

Texas Historical Commission Authors Awarded 2006 Archeology Award

James E. Bruseth and Toni S. Turner were recently awarded the 2006 Society for American

Archaeology (SAA) Book Award in recognition of their work on From a Watery Grave: The Dis-

covery and Excavation of La Salle's Shipwreck, La Belle. The SAA is an international organiza-

tion dedicated to the research, interpretation and protection of the archaeological heritage of the

Americas. The book, published by Texas A&M University Press, focuses on the dramatic efforts made to resurrect the ship that once belonged to famed French explorer Robert Cavalier, Sieur de La Salle.

In 1995, 300 years after its demise in Matagorda Bay, the Belle was discovered by Texas Historical Commission (THC) archaeologists, who initiated a massive undertaking to excavate the lost ship. Cutting-edge technology and scientific innovations were used to extract and salvage more than one million artifacts from the shipwreck. Some of the recovered items included bronze cannons, muskets, trade beads, axes, rings, bells, dishes and medicines. All of these items would have served in La Salle's dream of establishing a 17th-century European colony in the New World.

Utilizing vibrant photographs and engaging descriptions, Bruseth and Turner emphasize the aura of excitement that emerged as they pieced together both the ship and its tragic history. "From a Watery Grave represents a solid and lasting triumph of nautical archaeology," said Robert S. Weddle, author of The Wreck of the Belle, the Ruin of La Salle and winner of the 2001 T.R. Fehrenbach Book Award administered by the THC.

"Truly an astounding analysis of the rarest finds."

Bruseth is the director of the archaeology division at the THC and served as the principal investigator of the Belle excavation. Turner is a freelance writer and development officer for the THC. She was instrumental in various aspects of the recovery of the shipwreck. The project led to the excavation of La Salle's colony at Fort St. Louis in the coastal region of Texas. Although the dig has temporarily stalled, many of the recovered items are now on display at a series of coastal museums, as part of the La Salle Odyssey.

The SAA Book Award honors recently published books that have or are expected to have a major impact on the direction and character of archaeological research. For more information regarding From a Watery Grave, and the Belle excavation, visit the THC web site at www.thc.state.tx.us or the Texas A&M University Press web site at www.tamu.edu/upress.

Locals Attend Baptist Sunday School Conference

Local youth had the wonderful opportunity to attend the National Baptist Sunday School (NBSS) and BTB Congress in Nashville Tennessee from June 13th thru June 17.

The Congress was held at the extravagant Gaylord Operaland Convention Center in Nashville Tennessee.

The Congress was attended by youth from all over the United States.

They had the opportunity to see some of the nations most outstanding church drill teams as well as hear some of the most dynamic speakers in the Congress.

They had the opportunity to

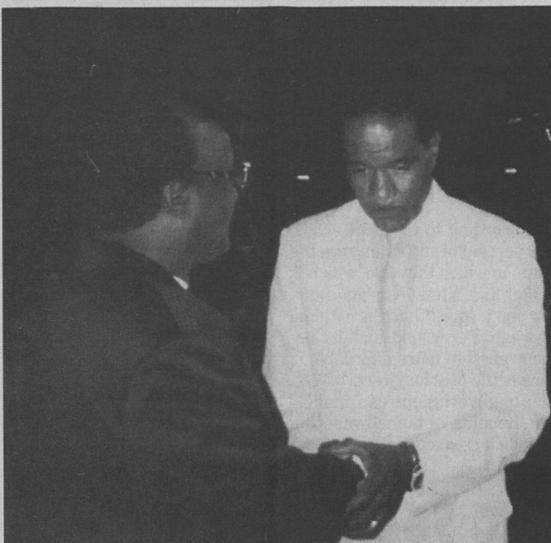
hear Dr. Gardner C. Taylor of New York, Dr. Greg K. Moss of North Carolina, and also Dr. James Forbes of New York and Dorothy Norwood.

This was a wonderful experience for our youth to also meet Dr. T.B. Boyd, president and CEO of the National Baptist Sunday School and BTU Congress and of R.H. Boyd Publishing Co. Dr.

Boyd thanked our youth for attending the National Congress. Special thanks to our sponsors for their support in our trip to the Congress.

Special thanks to David Polston of Inland Environmental & Remediations for their generous donations toward our trip.

Also thanks goes out to Veronica Curry, Pastor Obie Rhodes, Mechalinda and Rodney Sanford, Marsha and Malcom Thomas, La Donna Dancy, Joseph Matthews, Ella Edwards, 20th Century District Association of Texas, Missouri City Post Office Workers, and also Pastor Kenneth Wicks.



Pictured above is Rev. D. Curry, president of 20th Century District Sunday School and BTU Congress along with Dr. T.B. Boyd III president of the National Sunday School and BTU Congress and CEO of R.H. Boyd Publishing Co.

Students In National Honor Roll

Thirty-seven students from the region covered by the Eagle Lake Headlight qualified for induction into the 2005-2006 National Honor Roll.

The NHR recognizes high-achieving high school and middle school students. "Young people like our inductees, who work hard to attain academic success, deserve to be congratulated," says Lynn Romeo, Publisher of the NHR. "Honoring their achievements provides motivation and encourages them to continue striving. We're proud to include them in the NHR."

The NHR offers several benefits with can contribute to the success of its student members. For students in the 2005/2006 school year, NHR set aside \$25,000 to be shared among 25 of its qualifying inductees. All members were entitled to compete for one of these NHR Awards For Academic Achievement, which will be awarded in December. NHR's College Admissions Notification Services notifies the admissions offices of as many schools as the inductees designate that they have been accepted into the NHR and that they are interested in obtaining information about those colleges. (A copy of the student's biography is sent to the colleges along with the notification.) Each United States Senator and state governor receives a complimentary copy of the NHR Commemorative Edition, along with a list of the students from their state who have been inducted into the NHR. Additional complimentary copies of the book are sent to selected school libraries across the country.

The NHR contacts potentially qualifying students after reviewing information about their academic performance. Each student is asked to submit information about his/her GPA, interests, activities, and future goals. Only students with a B or better average are eligible to be listed in NHR. This list includes students selected for membership in NHR's Fine Arts and Humanities, a unit of NHR, which recognizes students with an interest in fine arts and humanities.

Local students named include: Rick Arebalo, Columbus, Columbus High School (CHS); Amanda Bahner, Columbus, CHS; Andrew Beach, Wallis, Brazos HS (BHS); Ashley Brandberg, Sealy, Sealy (SHS); Abigail Burchfield, Columbus, CHS; Ryan Davenport, Sealy, SHS; Farah Ellenbogen, Garwood, Rice HS (RHS); Layton Gold, Garwood, RHS; Alyssa Golding, Columbus, CHS; Meagan Hackfeld, Columbus, CHS; Jacqueline Heger, Columbus, CHS; Kristen Henry, Columbus, CHS; Chris Hill, Columbus, CHS; Genavi Huerta, Alleyton, CHS; Sarah Jackson, Wallis, BHS; Misty Jacobs, Columbus, CHS; Kayla Kana, Columbus, CHS; Patrick Krol, Wallis, BHS; Robert Lavedan, Columbus, CHS; Yesenia Ledesma, Sealy, SHS; Kara Lilie, Columbus, CHS; April Linkhart, Columbus, CHS; Kaylee Malatek, Columbus, CHS; Kayla Meitzen, Eagle Lake, CHS; Ryan New, Sheridan, RHS; Colleen Olson, Columbus, CHS; Latoya Palmer, Sealy, SHS; Holly Perard, Columbus, CHS; James Poenitzsch, Columbus, CHS; Krystal Sepulveda, Sheridan, RHS; Luke Shimek, Nada, RHS; Hunter Smith, Garwood, RHS; Eric Thormaehlen, Wallis, BHS; Amanda Tomlinson, Columbus, CHS; Ja' Keista Winfield, Eagle Lake, RHS; Sarah Wisnieski, Sealy, SHS; Bonnie Woodward, Columbus, CHS.

Summertime Grilling Tips

Summertime is grilling time in Texas. However, the American Institute for Cancer Research (AICR) reminds us to take some simple precautions while grilling so that the risk of cancer is not increased, says Sally Garrett, County Extension Agent Family & Consumer Sciences.

Grilling raises cancer risk because the grill is usually dirty. Also flies and pollution from the air can land on foods while they are grilling.

Red meat, poultry or seafood can also form carcinogenic compounds when exposed to high heat. These compounds can damage the DNA of our genes. Also fat from red meat, poultry

and seafood can drip, creating a cancer-causing substance called polycyclic aromatic hydrocarbons.

Smoke and fire flare-ups deposit these hydrocarbons on the grilling meats.

The AICR states the best choices for grilling are vegetables and fruits because they do not form the carcinogenic compounds when grilled.

Lean meats, like skinless chicken and fish, are good choices because they drip less fat. Or grill small portions of red meat, like kebabs, because they cook fast.

The AICR also recommends using a marinade to decrease by 96% the carcinogens formed while grilling.

The marinade will act as a barrier to keep flames from directly touching the meat.

Marinade ingredients such as vinegar, citrus juices, and olive oil also have special protective powers.

Some precautions you can take to reduce the formation of carcinogens while grilling would be to:

- Cover the grill with punctured aluminum foil
- Turn the gas down or wait for your charcoal to become low-burning embers
- Raise the grilling surface
- Place meats to the side of the heat source
- Flip the meat every minute

or so. By turning the meat often, the cooking process is often accelerated so that the meat has less exposure to the heat.

Flipping also propels the carcinogenic compounds off the meat plus you are less like to char your meat.

By taking these recommended precautions your family can enjoy grilling all year long but remember cooking meat at lower temperatures is the best cooking method.

The AICR recommends microwaving, roasting, or stewing.

For further information, contact the Colorado County Extension Office at 979-732-2530.

County Fair Announces New Contest

The Home Economics Department of the Colorado County Fair is excited to announce a new contest.

This year, the Farm Produce Division includes a Youth Farm Produce Knowledge Contest that is open to youth ages 4 to 19 years of age.

Age divisions include primary - ages 4 to 8 years of age, junior - ages 9 to 13 and senior - ages 14 - 19. Youth have the option of raising their own produce or may purchase produce from local stores, roadside vendors, etc.

Produce must be displayed in an attractive manner. The contest will be held on Wednesday, Sept. 13 at 6 p.m. in the Home Economics/Fine Arts Building of the Fair.

Judges for the contest include Thomas Higgins - Brookshire Brothers Store manager, Steven Theiss - HEB Store manager and Marilyn Sebesta - Wharton County Extension FCS Agent.

Judging criteria include quality of farm produce selected, knowledge of nutrients in farm produce selected, food safety concerns in selection of produce, dietary/lifestyle choices, display appearance/appeal and communication skills. Study questions are available in the Extension office.

First, second and third place awards will be awarded in each age division. Awards include first place - \$15, second place - \$10 and third place - \$5.

There is no entry fee for the contest; however, there is an entry fee to enter the farm produce in the produce competition.

Deadline to enter is Sept. 1 with late entries accepted Sept. 2 - 13.

As in years past, the farm produce division offers local growers the opportunity to show case homegrown produce in addition to the youth competition.

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979-234-5521



Sheridan 4-H Bar-B-Que

Saturday, August 5

4:30 p.m. to 7:00 p.m.

Brisket, Sausage, German Potatoes, Green Beans, Dessert and Tea

Drawing • Silent Auction

Plant & Prize Drawing • Cake Walk

Proceeds To Benefit 4-H members showing animals at the County Fair

Info: Darnell Varley-979.234.2426 or Carmen Jackson-979.234.3739

TO ALL INTERESTED PERSONS AND PARTIES:

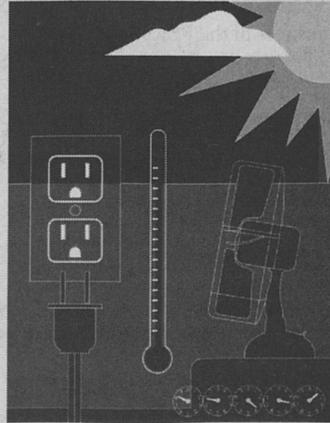
Oldcastle APG Texas, Inc. has applied to the Texas Commission on Environmental Quality (TCEQ) for an Air Quality Standard Permit, Registration No. 79428, which would authorize construction of a Concrete Batch Plant located at 5559 Highway 90-A West, Eagle Lake, Colorado County, Texas. Additional information concerning this application is contained in the public notice section of this newspaper.

Connect to Energy Savings

AS THE ELECTRIC DELIVERY COMPANY that has been serving south and west Texas for over 90 years, AEP Texas knows a thing or two about energy conservation. While we no longer sell electricity or send out monthly electric bills, we recognize this is going to be a long, hot summer.

Since AEP Texas and its 1,700 employees are directly connected to the many communities we live in and serve, we'd like to share some low or no cost tips with you on how to keep cooler this summer by saving energy and money.

- Set air-conditioning thermostats to the highest possible comfortable setting and dress accordingly.
- Turn off every appliance you are not using including lights, televisions and radios. Use the "sleep" feature on your computer equipment.
- Only cool rooms that you use. Close vents and doors in unused rooms. Be sure to close closet doors.
- Check your air-conditioning filter every month and replace as needed.
- Keep windows that let the sun in covered when the sun is shining on them.
- Weather strip and caulk around windows and doors to prevent drafts.
- Close your fireplace damper when the fireplace is not being used.
- Use fans to help circulate the air in your house.
- Air-dry dishes in the dishwasher.
- Lower the temperature on your hot water heater to warm during the summer, take short showers and wash only full loads of clothes in the laundry.



It's important to remember that if you're having trouble paying your electric bill, call your retail energy provider (REP) at the number listed on your current electric bill to avoid disconnection.

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