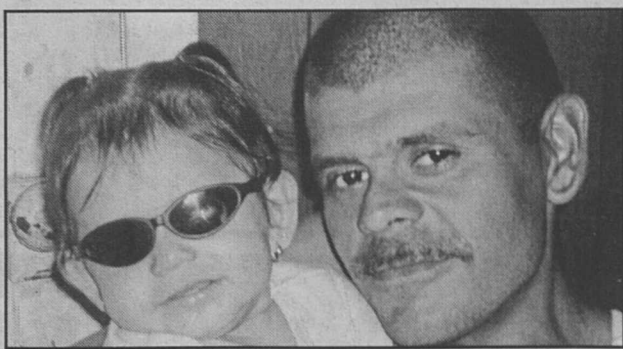


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Happy Birthday Clarissa Sept. 10
Belated Happy Birthday Ralph, Sr. Sept. 2

Love, Grandma and Momma

NOTICE

There will be a Public Hearing on the Fiscal Year 2009 Annual Budget of the City of Eagle Lake on Tuesday, September 23, 2008 at 7:00 p.m. in the Council Room of the Municipal Building.

This Budget will raise more property taxes than last year's budget by \$32,495 (5.17%), and of that amount \$6,266 is tax revenue to be raised from new property added to the tax roll.

SUGARY FOODS

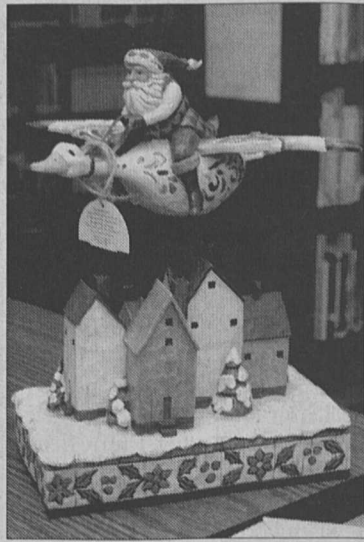
The main culprit behind cavities isn't the amount of sugar in foods. The real issue is how long food stays on teeth. Chocolate, for instance, isn't so bad, since it's not particularly sticky and saliva easily washes the sugar away. The biggest tooth destroyers are often "healthy" foods in disguise. Things like sugared cereals, fried fruits, and chewy fruit leathers cling to kids' teeth for a long time. Rather than ban sweets altogether, limit them to immediately after meals. The saliva your child produces when he chews other foods helps remove the sugars. Also, make sure your child brushed and flosses daily, and encourage him to drink plenty of water throughout the day to flush bacteria from the teeth.

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Another item that will be featured at the Study Club Auction on September 20.

Nesbitt Hosting Guitarist

Acoustic guitarist Dorian Michael will give a free performance at the Nesbitt Memorial Library, September 23, 2008, at 7:00 p. m. Dorian Michael started playing guitar as a seven-year old in Los Angeles just as folk music was about to have a renaissance of sorts and earthy acoustic music was his first guitar experience.

He has been a working guitarist for four decades and in that time has played plenty of blues and folk, jazz and rock and roll.

There has always been a huge variety of playing experience from smokey honky-tonks to theater orchestra pits.

At some point along the way he started playing a few solo fingerstyle instrumentals, made a CD and decided he needed to hit the road and see if he could sell all those CDs he had.

Three solo CDs and four ensemble CDs later Dorian is still playing throughout the States and Canada.

He calls his solo music "contemporary traditional"; original music that reflects his interest in a number of styles of music.

These influences come through in his original material, but it is a contemporary music that grows from, rather than mimics, those influences.

When he plays someone else's music or a traditional piece he always manages to add a few surprises. Says Dorian, "Some music makes you feel, some makes you think and some music is just for the fun of it. I try to get to all those places in the space of a performance."

Columbus will be his 6th stop in as many states in September. Check out the artist's website at www.dorianmichael.com.

The Nesbitt Memorial Library is at 529 Washington in Columbus, one block south and one block west of the courthouse. Call (979) 732-3392 for more information.



Dorian Michael

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Use Your Credit Card To Subscribe



Pictured are some of the items that will be available at the Study Club Auction on September 20.

RMC Welcomes Medical Resident

Rice Medical Center welcomes Medical Resident, Dr. Anthony Soriano who is currently completing his rural health track education under the tutelage of Drs. Russell Thomas, DO, MPH; Ramon Cantu, DO and Lisa Holloway, DO.

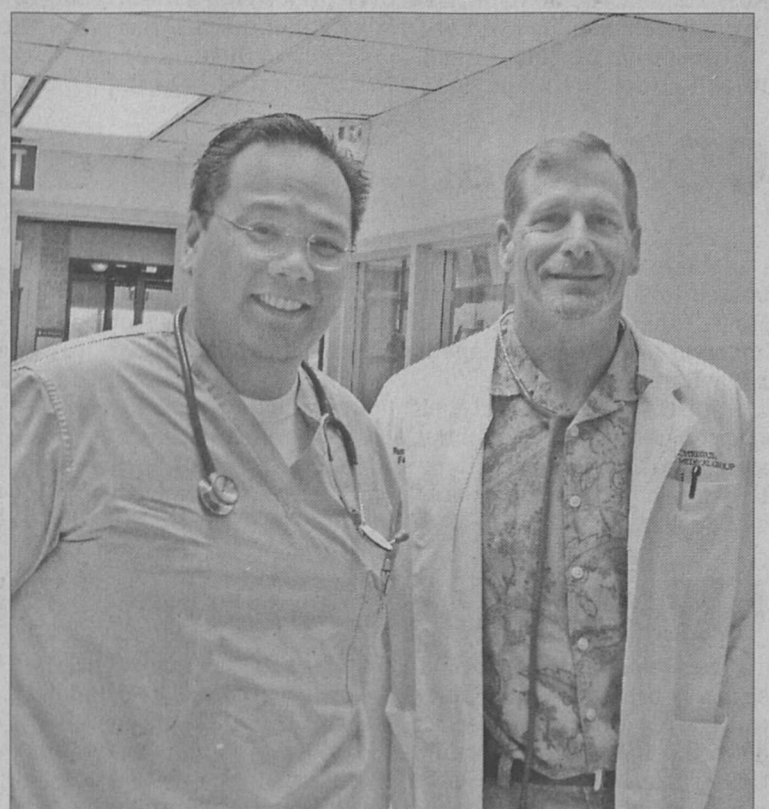
Dr. Soriano, PG III, received his undergraduate degree in Philosophy from the University of the Philippines, and attended medical school from La Salle University College of Medicine, Philippines.

His residency was in anesthesiology from Cardinal Santos Medical Center, Philippines and practiced for four years before transferring to the United States.

Currently he is completing his third year residency in Family Medicine at Brazos Family Medicine, Bryan College Station, Texas.

His wife, Cristina is currently in her own Pediatric Practice in Bryan College Station along with son, Anton, age 10.

Dr. Soriano plans to practice in Bryan College Station as a Family Practice Physician.



Rice Medical Center welcomes Medical Resident, Dr. Anthony Soriano (left) who is currently completing his rural health track education under the tutelage of Drs. Russell Thomas, DO, MPH (right); Ramon Cantu, DO and Lisa Holloway, DO.

RMC Harvest Ball Set For October 11

Rice Medical Center Employee Volunteers' 13th Annual Harvest Ball is scheduled for Saturday, October 11, at the Eagle Lake Community Center.

This year's honoree is Mrs. Elfe Thomas, wife of the late Dr. Raymond Thomas and mother to Dr. Raymond Russell Thomas who currently practices at Rice Medical Center.

The RMC Employee Volunteers proudly honors Mrs. Thomas for her vision, leadership, and commitment to the health and well being of the population Rice Medical Center serves and to her community of Eagle Lake, Texas.

The event, flavored in a Hawaiian theme, will begin at 6 p.m. for social hour, followed by a rib eye dinner at 7 p.m., Salute to Honoree at 7:30, and dancing from 8:30 p.m. to 12:30 a.m. Tickets are \$35 per person which includes open bar, meal and dance.

Sponsorships are also available from \$250.00 to \$1,000 and above. A silent auction, live auction and raffle will be held during the evening. All proceeds will go towards new hospital equipment and renovations.

Rice Medical Center is a twenty-five bed critical access, not for profit rural hospital located in Eagle Lake, Texas.

Emergency and basic ser-

vices are provided primarily to the Colorado, Austin, and Wharton county population. The hospital is dedicated to providing immediate quality care to all.

This commitment also comes with the burden of increasing financial obligations. One of the many ways the Employee Volunteers offset the expense for improvements and renovations is through our annual Harvest Ball.

The Thomas family and Rice Medical Center Employee Volunteers would like to thank you for your support. To purchase tickets or sponsor this year's event, please contact Vicky Pavlu at 979-234-5571.

Tips For Avoiding Rabies Exposure

Many Texans continue to enjoy outdoor activities into the late summer and early fall days.

But Texas Department of State Health Services (DSHS) health officials warn that Sept. and Oct. often has the highest number of laboratory-confirmed rabies cases.

Last year, 114 rabies cases were reported in Sept., and 93 of those were bats.

The only month with a higher total was March with 116 cases out of 969 cases for the year.

In 2006, 120 rabies cases were reported in Sept., another 109 cases in Oct., most in bats.

While these numbers can be eye opening, DSHS health officials say there are things that you can do to keep from being exposed to the rabies virus.

"The most important thing that people can do is to have their animals vaccinated against rabies and keep those vaccinations up to date," said Dr. Tom Sidwa, DSHS veterinarian who heads the department's Zoonosis Control Branch.

"State law requires that you have your dogs and cats vaccinated against rabies by a veterinarian."

DSHS also offers this advice: --Keep cats and ferrets indoors and keep dogs indoors or in a fenced yard.

--Spay or neuter pets to prevent unwanted animals that may not receive proper care.

--Teach children not to play with any animal that they do not know, even if the animal seems friendly.

--Avoid animals, both domestic and wild, that appear disoriented, fearless or aggressive.

Nighttime animals such as bats, raccoons and skunks that are active in the daytime may be sick.

--Do not touch any wild animal that appears ill or dead.

Call your local animal control or local health department for help.

--Don't attract wild animals to your yard.

Avoid leaving pet food outdoors, and keep garbage in closed containers.

--Stay away from wild animals, and never keep a wild animal as a pet.

--Prevent bats from entering the home where they might come in contact with people or pets.

You cannot, however, get rabies just from seeing a bat from a distance.

--If you find a bat in a room with an unattended child, a sleeping person or anyone who cannot reliably say what happened, leave the room, close the door and call your local rabies control or local health department to capture the bat and have it tested for rabies.

Do not touch the bat yourself. --Have domestic ferrets, wolf-dog hybrids and livestock, especially those that are in frequent contact with humans, vaccinated against rabies.

Rabies is a viral illness that affects the central nervous system.

Once symptoms of rabies occur, it is almost always fatal.

However, a series of post-ex-

posure shots, if given in time, can prevent rabies from developing.

Humans and all warm-blooded animals can get rabies.

You can be infected with the rabies virus through the bite of an infected animal. Though rare, you also can get rabies if the saliva from an infected animal gets directly into your nose, eyes, mouth or a fresh wound.

Rabies is a medical urgency not an emergency, but decisions must not be delayed. If you or someone in your family is bitten, DSHS recommends that you:

--Wash the wound immediately and thoroughly with soap and warm water.

Apply an antiseptic if available.

--Seek prompt medical care if an animal bites you or you believe that you may have been exposed to rabies.

Your health care provider will determine if a series of rabies shots is needed. Report all animal bites to your local rabies control authority as soon as possible so the animal can be quarantined or tested if needed.

Be able to describe the kind of animal, its size and color as completely as possible if it has not already been captured.

High-risk animals for rabies in Texas are skunks, bats, raccoons, foxes and coyotes.

Rabbits, hares and small rodents such as squirrels, rats, mice, hamsters, guinea pigs, gerbils and chipmunks are rarely found to be infected with rabies and have not been known to cause rabies in humans.