



Cen-Tex Family Services, Inc. recently named its new policy council members. Left to right, Dr. Tamera Stark, Community Representative, Bastrop ISD Community Services Coordinator; Shirley Adams, Smithville Center Parent President; Heather Bandelman, Community Representative, Program Director CASA of Bastrop; Christina Rodriguez, Eagle Lake Parent President; Missy Goldstein, Lost Pines Parent President; Cindy Smith, Columbus Parent President, Policy Council Vice-Chair; Sandra Hernandez, Bluebonnet Parent President; Sam Lopez, Giddings Parent President, Policy Council Chair; Danita Robinson, La Grange Parent President, Policy Council Secretary; Ms. Jewell Hodges, Board Member, Policy Council Board Representative, Zulema Padron, Stoney Point Parent President. Policy Council not available for photo, Susie Vasquez, Cedar Creek Parent President; Matilda Hernandez, Elgin Parent President; Terri Sanders, Mina Parent President; Charitty Alexander, Red Rock Parent President; Martin Dorantes, Community Representative and Marcia Bennett, Community Representative.

Cen-Tex Names New Policy Council

Cen-Tex Family Services, Inc. is the grantee for the Head Start program in a four county region that includes the counties of Bastrop, Colorado, Fayette, and Lee. Children, who are three and four years old, are served within 12 Head Start centers located in Bluebonnet, Mina, Lost Pines, Cedar Creek, Columbus, Eagle Lake, Elgin, Giddings, La Grange, Red Rock, Smithville, and Stoney Point.

The mission of Cen-Tex Family Services, Inc. is to promote school readiness and seek to improve the quality of life for the children and families served, to empower them to become self-sufficient contributing members of society.

The affairs of the corporation are under the control of a Board of Directors. The Board works closely with the Policy Council whose membership consists of

parents of the children served, and community representatives.

The newly seated Policy Council had its first meeting in La Grange, Thursday, November 2, under the direction of Sam Lopez, PC Chair.

The meeting concluded with a meet and greet activity for the Policy Council and Board. Everyone enjoyed a Thanksgiving dinner while getting acquainted.

Holiday Tips For Divorced Parents

The holidays can be stressful on families - even more so for children of divorced parents. For many, the picturesque holiday of families celebrating with food and gifts, with mom, dad, son, and daughter joined under one roof has been displaced.

Today, over one-third of all marriages end in divorce as reported by the National Center for Health Statistics. Many children now celebrate their holidays

under several different roofs and possibly with more than one mom or dad, creating the potential for the holidays to be difficult and stressful times for children and parents of divorce.

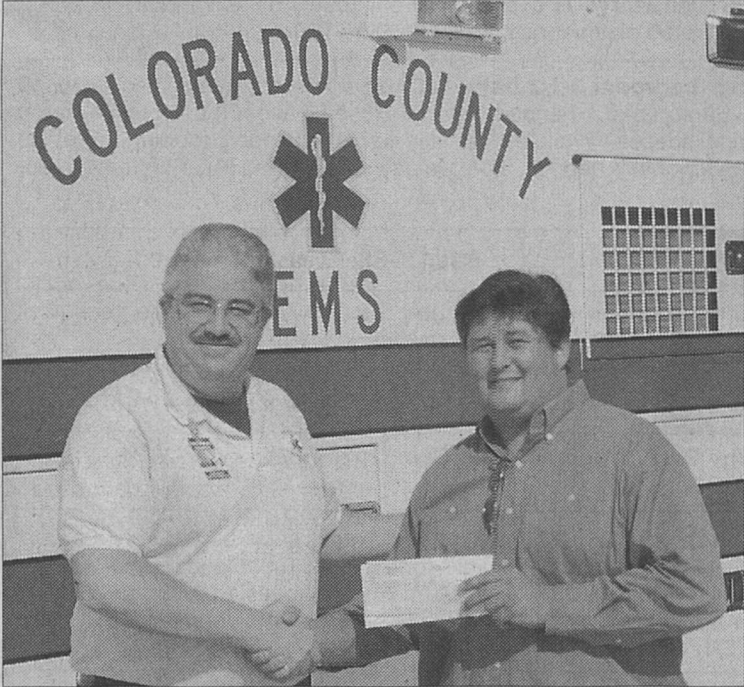
These modern times have delivered to us the alternative family, including but not limited to ex-spouses, step-parents, and step-siblings.

Here are some tips from The California Association of Mar-

riage and Family Therapists to help these children enjoy the holidays:

- * Stick with a routine. It is important for children to have a sense of stability and predictability during the holiday season.
- * Make a plan. Communicate to your ex-spouse or co-parent beforehand about holiday plans and schedules with your children. For instance, one option can be Christmas Eve with one parent and Christmas Day with another. Also, it is important for co-parents to put their schedules in writing, perhaps facilitated by a divorce lawyer, so there is no confusion about who gets which holiday and when.
- * Orchestrate the giving of gifts. Know what the other parent is giving your child and give your gifts accordingly. Avoid double gifts and ones that "out-do" the other parent.
- * Above all, let children love their parents. Allow your children to keep in touch with your co-parent even while in your care.

The holidays can be a time for feasting, laughter, and happy memories. Remember, as a parent, you have the responsibility to create for your child a most joyful holiday season, and with the proper support system and professional help, you and your family can celebrate the season with ease and enjoyment.



Chuck Rogers, left, director of the Colorado County Emergency Medical Service, accepts a \$500 check from Headlight Publisher James Sweet. The EMS service was a beneficiary in a recent circulation drive by the Headlight.

November Crop Production Forecast

The 2006 Texas Upland cotton crop is expected to total 5.7 million bales, down 32 percent from 2005 and six percent up from last month, according to the Texas Field Office.

Yield is expected to average 651 pounds per acre, up 34 pounds from last month and 72 pounds less than a year ago.

Corn production is forecast at 168.2 million bushels, down 20 percent from last year's production and unchanged from last month.

Based on Nov. 1 conditions, statewide yield is expected to average 116 bushels per acre, two bushels more than in 2005 and unchanged from last month.

Texas peanut production, at 555 million pounds, is down 43 percent from last year.

Statewide yield, at 3,700 pounds per acre, is down 50 pounds from last year and unchanged from last month.

Sorghum production is forecast at 45.7 million hundredweight (cwt), down 26 percent from last year and unchanged from last month.

Yield, at 2,688 pounds per acre, is down 672 pounds from last year and unchanged from last month.

Rice producers expect to harvest 10.4 million cwt, down 24 percent from 2005 and unchanged from last month.

Yield is forecast at 7,000 pounds per acre, up 200 pounds from a year ago and unchanged from last month.

The 2006 Texas soybean crop is forecast at 4.2 million bushels, down 30 percent from last year's production and unchanged last month's forecast.

Yield is expected to average 21 bushels per acre, down five bushels from last year and the same as last month.

United States corn production is forecast at 10.7 billion bushels, down three percent from last year's crop and down one percent from last month.

A yield of 151.2 bushels per acre is forecast, up 3.3 bushels from last year and down 2.3 bushels from last month.

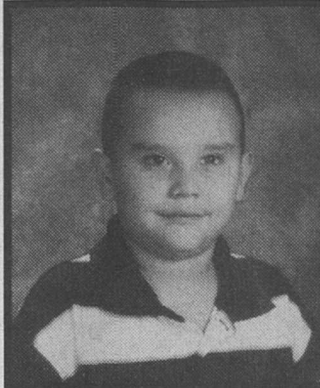
The sorghum crop is expected to fall 27 percent from last year to 161.5 million cwt.

The U.S. Upland cotton crop is expected to total 20.5 million bales, down 12 percent from last year, but up three percent from October.

Soybean production is forecast at 3.20 billion bushels, up five percent from last year, and up slightly from last month.

The U.S. peanut crop is estimated at 3.37 billion pounds, down 31 percent from a year ago.

U.S. rice production is forecast at 193.3 million cwt, up one percent from October and down 13 percent from 2005.



Happy 7th Birthday
Jeremy Gonzales, Jr.
11-27-06

Love,
Your Family

American Smokeout In 30th Year

As America celebrates the 30th anniversary of the American Cancer Society's (ACS) Great American Smokeout® this Thursday, Nov. 16, the Society recognizes 14 Texas cities for choosing to go smoke-free. As smokers prepare to quit for a day on the Smokeout, the proliferation of public smoking laws provides an additional incentive to quit.

Most recently, the city of Houston adopted an ordinance in October making virtually all workplaces, including restaurants and bars, smoke-free. On Nov. 7, the citizens of Baytown and Abilene voted to go smoke-free. Houston, Baytown, and Abilene join 11 other Texas cities with comprehensive ordinances that elevate the importance of public health and workplace safety.

"There are 47 ordinances in Texas that have some smoke-free components, and 14 of those cities have reached the gold standard of protecting all workers," said James Gray, government relations director for the ACS in Texas. In the 14 gold standard cities, all employees in the workplace are protected from secondhand smoke, including employees in restaurants and bars.

Thirty years ago, there were no public smoking ordinances in Texas. The first ordinances to pass in the state provided separate smoking and nonsmoking areas in restaurant and workplaces and did not address bars.

Now the growing trend is toward the comprehensive ordinance that treats all workplaces equally.

Smoking rates have dropped from 42% to 22% in Texas since the release of the Surgeon General's Report on Smoking in 1964. This past June, U. S. Surgeon General Richard H. Carmona released a report on the harmful effects of secondhand smoke and called on public policy makers to protect the health of workforce employees by enacting comprehensive smoke-free laws. The report concluded that there is no safe level of exposure to secondhand smoke.

"Thirty years ago, people could smoke just about anywhere," said Gray.

"It was acceptable then to smoke on airplanes, at the movies, even in public schools. Now we know that secondhand smoke causes illnesses and that children and nonsmokers should be protected from the health hazards of involuntary smoking."

The 14 Texas cities choosing to go smoke-free include Abilene (ballot vote awaiting city council action), Austin, Baytown, Beaumont, Copperas Cove, El Paso, Fredericksburg, Houston, Laredo, Portland, Robinson, Vernon, Victoria, and Woodway. In the U.S., more than 2,300 communities and 17 states now have smoke-free laws. Ohio and Arizona also voted Nov. 7 to go smoke-free. Hawaii's state law becomes effective Nov. 16.

It is estimated that secondhand smoke causes 35,000 to 45,000 deaths each year from heart disease and 3,000 more deaths from lung cancer among nonsmokers. More than 564,000 Americans will die from cancer this year, and 30% of those deaths will be caused by tobacco.

In Texas, almost 11,000 people are expected to die from lung cancer in 2006. All diseases combined,

tobacco-related deaths amount to about 27,000 Texans a year - or 500 Texans every week.

Reductions in smoking account for about 40% of the decrease in cancer death rates among men since 1991. However, lung cancer is still the leading cause of cancer death in both men and women, claiming the lives of an estimated 162,460 Americans - including almost 11,000 Texans - this year. In the U.S., tobacco use is responsible for nearly one in five deaths, or approximately 435,000 lives, annually.

Smokers who want to quit are urged to call the ACS Quitline®, a clinically proven, free telephone-based counseling program, at 1-800-ACS-2345, or to log on to www.cancer.org/smokeout, to embark on a personal plan to quit.

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Taqueria Lupita

To show our appreciation to our customers we will be giving away 3 Free Turkeys every Friday at 8:00 p.m. from November 3 to 17, 2006. Put your name and phone number on your ticket order number in order to enter the drawing. Thank You and Happy Thanksgiving

Last Week's Winners Were:

Roy Sanders
Linda Schmoker **Maria dela Garza**

Happy Birthday

Joel
Nov. 26

Commie
Nov. 17

Love,
Gracie

I Would Like to Sincerely Thank

Everyone for helping me. First and most of all God, my husband, Republican Party Members, friend Lisa, many other family members, granddaughters, and friends that spent time helping me the last year put the Campaign together and launch it. I truly thank the voters and their support, we were a little short of a win, but made it a great campaign. I enjoyed meeting many people and visiting with you, this has been a once in a lifetime experience and gave me many happy moments to remember.

Thanks to everyone!!

Deborah "Debbie" Herring

Happy Birthday

Joe & J.J.

Love,
Gracie

CONGRATULATIONS

to those who voted in the election last week...

THANK YOU to those who voted for me in the election last week...

SPECIAL THANKS to those who worked and helped in my campaigns.

I PROMISE to serve all the people in Precinct Four as a fair and impartial judge, with justice for all.

George Cason

PAID FOR BY THE GEORGE CASON CAMPAIGN-MARGIE CASON, TREASURER
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