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Restless Leg Syndrome Treatment

Restless leg syndrome (RLS) is an uncomfortable sensation in the legs that occurs while a person is sitting or lying down. Individuals affected by this condition feel the need to get up and move around in order to alleviate the sensation. This condition may interfere with sleep. Signs and symptoms include leg twitching at night, including involuntary flexing and extension of the legs while sleeping. Twitching or kicking movements may occur hundreds of times throughout the night, and in more severe cases may also occur during waking hours. Symptoms tend to be experienced more commonly at night, and insomnia can result. Although the cause of RSL is unknown, it may be caused by an imbalance of dopamine in the brain.

Medications used to treat Parkinson's disease, such as pramipexole (Mirapex) and ropinirole (Requip), have an effect on the level of dopamine in the brain, and can lead to a decrease in leg movement. Opioid type drugs such as Percocet (acetaminophen and oxycodone) and Vicodin (hydrocodone and acetaminophen) may alleviate symptoms, however carry an addictive potential at higher doses. Benzodiazepines are a type of medication that help to improve nighttime sleeping, however do not affect the leg movements.

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Eagle Lake Headlight

Attend the Church of Your Choice...

EQUIPPERS OUTREACH FELLOWSHIP INTERNATIONAL: 200 N. College, Weimar, Texas 78962; 979-725-8233; Pastor Jerry Adkins.
 GREATER RISING STAR BAPTIST CHURCH: 580 Old Altair Road, Eagle Lake; Rev. Truman Scott Sr., Pastor; 234-2423 or 758-3745.
 GREATER UNION BAPTIST CHURCH: Matthews Community, Co. Rd. 141; Rev. Lawrence C. Robertson, Pastor; 234-2581.
 MT. CARMEL MISSIONARY BAPTIST CHURCH: Hwy. 90-A (Pecan Valley), Eagle Lake; Rev. H.O. Williams, Pastor; 234-5813.
 LIVING HOPE CHURCH: Eagle Lake; Revs. Joe and Mercy Fling; 234-5536.
 BEREIA CLADIC: 623 Maple Avenue, Eagle Lake; 234-2130.
 ROCK ISLAND FULL GOSPEL: P.O. Box 232, Rock Island; 234-5840.
 CHRISTIAN CITY FELLOWSHIP: 1140 Meyer, Sealy; Rusty Griffin, Pastor.
 THE DAY OF PENTECOST APOSTOLICAL REVIVAL RISING STAR: FM 102 South, Matthews; 4 p.m. (at Mt. Zion), Rev. R.L. Carter Sr.
 GREATER NEW FAITH CHURCH: 6406 Guylar, Wallis; Rev. Clay Spears, Pastor; 979-478-2169.
 EAST BERNARD FIRST BAPTIST: FIRST BAPTIST: 527 N. Lake, Eagle Lake; Rev. Kevin Collison, Pastor; 234-2571.
 FRIENDSHIP BAPTIST: 405 S. Lake, Eagle Lake; 234-5795.
 IGLESIA BAUTISTIA GETSEMANI: 901 B Street, Eagle Lake; Rev. Mario Vasquez.
 GREATER MT. OLIVE BAPTIST: Rev. Dave Curry; 709 N. Lake, Eagle Lake; 234-3545.
 WRIGHT GROVE BAPTIST: Rev. T.J. Cunningham Jr.; Altair.
 PROVIDENCE BAPTIST: 1207 Seaholm, Eagle Lake; Rev. Coby Shorter Jr.; 234-3735.
 CHRIST EPISCOPAL CHURCH: 306 E. Stockbridge, Eagle Lake; 234-3437.
 ROCK ISLAND BAPTIST: Bob Allison, Pastor.
 SHERIDAN FIRST BAPTIST: FM 2437; Rev. Jim Dunn, Pastor; 234-3136.
 WHITE CLOUD BAPTIST CHURCH: 202 Old Altair Road, Eagle Lake; Rev. Obie Rhodes, Pastor; 234-3800.

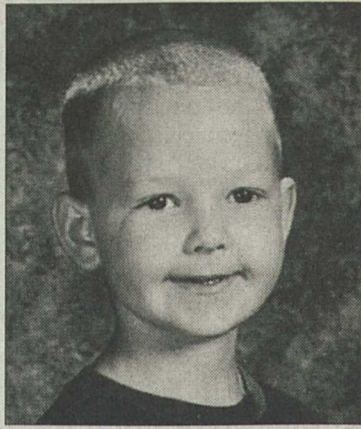
CHURCH OF CHRIST: Sheridan.
 NEW LIFE FELLOWSHIP: Hwy. 90A, Sheridan; Del Sanford, Pastor; 234-3276.
 CHRIST OUR REDEEMER-Charismatic: Jerry C. McKinney, Pastor; 979-478-7534 or 478-6512.
 HOLY CROSS CATHOLIC CHURCH: East Bernard.
 CATHOLIC PARISH OF THE NATIVITY: Our Lady of Perpetual Help Sanctuary; 308 N. Stevenson, Eagle Lake; 8 a.m. (Español), 10 a.m. (English) 6 p.m. Saturday (English), Rev. Robert F. Guerra, P.O. Box 307; 234-2842.
 ST. MARY'S CATHOLIC CHURCH: Box 97, Nada; Fr. Joe Vrana; 758-3218.
 GRACE LUTHERAN: 408 N. Stevenson, Eagle Lake; Services begin at 10 a.m.; Rev. Clements Richard, Pastor; 234-3381.
 LEHRER MEMORIAL UNITED METHODIST: Garwood; 9 a.m. worship.
 LISSIE UNITED METHODIST: J. L. Craft, Pastor; 234-2112, Lissie.
 ROCK ISLAND METHODIST: Ken Sellar Jr. Lay-Pastor.
 UNITED METHODIST: 200 W. Prairie; Sunday School 9:30 a.m., Worship, 10:45 a.m.
 FIRST PRESBYTERIAN: 106 E. State Street, Eagle Lake; 234-3368.
 VINE OF THE LORD: 1300 E. State Street, Eagle Lake; Rev. Paul Aguilar, Pastor; 234-7543.
 CrossRoad ASSEMBLY OF GOD: 510 Wallace, East Bernard; Pastor George Kutach; 979-335-7706.
 THE CHURCH OF CHRIST OF LATTER-DAY SAINTS: 600 W. St., Sealy; Marshall Crosby, Branch Pres.
 CHURCH OF CHRIST: 815 Milam, Columbus; Lynn Wilson, Minister.
 THE SHEPHERD'S WAY: Interdenomination Christian Fellowship; 1225 Eagle Lake Road, Sealy, Frank Lucas, Pastor; 979-885-1225.
 SOUTH POINT BAPTIST CHURCH: 6407 Hwy 71-S, Garwood; 979-758-3039.
 ASSEMBLA DE DIOS HOSANNA: 403 East Main, Eagle Lake; 979-732-1966; Pastor Romero Rodriguez Jr.
 BIBLE TRUTH APOSTOLICAL CHURCH: Corner of S. Wharton & E. First St., El Campo; Pastor Larry T. Smith, 979-543-2331.-non-denominational.

Bible Verse of The Week

"Behold, a virgin shall conceive and bear a son, and his name shall be called Emanuel (which means God with us)."
 -Matthew 1:23
 Submitted by Nedly Phillips

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Obituaries



Cody Steve Kutach
 Cody Steve Kutach, 4, of Rock Island, passed away December 15 at Dell Children's Hospital in Austin.

He was born January 18, 2003 in Eagle Lake the son of Ronnie Steve and Brooke Ashley (Wilkinson) Kutach.

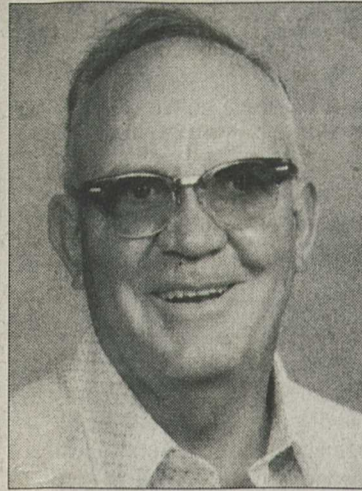
Survivors include his parents, Ronnie and Brooke Kutach of Rock Island; brother, Riley Jacob Kutach of Rock Island; grandparents, Steve and Delores Kutach of Rock Island and Leslie and Susan Wilkerson of Rock Island; great-grandparents, Julia Kutach of Rock Island, Bill and Shirley Wilkerson of Eagle Lake and Louis and Helen Valigura of El Campo; aunts and uncles, Erica Wilkerson, Les Wilkerson and fiancée, Melanie Lloyd, Delila and Shannon Owers, Victor "Bubba" and Valerie Kutach, Sherry and Steven Cardwell and Steve and Amber Kutach, III; cousins, Jr. Kutach, Ross and Azhlee Owers, Todd and Ashlyn Reznicek, Brook and Dylan Cardwell, and Preston, Jordan, Wyatt and Morgyn Kutach.

Rosary was held at 7 p.m. Tuesday at St. Anthony Catholic Church in Columbus.

Funeral services were held Wednesday, December 19 at 2 p.m. at St. Anthony Catholic Church in Columbus with Father Robert Guerra officiating. Arrangements were under the direction of Henneke Funeral Home. Burial followed in Cheatham Cemetery in Sheridan.

Pallbearers were Gilbert Kutach, Todd Reznicek, Les Wilkerson, Jr. and Roy "Burr" Cranek. Honorary pallbearers were Chris Machart, Victor Kutach, Allan Valigura, Willie Moore and Justin Machart.

Sympathy is extended to the family in their loss.



Elmer Lewis Schindler
 Mr. Elmer Lewis Schindler, 88, of Eagle Lake, passed away December 5 in the Wharton Hospital.

He was born on November 18, 1919 in Ramsey near Eagle Lake the son of the late Emil Schindler and Eleanora Bosse Schindler.

Mr. Schindler was raised in Eagle Lake. He graduated at Eagle Lake High School. He served in the United States Air Corps during World War II as a pilot's instructor at Ellington Field.

In 1962 he married Evelyn Lundquist in Eagle Lake.

Elmer, along with his brothers Ed and Lester were owner and operators of Schindler LP Gas in Eagle Lake. He was also a cattle rancher and farmer.

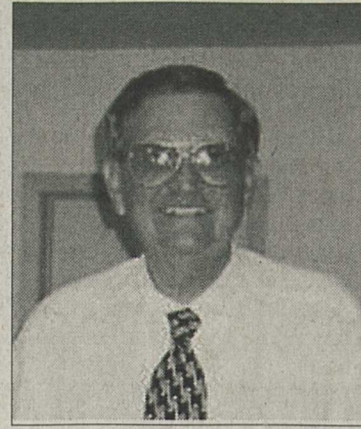
Elmer is survived by his beloved wife of 45 years, Evelyn Schindler of Eagle Lake; daughters, Debra McKinley and husband, Jim, of Lakeway, Jeannie Cuellar of Pecan Grove, Darla Kay LaBritton and husband, Joe, of Dripping Springs; son, Walter Blumrich and wife, Robin, of Ingram; brother, Lester Schindler and wife, Mary Ruth, of Bernardo; and grandchildren, Chris, Brandi, Taze, Angel, Renee, Melissa, Aaron, Russell, Dawn, Christy, Kimberly, and numerous great grandchildren. In addition, niece, Bobby Jean Shockley and nephew, Douglas Schindler. Also several cousins.

In addition to his parents, Elmer was preceded in death by his brother, Ed Schindler.

He will be greatly missed by his family, relatives, and friends.

Memorial services were held December 15 at the Kingdom Hall of Jehovah's Witnesses at 3 p.m.

Sympathy is extended to the family in their loss.



Del Sanford
 Brother Del Sanford, age 67, of Sheridan, moved "away from the body and at home with the Lord" on Thursday, December 13, from Methodist Hospital in Houston.

Born March 29, 1940, in Pawnee, Oklahoma, to Louis A. and Stella M. Sanford, Del married Shirley Brandenburg of Ralston, Oklahoma, on March 19, 1960.

Del was a faithful minister of the Lord for the past 23 years, the last 18 of which he served as Pastor of New Life Fellowship in Sheridan, Texas. Along with his active ministry life, Del took joy in his marriage with Shirley for 47 years and in their five children and 11 grandchildren.

The family wishes to thank Methodist Hospital Transplant Team of Houston, and in particular Dr. Guillermo Torre, for their exceptional care and heartfelt service these past 14 years.

Del is survived by his wife, Shirley Sanford of Sheridan; their five children, Debbie Ware and Stacy of Schertz, Texas; Shelly Sanford of Houston; Sheryl Sanford Anderson and Susan of Portland, Oregon; Gayle Thornton and David of Magnolia, Texas; Patty Buegeler and Darrin of Freeport; their 11 grandchildren, Jason Werner and Darlys, of College Station; Shawn Ware and Bryan Ware of Schertz; Robin Budau of Houston; Stacey Kubena of New Braunfels; Kennedy Sanford Anderson of Portland; Heather Casey of Magnolia; Krystal Ramos and Albert of Seguin; Amber Buegeler and John Buegeler of Freeport; one sister, Cora Wiggs of The Colony, Texas; good friend and brother-in-law, Pat Brandenburg and Louise of Fairfax, Oklahoma; sister-in-law, Sharon Binkley and Jim of Ralston, Oklahoma; brother-in-law, Chuck Brandenburg; and numerous other friends and family.

Del was preceded in death by his parents; and his three brothers, John Thomas Sanford, Louis A. Sanford, and Melvin Sanford.

Services were held at Henneke Funeral Home in Columbus on Saturday, December 15 at 3 p.m. with viewing beginning at 2 p.m. Graveside services were Monday, December 17 at 2 p.m. at Riverside Cemetery in Ralston, Oklahoma.

We wait for the day when we will rejoice with Del in "This hope we have as an anchor of the soul, a hope both sure and steadfast..."
 Sympathy is extended to the family in their loss.



Virgil Edward Womack
 Virgil Edward Womack, 88, of Columbus, passed away at Conally Memorial Hospital in Floresville, Texas on December 11.

He was born July 29, 1919 in Paulding County, Georgia on Burndt Hickory Ridge to Hosea Robert and Lula Addie (Newbill) Womack.

Virgil married Mary Lee Schindler on August 11, 1940 in Conroe, Texas.

He served in the U.S. Army Air Force during World War II, from May 19, 1943 until May 18, 1945, in the 43rd Air Depot Supply Squadron Division. He shipped out from New York on the Queen Mary and arrived at Glasgow, Scotland. He was stationed at Wantage, England, and was part of the French Invasion at Sainte Mere Eglise, France. His Campaign Ribbons include Northern France and Central Europe. He was also a member of the Veterans of Foreign War Post #6113 in Columbus.

He was a 56-year member of Woodland Masonic Lodge #1157 A.F. & A.M. Houston, Texas.

After returning home from the war he and Mary were owners of an upholstery shop known as "Virgil's Upholstery & Mattress Co." in Jacinto City, Texas. He was a cattle rancher in the Mentz area and a foreman for Hurricane Steel Industries where he was responsible for many patents. He was an airplane pilot and enjoyed flying for many years.

He is preceded in death by his parents; stepfather, Ralph Verhine of Georgia; and brother, James Calvin Womack of Duluth, Georgia.

Survivors include his daughter, Virgie Ann Womack Neisner Halcom of Columbus; son, John Womack and wife, Judy, of Houston; grandson, David Robert Neisner M.D. and wife, Lurlyn Bremser Neisner, of Columbus; great-grandsons, Robert Arthur Neisner, David Ryan Neisner and Erich Reese Neisner; sister, Geraldine Nesbitt and husband, Matt, of Grayson, Georgia; and brother, Albert Verhine of Clearwater, Florida.

Funeral services were conducted by Henneke Funeral Home on Saturday, December 15, at First United Methodist Church with Pastor John Paul Bruhn and The Caledonia Lodge #68 A.F. and A.M. of Columbus, officiating. Interment followed at Odd Fellows Rest Cemetery in Columbus.

Pallbearers were members of Columbus Caledonia Lodge #68 A.F. & A.M.

Honorary pallbearers were Bobby Neisner, Billy Neisner, Tye Prause, Billy Joe Schindler, Johnny Schindler, Frank Olivarez and Ron Priesmeyer.

Memorial donations may be made to the First United Methodist Church at 1229 Milam, Columbus, Texas 78934.

Sympathy is extended to the family in their loss.

Thank You

The family of Ivory Madison "Bully" - "Shorty" Steward would like to express their sincere gratitude to Rev. Dave Curry, Rev. Obie Rhodes, Greater Mt. Olive Missionary Baptist Church Family, Eagle Lake Police Dept., family, friends, and neighbors for your visits, flowers, cards, and other expressions of care and concern that you have given during the loss of our loved one. A special thanks to Thomas Krushall, Alderman Michael Cooper and wife, Grace for your sincere kindness. May God continue to bless you daily.

Toby J. and Ardelia Stewart

COLUMBUS EYE ASSOCIATES

TODD M. HOVIS, M.D.
LORI J. LEARNED, M.D.
ARUN G. NAYAR, M.D.
HANH M. NGUYEN, O.D.

