

Stafford Opera House Presents Dinner Theater Season For 2009-2010

The 1886 Stafford Opera House, 425 Spring Street, Columbus, Texas is excited to announce the productions for the 2009-10 dinner theatre season which begins in November and ends in May.

On November 7, 2009, The Art Park Players of Deer Park will present The Winter Wonderettes. Betty Jean, Cindy Lou, Missy and Suzy create a rockin' 60s party to celebrate the holidays with friends and family!

On February 13, 2010, The Company will take you on a 90

minute, irreverent, fast-paced rollercoaster ride through 900 years of Texas history.

The play entitled The History of Texas...in one darn easy lesson! is guaranteed to keep you laughing.

Join us at the Stafford Opera House Saturday, March 20th, 2010 when we welcome back the Sentimental Journey Orchestra with a twist...

This year, the orchestra will feature the best of the small groups of the big band era: memo-

rable groups like Louis Armstrong's All Stars, Fats Waller, the Benny Goodman Trio, Tommy Dorsey's Clambake Seven, Red Nichols and the Five Pennies, Bob Crosby's Bobcats, Louis Jordan's Tympani Five and more, played by the Sentimental Journey Orchestra Jazz All Stars and featuring their vocal soloist Miss Jesse Boatright.

It's an evening of fun, happy jazz that's guaranteed to set your toes to tapping!

It is Christmas in April, when

The Company returns to Columbus with A Tuna Christmas. Yes, it is the sequel to the hit comedy, Greater Tuna.

Come spend the holidays with all your old favorite citizens of Tuna, Texas (and make some new friends while you're there.)

Two actors (Damian Gillen and Benji Regan) portray all 24 citizens of Texas' third smallest town. This time, it's 24 hours before Christmas as the delightfully eccentric characters attempt to cope with seasonal traumas.

Don't miss this hilarious production on April 10, 2010.

On May 22, 2010 the Art Park Players will present Smoke on the Mountain.

It's the summer of 1938 and the pastor of the Mount Pleasant Baptist church has invited the somewhat wacky Singing Sanders Family to get the spirit moving. The audience is invited to pull up a pew and join the rollicking good times.

More than two dozen vintage pop hymns and hilarious stories from the more or less devout

Sanders family provide a richly entertaining evening that is sure to have the audience clapping, singing, laughing, and cheering.

Season ticket holders will have the same choice seating for each performance and their names will appear in the playbill.

The ticket price for each dinner/performance is the great value of \$35 per person. Season tickets are \$175 per person.

For information or to purchase tickets, call (979) 732-5135 or email us at staffordoperahouse@yahoo.com.

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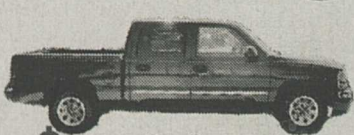
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Flagg Competing for Title

Kierra Flagg of Eagle Lake will participate in the Nationals' 2009 Miss Teen Houston pageant competition on October 3.

She is the daughter of Portia Smith of Eagle Lake.

Kierra learned of her acceptance into this year's competition recently. She submitted an application and took part in an interview session conducted by Patty Neidert, this year's Houston Pageant Coordinator.

She will be competing for her share of thousands of dollars in prizes and specialty gifts to be distributed to contestants.

Kierra will be competing in the Miss Teen division, 1 of 4 divisions that will have young ladies between the ages of 7 and 19 competing in modeling routines including casual and formal wear.

Most important, she will display her personality and interviewing skills while interviewing



Kierra Flagg

with this year's Houston judging panel. Personality is the number one aspect that each contestant is judged on during all phases of competition.

For more information on the competition call 979-733-4611.

Give Menopause The Boot in a (Hot) Flash!

For many women the symptoms of menopause can sneak up before they know what's going on with their bodies.

The effects can be sudden and obvious for some, while others experience symptoms more slowly.

If you're having one of these symptoms -- hot flashes, night sweats, sleep disturbances, mood swings, headaches or joint and muscle discomfort -- you may be experiencing the beginnings of menopause.

The majority of women undergo natural menopause between the ages of 45 and 55.

However, it can occur earlier or later.

Managing menopause doesn't necessarily mean undergoing the potentially dangerous rigors of hormone therapy, once thought to be the "gold standard" of treatments.

Recent studies indicate the risks of such therapy outweigh the benefits.

Instead, in consultation with their doctors, many women are turning to natural methods -- such as improving their diets, taking the right natural supplements and exercising the right way.

With most women living longer, keeping menopause under control is critical for the millions who are living hectic, demanding lives when symptoms first hit.

Approximately ten percent of these women undergo hormone therapy, leaving a huge population untreated, suffering and confused about their options.

They are eager to make an informed decision but aren't sure where to turn for reliable information about treatment options that have been scientifically proven to

be both safe and effective.

One proven, all natural product that is continuously being studied is Femarelle.

In fact, two new studies on Femarelle were presented at the Fall 2008 Annual Meeting of the North American Menopause Society.

Not just another supplement, Femarelle, safely and effectively relieves menopause symptoms and helps prevent bone loss.

According to research, Femarelle alleviates a wide range of menopause symptoms in 76 percent of women with relief felt within the first month of treatment.

Femarelle also improves bone health in 70 percent of women. To do so, it relies on a unique plant-based compound that relieves menopausal symptoms and increases bone mineral density, while having no adverse effects on the uterus or on breast tissue.

Femarelle has also been proven to have no effect on clotting in thrombophilic women. For more information, visit www.femarelle.us or call 1-877-336-2735.

Taking Femarelle or any other product should, of course, not be a substitution for regular exercise and eating a healthy diet.

Exercise is important to women of all ages, and especially to women battling menopause. Weight bearing exercises can help maintain strong bones, prevent osteoporosis and reduce falls that could result in fractures.

These exercises include walking, climbing stairs, lifting weights and even dancing. Yoga also helps relieve stress and anxiety. For more information on menopause, visit www.femarelle.us.

USDA Rural Development Seeks Applications For Grants

Agriculture Secretary Tom Vilsack has announced that USDA is accepting applications for grants to assist agricultural producers seeking to add value to the commodities they produce.

Approximately \$18 million will be awarded nationwide.

"These grants strengthen rural economies and create jobs by helping farmers and ranchers add value to their agricultural products by using them for planning activities such as feasibility studies, marketing and business plans, or for working capital," Vilsack said.

"This program also supports President Obama's goal to expand our nation's renewable energy resources by helping farmers develop renewable energy from agricultural products."

Planning grants up to \$100,000 and working capital grants up to \$300,000 will be awarded through USDA Rural Development's Value Added Producer Grant program.

USDA is encouraging projects that use existing agricultural products in nontraditional ways

and/or merge agricultural products with technology in creative ways.

Businesses of all sizes may apply, but priority will be given to operators of Small and Medium-Sized Family Farms or Ranches with a 3-year average of \$700,000 or less in annual gross sales of agricultural product.

The competitive grants to be awarded under this notice are part of USDA Rural Development's annual budget and are not funded through the American Recovery and Reinvestment Act of 2009.

Applicants must provide matching funds equal to the amount of the grant requested.

Ten percent of available funds are reserved for beginning farmers or ranchers, and socially disadvantaged farmers or ranchers.

An additional ten percent is reserved for projects involving local and regional supply networks that link independent producers with businesses and cooperatives that market value-added products.