes who will be in high school this year need to make sure they have a physical before school starts. First day of football and volleyball practice is Aug. 4; school begins Aug. 10. All incoming freshmen athletes (male and female) need to report to the high school at 7 a.m. on Wednesday, Aug. 4.

Buses will pick up those who need rides. Sheridan kids at 6:45 a.m., Sheridan School; Garwood/Nada kids at 6:45 a.m., Garwood School; Eagle Lake kids, three different locations. At 6:30 a.m., Eagle Lake Middle School; Dan's Minute Stop, and B&B Foods at around 6:45 a.m. The bus will stop in Altair at the Post Office on the way to the high school. All athletes need to make sure to plan ahead on their rides to the high school.

Football and volleyball practices will begin at 7:30 a.m. and will be over no later than 12 noon. Buses will take all athletes back to their communities. Plan for your rides now! Schedule of football/volleyball practices (before school); Aug. 4, 7-7:30 a.m. lockers, locks, equipment, etc. will be issued; Aug. 5-9, practice from 7:30 a.m.-12 noon (tentative); Aug. 10, school begins.

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Call Todd Keaton, residence 409-865-2584; George Hagan, 409-732-2553; or Kenneth Brune, 409-732-5815. "We are at your service 24 hours a day, seven days a week, and we appreciate your business."

Columbus Livestock is located at 1064 Reese Lane, Columbus, (same exit off I-10 west, Exit 698, turn right on Reese Lane). Stop in at the "Auction Barn Cafe".

Receiving cattle on Wednesday at new location; receiving pens remain the same.

"Same competitive market... Same unbeatable service... New "state-of-the-art" facilities to serve You, the seller."

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Market Report for July 22, 1999

Animals on hand: cattle, 1214; one horse; one goat/sheep.

No. of Sellers: 202.

Packer cows: higher dressing utility & cutter cows, 37-43¢ per lb.; lower dressing utility & cutter cows, 33-37¢ per lb.; thin cows, 26-32¢.

Packer bulls: heavy weight bulls, 48-54¢; utility cutter bulls, 43-48¢.

Stocker/Feeder - Calves/Yearlings

Steers # 1: 200-300 lbs., \$1.15-1.31; 300-400 lbs., \$1.03-1.15; 400-500 lbs., \$1.02-1.05; 500-600, 80-90¢; 600-700 lbs., 73-79¢; 700-800 lbs., 64-74¢.

Heifers # 1: 200-300 lbs., \$1.05-1.25; 300-400 lbs., \$1.02-1.15; 400-500 lbs., 84-91¢; 500-600, 78-84¢; 600-700 lbs., 72-80¢; 700-800 lbs., 65-71¢.

Good Stocker Cow calf pairs, \$725-850 by the head; Med. cow, calf Pairs, \$610-710 by the head; common cow & calf pairs, \$500-600; good stocker cows & heifers, \$560-625; med. stocker cow & heifers, \$440-540.

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Foot Facts



By Dr. Eric R. Tepper, Podiatrist

HAMMERTOEES

Hammertoe is a condition in which the toe bends in a claw-like position. Most often due to a misalignment of the toe joints, hammertoes can occur in any of the foot's four smaller toes. It happens most often in the second toe, when a bunion angles the big toe toward and under it, pushing it up. A person with high- or low-arched feet is prone to developing hammertoes because the toes tend to stay in a bent position. Ill-fitting shoes or socks that bunch the toes together can aggravate hammertoes and cause pain on the bony top area and at the end of the toe. Constant friction may cause a hard corn to develop over the bony area.

If surgery is the recommended course of action to get rid of hammertoes, you'll be glad to know that today's techniques make the process easier and faster, and recovery is much more comfortable than just a few years ago. If you are a victim of hammertoes, consider professional help. Our techniques are up-to-date, with three basic goals: to relieve pain, restore function, and improve appearance. For a consultation, please call us at 234-5571, at Rice Medical Center. I am there every Tuesday.

P.S. Treating hammertoes usually involves wearing deeper shoes, using shoe inserts or pads, and paring down corns. Surgery is sometimes recommended to straighten the toe or remove the prominent area of bone.

Sealy Strutters

FALL REGISTRATION

Twirling, Gymnastics & Cheerleading
For Ages 3 & Up • Boys & Girls

Registration Times:

Thursday, July 29: 5 to 7 p.m.

Saturday, July 31: 10 a.m. to Noon

Registration Location: Sealy Strutter Building,

430 Acres Lane, Sealy, Texas 77474

(Turn off Hwy. 36 onto Gebhardt Rd. next to the Shell Station. Follow Gebhardt Rd. to Acres Lane. Take a right on Acres Lane. We are next to Brazos Valley Air.)

Twirling: Beginner, Intermediate, Advanced Levels

One, Two or Three Baton, Novelty & Competition Twirling

Gymnastics: Beginner, Intermediate & Advanced Levels

Floor, Beam & Vault

Cheerleading: Cheers, Jumps & Gymnastics

(Grades 6 & up)

Fall Classes Begin Aug. 9, 1999

For More Information, Contact:

Lisa Barrett: 409-885-3708 or 409-877-8827

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Psychotherapy Plus Medicine Effective in
Chronic Depression

Studies indicate that in the US the incidence of depression is between 5 and 6%. Only about 3% of the population suffers from chronic disabling depression. Researchers believe that when a person is depressed there is a reduction in certain chemicals (neurotransmitters) in the brain that are responsible for mood. It is thought that a drop in one or more neurotransmitters is related to the symptoms of depression – including loss of interest or pleasure, disturbances in sleep or appetite, feelings of guilt or worthlessness, and suicidal thoughts. At least five symptoms must be present for a period of two or more weeks for a correct diagnosis of depression.

Treatment of chronic depression may involve some form of psychotherapy (with a therapist or psychologist). Antidepressant medicines may also be prescribed. The antidepressants commonly used include sertraline (Zoloft), fluoxetine (Prozac), fluvoxamine (Luvox), and venlafaxine (Effexor). Nefazodone (Serzone) is one of the first antidepressants evaluated in combination with psychotherapy. In a recent study, 85% of chronically depressed patients responded favorably to the combination of psychotherapy and nefazodone.