



Eagle Lake Police Lt. Wendy Alley recently stopped in on the Headstart program for lunch with the kids.

## Headstart Program Has Visitors

Our local Head Start Program is celebrating Head Start Awareness month. Head Start is a federally funded, comprehensive early childhood development program for children 3-4.

Children who attend Head Start participate in a variety of educational activities. They enjoy playing indoors and out in a safe setting. The Head Start Program in Eagle Lake is accredited by

the National Association for the Education of Young Children; this means that Eagle Lake Head Start is a high-quality early childhood program providing a safe and nurturing environment while promoting the physical, social, emotional, and intellectual development of young children.

Head Start wants to give special thanks to the community volunteers that had been visiting

the Center showing support to the Program. Christi Stancik from Eagle Lake Dental Associates talked to students about tooth brushing; Patty Halloway from Wintermann Eula and David Library read books to our students; Lt. Wendy Alley from Eagle Lake Police Department had lunch with us and Mr. and Mrs. Mike Morales, Mayor of Eagle Lake had lunch with us.

## Weekly Migratory Bird Report

Migratory bird report for the week of Oct. 25, 2006

**South Zone Waterfowl:** Duck numbers are strong across the coastal prairie. Eagle Lake, Garwood, Sealy, El Campo and any other ponds in the region are holding birds.

Noticeably large numbers of gadwalls have hit the coast. The region received a boost of rain last week which has ponds brimming full with water. Duck numbers are building on the coast as well.

Redheads were sighted from East Matagorda Bay to Rockport. An influx of specklebellies hit the coast early last week and another waves arrived over the weekend.

Fields in Wharton, Colorado, Jackson, Lavaca, Matagorda, Brazoria and Chambers are holding good numbers of dark geese. Some snow geese are mixed with the specks.

The youth season runs Oct. 28-29 and prospects are excellent. Duck season runs Nov. 4-26 and Dec. 9-Jan. 28 with a bag limit of 5. The East Zone goose season runs Nov. 4-Jan. 28 for light geese and Canada geese, and Nov. 4-Jan. 14

for specklebellies. Bag limits are 20 light geese, two specklebellies and three Canada geese.

**High Plains Mallard Management Unit:** Youth hunters got the first crack at big ducks this weekend. Though participation was limited, those who did hunt saw plenty of birds.

Opening day of duck season should be excellent. Playa lakes are covered with teal, gadwalls, wigeons, shovelers and a few mallards. Good numbers of ducks are being seen in Knox City, Dumas and Spearman.

Canada geese are beginning to show in force in the Panhandle since the latest cool front and hunters can expect more with each passing front. More specklebellies, along with Canadas, are showing in the Knox City area.

Duck season runs Oct. 28-29 and Nov. 3-Jan. 28. Goose season in the West Zone runs Nov. 4-Feb. 6 with a bag limit of three Canadas, one white-front and 20 light geese. Prospects are good.

**North Zone Waterfowl:** The recent front deposited gadwalls, shovelers, teal, wigeons and a

few mallards on area lakes and reservoirs.

Since the region is quite dry, expect more ducks on lakes and reservoirs until winter rains fill sloughs, bayous and shallow river beds. The region did receive rain last week. Toledo Bend reported the lake rising near two feet. What water is available has ducks. Most private ponds holding water has ducks.

Coastal fields received as much as 10 inches of rain last week which has leveed ponds brimming full. The youth season runs Oct. 28-29 and prospects are good. Regular duck season runs Nov. 4-26 and Dec. 9-Jan. 28 with a five-duck limit.

**Dove Hunting:** Dove season in the North and Central Zones ends at sunset Oct. 30. The Central Zone will reopen and run Dec. 26-Jan. 4. The recent front did deposit new birds to Texas, but, hunter participation has waned.

Whitewings remain fair to good in the San Antonio corridor. The same holds true for mourning doves around Uvalde, Hondo, Sabinal and Del Rio. South Texas

## Parks Department Deer Check Stations

The Parks and Wildlife Department (P&WD) will continue to have the deer check stations in Austin, Colorado, Lee, Fayette, Lavaca, and Washington counties for the 2006 season. These are the original six counties that had the special deer antler regulations. These regulations will be in 61 Texas counties for the 2006 season.

The check stations will be continued because last year a second buck was added to the bag limit in these counties. The check stations provide a means to collect harvest data to determine the effects of the second buck in the bag. Legal bucks are defined as a buck with at least one unbranched antler or an inside spread of 13 inches or greater. A hunter can harvest two bucks with an unbranched antler if he does not take a buck with an inside spread of 13 inches or greater. However, a hunter cannot take two bucks with an inside spread of 13 inches or greater in the same county.

Any hunter who brings a deer to a check station will be entered into a drawing for some excellent prizes. If a hunter brings two bucks to the check station he will be entered two times. This is not a big buck contest. Someone who kills a spike has just as good a chance to win as someone who kills a big buck. The Department wants to measure all bucks, spikes as well as those with a 13-inch or



greater inside spread.

The prizes include a lifetime hunting and fishing license donated by the Texas Sportsman Association, two Remington 700 BDL .270 rifles donated by the Lee County Wildlife Management Association and M.G. Inc. of Weimar. Ron and Estelle Mostyn of Weimar donated a Remington Model 7 .270 WSM rifle. Also, two Remington 700 BDL .22-250 rifles donated by Lavaca County Wildlife Management Association and Drymalla Construction Com-

pany of Columbus. Two Marlin .17 MHR Model 917 were donated by the Colorado County Wildlife Management Association and Market Realty Inc. of Brenham. The First State Bank of Columbus has given a Remington 20 ga. 870 Express shotgun. Hoffer's Drive In of Hallettsville and Bill Johnson and Associates Real Estate of Bellville have each donated a Ruger .22 rifle. Capital Farm Credit in La Grange has given an All Seasons Feeder. LAMCO of El Campo has donated a LAMCO 300 pound capacity corn feeder. Also included is a custom made hunting knife by Knives by Charlie of Sheridan.

The Austin County check stations are located in Bellville at Lange's Food Market on Hwy. 36 West and in Sealy at the Shell I-10 Station. The Colorado County locations are the Edward Jones office in Columbus, Mr. B's Food Market in Glidden, The Wildcat Express in Weimar and Sandy Creek Country Store located between Rock Island and Sheridan.



received rains last week. New birds hit the region early last week and this weekend. The first split of the South Zone runs through Nov. 12. Prospects are fair to good.

## Pharmacy & Your Health

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### Treatments for Heartburn

Heartburn is a common symptom of *gastroesophageal reflux*, also called *acid reflux*. This may occur when acid contents from the stomach move back or reflux into the esophagus. Other symptoms of gastroesophageal reflux include a chronic cough, persistently sore throat, and hoarseness. Heartburn is a sensation of burning pain behind the lower breastbone. Regurgitation, or the feeling of stomach contents coming back up into the throat, may also occur. Regurgitation may also be accompanied by a bitter taste in the mouth, and is also more common when bending over or lying down.

Antacids are one type of over-the-counter medication used to treat heartburn. These provide quick, short-term relief by neutralizing acid in the stomach. Another type of medication, called the H2 blocker, works by decreasing the amount of acid produced by the stomach. These may take longer to take effect, however the relief from heartburn may last longer than with an antacid alone. *Pepcid Complete* contains the H2 blocker *famotidine* and the antacids *calcium carbonate* and *magnesium hydroxide*. Proton pump inhibitors such as *Prilosec OTC* stop the production of stomach acid. H2 blockers and proton pump inhibitors are also available in prescription strength if needed.



Speaking on behalf of the Texas Colorado River Floodplain Coalition, Burnet County Commissioner James Oakley (center), presented LCRA a resolution thanking LCRA for its work in support of the coalition, which Oakley chairs. With Oakley are LCRA Board Chair Ray Wilkerson (left) and LCRA Assistant General Manager Marcus Pridgeon.

## LCRA Honored By Floodplain Coalition

Texas Colorado River Floodplain Coalition Chair and Burnet County Commissioner James Oakley recently presented a resolution to the LCRA Board of Directors on behalf of the Texas Colorado River Floodplain Coalition (TCRFC) to thank LCRA for its support of the organization.

"LCRA has been a leader in stewardship and floodplain management for decades and has made Central Texas a safer place to live," Oakley said. At the LCRA Board's Oct. 18 meeting, Oakley thanked LCRA for fostering the coalition's basinwide programs and services that provide guidelines for mitigating hazards, updating floodplain maps, helping communities obtain lower-cost flood insurance by improving floodplain management, and distributing all-hazard radios.

LCRA Board member Ida A. Carter, representing Burnet County, in turn thanked Oakley for his leadership of the coalition.

"James has played a significant role in helping the communities of the Colorado River basin work together to protect life and property during the river's regular floods," Carter said.

Carter listed some of the coalition's accomplishments, including helping secure \$7.6 million in federal appropriations for a basinwide study to identify and implement flood damage reduction strategies, and receiving more than \$700,000 in federal grants for development of updated floodplain maps and hazard mitigation plans.

"This means that for the first time in more than 25 years this region has updated maps and plans, so people know if they are in harm's way and can take the appropriate precautions to protect their lives and property," Carter said. The TCRFC is celebrating its five-year anniversary this fall.

A celebration and recognition ceremony will take place on November 14, 2006, in Creedmoor,

Texas, near Austin at the Texas Disposal Systems Exotic Game Ranch and Pavilion.

The TCRFC is a partnership of 54 cities and counties to help coordinate floodplain management and weather safety efforts in the lower Colorado River basin and surrounding area.

With the assistance of the Lower Colorado River Authority, the TCRFC was formed in 2001 in response to the rapid growth of homes and businesses in the floodplain and the reoccurring floods in the river basin.

In 2005, the coalition won national recognition from the Association of State Floodplain Managers with the James Lee Witt Local Award for Excellence.

The TCRFC welcomed its 54th member this summer with the addition of the Village of Briarcliff in Travis County.

For more information about the organization, visit its website at [www.tcrfc.org](http://www.tcrfc.org).

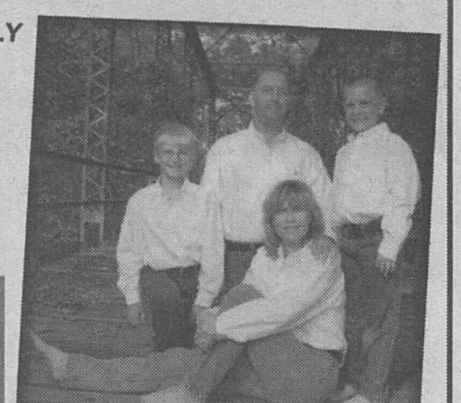
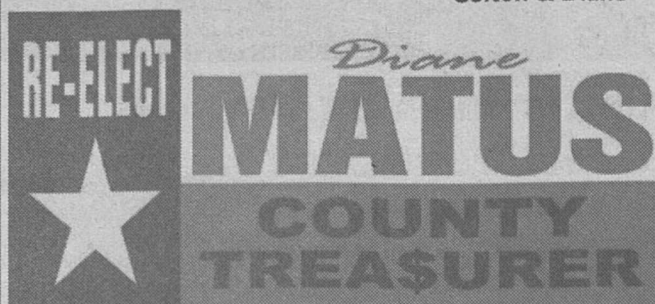
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