

Subscribe Today!

ANTIQUES

The Nathan Building Antique Mall

"The Store Behind"

Thursday - Saturday 10:30 a.m. to 5:30 p.m.

107 East Main St. • Eagle Lake, TX 77434

979-234-5212

Office (979) 733-8200 Cell (713) 822-3635

Fax (979) 733-9009

Texas Star REALTY

Michelle Courtney

Realtor

E-mail: michelle@texasstarrealty.com 930 Walnut Street

www.texasstarrealty.com Columbus, Texas 78934

While Toyota is not making the grade, Chevy is.

A+

★★★★★ Safety ✓

Supreme Comfort ✓

Sleek Styling ✓

TOYOTA OWNERS

\$1,000 OR 0% for 60

Up to \$1000 on lease termination assistance on current Toyota or Lexus. Allowance to assist in paying off remaining lease payments, early termination or disposal fees. Customers are eligible to current lessee's of '09 or newer Toyota or Lexus. Not eligible for excess mileage, wear and tear, etc. Private offer template is not compatible with standard lease or other private offers. Is compatible with customer cash, bonus cash, baseline apt and lease programs. Offer is subject to change without notice. See dealer for details.

60 MONTH WARRANTY

See Your Local Chevy Dealer.

TRADITIONS

800-388-2414 979-335-7913

BEST FOOD IN TEXAS!

Sportsman's

Restaurant

979-234-3071

Friday Night

Specials

Shrimp Enchiladas.....\$10.99

Hand Cut Ribeye Grilled To Perfection With Picatta Sauce\$14.99

Grilled Fish or Shrimp With Pontchartrain Sauce...\$11.99 or \$14.99

2 Pork Chops (grilled or fried)\$9.99

Lg. Fried Fish\$9.99

Hamburger Steak\$7.99

201 Boothe Drive • Eagle Lake

What Women Can Do To Improve Their Man's Health

Ladies, your men need you. They'll just never admit it.

If human nature, and perhaps the odd television sitcom, has taught us anything, it's that men occasionally can be stubborn.

When it comes to health, this stubbornness can be a serious detriment.

It's not always easy, but women can have a hand in improving the health of the men in their lives.

There are many things to do to help -- such as keeping the family's medical history, preparing foods that contribute to men's health, and insisting men get regular prostate tests; a touchy subject for many men.

"Throughout the ages, men have been taught they must be strong, virile hunters and defenders of their families," says Dan Zenka, Vice President of Communications for the Prostate Cancer Foundation.

"That pressure often leads them to feel extremely vulnerable and reluctant to discuss their self-perceived weaknesses when facing potential health problems."

From his work with prostate cancer, which affects one out of every six American men, Zenka is all too familiar with the touchy medical issues men aren't always willing to discuss.

*** Insist on Timely Screening:** Now that the American Urological Association has revised its prostate screening guidelines, recommending all men receive baseline screenings at age 40, a woman's intervention can be increasingly valuable -- insisting her partner consult with his physician to establish a screening schedule that's right for his medical history.

But there's plenty more to do besides hold his hand at the doctor's office.

*** Keep The Family Medical History:** While an open dialogue is good for any relationship, women can play a greater role in a man's long-term health by learning about his family history.

That familiarity won't only benefit his health, but that of their children.

*** Promote Healthful Eating:** When it comes to simple pre-emptive options, women can help contribute to a healthy diet that is low in fat, carbohydrates, and

processed sugars.

And remember, all vegetables aren't created equal when it comes to men's health.

Toss those fries aside and get your man to eat cruciferous vegetables such as broccoli, Brussels sprouts and bok choy -- all of which help prevent the formation of free radicals that can mutate prostate cells.

*** Get Him Moving:** Integrate

regular exercise into his routine. Get him to exercise 30 minutes daily, or at least 30 minutes three times a week.

For more tips on men's health, visit www.pcf.org.

"Experts agree that women can provide the greatest help simply by getting men to consult doctors."

With many men reticent to

seek a physician's help for their ailments, a loving push towards the doctor's office can make a world of difference," stresses Zenka.

"And if healthy lifestyle choices become part of the equation as well, that's a real bonus."

Unless human nature suddenly shifts, many men still will have to rely on their women to help keep them healthy.

Teachers Ag Program For June 7-11

Any elementary teacher wishing to combine hands-on learning activities about agriculture, practical curriculum development, and receive three hours of graduate credit, and 45 clock hours of Continuing Professional

Education units should consider attending the Texas Farm Bureau Summer Agricultural Institute.

This weeklong, graduate level course will be held on the campus of Tarleton State University in Stephenville, June 7 thru 11.

Scholarships to the institute

are available.

Contact Colorado County Farm Bureau office for more information and an application at (979) 732-2383.

Application should be returned no later than April 12.

Choosing A Day Care For Your Kids

You want to know your kids are safe at daycare.

Here's what to look for, according to Kelly Bachman of the Delaware Department of Services for Children, Youth and their Families (DSCYF).

- * Low child-to-teacher ratios
- * Low teacher turnover
- * Staff with higher education

* Prior experience and education of the director

Here are questions you should ask, according to Jeff Whitmarsh of the Delaware State Police:

- * What happens if a child goes missing?
- * Does the child-to-teacher ratio change throughout the day?

* Is my emergency contact information current?"

* Has the program been investigated by any state agency?

* Does this facility participate in a child-identification program?

* Are there ongoing background checks of the teachers?

Breakfast Can Help You Excel

Whether you have a big day at work or are about to take an important test at school, the right breakfast can improve energy and concentration.

According to the Dietitians Association of Australia, the right breakfast can help on that big day.

Breakfast provides your brain with carbohydrates, vitamins and minerals.

Try cereal with reduced-fat milk, topped with fruit and a sprinkle of almonds.

Also beneficial is wholegrain toast with reduced-fat cheese and

tomato, and a small fruit juice.

Drink plenty of water to hydrate your body, reduce fatigue and help your brain work. Limit coffee or caffeinated soft drinks.

Caffeine can act as a mild stimulant, boosting alertness, but too much can make you feel nervous and restless.

The Top 10 Most Popular Dogs in the U.S.

It's a good time to have four furry legs. Pet ownership has surged over the past twenty years, and dogs in particular are enjoying major popularity.

But whether you already own a pooch or are searching for one that's right for you, it's interesting to note which are the most popular dogs in America.

For the 19th consecutive year, the Labrador Retriever is the most popular purebred dog in America, but could this be the last year for the Lab's reign?

According to American Kennel Club (AKC) 2009 registration statistics, the German Shepherd overtook the Yorkie and is now ranked second most popular in the nation for the first time in more than three decades.

An American favorite since the time of Rin Tin Tin, the German Shepherd became the number one breed of the 1920s, but slipped in popularity until after World War II.

"Labs have been America's top dog for nearly two decades due to their loyal and gentle nature," said AKC Spokesperson Lisa Peterson.

"But the German Shepherd has gained ground recently, quite possibly due to the increased attention they receive for their security efforts at home and abroad, and search and rescue efforts in Haiti."

The most popular dogs in the country according to the AKC are:

1. Labrador Retriever
2. German Shepherd Dog
3. Yorkshire Terrier
4. Golden Retriever
5. Beagle
6. Boxer
7. Bulldog
8. Dachshund

9. Poodle
10. Shih Tzu

The type of dog you choose can say a lot about your personality.

Labrador Retrievers are an ideal sporting and family dog. Millions of Americans own and love Labs because of their even temperament, trainability and family-friendly nature.

German Shepherds are hailed as the world's leading police, guard, and military dog, however this dependable breed is more than its nine-to-five job.

Energetic, approachable and fearless, German Shepherds are loyal family pets and good guard dogs, the ideal choice for many families.

Yorkies offer big personalities in small packages.

They serve as great companions for all ages, due to their loving personality and convenient, portable size.

With their friendly temperament, intelligence and eagerness to please, Golden Retrievers are popular as family companions.

This active and energetic Sporting breed can adapt to many different living situations but requires daily exercise in order to thrive.

Beagles make wonderful family pets due to their merry personalities, compact size, and



easy-care coat.

Curious and comedic, they often follow their noses, which can sometimes lead to a little mischief.

Selecting the right dog for you can be a rewarding journey.

It is important to consider size, energy level, grooming needs, trainability, and temperament, and choose a dog that best fits your lifestyle.

For more information on all 164 dog breeds the AKC registers, visit www.akc.org.

Headlight Want Ads Work Wonders Call Today

Introduce your new baby to the world in our comprehensive Birthing Center.

At Memorial Hermann Sugar Land Birthing Center, we want to make your childbirth experience as memorable and positive as possible. That's why we provide specialized medical care, from the time you learn you are pregnant until well after your child is born.

We're prepared for both routine and high-risk pregnancies through our onsite Maternal-Fetal Medicine Clinic affiliated with The University of Texas Medical School at Houston. We offer physician-administered anesthesiology 24/7, and our Lactation Center provides breastfeeding support before, during and after birth. Our Level II-B Neonatal Intensive Care Unit provides advanced care for preemies and babies with special medical needs, and we offer immediate access to Children's Memorial Hermann Hospital if necessary.

You will feel perfectly pampered in our private birthing suites with flat-screen televisions, DVD players and more. So, if you're searching for the ideal place to welcome in your new bundle of joy, come to Memorial Hermann Sugar Land Birthing Center. We'll treat the two of you just right.

MEMORIAL HERMANN

Sugar Land

Breakthroughs every day

memorialhermann.org