

Commemorate African American Heritage During Black History Month

AUSTIN, Texas — During the month of February, the Texas Historical Commission (THC) invites travelers to honor Texas' diverse culture by exploring African American heritage.

Only available online at www.thc.state.tx.us/travel. African Americans in Texas: Historical and Cultural Legacies is a brochure created by the THC to provide travelers with information on statewide cultural attractions and educational resources about

Texas' African American legacy. The guide is a part of the THC's award-winning heritage tourism initiative and highlights exemplary individuals, communities, cultural and historical attractions, entertainment and

special events occurring across the state. The brochure also addresses and recognizes the struggles and triumphs of African Americans in Texas. "The significance of African

American participation in Texas' history is one of the most important journeys in our state's record," said Larry Oaks, THC executive director. "Years of research went into this project and we hope it creates a deeper appreciation for the diversity of the people and places throughout Texas."

Events commemorating Black History Month are taking place in communities across Texas, including The Vintage Years: Movie Posters from the Early Years of Black Cinema, a celebration at the Heritage Society in downtown Houston of the rich cultural legacy of the African American experience in film. The exhibit runs through March 4. Check your local chamber of commerce for other events, or take a road trip with the THC's online brochure to experience the legacy of African Americans in the Lone Star State. To download a copy of the brochure, African Americans in Texas: Historical and Cultural Legacies, or to find other Black History Month events by heritage region, visit www.thc.state.tx.us/travel.

Tips From Sally Garrett

County Extension Agent

Tips For Lowering Blood Cholesterol Levels

During February, which is National Heart Month, there are steps which you can take to lower your blood cholesterol levels and be "heart smart", says Sally Garrett, County Extension Agent - Family & Consumer Sciences. Changes can be made in your diet, which are healthy, easy, tasty and exciting. The goal is to eat a diet lower in saturated fat and cholesterol.

The National Heart, Lung and Blood Institute recommendations for total fat, saturated fat, and cholesterol or people with high blood cholesterol are:
 Reduce your total fat intake to 30% or less of your total daily calories.
 Limit saturated fat to less than 7% of total daily calories.
 Limit cholesterol intake to less than 200 mg per day.
 Increase the amount of soluble fiber (whole grains & vegetables)

in your meals.
 These changes can be gradual but they can become healthy life-long habits. Some ideas that will allow you and your family to meet these recommendations are:
 Drink 2 or more serving of skim milk daily. If your family drinks whole milk now, switch to 2% milk and then to skim. With skim milk you will get the same nutrients without the fat.
 Use egg whites and egg substi-

tutes in place of whole eggs. Keep your egg yolk consumption to no more than 4 per week.
 Limit your consumer of cheese. Select cheeses with less than 6 grams of fat per ounce such as part-skim mozzarella, string cheese.
 Choose two 2-3 ounce servings daily of lean meats, poultry, and fish. Be sure to trim all excess fat before cooking. By removing the skin from poultry the fat content is reduced by 1/3. Some lean and tasty choices included:
 Beef - round, sirloin, loin
 Lamb - leg, loin
 Pork - tenderloin, leg (fresh)
 Veal - all trimmed cuts except ground
 Poultry - without skin
 Fish - shellfish
 Switch from butter to margarine. Margarine contains less saturated fat than butter and tub margarine contains less saturated fat than margarine in stick form. Go easy on the amount you use since all types get 100% of their calories from fat.
 Eat plenty of vegetables - fresh, frozen, or canned (3 to 5 servings daily).
 Eat plenty of fruits - fresh, frozen, canned, or dried (2 to 4 servings daily).
 Eat more whole grain products (6 to 11 servings daily). Read the label to be sure it is a whole grain product.
 Making a few changes in your daily diet can help you have a healthier lifestyle and help lower your blood cholesterol level.
 For further information or for a copy of the "Heart Smart" newsletter series, contact the Colorado County Extension Office at (979) 732-2530 or stop by 316 Spring Street in Columbus.

Additional free heritage region brochures are also available online or can be ordered by calling 866/276-6219.
 The Texas Historical Commission is the state agency for historic preservation. The agency administers a variety of programs to preserve the archeological, historical and cultural resources of Texas.

COLORADO COUNTY COURTHOUSE REPORT

Fourteen Indicted By Grand Jury

Fourteen individuals were indicted by the Colorado County grand jury, meeting on Thursday, Feb. 8.

- Those indicted included:
 --Juan G. Aguilar, 24, of Garwood, escape while an arrested felon on Jan. 22 for failure to report to jail after being given time to take care of personal affairs.
 --Patrick Casanova, 25, Eagle Lake, unlawful possession of a firearm by a felon on Dec. 27.
 --Justin L. Castaneda, 29, San Antonio, possession of a controlled substance, methadone, 4 to 200 grams on Dec. 24, 2006.
 --Jason J. Caviness, 27, Columbus, assault on a public servant, Dustin Slubar a sheriff's deputy on Jan. 21.
 --John K. Hayward, 43, Galveston, DWI on Dec. 1.
 --Roland Hayes Hemphill II, 31, and Terrell J. Miller, 24, both of Eagle Lake robbery on Sept. 7 by assaulting a man with a bottle. Hemphill was also indicted for possession of a controlled substance, 1 to 4 grams of cocaine on Jan. 12.
 --Eddie D. Henry, 35, College Station, and Kiara M. Roy, 17, of Eagle Lake, burglary of a residence on Jan. 19.
 --Daniel Ramirez, Columbus, 55, aggravated assault with a deadly weapon, a knife, on Jan. 13.
 --Isidro Soto Rodriguez, 56, Cat Spring, DWI on Jan. 27.
 --Roderick T. Stevens, 29, Houston, evading arrest on Jan. 26, by fleeing sheriff's deputy Randy Thumann.
 --Michael G. Voldan, 51, Cypress, DWI on Oct. 26.
 --Elroy Joseph Wright, Glidden, 42, possession of a controlled

substance, cocaine, 1 to 4 grams on Dec. 31.

Twenty-five People Sentenced In County Court

- Twenty-five individuals were sentenced in County Court on Wednesday, Feb. 7.
 --Charles M. Camacho, possession of marijuana, 45 days jail.
 --Johnny Camacho Jr., fictitious/counterfeit insp/ins doc for display, three days jail, \$350 fine.
 --Oziel E. Flores, possession of marijuana, one-year deferred adjudication, \$250 fine, attend drug class.
 --Diane Dolch Fuller, driving while intoxicated, 30 days jail; driving while license invalid, 30 days jail, \$100.
 --Abel De Jesus Guevara, driving while intoxicated, one-year probation, \$500 fine.
 --Brandon L. Harrison Jr., possession of marijuana, three days jail, \$350 fine.
 --Michael Eddie Ison, driving while license invalid, three days jail, \$350 fine; duty on striking unattended vehicle, 15 days jail, \$250 fine.
 --Jennifer Johnson, driving while intoxicated, one-year probation, \$500 fine, interlock device.
 --Sheila Dawn Kettering, criminal trespassing, 15 days jail.
 --Kevin Dewayne Middleton, criminal trespassing, 15 days jail.
 --Raymond Thomas, assault causes bodily injury to family member, 50 days jail.
 --Nicholas W. Yearwood, driving while license invalid with previous conviction, six months deferred adjustment, \$100 fine.
 --Michael Alley II, criminal mischief, \$350 fine, \$69.23 restitution.
 --Allyson A. Adame, driving

while license invalid, one-year deferred adjudication, \$500 fine.

--Salah Rezeq Al-Omari, possession of marijuana, three days jail, \$500 fine.

--Perry L. Cook, driving while license invalid, six months deferred adjudication, \$100 fine.

--Jesse Deleon, possession of marijuana, 30 days jail; driving while license invalid, 30 days jail and \$100 fine.

--Ryan Coleman, driving while intoxicated, motion to revoke probation, 20 days jail.

--Nikolas Llanos, possession of marijuana, 15 days jail.

--Francisco J. Maldonado, driving while license invalid, six months deferred, \$100 fine.

--Mauricio F. Rodriguez, possession of marijuana, 15 days jail.

--Melvin Ray Shelton, driving while license invalid, six months deferred adjudication, \$150 fine.

--Travis Barrett Stech, assault causes bodily injury to family member, 90 days jail, restitution lien \$700.

--Criston Jason Thomas, possession of marijuana, six months deferred adjudication, \$250 fine.

--Gregory A. Turk, driving while license invalid, three days jail, \$250 fine.

Marriage Licenses
 Murray Anthony Papero and Robin Marie Westcott, Feb. 5.
 Marcus Lee Woods and Sophia Grantay Conner, Feb. 7.
 Adrian Felix Meyer and Shirley Ann Poppe, Feb. 9.

Divorces Granted
 Jennifer Jenkins and Issac Jenkins, Feb. 8.
 Jason Jones and Aneta Jones, Feb. 8.

One Civil Suit In District Court
 One civil suit was filed last week in Colorado County District Court.

On Feb. 7, Deutsche Bank National Trust Co. filed suit in a dispute with Janelle Willis. The suit involves a purchase agreement for manufactured home.

Vegetarian Chili Recipe

In a study released in 2006, Australian researchers found that chili helped reduce post-meal insulin spikes. This is important because a spike in insulin can be a sign of insulin resistance, which ultimately may lead to type 2 diabetes. That said, those looking to stay warm this winter while possibly doing so in a more healthy manner might want to try the following recipe for "Vegetarian Chili."

Vegetarian Chili

- Makes 10 Servings
 1 pound dried black beans
 2 ounces olive oil
 8 ounces small diced onions
 8 ounces small diced green peppers
 8 ounces small diced red peppers
 8 ounces small diced yellow peppers
 12 ounce minced garlic
 12 to 1 chipotle in adobo sauce, finely chopped, plus 1 teaspoon adobo sauce
 2 poblanos, roasted, seeded and peeled
 2 teaspoons chili powder
 1 tablespoon ground cumin
 3/4 tablespoon ground coriander
 2 1/2 ounces tomato paste
 6 ounces white wine
 28 ounces vegetable stock
 5 ounces small-dice tomatoes
 12 ounce masa harina, diluted in vegetable stock to make a slurry
 8 ounces grated Monter-

- rey Jack
 5 ounces sour cream
 3 tablespoons chopped cilantro
 Salt, as needed
 Pinch, ground cinnamon
 Ground black pepper, as needed
 Sugar, as needed
 1. Sort the beans and rinse well with cold water.
 2. Soak the beans using the long or short method. Drain the soaked beans.
 3. Simmer the beans for one hour. Add salt and continue to simmer until the beans are tender to the bite, 20 to 30 minutes. Drain well.
 4. Heat the oil in a large saucepan over medium-high heat. Add the onions, peppers, garlic, chipotle, and poblanos and saute until aromatic and just turning golden.
 5. Add the chili powder, cumin, coriander, and cinnamon and cook until aromatic. Stir in the tomato paste and cook for 2 minutes.
 6. Add the wine and reduce by 2/3. Add the stock and tomatoes, bring to a simmer, and cook gently for 8 to 10 minutes, or until the vegetables are tender.
 7. Add the drained black beans and cook an additional 5 minutes.
 8. Add the masa slurry to the chili, mix well, and bring back to simmer. Season with salt, pepper and sugar.
 9. Serve immediately, garnished with cheese, sour cream and cilantro or hold it hot for service.


Compare Our CD Rates

Bank-issued, FDIC-insured to \$100,000		
1 year	5.20% APY*	Minimum deposit \$5000
3 year	5.20% APY*	Minimum deposit \$5000
5 year	5.15% APY*	Minimum deposit \$5000

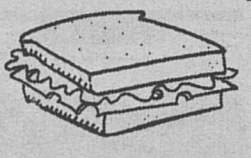
*Annual Percentage Yield (APY)- Interest cannot remain on deposit; periodic payout of interest is required. Early withdrawal is not permitted. Effective 2/12/07. Subject to availability and price change. The amount received from a sale of a CD at current market value may be less than the amount initially invested.

Call or stop by today.
Gary Braun & Russell Braun
 526 Spring
 Columbus, TX 78934
 (979) 732-8266 or
 1-800-752-8266
www.edwardjones.com
 Member SIPC
Edward Jones
 MAKING SENSE OF INVESTING

THE WILD GOOSE CHASE



BOOKSTORE & COFFEE BAR
 704 S. McCarty Ave
 Next To The Pharmacy



Russell Prause To perform Feb. 21 Noon-2 p.m.

We have now added **Wednesdays and Saturdays** to the sandwich menu.


Also new on Fridays: **Dagwood Sandwiches.** Not just your plain ol' ham & cheese. So now you can get a sandwich 5 days a week!

And don't forget to browse the new selection of books, gifts and greeting cards!

Happy Valentine's Day To All My Family

Mom,
 Chino & Tiffany,
 Grandma Anita,
 Aunt Alvina and Uncle Alex,
 Valerie and Cleve, Cleve Jr.
 and Candace and Tre',
 Robert and Sammi,
 Summer and R.J., "Cat" and
 Linda, Rendi and Raelynn,
 John and Rosie, Daniel and Angie

Love, Donna



Home & Garden 2007





March 1

get your ad in today

Mid pleasures and palaces though we may roam,
 Be it ever so humble,
 there's no place like home.

- John Howard Payne, Home, Sweet Home

To advertise call:
 979-234-5521




Advertising Deadline Feb. 23