

New American Legion Officers are pictured above. Front row, Charles Abel, Robert Griffith, Kenneth Craig; back row, David Haas, Marshall Holloway, Victor Scott.

## Officers Elected For Eagle Lake American Legion Post

W. Cherry—M. Perry American Legion Post No. 108 of Eagle Lake recent elected officers for 2009-2010. Chosen again to lead the Post was Kenneth L. Craig as Commander. Other officers are David Haas, 1<sup>st</sup> Vice Commander; Charles Abel, 2<sup>nd</sup> Vice Commander; Victor A. Scott, Adjutant;

And Frank A. Higgins, Service Officer; Mark Anderson, Finance Officer; Victor Corman, Judge Advocate; William A. Kell, Jr., Historian; Robert Griffith, Chaplain, and Marshall Holloway, Sergeant at Arms.

Officers were installed July 14, at a dinner attended by members and guests, including two of the Post's Delegates to Girls' State and Boys' State.

Clarencia Weeks, a senior at Rice High School, told the audience of her experiences at Bluebonnet Girls' State in June. She is the daughter of Debra Fryar and stepdaughter of Sheryl Weeks.

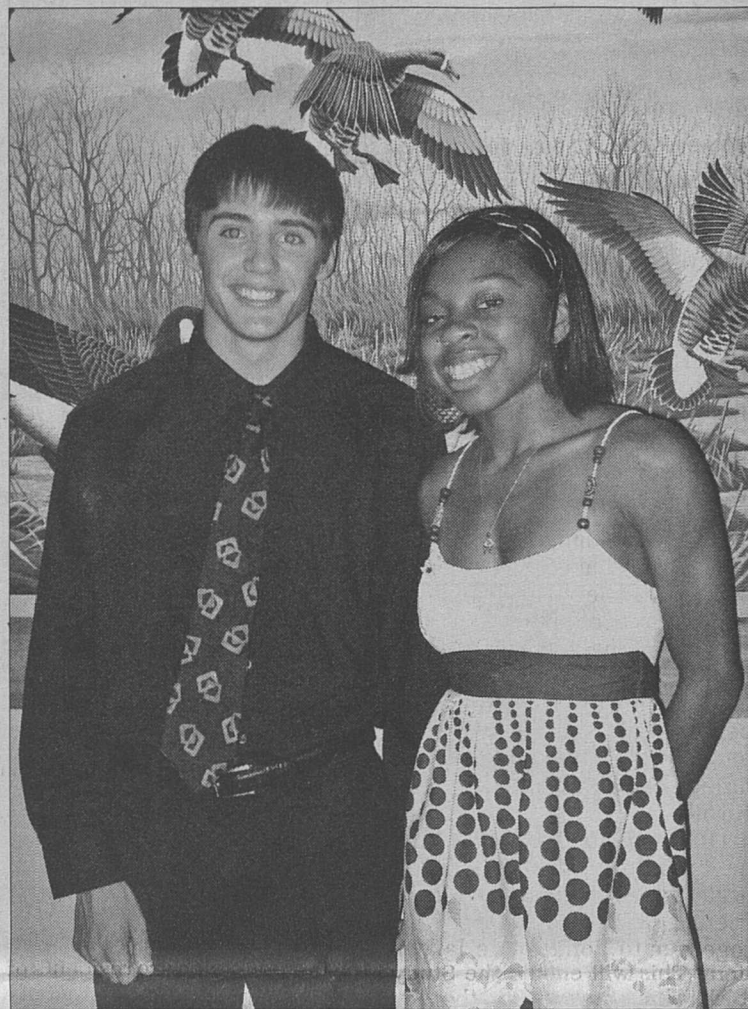
Brian Kallina, son of Sally and Tom Kallina, is also a senior at Rice High School. He described his experiences at Boys' State. Both students expressed their increased understanding and appreciation of this State's government brought to them by participation in these programs.

These students and two others were chosen for their outstanding credentials as juniors at Rice High School. All delegates were co-sponsored by Eagle Lake Rotary Club, Eagle Lake Lions Club, Eagle Lake Masonic Lodge, and Xi Pi Psi Sorority.

### Great Snack Ideas for Family Road Trips Given

Put Water on Top of Your List: Keep sugary drinks to a minimum. Water is best for your family's health and your pocketbook. Bring your own reusable water bottles - one for every family member.

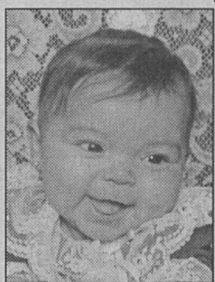
\* Go Durable and Natural: Fruits, vegetables and nuts are great snacks, especially in creative, easy-to-eat combinations. When selecting produce, think durable - such as apples, oranges, carrot sticks or dried fruits. Choose nut mixes that go well beyond old-fashioned trail mix. For instance, Sahale Snacks' nut blends and glazed nuts combine tree nuts and fruit with distinctive, all-natural ingredient combinations, such as vanilla bean, pomegranate and cashews, or peanuts and strawberries - providing a treat that both the kids and the grown-ups will enjoy.



Brian Kallina and Clarencia Weeks

Commander Craig expressed the Legion's deep appreciation to these organizations for their financial support of these programs.

## Happy 17th Birthday Sarah



Then



Now

*Because you're very special, Hope your Birthday holds in store, Happy hours that overflow, With all you're wishing for, And hope the days that follow it Make up a year that brings, Everything that you deserve A million happy things.*

Love,  
Brian Kallina and Clarencia Weeks  
CoCo, Grandma and Grandpa Cardenas

## Keep Cool: Tips To Save Energy

The warmer months are a great time to take steps to reduce your energy consumption at home, while saving money on cooling costs.

When it comes to conserving energy, many people think that transportation is the most energy-guzzling sector, but it's not. Buildings are - and that includes your home.

More than 80 percent of homes in the United States have air conditioning, and approximately 16 percent of residential electricity use is for air conditioning.

"You don't have to sacrifice personal comfort to cut back on home energy use while saving some green in your pocket," says Bill Harrison ASHRAE president. "And since we're currently facing dwindling energy reserves across the planet, reducing energy consumption in our houses also can go a long way globally."

There are many ways you can save energy while keeping cool at home:

\* **Dial Up:** During the day, set the air-conditioning thermostat at 76 degrees or above, and move it a few degrees higher at night.

\* **Clean Up:** Clean or change furnace filters every one to two months and have your system maintained according to manufacturer's instructions. Dirty filters, coils and fans reduce airflow, which decreases performance.

\* **Insulate:** Adding insulation to your attic is the easiest, least expensive way to increase insulation. Insulation can be blown into wall cavities, especially in older homes. If siding is to be replaced, add a layer of exterior insulation.

\* **Mind the Ventilation:** Use kitchen, bath and other ventilat-

ing fans wisely. Install a timer switch to limit the time an exhaust fan is on.

\* **Cover Up:** In warmer months, close the drapes or shades on the east, south and west windows during the day to prevent the sun's energy from heating the room. The shade or drapery material should be reflective on the side facing the window.

\* **Duct, Duct, Loose:** Have air ducts checked for leaks and holes. If you use duct tape to repair and seal ducts, use tape with the Underwriters Lab logo so it doesn't degrade, crack or lose its bond with age.

\* **Get Some Shade:** Shading from overhangs, awnings, exterior shades, shade screens and foliage can reduce heat entering the house, especially on east and west windows.

## Columbus Livestock Co.

Brad & Tana Hauerland, Owners

THURSDAY, JULY 16  
CATTLE ON HAND - 2706  
HORSES-0 GOATS-0 DONKEY-0  
# OF SELLERS - 405

**PACKER COWS**

Higher dressing utility & cutter cows	41-51
Lower dressing utility & cutter cows	31-41
Thin Cows	21-31

**PACKER BULLS**

Heavyweight bulls	53-63
Utility cutter bulls	43-53

**STEERS**

#1	#2
150-300 lbs	115-140
300-400 lbs	102-127
400-500 lbs	100-115
500-600 lbs	90-104
600-700 lbs	87-100
700-800 lbs	82-93

**HEIFERS**

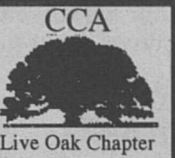
#1	#2
150-300 lbs	105-130
300-400 lbs	96-120
400-500 lbs	92-112
500-600 lbs	90-103
600-700 lbs	86-100
700-800 lbs	80-92

**STOCKER COWS**

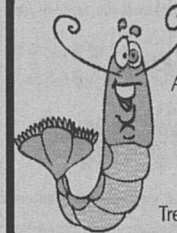
Good Stocker Cow/ Calf Pairs	800-950
Medium Cow/calf Pairs	600-800
Common Cow/calf Pairs	500-650
Good Stocker Cows & Heifers	600-850
Medium Stocker Cows & Heifers	400-600

CCA Live Oak Chapter

## Banquet



Thursday, Aug. 6 Columbus KC Hall  
**Boiled Shrimp & Sausage**  
Door Prizes Doors Open 6 pm • Dinner 7 pm **Live Auction**  
Advance \$30 • At the Door: \$35 • 12 & Under: \$10  
**Silent Auction - Drawings & More**



Corporate Tables Available for \$600, \$400 or \$300 (Includes reserved seating and special take home goodies)  
Advance tickets available at Drymalla Construction, Heffley's Mill, Columbus Butane, Columbus State Bank, Weimar Manufacturing, Main Package Store - Weimar, or Johnny's Sport Shop in Eagle Lake.

For ticket information and availability contact  
Trey Barfield - 732-2074, DeWayne Kotrla - 732-3615, Ellen Labay - 733-6045

Happy 8th Birthday

Myra Lynn Mills

July 23, 2009

Love, Clinton, Mom, Jimmie



Happy Birthday

To My Lovely Wife

Mrs. Judy Stevens

From Your Husband

Clinton Stevens

Love You



## Setting New Traditions

### SAVE ON GAS - WITH OUR HELP!

1. Go the speed limit
2. Avoid hard stops
3. Avoid idling and rush hour traffic
4. Keep windows closed when driving
5. Remove junk from the trunk
6. Fill up when it is cooler and before holidays
7. Don't top off gas & tighten cap
8. Use correct fuel grade
9. Don't accelerate up hills
10. Avoid roof top carriers



Ronny Blakeway, Service Manager  
Susan Jochee, Service Administrator



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**DR. JUDSON SEVERSON, DO**  
INTERNAL MEDICINE and NEPHROLOGY

Medicare/Medicaid and  
Commercial Insurance Accepted

Dr. Severson will provide consulting Nephrology Services (Kidney Specialist) in Bay City at

- South Texas Medical Clinic (979)245-9754
- Matagorda Renal Dialysis Center (979)245-0099
- Matagorda General Hospital (979)245-6383

Dr. Judson Severson received his Medical Degree from the University of North Texas Health Science Center and nephrology at Scott and White Memorial Hospital in Temple, Texas.

Dr. Severson is Board Certified in both Internal Medicine and Nephrology by the American Board of Internal Medicine.

He lives with his wife and three children in El Campo. Dr. Severson's wife, Dr. Sarah Wendel Severson, is a Family Practice physician in El Campo.

For an appointment, please call South Texas Medical Clinic in Bay City (979)245-9754.

Dr. Severson also cares for patients in Wharton (979) 532-1700 and El Campo at (979)-543-7400.