

Colorado County Hay Show Results Given

Eighteen entries made up this year's annual Colorado County Hay Show, which was held on November 9, in Mentz.

Colorado County has long been known as a hay producing county and this year was no exception. Exhibitors entered Coastal Bermuda, Coastal mix, Jiggs, Tifton 85, Sudan/Haygrazer, Hegari, Alfalfa and Johnson grass.

Hay samples were tested for percent crude protein which gives producers an indication of how to feed livestock during the winter months.

Sidney Frey won Grand Champion Perennial with his coastal, crude protein reading of 10.1%. Steve Henneke was Grand Cham-

pion Annual with his Hegari, crude protein reading of 18.9%. Henneke also had Grand Champion Legume with his Alfalfa entry with crude protein reading of 24.7%.

Sponsors for this year's show were the Colorado County Livestock Committee, Texas Cooperative Extension and the following agri-businesses: Bernardo Farm & Ranch, Colorado County Farm Bureau, Colorado Feed - Columbus, Colorado Valley Bank - Weimar, Colorado Valley Veterinary Services, PLLC - Mike Riddle, DVM, Columbus Livestock, Inc., Columbus State Bank, Eagle Lake General Store - Division of Farmers Co-Op of El Campo, First

National Bank - Eagle Lake, First State Bank - Columbus, Heffley's Mill & Grain - Plaque Sponsor, Highway Motor Co. - Weimar, Hill

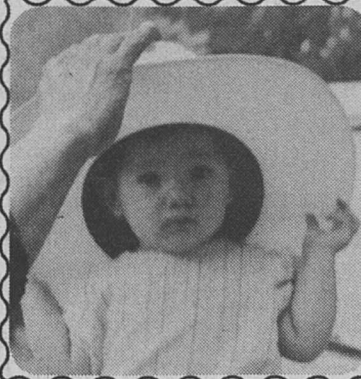
Bank & Trust Co., Hoelscher Oil Company, Hollas/Duncan Insurance, Hollas Real Estate, M-G Inc., Farm Service Center - Plaque Sponsor, Potter

Tractor, Purina Feeds - Michael Grahmann, Schneider Machine & Welding, State Bank - Weimar, Texana Seed - Garwood,

and Weimar Veterinary Clinic - William W. Rugeley, DVM.

Thanks to these sponsors for making our hay show a success. And also thanks to Charlie Herchek and Roland Gassmann for preparing the delicious stew.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic levels, race, color, sex, religion, disability or national origin.



Happy 1st Birthday
Soraya
Nov. 15, 2006
Love,
Your Family

Baby boomers looking for longevity should start looking at the nearest animal shelter.

According to numerous studies dating back more than a century, interaction with animals has a beneficial effect on human health.

The Centers for Disease Control reports that pets can decrease blood pressure, cholesterol levels, and triglyceride levels, as well as alleviating feelings of loneliness and the depression that can result.

Adopting A Pet Can Help Improve Longevity

While baby boomers can improve their own health prospects by adopting a pet, older Americans can also tap into their wisdom and maturity by adopting older pets. "Older animals—far too often discarded or disposed of simply because of their age—offer priceless gifts and lessons to those who adopt them," says Dr. Pomerance. "Their gratitude for living in a home where they are loved, valued, appreciated and respected is limitless."

During Christmas on the Colorado Weekend Dec. 1-2

Columbus Candlelight Homes Tour

Friday, Dec. 1

Featuring Homes of Yesteryear and Today

Sponsored By Columbus Historical Preservation Trust

6 p.m.-9 p.m.

Adults - \$3 Per House • \$1 Per House

Children Under 6 Years - Free

Please Pay at Each House

A Christmas Surprise!

Dinner Theatre at

Stafford Opera House

425 Spring Street in Columbus

Sat. Dec. 2

Also on Saturday

"Meet the Artists" Reception and Studio/Gallery Tours

Holiday Shopping Extravaganza

Columbus

Retail and Craft Fair

www.columbus-texas.org or

Call 979-732-8385 For Information

Obituary



Jerline Binkley

Mrs. Jerline Binkley, sister of Beatrice Grimes, passed away Saturday, November 12.

Funeral services are scheduled for Saturday, November 18 at 11 a.m. at Mt. Carmel Baptist Church, 303 N. 10th St., in Richmond. Rev. C. Lucas will officiate the service. Burial will follow in Williams Paradise Cemetery in Garwood.

Gooden Funeral Home of Rosenberg is in charge of arrangements.

A full obituary will follow in next week's Headlight.

Sympathy is extended to the family in their loss.

Willie Marcel Shannon

Willie "Man" Marcel Shannon, 33, departed this life for eternal rest on November 8.

He was born June 12, 1973 in Houston the son of Curtis Lee Doyle and Geraldine Shannon.

He spent his early childhood in Columbus and was educated in the Colorado County School System. He joined the Columbus First Church of the Nazarene in 1985. Willie was very active in the Youth Ministry of the church.

He was preceded in death by two siblings; Anthony and Charlotte Shannon; and a devoted grandmother, Willie Mae River.

Willie leaves to cherish his memory; his daughter, Chasady Shannon; father, Curtis Doyle; mother, Geraldine Shannon; sisters, Andrea and Crystal Shannon; brother, Jeremy Shannon; nieces, D'Andria, Xandria and Gabrielle Shannon; nephews, De'Andre, Xavier Shannon and Markell Stevens; grandfather, Willie Jackson; two aunts, three uncles; a devoted and faithful friend, Regina Schmah; and a host of other relatives and friends.

Susie Q. Rodriguez

Susie Q. Rodriguez, 57, of Eagle Lake, passed away Friday, November 10 in Eagle Lake.

She was born August 18, 1949 in El Campo the daughter of Crispin and Pauline Escamilla.

Susie was a homemaker and was of the Catholic faith.

She was preceded in death by her parents; survivors include her husband, Celso Rodriguez of Eagle Lake; daughters, Lori and husband Desiderio Romo of Eagle Lake, Lisa and husband, Daniel Romo of Eagle Lake; brother, Joe Escamilla and wife, Becky of Eagle Lake, and seven grandchildren.

Funeral services were held on Monday, November 13 at 2 p.m. from the Parish of the Nativity Church in Eagle Lake with Father Robert Guerra officiating. Interment followed at the Nativity Cemetery in Eagle Lake. Arrangements were under the direction of Eagle Lake Funeral Home.

Pallbearers were Steve Harris, Alejos Escamilla, Abel Cardenas, Joe Escamilla, David Cardenas Jr. and Rolando Rodriguez.

Sympathy is extended to the family in their loss.

Maternal grandparents are Dewayne and Mary Hearndon of Sealy and Daniel Krause of Brenham.

Paternal grandparents are Steve and Marie Frazier of Humble and David Kapla of Westland, Michigan.

Great-grandmother is Carolina Cevallos of Sealy.

New Arrivals

Daisy Mae Besch

Brandon and Jeanette Besch of Fayetteville, North Carolina are happy to announce the birth of their daughter, Daisy Mae, born November 5 at Moore Regional Hospital in Pinehurst, North Carolina.

Daisy weighed three pounds, 12 ounces and measured 16 inches long.

Proud grandparents are Andy and Leandra Villarreal of Corpus Christi, Larry Goularte, Jr. of Pismo Beach, California and Charles and Brenda Besch of Eagle Lake.

Soil Testing Campaign Going Through November

Colorado County Cooperative Extension is sponsoring a soil test campaign through Nov. 30. Pick up sample bags and instructions and return them to one of the following locations: Colorado County Cooperative Extension office, Colorado Feed—Columbus, Heffley's Mill & Grain - Columbus, Eagle Lake General Store, M-G farm Service Center-Weimar, Farmers CO-OP- Garwood, Texana Seed & Supply- Garwood, Bernardo Farm & Ranch- and Heinsohn's Store - Frelsburg.

Routine Analysis is \$6.00 per sample. If you want Routine Analysis plus other micronutrients your cost is \$10.00. Prices are only good for the soil testing campaign.

This should give all agriculture producers the opportunity to participate. You should have ample time to get your results back in plenty of time to decide how you want to apply fertilization this coming year.

Soil testing is the foundation of a sound fertility management program.

A soil test is a series of chemical analysis on soils, which estimates whether levels of essential

plant nutrients are sufficient to produce a desired crop and yield.

When not taken up by a crop, some nutrients, particularly nitrogen, can be lost from the soil by leaching or volatilization. Others, like phosphorus react with soil minerals over time to form compounds, which are not available for uptake by plants.

Collecting a good soil sample is the most critical step in soil testing. It is generally recommended that one "Composite" soil sample be collected from each uniform area of 10 to 40 acres.

Care should be taken to prevent sampling across areas with historically different land uses, soil types, fertilization practices or crop yields.

If you need further information, please feel free to call the Cooperative Extension office at 979-732-2082.

A Patient Asks

By Dr. Gail Hirschfield
Board Certified Family Practice

What sort of things can I do to keep my heart healthy

Recently, the American Heart Association updated its guidelines for cardiovascular health, going beyond diet and lifestyle. Their key message, developed by a panel of cardiovascular and nutrition experts after reviewing the scientific literature, focuses on long term, permanent changes on how all of us eat and live our daily lives. The bottom line is that we should all be doing more physical activity combined with heart healthy eating habits, along with weight control and avoiding tobacco.

The new recommendations stress balancing the number of calories eaten with the amount of energy expended. Thirty (30) minutes of exercise, even if broken up, is this panel's recommendation. Specifically, we all need to strive to be more physically active, reducing activities in which we sit, like TV, surfing the web and playing computer games and deliberately get up and move more, such as

parking farther away from a store, taking stairs when possible, walking the mall or daily in your neighborhood.

In your diet, stick to 70% of your diet as saturated fats and only 1% as "trans" fats or artificial fats, or eliminate trans fats all together. Eat more fresh fruits and vegetables, change to whole grain foods, and eat fish a few times a week, minimizing high-sugar drinks and food, they recommended. Consider your portion size at restaurants, fast-food places, schools and other locales outside of your home. They said we eat on the average about 1/3 of our calories outside the home. They call for the first time in their recent report, for restaurants, the food industry, and local governments to encourage physical activity and discourage unhealthy eating, reformulating packaged foods, packing food in smaller portions, providing more low calorie and low fat offerings like fresh vegetables and fruits, and providing places for us all to hike and bike.

There are quite a few things each of us can do to make our own lives healthier. Please feel encouraged to ask your own doctor for his or her opinions on what you can do. The life you save will be your own.

Call for an appointment!

508 Otto • East Bernard • 335-7578

Paternal great grandmothers are Della Berger of Weimar and Louise Besch of Alleyton.

Carolyn Frances English

James and Rebecca English of West Columbia welcomed a daughter, Carolyn Frances, born November 2, at 4:16 p.m.

Carolyn Frances weighed seven pounds, four ounces and measured 20-1/2 inches at birth.

Grandparents are Frances English and the late Richard English of Edna and Roger and Ruth Hall of Austin.

Great grandmother is Minnie P. Hall of Powderly, TX.

Christopher Lane Kapla, Jr.

Christopher and Shannon Kapla of Sealy are pleased to announce the birth of their third child, a son, born November 8, at 5:45 p.m. at Rice Medical Center in Eagle Lake.

Christopher Lane, Jr., weighed seven pounds, and measured 19-1/2 inches at birth.

He was welcomed home by sisters, D.J. age, 13; and Mackenzie, age 6.

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Eagle Lake Headlight

Attend the Church of Your Choice...

EQUIPPERS OUTREACH FELLOWSHIP INTERNATIONAL: 200 N. College, Weimar, Texas 78962; 979-725-8233; Pastor Jerry Adkins

GREATER RISING STAR BAPTIST CHURCH: 580 Old Altair Road, Eagle Lake; Rev. Truman Scott Sr., Pastor; 234-2423 or 758-3745.

GREATER UNION BAPTIST CHURCH: Matthews Community, Co. Rd. 141; Rev. Lawrence C. Robertson, Pastor; 234-2581.

MT. CARMEL MISSIONARY BAPTIST CHURCH: Hwy. 90-A (Pecan Valley), Eagle Lake; Rev. H.O. Williams, Pastor; 234-5813.

LIVING HOPE CHURCH: Eagle Lake; Revs. Joe and Mercy Fling; 234-5536.

BEREA CLADIC: 623 Maple Avenue, Eagle Lake; 234-2130.

ROCK ISLAND FULL GOSPEL: P.O. Box 232, Rock Island; 234-5840.

CHRISTIAN CITY FELLOWSHIP: 1140 Meyer, Sealy; Rusty Griffin, Pastor.

THE DAY OF PENTECOST APOSTOLISTIC REVIVAL RISING STAR: FM 102 South, Matthews; 4 p.m. (at Mt. Zion), Rev. R.L. Carter Sr.

GREATER NEW FAITH CHURCH: 6406 Guyler, Wallis; Rev. Clay Spears, Pastor; 979-478-2169.

EAST BERNARD FIRST BAPTIST

FIRST BAPTIST: 527 N. Lake, Eagle Lake; Rev. Chris Thacker, Pastor; 234-2571.

FRIENDSHIP BAPTIST: 405 S. Lake, Eagle Lake; 234-5795.

IGLESIA BAUTISTA GETSEMANI: 901 B Street, Eagle Lake; Rev. Mario Vasquez.

GREATER MT. OLIVE BAPTIST: Rev. Thomas Kuykendall; 705 Lake, Eagle Lake; 234-3545.

WRIGHT GROVE BAPTIST: Rev. T.J. Cunningham Jr.; Altair.

PROVIDENCE BAPTIST: 1207 Seaholm, Eagle Lake; Rev. Coby Shorter Jr.; 234-3735.

CHRIST EPISCOPAL CHURCH: 306 E. Stockbridge, Eagle Lake; 234-3437.

ROCK ISLAND BAPTIST: Bob Allison, Pastor.

SHERIDAN FIRST BAPTIST: FM 2437; Rev. Jim Dunn, Pastor; 234-3136.

WHITE CLOUD BAPTIST CHURCH: 202 Old Altair Road, Eagle Lake; Rev. Obie Rhodes, Pastor; 234-3800.

CHURCH OF CHRIST: Sheridan.

NEW LIFE FELLOWSHIP: Hwy. 90A, Sheridan; Del Sanford, Pastor; 234-3276.

CHRIST OUR REDEEMER-Charismatic: Jerry C. McKinney, Pastor; 979-478-7534 or 478-6512.

HOLY CROSS CATHOLIC CHURCH: East Bernard.

CATHOLIC PARISH OF THE NATIVITY: Our Lady of Perpetual Help Sanctuary; 308 N. Stevenson, Eagle Lake; 8 a.m. (Español), 10 a.m. (English) 6 p.m. Saturday (English), Rev. Robert F. Guerra, P.O. Box 307; 234-2842.

ST. MARY'S CATHOLIC CHURCH: Box 97, Nada; Rev. Joseph Koebel; 758-3218.

GRACE LUTHERAN: 408 N. Stevenson, Eagle Lake; Services begin at 10 a.m.; Rev. Clements Richard, Pastor; 234-3381.

LEHRER MEMORIAL UNITED METHODIST: Garwood; 9 a.m. worship.

LISSIE UNITED METHODIST: J. L. Craft, Pastor; 234-2112, Lissie.

ROCK ISLAND METHODIST: Ken Sells Jr. Lay-Pastor.

UNITED METHODIST: 200 W. Prairie; Sunday School 9:30 a.m., Worship, 10:45 a.m.

FIRST PRESBYTERIAN: 106 E. State Street, Eagle Lake; 234-3368.

VINE OF THE LORD: 1300 E. State Street, Eagle Lake; Rev. Paul Aguilar, Pastor; 234-7543.

CrossRoad ASSEMBLY OF GOD: 510 Wallace, East Bernard; Pastor George Kutach; 979-335-7706.

THE CHURCH OF CHRIST OF LATTER-DAY SAINTS: 600 W. St., Sealy; Marshall Crosby, Branch Pres.

CHURCH OF CHRIST: 815 Milam, Columbus; Lynn Wilson, Minister.

THE SHEPHERD'S WAY: Interdenomination Christian Fellowship; 1225 Eagle Lake Road, Sealy, Frank Lucas, Pastor; 979-885-1225.

SOUTH POINT BAPTIST CHURCH: 6407 Hwy 71-S, Garwood; 979-758-3039; Pastor Dave Curry.

ASEMBLEA DE DIOS HOSANNA: 403 East Main, Eagle Lake; 979-732-1966; Pastor Romero Rodriguez Jr.

BIBLE TRUTH APOSTOLIC CHURCH: Corner of S. Wharton & E. First St., El Campo; Pastor Larry T. Smith; 979-543-2331.

Bible Verse of The Week

"The night is far spent the day is at hand let us therefore cast off the works of darkness, and let us put on the armor of light."

- Romans 13:12

Submitted by Neddy Phillips

ALL AROUND COWBOY CHURCH

2551 Hwy. 36 North • Sealy

Everyone is WELCOME

A come as you are Church.

Sunday 10 a.m.; Bible Study, 6 p.m.; Wednesday, 7 p.m.

Pastor: Sonny Rice

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