

Depression

By Robert N. Cuyler, Ph. D., Clinical Director, Heritage Health Services

Depression is a mental disorder whose under-recognition and under-treatment has enormous consequences on American society.

The National Institute of Mental Health estimates that depression alone has a \$44 billion yearly impact on society in lost productivity, disability and medical costs.

Estimates are that only one of three depressed individuals gets help, despite the fact that effective treatment in the form of anti-depressant medications and psychological therapies are available.

Regrettably, many people do not recognize they have a treatable illness or do not get treatment because they mistake their symptoms for "personal weakness" or are so affected by feelings of hopelessness or lack of energy that they do not reach out for help.

Depression, however, is not just a bad day or an occasional blue mood. It is a definable illness which effects the

whole body, including appetite and sleep.

People with a depressive illness cannot just will themselves better or "pick themselves up by their bootstraps".

In the absence of treatment, the individual may be disabled by symptoms lasting months or years, with recurrences of severe symptoms likely in the future.

Suicide is all too common among people with untreated depression.

Among elderly individuals, depression is particularly likely to be overlooked, despite an increased risk for depression among this age group. It is particularly easy for seniors, their families and their health care providers to explain away depression as a normal response to aging, frail health or life losses.

Depression in the elderly can also mimic other health problems.

In addition, or even instead of feel-

ing sad and despondent, seniors with clinical depression may experience bodily symptoms such as headache, joint pain, stomach pain and back aches without clear physical cause.

Depression may also interfere with memory and concentration to the extent that the individual may appear to have a dementia such as Alzheimer's Disease.

A thorough medical and psychological assessment is necessary to properly diagnose depression and institute effective treatment.

Symptoms due to depression may improve or disappear with the appropriate treatment.

Some individuals have depression as well as other illnesses such as stroke or Alzheimer's. Even in such cases, the effective treatment of the depression may greatly improve the quality of life and reduce unnecessary suffering.

Mental health services for the elderly are now available in Eagle Lake through the Classic Program for senior adults at Rice Medical Center.

The Classic Program provides a comprehensive, structured, outpatient treatment program for individuals suffering from depression and other mental health problems.

Information can be obtained from the Classic Program at 409-234-5571.

COLORADO COUNTY COURTHOUSE REPORT



COUNTY COURT DISPOSITIONS

Randall Stancik, attempting to take weapon from a peace officer, 12-12-96. Defendant was sentenced to three years deferred adjudication, 200 hours of community service, court costs and a \$1,000 fine.

John Torres, possession of a controlled substance, 11-9-96. Defendant was sentenced to five years deferred adjudication, 400 hours community service, court costs, \$1,000 fine and 30 days jail time.

Karl Scott, possession of a controlled substance, 2-2-97. Defendant was sentenced to five years deferred adjudication, 400 hours of community service, court costs, \$1,000 fine and 30 days jail time with credit for time served.

James Whitener, murder, 1-23-83. Defendant was sentenced to 10 years in the Institutional Division of the Department of Criminal Justice.

Paul Rogers, burglary of a building, 2-16-97. Defendant was sentenced to five years deferred adjudication, 320 hours of community service, court costs, \$500 fine, 30 days in jail to be served on weekends.

Paul Rogers, burglary of a building, 9-18-96. Defendant was sentenced to five years deferred adjudication, restitution, \$500 fine, 30 days in jail to be served on weekends.

Stephen Colorado Ford-Ventura, theft of a firearm, 2-18-97. Defendant was sentenced to two years deferred adjudication and ordered to pay court costs.

DIVORCES GRANTED

Bobbie Joe White and John Alex White.

Peggy Lee Navarro and Mark A. Navarro.

Tracy Marie Brewer and Victor Alan Brewer.

MARRIAGE LICENSE APPLICATIONS

Louis Charles Kalmus Jr. and Donna Carol Bordovsky.

James Ronald Chamberlain and Martha Harris Rester.

Bernardo Maturino Valenzuela and Maria del Rosario Hernandez.

William Allen Brown and Mary Lounette Newmann.

Jason Charles Labay and Dara Shea Wells.

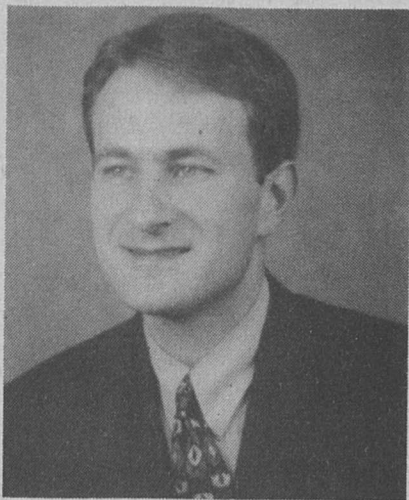
Leopold is 'Agent of Year'

Philip Leopold, son of Mr. and Mrs. Leo Leopold of Eagle Lake, was selected as the UPSA & IRA New District Agent of the Year for 1997 at the company's international sales meeting in Toronto.

UPSA & IRA is a company dedicated to helping U.S. military families achieve financial independence. Currently, there are 90 districts servicing the military throughout the world.

Leopold is responsible for servicing the company's U.S. military clients in Great Britain, Belgium and parts of Germany.

Clients in his district currently have investment assets over \$89 million.



Philip Leopold

By Rollin Baker

Hajovsky named 'Commended Student'

Rice High School Principal Dr. Curtis Miles recently announced Jennifer L. Hajovsky has been named a Commended Student in the 1998 National Merit Scholarship Program.

A letter of commendation from the school and National Merit Scholarship Corporation (NMSC), which conducts the program, will be presented by Dr. Miles to this scholastically talented senior.

About 35,000 commended students throughout the nation are being honored for their exceptional academic promise.

Although they will not continue in the competition for Merit Scholarship® awards to be offered next spring, commended students placed among the top five percent of more than a million students who entered the 1998 Merit Program by taking the 1996 Preliminary SAT/National Merit Scholarship Qualifying Test.

"The Merit Program is extremely competitive," commented an NMSC spokesperson, "and the young men and woman named commended students can be proud of their designation."

"NMSC honors scholastically talented students in an effort to encourage public interest in their achievements and broaden their educational opportunities, as well as to credit their schools for the important role they play in their development."

"We hope these young people will continue to pursue academic excel-

lence and development their abilities to the fullest. They represent a very valuable national resource."

PRAIRIE EDGE MUSEUM NEWS

Prairie Edge Museum (PEM) accumulates, slowly through time and from interested cooperating donors, mementoes relating to the natural and cultural history of the Eagle Lake area.

Someone has said that a museum should start gathering exhibit materials at least 100 years before it is actually established.

Unfortunately, PEM had to start almost from scratch in 1983.

Annual spring cleanings and patriotic donations of farm and home tools and other metal objects for melting down to manufacture war goods to help win for the free world a couple of world wars has deprived us of a lot of exciting relics which would document our illustrious past.

Even so, our alert public, according to PEM Board Chairman Obie Rhodes, finds and brings, for tender, loving care and preservation, lots of memorabilia.

And don't forget... PEM has been a successful venture, not only because of a handful of vigorous volunteers but because of tremendous local support by the citizens in providing its contents.

Maybe we ought to designate one day each year to honor our blessed donors by having a "Salute to PEM Donors Day".

Lately, several interesting items have been brought to PEM.

One standout collection includes a locally-used and antique-grade adding machine and an early model of a Polaroid Land Camera.

These were graciously presented by Mrs. Ronel Roberts in the name of her late husband.

Both of these out-dated gadgets of modern technology add to PEM's ever-growing collections of photographic materials and business machines.

Rice High collection augmented Posters, printed forms, commen-

ment programs and athletic and academic gadgetry from the Rice CISD accumulates in the preserved collections of PEM.

An exciting addition from Rice High School (RHS) is one of which a museum person's dreams are made... being big, showy, attractive, conspicuous and crowd-pleasing. It is a spectacular helmet worn by a high-stepping drum major at RHS.

Maybe you've seen and admired one of these "high-rise" ornaments at a distance from the grand stand during a football game. But up close one of these head pieces truly has that "expensive" look... worth a long view by museum visitors.

Except for being immaculate white instead of bear-fur black, in some ways this drum major's crowning glory resembles one of those high fuzzy military head adornments worn by the Welsh Guards... most recently displayed on television as members of this fabled unit walking along side the gun carriage bearing Princess Diana's coffin.

This fancy helmet worn by this Rice band leader has a white chin strap and visor plus woven cord bearing school colors draped midway on the sides of this tall, furry, almost top-heavy head dress.

PEM is beholden to Sandra Benge for presenting this highly-viewable memento of RHS for preservation.

It last adorned the curly head of high school student Connie Prazac in 1984 when she served as drum major. This was the final year when this fancy head piece was used, since a new one was designed for 1985 when Valerie Benge became drum major.

Curators at PEM remind all citizens that your Museum is no fly-by-night facility.

It operates in the black, has a growing endowment and faithful volunteers. It is here to stay.

As curator, Vic Scott says we will gladly accept your exhibit donations to this tax-exempt facility now or, if

you prefer, keep them at home to cherish and leave them, via your will, to (See Museum, Page 8)

24 & 48

Harry Landa returned home Thursday night from New Orleans where he has been a patient in Touro Infirmary following an operation...

A.H. Dipple, Eagle Lake Volunteer Fire Department chief, will be employed at the First National Bank here beginning Tuesday, Aug. 16...

This was a news article 50 years ago - "Eagle Lake - The 300 acres in rice planted by Captain Dunovant as an experiment turned out well. He expects to put in 2000 acres next season." *The Houston Post*

Harold Thomas with 49-50 and Gardner Duncan and T.P. Dowdy with 47-50 led skeet-shooters at the weekly shoot...

Jerry Sims of Houston, grandson

of Mrs. Mary Glaiser, will participate on one of the two Houston All-Star Little League baseball nines in the regional play-offs.

A card from Mrs. Bruce McCarty from Ridgecrest, N.C., tells of her stay at the Baptist Assembly there. A week's session on foreign missions ended there last Friday and this week she has been attending WMU week...

Miss Betty Lou Tubbs of Houston is spending the week with Jo Ann and Carol Sens...

Mayor Emanuel Roos was in Beaumont, Port Arthur and Chicago last week on a business trip...

Mrs. Bob Thornton is doing fine now after having been very ill following a major operation in a Wharton

hospital...

Mr. & Mrs. L.O. Moore and Mr. & Mrs. John W. Morrow and sons of Houston were weekend guests of Mr. & Mrs. Hargrove Smith, coming especially to attend the Circle 8 Club square dance. They and Mr. & Mrs. J.R. Reed of Lissie were dinner guests Sunday of Mr. & Mrs. David Wintermanns...

Mr. & Mrs. Robert Martin and Robert Samuel Martin invited Mesdames O.G. Kolberg and O. Rogers to accompany them last Sunday on a trip to the Mo-Ranch encampment...

A pink and blue shower in honor of Mrs. Chester McGehee was given Monday evening at 8:00 o'clock in the home of Mrs. T.W. Scott.

Continued from Page 2

Notice of Public Hearing on Tax Increase

The City of Eagle Lake will hold a public hearing on a proposal to increase total tax revenues from properties on the tax roll in 1996 by 14.0524 percent. Your individual taxes may increase at a greater or lesser rate, or even decrease, depending on the change in the taxable value of your property in relation to the change in taxable value of all other property.

The public hearing will be held on October 2, 1997, at 7:00 p.m. at the Council Room of the Municipal Building.

FOR the proposal: Barbara Pidgeon, J.W. Shavers, René Cooper-Scott and Michael Cooper

AGAINST the proposal: None

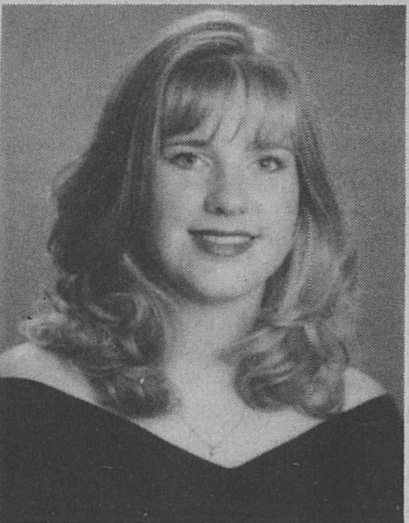
PRESENT and not voting: None

ABSENT: William Kell

The statement above shows the percentage increase the proposed rate represents over the \$0.57089 effective tax rate that the unit published on 08-28-97. The following table compares taxes on an average home in this taxing unit last year to taxes proposed on the average home this year. Again, your individual taxes may be higher or lower, depending on the taxable value of your property.

	Last Year	This Year
Average home value	\$28,539	\$28,539
General exemptions available (amount available on the average home, not including senior citizen's or disabled person's exemptions)	\$0	\$0
Average taxable value	\$28,539	\$28,539
Tax rate	\$0.530000/\$100	\$0.651114/\$100 (proposed)
Tax	\$151.26	\$185.82 (proposed)

Under this proposal taxes on the average home would increase by \$34.56 or 22.8481 percent compared with last year's taxes. Comparing tax rates without adjusting for changes in property value, the tax rate would increase by \$0.12114 per \$100 of taxable value or 22.8517 percent compared to last year's tax rate. These tax rate figures are not adjusted for changes in the taxable value of property.



Closer to you. Flu Shots \$10



Each winter, millions of people suffer from the "flu." Because some adults and children may have complications from the flu, and because the virus is slightly different each year, many doctors suggest a flu shot each fall.

Our family of OneCare doctors is the One to Choose for your flu shot.



HEALTH INDUSTRIES, INC.

713-704-CARE

www.lcare.org

Thomas Clinic
610 South Austin Road
Eagle Lake, Texas 77434
409-234-2551

AFFILIATED WITH HERMANN HOSPITAL