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Rheumatoid arthritis is a chronic inflammatory disease and is a symptom of the body's immune system attacking itself, damaging healthy tissues. The body joints become inflamed — resulting in pain, swelling, and eventual destruction of the joint's interior. Rheumatoid arthritis develops in 1% of the US population. Women are 2 to 3 times more susceptible than men. In some persons the disease resolves spontaneously. If it does not so resolve, at least 1 in 10 persons affected eventually become disabled.

A basic principle of treatment is to stiff affected joints, although pain movement is needed to prevent stiffening. Over-the-counter pain inflammation fighters and pain relievers such as *ibuprofen*, *aspirin*, and *naproxen* are used for minor flare-ups. Similar prescription medicines also are used. Newer rheumatoid arthritis medicines that do not tend to upset the stomach include *rofecoxib* (Vioxx) or *celecoxib* (Celebrex). In severe cases, *methotrexate* (Rheumatrex) or *cyclophosphamide* (Cytosan) are given. The US Food and Drug Administration recently approved *anakinra* (Kineret), a medicine that decreases proteins that cause inflammation. It is expected to be available this fall or winter.

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\$3-5 Billion budget shortfall predicted for state

Is Texas going broke? That was the chilling prospect raised by state Sen. John Whitmire of Houston during the first interim meeting of the Senate Finance Committee Oct. 24.

"Is it not about time to start telling people we're broke?" the Democratic lawmaker asked of James LeBas of the Comptroller's Office. "When I travel the state and talk to folks, they don't have a clue we're as broke as we are."

LeBas told the committee that the state was facing a \$3 billion to \$5 billion budget shortfall by the time the Legislature convenes again in Jan. 2003.

This considerably less than optimistic projection could get even

State Capitol Highlights

By Mike Cox
 Texas Press Association

There is a level of risk hanging over this revenue estimate that is not fully understood at this point," LeBas said.

Even before the terrorist attacks of Sept. 11, he noted, Texas' economy had been slowing along with the rest of the nation. Since that landmark day, consumer spending has decreased, further impacting the level of state sales tax revenue.

As jitters continue amid anthrax scares and actual contaminations, consumer confidence could erode more. Announcements of job layoffs in Texas and elsewhere in the nation seem to come daily. The state's unemployment is higher than the national average.

Another factor influencing the big picture, not yet getting any media attention, is increased state spending as Texas' government tightens security and increases preparedness. At minimum budgets for the Texas Department of Public Safety and the Adjutant General's Department already are being affected.

But the state's budget trouble is not all connected to the aftermath of the terrorists or even the sluggish state

of the economy prior to the attacks. Comptroller Carole Keeton Rylander has said that long-term spending commitments, coupled with an ever-increasing population, have affected the budget picture.

The situation should be in a little better focus when her office releases sales tax collection data for Oct., the first full month after the attacks.

As Rylander's office keeps a worried eye on income, other signs of budget worries are apparent.

The Parks and Wildlife Department is pondering various fee increases, the possibilities ranging from hunting and fishing licenses to park entrance fees and boat registration and titling costs.

At the Texas Department of Transportation, as reported here last week, construction projects have been put on hold as well as merit raises for the agency's 14,500 employees.

Let's Look Back...
24 & 48 YEARS AGO

Nov. 3, 1977
 Boosting the spirit for the Garwood-Sheridan Raiders football champions of their junior high league are Jill Lake, Guyla Botard, Chrissy Mayes, Kim Wunderlich, Sue Perdue, Sherry Smidovec, Paula Rowher and Patty Perry...

Chrissy Mayes, daughter of Mr. & Mrs. Billy Mayes of Rock Island, was named Queen of the Sheridan Halloween Carnival...

The float from Eagle Lake, featuring Misses Marilyn Luedecke and Linda Mathis, won first place in the Flatonia Czhilispiel last weekend...

Twirlers for the Garwood Raider Band are Renee Hunt and Michaelanne Hefner...

Mr. & Mrs. Rudolph Herman of Lissie will celebrate their 50th wedding anniversary Nov. 13...

Funeral services were held Friday, Oct. 28, for Joe L. Stancik of Columbus, the father of Melvin Stancik and Mrs. Clarence Horndt of Eagle Lake...

Mr. & Mrs. Leo Hoffman of Nada announced the engagement and approaching a marriage of their daughter, Monica Lynn, to Tommy Bram, son of Walter Bram of Danevang and the late Mrs. Walter Bram. The couple will wed Dec. 3 at St. Mary's Catholic Church in Nada...

Vernita Glover was named Princess to the Queen at the Sheridan PTS Halloween Carnival last Saturday. She is in the first grade...

Mrs. C.E. Eivorit Sr. was pleasantly surprised by her children with a delightful luncheon at the Holiday Inn in Columbus, Sunday...

Mr. & Mrs. Jerry Lee Henske and children, Kevin and Tanya Lee, of Mission spent the weekend in Eagle Lake visiting family, the Sonny Breithaupts and Fred Henskes, and other relatives and friends.

life in prison by a jury in Judge Lester Holt's district court Oct. 27th. Clay was charged with killing Eagle Lake Night Patrolman Albert L. Schmidt...

M.L. Briscoe, manager of the Eagle Lake Retail Merchant's Association, announced that Santa Claus and four real live reindeer will make a personal appearance here Dec. 19th...

A highlight of the sixth annual Garwood Lions Fair last Thursday was when Paul Lewis, president of the Lions, snipped the ribbon officially opening Farm to Market Road 950, a much shorter route from Garwood to Eagle Lake...

Carol Crim was elected FFA chapter sweetheart...

Pictured in the Oct. 29th issue of *The Headlight* were photos of the floats by the Garwood Garden Club and the FFA and FHA, which won second and third respectively. The photos were taken by Carl Seaholm of Eagle Lake...

Clark Powers was honored on his birthday Oct. 26th...

Pvt. Vernon Sheppard is home on furlough...

Miss Viola Zbrank and Willie Kaluza were wed in Nada on Oct. 20th...

County Auditor Sue Wegenhoft was installed as a director on a national organization and became first vice president of another in Texas...

Don Smith and Dick Laughlin had a part in the 33 to 6 win for St. Stephen's over Concordia...

Miss Betty Joyce Linke, daughter of Mr. & Mrs. Elo Linke, became the bride of Bill Wegenhoft, son of Mr. & Mrs. Oscar Wegenhoft, in a ceremony performed here Oct. 22nd...

Mrs. Alvin Glueck is home after an eye operation...

A double birthday celebration honored Don Frnka and Dick Waddell at Kveton Play School on Oct. 28th...

Eagles score first but lose to Weimar 12 to 6 in the final period. The Eagles played without the services of John Beseda, a starting guard, who underwent an emergency appendectomy. Lonnie Sommerlatte replaced Beseda and turned in a creditable performance. Linemen Raymond Brasher, Lewis Epps, Al Marx, Joe

One way to save bucks
 Understandably lost amid much more pressing news was Oct. being National Energy Awareness Month.

The Texas Department of Housing and Community (TDHC) Affairs is reminding Texans that they can save a lot of money on their utility bills by making sure their homes are weatherized.

Heating and cooling, the federal Department of Energy says, amounts to up to 70% of household energy usage.

To lower monthly bills, TDHC recommends, weatherize your house, set water heaters at 120 degrees, insulate water pipes, use low flow shower heads and toilets, keep thermostats set lower in winter and higher in summer and replace old appliances with more energy efficient models.

That step also will bring Texas a little more tax revenue.

From the office of State Rep. Robby Cook...

Deer hunting starts Nov. 3

Nov. 3 marks the beginning of the general deer hunting season for most counties in Texas. The general deer season in North Texas runs through Jan. 6, 2002, in all but six Panhandle counties. In 29 South Texas counties, the season extends through Jan. 20, 2002.

Rep. Robby Cook (Eagle Lake) reminds Texas hunters to renew and carry their licenses while hunting. In addition to having their hunting licenses, hunters 17 years of age or older must carry a driver's license or personal identification certificate issued by the Texas Department of Public Safety.

It is also important to remember to check the regulations and bag limits for the individual counties.

Bastrop, Colorado, and Fayette Counties: White-Tailed Deer: Archery Season, Sept. 29-Oct. 28; General Season, Nov. 3-Jan. 6. (Bucks only, unless MLD permits have been issued.) **3 deer limit for all seasons combined; Bag limit one buck and two antlerless.**

Wharton County: White-Tailed Deer: Archery Season, (countywide) Sept. 29-Oct. 28; General Season, (countywide) Nov. 3-Jan. 6. South of Hwy. 59: Nov. 3-25 (No antlerless permit required unless MLD permits have been issued.) Nov. 26-Jan. 6 (Bucks only, unless MLD permits have been issued.) **North of Hwy. 59 (Bucks only, unless MLD permits have been issued.) Bag limit for all seasons combined: 3 deer limit one buck and two antlerless.**

Hunting licenses are required for all hunters. Texans have several options in purchasing recreational hunting license. Licenses and stamps are available in sporting goods stores, department stores, discount stores, bait and tackle shops, grocery stores, and many other places across the state.

Cook noted that Texas is second in the nation with over 900,000 hunters. Deer hunting is big business in Texas and contributes almost \$2.2 billion annually to the Texas economy. The white-tailed deer is widely considered the No. 1 game animal in Texas.

Information regarding licenses, hunting regulations and a list of hunting information by county can be found on the Texas Parks and Wildlife Department website at www.tpwd.state.tx.us. Texas Parks and Wildlife can also be reached toll-free at 1-800-792-1112.

To THE EDITOR & YOU

Not running for re-election

Dear Citizens of Colorado County:
 I have had the distinct pleasure to serve you as Colorado County Treasurer since 1991. However, I have decided not to seek re-election to this office when my term expires.

I will complete my current term of office, which will conclude Dec. 31, 2002, and then look forward to spending more time with my family and enjoying my many hobbies.

I appreciate the support you have shown me through the years.

Respectfully,
 Joyce M. Stancik
 Colorado County Treasurer

From the Evolution Center

Try not to give way to criticism, blame, scorn, or judgement of others when you are trying to help them. Effectiveness in helping others depends on controlling yourself.

You may be swept away by a temporary natural urge to criticize or

blame, unless you keep a tight rein on your emotions.

You should have a firm foundation of spiritual living which makes you truly humble, if you are going to really help other people.

Go easy on them and be hard on yourself. That is the way you can be used most to uplift a despairing spirit.

And seek no personal recognition for what you are used by God to accomplish.

Submitted by
 The Evolution Center

Views On Dental Health

BABY BOTTLE DANGER

If you bottle feed your baby, caution should be used in the amount of sweetened liquids you give him. This can cause a dental problem known as "nursing bottle mouth". Mothers often give their babies bottles with milk or juice during the day. But this should not be used as a pacifier or to help control behavior, especially at night.

As soon as your child begins to develop teeth they become susceptible to decay. A thick, sticky, colorless film of bacteria called plaque is constantly forming in the mouth. Plaque likes any food with sugar in it. When a baby is given sweetened liquids the plaque multiplies and forms acid that attacks the tooth enamel. This is the first step in tooth decay.

During the day, saliva helps to wash away some of the sweet liquid surrounding teeth. But at bedtime or during naps, the saliva flow slows down. The longer the liquid is allowed to pool around the child's teeth, the greater the potential harm. If your child needs a bottle between feedings, give him a bottle of cool water.

Presented as a public service to promote better dental health. From the office of JOHN B. MYRES, D.D.S., 700 S. McCarty Avenue, Eagle Lake, 234-3525.

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