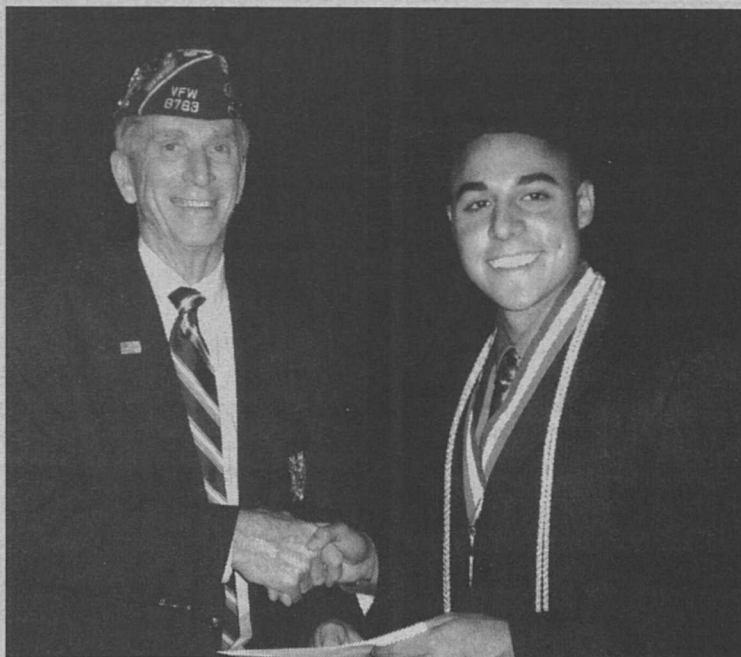


President Len Matula R.V.O.S. Lodge #23 Nada presented two scholarships recently to Trent Popp left, Len Matula center, Chelsea Korenek right.



Commander Len Matula presented the Rice Area Memorial Post 8783 Scholarship to Nicholas Michael Duarte at Rice High School recently.

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Garwood Library Receives Donation From LCRA

Garwood Veterans Memorial Library Receives Donation from LCRA Employees' United Charities.

LCRA Employees' United Charities recently donated \$400 to the Garwood Veterans Memorial

Library for the Summer Reading Program. Funds were used to purchase books as well as supplies to correlate with the Texas State Library Commission's theme "Deep in the Heart of Texas".

Summer Reading Programs

begin Monday, June 8 with activities each Monday at 3:30 through June 29.

Prizes and additional incentives will be awarded to children as they read through the summer.

Subscribe To The Eagle Lake Headlight


In addition, everyone is welcome to play chess on Wednesdays from 2:00-3:00 with Dr. Lowell Miller and the Garwood School Chess Club during the months of June and July. All activities are free and open to the public.

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The Rice Raider High School Band held their Spring Concert on Tuesday May 19. Pictured above are a few members of the Mighty Rice Raider Band. Along with the evening's musical entertainment, awards were given out. Winner of the John Philip Sousa Award was Frank Cisneros.

**Eagle Lake Little League
Hamburger Lunch**
Will be held Sunday, May 31
11 a.m. to 1 p.m.
(Drive Thru Only!)
Little League Field
Homemade grilled hamburger, fixings, chips and dessert for \$6.
Proceeds Benefit Eagle Lake Little League
Tickets available at drive-thru.


Gladystene Shorter Lockett
June 3, 1942 - May 25, 1997
Gone... Never Forgotten!
James Sr., Sherlyn, James Jr., Christal

Helpful Advice For Avoiding Burnout

By **Sally Robinson**
and **Keith Bly**
UT Medical Branch
Galveston

Chances are you or someone you know has children involved in an array of recreational activities.

Swim team, Little League, ballet, soccer and a host of other sports keeps parents running from field to field after work and on the weekend.

Burned out?
We bet.

Now, just picture what all that activity can mean for muscles, joints and tendons in your little star athlete.

We've heard it forever!
Exercise keeps you healthy.
But, too much can offset the healthy benefits of activity.

A recent clinical report in the journal Pediatrics suggests some guidelines to keep burnout at a minimum.

First, though, a little bit about what is commonly referred to as overuse injuries.

As its name suggests, these injuries occur from repetitive movement.

Think along the lines of your star pitcher winding up his arm to beam that fast pitch against his opponent.

It can affect the muscles, nerves, joints and other tissue.

Some have their own names.

Little Leaguers' elbow or shoulder, shin splints and jumper's knee are some examples.

Depending on the sport, your child could suffer from one or more of these injuries.

As recreational sports and intramural teams have exploded in popularity, so have these types of injuries.

About 30 million to 45 million youths ages six to 18 participate in some sort of sport.

Sadly, pediatric sports medicine is a growing area of medicine.

Four years ago, the U.S. Consumer Product Safety Commis-

sion reported more than 3.5 million related injuries in children younger than 15.

Overtraining causes burnout and, at times, parental and coaching pressures can cause overtraining.

To help inform and educate moms, dads and athletic directors, here are some key tips from the American Academy of Pediatrics:

--Make sure your child rests and takes time off every week; one to two days should be plenty.

--Training goals, like a number of repetitions or time spent training, should increase by no more than 10 percent from week to week.

--Give your child the chance to take some time off from his sport from two to three months each year.

--Limit your child's sports involvement to one team per season.

--Stay alert to your child's health.

Complaints of muscular or joint pain, fatigue or nonspecific muscular pain should be addressed.

If you're a parent, take cues from your child on whether she's enjoying the sport.

Encourage team building and good sportsmanship over winning.

Keep in mind, children who specialize in one sport before puberty tend to burnout and suffer injuries more than children who participate in a variety of activities.

Remember, focus on making sports fun.

Encourage safe, smart, moderate activity.

If your child complains of an overuse injury, the acronym RICE should help you remember how to treat the early stages: rest, ice, compression and elevation.

Cattle On Feed Down

Cattle and calves on feed for slaughter market in Texas feedlots with capacity of 1,000 head or more totaled 2.68 million head on May 1, down slightly from a year ago.

According to the monthly report released by the Texas Field Office, the estimate was down 5 percent from the April 1 level.

Producers placed 395,000 head in commercial feedlots during April, up 10 percent from a year ago, and down 23 percent from the March 2009 total.

Texas commercial feeders marketed 510,000 head during April, down 6 percent from last year and unchanged from last month.

On May 1, there were 2.24 million head of cattle and calves on feed in the Northern High Plains, 84 percent of the state's total.

The number on feed across the area was down slightly from last year and down 5 percent from the

April total.

April placements in the Northern High Plains totaled 342,000 head, down 23 percent from the March total. Marketings were down 3 percent from last month to 437,000 head.

Cattle and calves on feed for slaughter market in the United States in feedlots with a capacity of 1,000 head or more totaled 10.8 million head on May 1.

This inventory was 3 percent below May 1, 2008.

Placements in feedlots during April totaled 1.60 million head, 4 percent above April 2008. April placements of cattle and calves weighing less than 600 pounds totaled 355,000 head; 600-699 pounds totaled 315,000 head; 700-799 pounds totaled 405,000 head; 800 pounds and greater totaled 525,000 head.

Marketings of fed cattle during April totaled 1.87 million head, 7 percent below 2008.

If the injury or pain persists, don't wait.

See your child's doctor immediately.

Now, go out there and have fun.

Sally Robinson is a clinical professor of pediatrics at the University of Texas Medical Branch at Galveston Children's Hospital and Keith Bly is an assistant professor of pediatrics in the UTMB Children's Emergency Room.

This column is not intended to replace the advice of a physician.

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# OF SELLERS - 196	
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Higher dressing utility & cutter cows	47-58
Lower dressing utility & cutter cows	44-48
Thin Cows	30-44
PACKER BULLS	
Heavyweight bulls	62-72
Utility cutter bulls	52-62
STEERS	#1 #2
150-300 lbs	120-160 106-119
300-400 lbs	114-137 99-114
400-500 lbs	98-124 88-106
500-600 lbs	95-114 83-93
600-700 lbs	92-104 85-100
700-800 lbs	84-98 77-87
HEIFERS	#1 #2
150-300 lbs	114-150 99-112
300-400 lbs	97-130 90-106
400-500 lbs	90-118 83-103
500-600 lbs	89-110 80-92
600-700 lbs	80-100 75-85
700-800 lbs	75-85 65-75
STOCKER COWS	Good Stocker Cow/
Calf Pairs	850-1040
Medium Cow/calf Pairs	650-850
Common Cow/calf Pairs	500-650
Good Stocker Cows & Heifers	600-850
Medium Stocker Cows & Heifers	475-600

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SENIOR CHALLENGES
A common problem among seniors, periodontal disease has been linked to several major health concerns, such as diabetes, stroke, respiratory ailments and heart disease. In addition, infection from the mouth can travel to other parts of the body, jeopardizing a senior's overall health. Medications such as antihistamines, diuretics, analgesics, high blood pressure medication and antidepressants can cause dry mouth (xerostomia), leaving the patient without enough saliva to wash away food and neutralize plaque. Those who experience dry mouth are more susceptible to tooth decay and periodontal disease. It can also cause sore throat, problems with speaking, difficulty swallowing and hoarseness.
See your dentist if you have any concerns about periodontal disease or dry mouth.
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