



Houston Cummings participates in the CPR training recently held by Rice CISD.

Rice Holds Red Cross Training

By Alyssa Hernandez
The teachers of Rice CISD, along with the Central Office Personnel, recently took part in a CPR/AED, and infant CPR Training course given by the American Red Cross.

The class took place in the Rice High School commons beginning at 3:00. Although it was not required for teachers to attend, Principal Leroy Stavinoha did stress its importance. Dinner was catered by Austin's Bar-B-Q.

All 37 participants of the course passed the test and became certified.

Texas Crop Weather Report

Agricultural Summary

Weather conditions were generally unstable and mostly dry across the state. At the beginning of the week, many producers experienced the warmer temperatures that they needed in order to dry fields.

By midweek, weather conditions were less favorable as a cold front moved across most areas of the state. Several sections of the High Plains reported as much as 1.0 to 3.0 inches of snow.

Many field activities were delayed across the state as a result of the cold front, with additional stress added on cattle.

Only a handful of locations received traces of rainfall as the

majority of the state was very dry. In South Texas, many producers began preparations for spring planting.

Field Crops Report

Small Grains: Extremely cold temperatures and high winds hindered small grain growth in the Cross Timbers. Producers in the Blacklands were able to get back into wheat and oat fields in order to apply top dressing fertilizers despite the high winds and cold temperatures.

In South Texas, dry conditions slowed wheat and oat progression. Wheat and oat condition was mostly fair to good statewide.

Cotton: Land preparation for planting was ongoing in the Trans-Pecos.

Fruit, Vegetable and Specialty Crop Report

Harvest of cabbage and spinach continued in the Edwards Plateau. Also, fruit producers were more optimistic about future harvest as they received a much needed increase in chilling hours.

Dry weather in South Texas provided ideal conditions for cabbage and broccoli harvest. Producers in the Lower Valley continued to harvest sugarcane,

vegetables, and citrus.

Livestock, Pasture and Range Report

Supplemental feeding continued across most areas of the state as producers attempted to maintain body condition in their livestock herds. Some areas of the Northern High Plains suffered from extremely muddy conditions, which contributed to bogging.

Lice infestation was a problem in the Northern High Plains, Cross Timbers, and North East Texas. Hard rains are still needed in both the Cross Timbers and Edwards Plateau in order to fill stock tanks.

Low temperatures in the later half of the week caused additional problems for livestock producers in the Blacklands with limited grazing and short hay supplies.

In North East Texas, prices continued to be strong for high quality cattle. Also, producers are hoping for increased growth in previously planted ryegrass.

Many livestock producers in South Texas reported an increase in cool season forage production, but most still continued supplemental feeding. Statewide, range and pasture condition was mostly fair to poor.

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Texas Milk Production Up Three Percent

Texas milk production totaled 618 million pounds during January, up 3 percent from last year's production of 600 million pounds.

December 2006 production totaled 611 million pounds.

The number of milk cows during January averaged 347,000 head, up 21,000 head from last year and up 1,000 head from the December 2006 number.

Production per cow averaged 1,780 pounds during January, 60 pounds less than last year and 15 pounds more than December 2006.

Milk production in the 23 states participating in the monthly survey totaled 14.2 billion pounds, up 1.4 percent from production in these same states in January 2006.

December revised production, at 14.0 billion pounds, was up 2.8

percent from December 2006.

Production per cow during January averaged 1,719 pounds, 8 pounds above a year ago. The average number of milk cows in the 23 states was 8.28 million head, 81,000 head more than last year and 3,000 head more than December 2006.

USDA To Survey Planting Plans

How many acres of cotton, corn or sorghum do farmers intend to plant this growing season?

Will intended acreage be above or below last year?

These are just a couple of the critical questions the Texas Field Office of the U.S. Department of Agriculture's National Agricultural Statistics Service (NASS) will be asking more than 5,900 producers statewide as part of the March Agricultural Survey.

"The March Agricultural Survey, also known as the Crops/Stocks Survey, is one of the most important surveys conducted each year by NASS," explained David Abbe, Director of the NASS Texas Field Office.

This survey will provide the first official estimates of U.S. farmers' planting intentions for

2007, giving a glimpse at the upcoming growing season.

"Data from the March Agricultural Survey benefit farmers and ranchers by providing timely and accurate information to help them make critical decisions for their operation."

"When finalizing cropping and marketing plans, this survey will be one of the most important sources of information for producers," added Abbe.

Beginning the end of February, selected Texas producers will be contacted by mail, telephone or personal interview and asked to provide information on the crop acreage they intend to plant for the 2007 crop year.

NASS will also collect data on quantities of grains and oilseeds stored on-farm.

The information will be compiled and analyzed then published in a series of USDA reports, including the Prospective Plantings report and quarterly Grain Stocks report, both to be released on March 30.

As with all NASS surveys, information provided by respondents is confidential by law. "NASS safeguards the confidentiality of all responses and publishes only state- and national-level data, ensuring that no individual operation or producer can be identified," stated Abbe.

All reports are available on the NASS web site: www.nass.usda.gov. For more information on NASS surveys and reports, call the NASS Texas Field Office at 1-800-626-3142.

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COLORADO COUNTY COURTHOUSE REPORT

One Suit Filed In District Court

One suit was filed in Colorado County District Court in the past

week.

Prosecutors filed suit on Feb. 13 against Jamal Zadok Claude, seeking forfeiture of a \$10,000 bond after he failed to appear at

a court hearing on a charge of possession of marijuana.

Divorce Filed

Virginia Hernandez Mayorga and Joe Adam Mayorga, Feb. 13.

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Fibromyalgia Treatment Involves Multiple Drugs

The medical term *fibromyalgia* is sometimes used to refer to fatigue, pain in muscles, tendons, and ligaments, and tenderness in various places of the body. This chronic condition occurs more commonly in women than in men. The specific cause is not known, however some researchers believe it is caused by a chemical change in the brain, an injury, or possibly an infection. Widespread pain is the main symptom, specifically when pressure is applied to an area of the body. Sleep disturbances and fatigue are also signs of this condition. Restless leg syndrome can be involved. Irritable bowel syndrome is also common in persons diagnosed with fibromyalgia. Headaches and depression may occur. Fortunately, fibromyalgia is not a progressive or life-threatening condition.

Analgesics, such as *acetaminophen*, may help in alleviating the pain and. Other prescription pain medications, such as *tramadol* (Ultram) may be prescribed. A muscle relaxant, such as *cyclobenzaprine* (Flexeril) may be taken at bedtime for muscle pain and spasms. Antidepressants also may be prescribed. Sleep may improve with antidepressants such as *amitriptyline* (Elavil), *nortriptyline* (Pamelor), and *doxepin* (Sinequan). Depression is sometimes treated with *sertraline* (Zoloft) or *paroxetine* (Paxil).

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Sign Vandalism Costs Taxpayers

If you think it is cool to have a traffic sign hanging on your wall, think again. Stealing a sign could steal someone's life.

If you think traffic signs are good for target practice, you better rethink that decision, too. Destroying a sign could destroy a life.

Traffic signs are placed along our roadways for a purpose—to provide information to the traveling public. If the sign is missing or severely damaged, motorists do not get the information.

Several years ago when a group of teenagers removed a stop sign on a state highway in Florida, three people lost their lives because they didn't stop at the intersection.

The vandals were convicted on three counts of manslaughter and one count of grand theft for their criminal act and sentenced to 15 years in prison.

According to state law, tampering with a warning device, such as a highway sign, is a Class

B misdemeanor and carries a penalty of not less than \$25 or more than \$2,000, or up to a two-year jail sentence, or both.

As noted in the Florida case, the penalty can be much stiffer if a crash is the result of a missing or damaged sign.

Do you think shooting paintballs at signs is harmless because the paint will wash off? If so, you are wrong.

When the paintball hits the sign, it damages the reflective material on the sign creating a dark spot and making it harder to read at night.

Paintball hits, just like rifle or shot gun blasts, will leave holes in the sign, too. Only with paintballs, the dark spots are not visible until it gets dark.

Traffic signs are even more important during darkness to alert drivers of conditions that they may not be able to see.

Vandalism of highway traffic signs costs Texas taxpayers \$2.5 million annually in sign replace-

ment and repairs. But it's not just about money.

Lives are at risk when traffic signs are stolen or damaged.

Stop and think before you remove or shoot that traffic sign. Someone's life—maybe one of your friends or family members—could be saved as a result of you making the right decision.

If you notice a missing traffic sign, please contact your local TxDOT office.

If you have information related to incidents of sign vandalism or theft, please contact the sheriff's department.

Fletcher To Return To Columbus

Classical guitarist Peter Fletcher will give a recital at the Nesbitt Memorial Library in Columbus on Monday, February 26, at 7:30 p. m. The performance is free to the public.

Fletcher, a native of Atlanta, Georgia, has released four albums and made numerous appearances on radio and television. He has been studying the guitar since he was seven years old, and made his debut at the age of 15.

In recent years, between more formal concerts and recording dates, he has traveled around the country, playing in small venues such as the library, bringing music to the people. He has played at the library twice before, each time to good-sized audiences and universal acclaim.

Fletcher's appearance is sponsored by the Nesbitt Memorial Library Foundation, Inc., which is supported by the Friends of the Nesbitt Memorial Library.

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