

MASSAGE THERAPY

Jennifer Pavlicek, R.M.T.
is now offering massage therapy at the
Columbus Health & Fitness Center!

All members will receive **FREE** massages from May 22 to June 3, 2000. Call now to book your **free** massage!

Tuesday * Wednesday * Thursday
4 to 9 p.m.
Saturday: 9 a.m. to 2 p.m.

979-732-5783 or 800-374-6477

ID #1048



MASSAGE THERAPY!!

Columbus Health & Fitness Center

is now offering
Massage Therapy Services!

Free massages will be offered to health club members from May 22 to June 3, 2000. Please call

979-732-5783

for more information!

Country Peddler Show

Presented by
American Country Shows, Inc.

Rosenberg, Texas
May 19-21, 2000

Fort Bend County Fairgrounds
From Houston, take Hwy 59S
to Hwy 36S-Rosenberg exit



Listen to KILT-FM to win
a weekend in Fredericksburg!

The Original Folk Art & Craft Show

SHOW HOURS

Friday 4 p.m. - 9 p.m.
Saturday 9 a.m. - 6 p.m.
Sunday 11 a.m. - 5 p.m.

ADMISSION

Adults - \$4.00 • Seniors (65+) - \$2.00 • Children under 12 - Free

For the safety of all, strollers are not recommended.

P.O. Box 1129 • Fredericksburg, Texas 78624 • 800/775-2774
FAX 830/997-0453 • www.americancountryshows.com • peddler@kfc.com

May is Mental Health Month

Greater understanding of people with mental health problems and increased awareness of available resources to maintain good mental health will be the focus of Mental Health Month in May. Mental health professionals and advocacy groups across the nation are preparing for this month-long campaign to focus the country's attention on mental health issues.

Mental illness is found in persons of all ages, races, cultures and economic conditions. In Texas, 1999 statistics indicated there were nearly 2.94 million individuals - nearly one in six - with some form of mental illness. Over 655,000 Texas children, from birth through age 17, can be identified as having an emotional disturbance. Over 660,000 - or about one in 30 - Texans have depression, manic depressive disorder or other depressive disorders. Nearly 200,000 - about one in 100 - Texans experience schizophrenia disorders and about 30,000 new cases occur each year.

State hospitals for persons with mental illness maintain special units for intensive short-term treatment and specialized programs for people who may benefit from longer treatment. Many services and programs for per-

sons experiencing mental and emotional problems are offered at Texana Mental Health and Mental Retardation (MHMR) facilities and community MHMR centers. At Texana MHMR Center, approximately 1500 adults receive mental health services each month while an estimated 400 youth are served.

These services include:
•24-hour Crisis Intervention
•Case Management
•Psychiatric Assessment
•Counseling and Psychotherapy
•Family Support
•Medication Management and Education
•Pharmacy Service
•Psychosocial Rehabilitation
•Vocational Services
•Day Treatment for Adults
•Therapeutic Foster Care Services for Children and Adolescents
•Hospital Care
•In-home and Family Support
•Truant and Runaway Services
•First Offenders Program
•Referral to Community Services
Other resources include mental health associations at the city, county or state level, e.g., Mental Health Association in Texas (MHAT), National Alliance for the Mentally Ill-

Texas (NAMI Texas), Texas Mental Health Consumers (TMHC), state and local departments of social services (such as the Texas Department of Human Services or city and county health and human service departments), or county medical associations and others, including Veterans' Administration hospitals, school

counseling programs and private clinics.

For additional information concerning mental health and mental illness and the services provided at Texana MHMR Center, please contact the Public Information Officer at 281-344-0892.

Swann elected to Soil and Water Board

Donald Swann of Taft was elected May 3 to fill a State District Three unexpired term of office on the Texas State Soil and Water Conservation Board (TSSWCB). The next regular scheduled TSSWCB election for State District Three will be held in May 2001.

State District Three consists of 50 counties in the southernmost region of the state. Forty-five soil and water conservation districts (SWCDs) are included within its geographic boundary.

The TSSWCBs chief responsibility is to coordinate the programs of Texas' 216 SWCDs. In addition, the TSSWCB is the lead agency in Texas for program responsibility to abate agricultural and silvicultural nonpoint source pollution.

Unlike many state agencies and commissions whose policy making bodies are gubernatorial appointees, the TSSWCB consists of five elected members who must be landowners and actively engaged in farming or ranching. TSSWCB members are elected in a convention type selection by SWCD directors in the State Dis-

trict the TSSWCB member represents.

Swann, a cotton and grain farmer has been farming in the Taft community for the past 39 years. He and his wife Kay own and operate 1600 acres.

From 1972 to the present, Swann has served on the San Patricio Soil and Water Conservation District Board of Directors. Twelve of those years, he served as chairman.

In other areas of conservation leadership, Swann is a past president of the Association of Texas Soil and Water Conservation Districts (ATSWCD). He also served as vice president and Area III director of the ATSWCD. Swann is also a past vice chairman and chairman of the Gulf Coast Association of SWCDs.

Swann is a member of the board of directors of the South Texas Cotton and Grain Association, member the Universal Cotton Standards Committee (USDA-AMS), and is a member of the board of directors of Cotton Inc. He is chairman of the South Texas Producer Advisory Committee (USDA-AMS).



Querner, Sadler exchange vows April 1

Saturday, April 1, Miss Sharra Lynn Querner, daughter of Wanda Rosario of Eagle Lake, was married to Mr. Kyle Andrew Sadler, son of T.C. and Renee Sadler of Cameron, at Oakland Farm and Ranch in Tomball, Texas.

The bride graduated from Texas A&M University. The groom is a graduate of Sam Houston State University, both having received Bachelor of Business Administration degrees in accounting.

While residing in Houston, both the bride and groom are employed with American General Financial Group. Sharra is a Senior Pension Administrator; Kyle is a Retirement Planning Specialist.

Manufacturing company now open in Colorado County

Pat and Louise Brandenburg recently opened Brandenburg Building Solutions, a manufacturing and sales lot in Sheridan.

They construct and erect fully enclosed buildings up to 40' wide, single double and triple carports, RV, boat and patio covers, all types of portable storage buildings and custom buildings as well as horse barns, well houses, offices, hunting cabins and farm equipment covers.

Whatever your needs, Pat can probably build it as he has over 30 years of building experience.

Offering quality structures at competitive prices, the Brandenburgs have successfully met their customer's needs while receiving high marks in customer satisfaction.

They have 10 dealers throughout the tri-county area with two in Colorado County with plans to add two

more. Prior to opening in Sheridan, Pat owned and managed Brandenburg Buildings & Carports along with his son, Mike, in Sealy.

On Feb. 1 this year, he turned the Sealy location over to Mike and opened the new location in Sheridan.

Pat and Louise have lived at Lake Sheridan Estates since 1993 and are active board members of Lake Sheridan Estates and the Ladies Auxiliary.

They are excited about establishing a business in Sheridan, so stop by, say hello and discuss the solution to your building needs.

If you have any questions, you may call them at 979-234-7777.

"Age is a question of mind over matter. If you don't mind, age don't matter." — Satchel Paige

Hemphill is Millennium graduate

Georgelyn Beniece Hemphill was among 800 graduates of Texas Southern University at commencement exercises held May 13 at 9:30 a.m.

Georgelyn received her B.S. degree in Early Childhood Education.

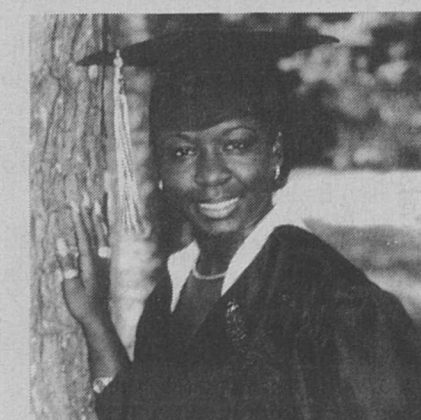
Ms. Hemphill is the daughter of George and Brenda Hemphill of Missouri City and the granddaughter of A.J. and Marlene Williams of Eagle Lake and the late George and Ruth Hemphill.

Georgelyn has accepted a teaching job for the summer with Project GRAD, a reading, math and discipline program for the Davis/Yater Vertical Team in Houston ISD.

After graduation, Howard and Wilma Sims held a family barbecue at their Missouri City home.

Her parents, along with her grandparents, will host a fish and crawfish boil on Saturday in her honor.

Everyone wishes Georgelyn much success as she embarks on her challenging and exciting new career... TEACHING.



Georgelyn Beniece Hemphill

SPORTSMAN'S RESTAURANT

201 Boothe • 234-3071

Lunch Specials!

Monday-Saturday

Cheeseburger & Fries

5 Ounces of Fresh Ground Beef and Fries for only...

\$3.75

Thursday, Friday & Saturday
Chicken Fried Steak & Fries

One of Your Favorites for only...

\$4.99

Price does not include soup or salad.

Or Maybe You'd Like Some
Lasagna

Meat Lasagna served with Salad Bar for only...

\$4.99

Hurry In! Specials Are For A Limited Time Only!

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Wednesday: 9 a.m. to 7 p.m.

Saturday: 8 a.m. to 2 p.m.

979-732-5783 or 979-830-1916

YOGA!!

Columbus Health & Fitness Center

now offers
Yoga Classes!!

Cindy Henneke will offer the
following schedule for Yoga.

Monday: 9:00-10:30 • 3:00-4:30

Tuesday: 2:00-3:30 • 5:30-7:00

Wednesday: 9:00-10:30 • 3:00-4:30

Stop by and join our Yoga classes
being held in our new Wellness Center!

For more information, please give us a call at
979-732-5783