

**Fire Prevention Week**

Eagle Lake Volunteer Fire Department (ELVFD) Fireman Greg Contreras helps a student "man the hose" as the ELVFD helps inform students at Eagle Lake Primary School (ELPS) during Fire Prevention Week.

ELPS Photo

**Newsbriefs**

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drawing will be held Monday, Dec. 9, just in time for Christmas. This remote controlled truck is ideal for boys (and girls and big boys also). Tickets are available in the gift shop at the hospital or call Barbara Pidgeon, 234-2897.

**Chamber dinner is Nov. 10**

The Eagle Lake Chamber of Commerce will hold a fried chicken dinner to salute our veterans. The dinner will be served Sunday, Nov. 10, at the Prairie Edge Museum from 11 a.m. to 1 p.m. You may dine in or take the meal home.

**Understanding your dreams**

In Nov., a class will be offered on understanding your dreams and channeling their power for positive development with meditation. Learn to open your heart to all the gifts the universe has for you, while releasing the fear and anger in your life. Allow your spiritual light to shine Thursday, Nov. 7, 14, 21, from 7 to 9 p.m. Please call 979-234-5936 for registration and/or information. Beverages will be served during the discussion period.

**Legion to distribute toys at Christmas**

American Legion Post #108 will again distribute toys to needy children in Eagle Lake. Parents or guardians may come to the Prairie Edge Museum from 9 a.m. to 12 noon, Saturday, Dec. 21, to receive toys for their children. Donations of both toys and money are needed by the Legion. New or very gently used toys and monetary donations may be left at Struss Auto Supply, Wallis State Bank or the Furniture Shoppe.

**Missing a dose can cause problems**

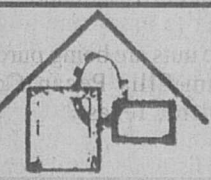
Failing to follow instructions when it comes to taking antibiotics could cause problems.

"Skipping a dose of an antibiotic can cause the level of antibiotic in the body to drop, allowing disease-carrying bacteria to recover, this making the infection worse," said Dr. Jeffrey Starke, an associate professor of pediatrics at Baylor College of Medicine in Houston.

It is important to complete the number of days on the bottle, he said, and if there is no indication on the bottle, finish it even if you are feeling better.

Starke said doubling up on antibiotics later, will not help the situation.

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**MHMR**

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professional assistance. These types of problems include minor but transient marital difficulties, problems with situational depression, and occasional stressful situations involving school or work.

More serious disturbances may represent a life-threatening situation. These types of disorders usually are classified as mental illness, resulting from more traumatic life events or involving a chemical imbalance of brain neurotransmitters such as the case, with severe depression, and schizophrenia. Prompt and proper treatment for mental disorders not only provides symptom relief but also provides a much better quality of life for the patient.

Friends, neighbors, and the general public do not withdraw their support when you seek medical care for physical problems and yet these same people may think negatively about people who use mental health services. Recent public disclosures from celebrities and athletes who have received successful treatment for mental disorders have helped to lessen the stigma and encouraged individuals to seek help for mental disorders.

While we have made great advances in reducing the stigma of seeking mental health treatment, we still have a long way to go in helping the public understand that people who attempt to improve their emotional well-being are entitled to the same respect as those who seek physical improvement. Since there are so many people who still frown on those who use mental health services, going into counseling can sometimes require greater strength and courage than facing surgery.

One former patient said, "Sure, I felt uneasy when I walked through those doors, but counseling was helpful." Overcoming concern about what the neighbors may think, has paid off for many, providing relief from mental and emotional pain and allowing them to lead a more satisfying life.

Don't hesitate to call a mental health professional if you have ques-

tions concerning your mental health. Texana is a community mental health center offering a full array of services for the treatment of mental, behavioral and emotional disorders of adults and children. It serves Austin, Waller, Fort Bend, Colorado, Matagorda and Wharton Counties. MHMR accepts all insurances including Medicaid and Medicare.  
 Call 1-800-633-5686 or 281-239-1300 for further information.

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We, the people who support the groundwater conservation district, are just like you. We believe in the future of this community. We trust our neighbors. We are property owners who pay taxes. We are rich and poor, hardworking and involved. We don't want more taxes. We don't want more government. But we do want to keep our water. Join us and

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Pol. adv. William C. Neiser, Treasurer, 102 N. Exchange St., Weimar, Texas 78962

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**PROPOSITION 1**

(The Groundwater CONFISCATION District)

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In a time of increasing uncertainty about our health care security, Ken Armbrister has steadfastly fought to advance and protect patients' rights.

**Senator Armbrister fought for current laws that:**

Keep the patient's personal medical information private; Make health care treatment choices a decision between the patient and doctor, not an insurance industry clerk; Make health insurance companies, like HMOs, legally accountable for their actions; and Prohibit insurance companies from retaliating against patients for challenging their policies.

**ACCESS TO HEALTH INSURANCE**

Senator Armbrister helped make the CHIP (the Children's Health Insurance Program) a reality in Texas. Thousands of previously uninsured children have a medical home today because of this innovative coverage.

**RURAL HEALTH**

Senator Armbrister supported the formation of a new state office to focus on and force the state bureaucracy to coordinate efforts and help rural communities keep their hospitals and doctor offices open. Senator Armbrister understands the tie between rural health and economic health for our region.

**PROTECTING THE ELDERLY**

Senator Armbrister advocates for Texas' senior citizens. He helped enact a prescription drug benefit plan for low-income seniors, a nursing home quality of care monitoring program, and additional funding to address the shortage of registered nurses.

Supported by Health Care groups including, doctors, nurses, and other Health Care professionals.

**Senator Armbrister is a proven consumer health care advocate. Now, more than ever, we need Senator Armbrister's experienced leadership in the Texas Legislature.**

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