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STMC Achieves 'Better Performer' Status

The Medical Group Management Association (MGMA) *Performance and Practices of Successful Medical Groups: 2009 Report Based on 2008 Data* identified South Texas Medical Clinics, PA (STMC) as a "better performer" because of superior operational performance compared with similar medical group practices nationwide.

The South Texas Medical Clinics organization has clinics in Wharton, El Campo, Bay City, Needville and Rosenberg.

The main campus location in Wharton is home to the majority of specialists in the STMC group.

This location also includes a comprehensive lab, radiology and other specialty diagnostic

departments which support all clinic locations.

Patients travel less than 30 miles to have most of their diagnostic testing ordered by their STMC physician, another area doctor or a Houston physician.

STMC specialists, including Cardiology, Ear Nose & Throat, Gastroenterology, Nephrology, OB/Gyn, Orthopedic Surgery, Pediatrics, Podiatry, Ophthalmology, Surgery, and Urology can be seen at more than one of the clinics.

They join the Primary Care Team, Family Practice and Internal Medicine providers, at each clinic to provide comprehensive care for patients.

STMC has been an active member of MGMA since the 90s.

Management team members have participated in seminars addressing critical issues facing medical care today.

By bringing back best practices which have helped other clinics, STMC's management has maintained focus keeping the clinics viable in a volatile medical environment.

"South Texas Medical Clinics has a reputation and obligation in our service area to provide the best, cost-effective, comprehensive medical care possible to our patients."

We recognize that medical care is our business, while we, as medical providers, also recognize how important medical care is to our patients.

We strive to make both the best for our patients," stated Dr. Jeffery Gubbels, OB/Gyn, and President of South Texas Medical Clinics.

MGMA's mission is to continually improve the performance of medical group practice professionals and the organizations they represent.

MGMA promotes the group practice model as the optimal framework for health care delivery, assisting group practices in providing efficient, safe, patient-focused and affordable care.

MGMA is headquartered in Englewood, Colorado, and maintains a government affairs office in Washington, D.C.

Multi-County Child Care Provider Training Feb. 27

On Saturday, February 27, a 7-hour multi-county workshop for child care providers will be offered at the Blinn College Student in Brenham.

This program, which is sponsored by Texas AgriLife Extension Service Offices of Austin, Colorado, Fayette and Washington Counties will offer a variety of topics addressing needs of children in the areas of nutrition, health, healthy environments, and educational activities.

Three business administration hours will also be offered to child-care directors and owners.

A registration fee of \$30 will cover refreshments, lunch, information packet, speaker fees, handouts, mailing and printing. For an additional five dollars, 7 CEUs can also be provided through the Technical & Workforce Education Division of Blinn College. Deadline to register is Friday, February 19.

For further information, contact the Colorado County Extension Service 979-732-2530 or access the conference brochure through the Colorado Extension website at <http://colorado-co.tamu.edu> under the events section.

Educational programs of the Texas AgriLife Extension are open to all citizens without regard to race, color, sex, disability, religion, age, or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Co-operating.

Individuals with disabilities

who require an auxiliary aid, service or accommodation in order to participate in this meeting are

encouraged to contact the Fayette County Extension Office at 979-968-5831 two work days prior

to the meeting to determine how reasonable accommodations can be made.

Schulenburg Physician New Board President

H. James Wall, M.D. was elected this month as President of the Colorado-Fayette Medical Society.

This organization is made up of physicians of all specialties from Weimar, Schulenburg, Columbus, Eagle Lake and La Grange.

The Society is affiliated with the TMA and the American Medical Association.

They meet once a month with educational opportunities and speakers from all specialties.

Past presidents include Tom

B. Hancher, M.D., Dr. Jorge Duchicela, M.D., and Dr. Thomas Miller, M.D.

The officers for the Colorado-Fayette Medical Society for the 2010 term are Dr. H. James Wall, President, Dr. Eslam Elhammady, Vice President and Dr. Charles Robert Gobert, Secretary/Treasurer.

H. James Wall, M.D. is a General Practice Physician and Board Certified by the American Board of Physician Specialties in Otolaryngology, Ear, Nose and Throat.

Dr. Wall practices at the Schulenburg Community Clinic and is affiliated with the Colorado-Fayette Medical Center and the Institute of Cosmetic Surgery in Houston.

Eslam Elhammady, M.D. is a Board Certified Obstetrician and Gynecologist affiliated with the Columbus Hospital.

Charles Robert Gobert, M.D. is also associated with the Columbus Hospital and does Cosmetic Medicine and Dermatology.

He is also a Board Certified Family Physician.

Great Tips For Heart Health Month

Considering that by February most people have forgotten their short-lived New Year's resolutions, it's a perfect time to observe Heart Health Month and make changes in your life.

Since 1963, the month has been an opportunity to learn about combating heart and cardiovascular disease, which remains the country's leading killer.

With this in mind, a few helpful tips and some dedication can make a difference in living a healthier life now and extending your golden years.

If you're just starting out adopting new lifestyle choices to strengthen your heart, you first need to set realistic goals.

By setting explicit, achievable goals, you'll have an easier time adopting good habits. Unrealistic expectations ultimately can do more harm than good.

Once you get rolling, here are a few points to help guide you to better heart health:

*** Think of Your Family:** "Take some time to think about your kids or grandkids," says Piscatella. "They need you to lead by example."

Motivation sometimes can be difficult to muster when starting to make significant lifestyle changes.

What better way to push yourself than to think about how it might benefit your family?

*** Forget Candy, Try Fruit:** Diet is a big part of enhancing heart strength.

Eating only broccoli and carrots isn't necessary, but remember that many snack foods are high in trans fats and calories.

Substituting apples, bananas, and other fruits for fattier snack foods is a great way to kickstart your new healthy lifestyle.

*** Try Walking:** We do it daily, but not all of us do it enough.

You don't necessarily need to hit the gym -- simply dedicating a small block of the day to a pleasant walk can make a major difference in getting your heart pumping.

Once you're comfortable walking, consider upgrading to a brisker pace.

Eventually, you should feel a difference in your overall health.

*** No More Crash Diets:** The plight of dieters has been well-documented.

Ninety-seven percent of crash dieters re-gain their weight and more within a year.

This is particularly true of dieters attempting to drastically reduce daily calorie consumption.

Simply choosing different types of foods and making gradual exercise changes is more sensible.

Before beginning any exercise program, consult your doctor.

With our flimsy New Year's resolutions already in our rearview mirror, Heart Health Month couldn't come at a better time.

By adopting a few simple ideas starting in February, this year could turn out to be a major milestone for your heart.

Local Students Among Graduates At Texas State

Texas State University-San Marcos has announced that the following students were among the graduates during spring commencement ceremonies at the university: Donavon L. King, a resident of Altair, received a Bachelor's degree in Psychology; Stuart R. Ray, a resident of Eagle Lake, who received a Bachelor's

degree in Biology; and Marco A. Hernandez, a resident of Garwood who received a Bachelor's degree in General Studies.

Texas State is a doctoral granting university located in the Austin-San Antonio corridor on the edge of the Texas Hill Country.

With an enrollment of 30,816 students, it is the largest campus in the Texas State University System, one of the 75 largest universities in the country and has been named one of America's Best Value Colleges by the Princeton Review.

Texas State is a diverse campus community with minority students comprising more than 28 percent of total enrollment.

It is one of the top 20 producers of Hispanic baccalaureate graduates in the nation.

Henry on Dean's List at ASU

Theresa M. Henry of Eagle Lake was one of a many honorees to be named to the 2009 Fall Semester Dean's List at Angelo State University.

To be eligible for the Dean's List, students must be enrolled full-time and maintain a 3.25 grade point average on a 4.0 scale.

Tooth Loss Is More Common in Smokers

Smokers are about twice as likely to lose their teeth as nonsmokers, according to the results of two separate 30-year studies at Tufts University in Boston. Male and female smokers who smoked one pack a day for 10 years lost an average of nearly 3 teeth - more than twice as many as nonsmokers.

Why does smoking lead to periodontal (gum) disease, which leads to tooth loss? One theory is that tobacco may restrict the blood flow to the gum tissues, which would limit the nutrients necessary to maintain the bone and periodontal support of the teeth. Another theory is smoking causes a chain of events in the mouth, which starts with plaque build-up, which linked to tartar build-up, which can cause gingivitis. From there, the smoker develops periodontal disease. The final result is tooth loss. The chain can be broken by flossing and brushing regularly and by stopping the use of tobacco.

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