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VFW Members are pictured with Kevin Court residents. Pictured from left to right in back are, JC Cooper, Harry Supak, Agust Servantes, Brenda Bittner, Helen Supak, Joy Peroni and Irene Tolliver; front row, Shelia Barnes, Tessie Bibbs and Theresa Rodriguez.

VFW Gives Back to Residents

The VFW Post #8783 of Eagle Lake gave a generous donation toward the "Share a Gift Program" held every December for Kevin Court residents.

This way at least every resident receives a gift for Christmas. For some this is the only gift, seeing as they have no family.

Helen and Harry Supak and Brenda Bittner, manager and host of Kevin Court Apartments, and other generous donors sponsor the event.

This year assisted by VFW Post members Harry Supak, J.C. Cooper and August Servantes.

Tips On Living A Better Life With Diabetes

Living with diabetes doesn't have to be the impediment to a productive life that it once was.

Precautionary Measures

The most important precaution for those with diabetes is to constantly track blood glucose levels.

Fortunately, there are a variety of blood glucose meters to choose from, each one fitting the needs and budget of most patients.

There is even word of a special tattoo on the horizon that will change color when blood sugar levels change.

Maintaining oral health and hygiene is also important, as people with diabetes are at higher risk of gum problems.

Keeping Limbs Healthy

Even with the requisite maintenance involved, diabetes can

still lead to other, far more troubling, health problems.

Diabetics can be prone to circulatory problems in their limbs and to foot ulcers, which left untreated can eventually lead to deformity and possibly even amputation.

But treated properly and early, limbs can potentially be saved.

New Treatments Coming

A number of trailblazing ways to treat diabetes could also be on the way.

While pancreas transplants have shown to treat the ailment, there are several newer less-invasive developments being studied.

For instance, Derma Sciences (DSCD), is in the midst of clinical trials testing DSC127, a new drug believed to activate a type of stem cell in a patient's own body.

What this ultimately does is help treat the lower-extremity ulcers that have proven to be such a problem in dealing with diabetes.

If the product is approved for market, it could empower patients in a whole new way.

The key is to stay current on new treatments to deal with the daily challenges of diabetes.

Over the past few years, diabetes research has come a long way.

And considering the first insulin pump had to be strapped to a patient's back like a knapsack, living with the ailment could soon become easier and safer than it has ever been.

Comptroller Announces \$2.26 Million in Equipment Grants

Texas Comptroller Susan Combs announced today 13 recipients of \$2.26 million in Job Building Fund grants to help finance equipment purchases for new career and technical education programs that support high-growth industries throughout the state.

"I commend these institutions for rising to the challenge of addressing Texas' work force needs," Combs said.

"These grants will help schools finance up-front costs associated with equipment purchases related to their career and technical education programs, laying the foundation to prepare more Texans for employment in high-demand occupations."

The Comptroller's office selected the following institutions for Job Building Fund Grants: Angelina College (Lufkin), \$250,000; Pannola College (Carthage), \$249,813; Lone Star College System (Cypress-Fairbanks area), \$245,500; Alamo Community College District (San Antonio), \$236,690; Wharton County Junior College, \$229,318; Tyler Junior College, \$208,500; Grayson County College (Denison), \$188,460; Lamar State College — Orange, \$150,000; Midland College, \$144,500; Austin Community College District, \$105,000; South Texas College (McAllen), \$100,240; Trinity Valley Community College (Athens), \$97,000; and El Paso Community

College District, \$52,445.

Schools that receive Job Building Fund grants must provide matching funds in the form of cash, equipment, materials, supplies and/or personnel costs.

The Comptroller's office selected grant recipients based on each project's potential economic return to the state and on endeavors that involve dual-credit programs with local high schools or cooperative arrangements with other colleges.

Priority was given to projects that target high-demand occupations and new or emerging industries.

The Job Building Fund is a component of the Comptroller's \$25 million Every Chance Funds program.

The program also includes the \$5 million Career and Technical Scholarship Fund, which allocates money for approved training programs for high-demand occupations, and the \$10 million Launchpad Fund, which supports and expands existing nonprofit programs with a proven track record of good performance.

For more information about Every Chance Funds, visit <http://www.everychanceeverytexan.org/funds>.

Combs' Texas Works report, which details the work force challenges facing Texas, is available on the Comptroller's Web site at www.window.state.tx.us/specialrpt/workforce.

Screening of Private Water Wells Begins Jan. 6

The Colorado County Office of the Texas AgriLife Extension is sponsoring a water well screening for county residents on January 6, 2010, at the County Extension Office, located at 316 Spring St. in Columbus.

Results from the tests will be available at the County Extension Office on January 7 from 3 to 6 p.m.

The cost of the screening is \$5 per sample and you should contact the County Extension Office by calling 979-732-2082 to receive an approved water sampling bag and instructions for taking your well water sample.

It is very important that only sampling bags from the Colorado County Extension Office be used and all instructions for proper sampling be followed to insure accurate results.

This well screening day is designed to inform private water well owners and users of possible contamination of well water from two common contaminants.

These contaminants are fecal coliform, salinity and nitrate.

The presence of fecal coliform in water indicates that feces (bodily waste from humans or animals) may have contaminated the water.

Water contaminated with feces have microorganisms present that can cause a number "water-borne" diseases such as cholera, typhoid, and dysentery.

Nitrates in ground water at levels of 10 milligrams per liter (mg/L or parts per million) is considered unsafe for human consumption.

Nitrate levels above 10 mg/L can disrupt the blood's ability to carry oxygen throughout the body.

Nitrate is converted to nitrite which combines with hemoglobin, the chemical that carries oxygen in the blood to form methemoglobin.

Oxygen cannot bind with methemoglobin, therefore, oxygen is not carried throughout the body. As a result, oxygen starvation occurs. This condition is called methemoglobinemia.

If left untreated, death may result. Infants less than six months of age and young livestock are most susceptible.

Salinity in the form of Total Dissolved Solids (TDS) will also be determined on each sample.

For your convenience the following businesses will have water sampling kits and instructions available beginning December 23, 2009: M-G Farm Service Center - Weimar, Bernardo Farm & Ranch, Heinsohn's Store - Frelsburg, Eagle Lake General Store, Garwood Farmers Co-Op.

Samples should be collected the morning of the January 6 and brought into the County Extension Office or one of the above listed locations by 9 a.m.

Thank You!



The Eagle Lake Volunteer Fire Department

would like to express our sincere gratitude to everyone that contributed to our annual stew supper. This includes ticket buyers, silent auction donors, silent auction buyers and others that made monetary contributions or volunteered their time to help in some way. Without the generous supporters of our fire department, we would not be able to continually upgrade our equipment to better serve and protect our community.

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Fed Cattle Prices Increase in Response to High Wholesale Beef Values

For the week ending Dec. 19, feeder cattle price trends at Texas auctions were mixed.

Some locations reported that prices were steady to \$4 lower as higher grain values and the previous week's lower market for finished cattle pressured prices.

Others were steady to \$3 higher per hundredweight on continued strong demand for cattle for winter grazing.

Fed cattle prices increased in response to higher wholesale beef values.

The cotton market continued to rise amid tight supplies and prospects for improved global demand.

Corn was higher on lingering concerns about last week's Midwest snowstorm and increasing crude oil prices.

As for futures markets, feeder cattle, fed cattle, cotton, wheat and corn ended the week higher while lumber was lower.

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