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Diabetes Treatment During Pregnancy

Gestational diabetes is a complication that may occur during pregnancy. The way the body utilizes glucose is often altered during pregnancy. After eating, the body breaks carbohydrates down into various molecules, including glucose. Glucose enters the bloodstream, and then needs insulin to enter cells to be used as energy. The pancreas normally produces insulin in a sufficient amount to maintain a normal blood glucose level. However, during pregnancy, additional hormones are produced that may increase insulin resistance, leading to an increase in blood glucose. Generally, there are no identifiable signs or symptoms of this type of diabetes. Typically, gestational diabetes develops during the second trimester. Therefore, it is generally recommended that pregnant women be tested for this condition.

Women who are diagnosed with gestational diabetes may need to check blood sugar levels up to five times per day. Healthy lifestyle habits, such as a healthy diet and exercise, are usually recommended. Women whose blood sugar levels are not controlled with lifestyle changes may require insulin injections. Alternatively, glyburide (*Diabeta, Micronase*) is an oral medication that may be prescribed. Glyburide causes more insulin to be released from the pancreas.

Obituaries

Joe G. Skuca

Joe G. Skuca of Nada passed away October 30, at the age of 87. He was born February 20, 1921 in Nada to Robert and Amalia Labay Skuca.

Joe was a retired farmer and rancher, a veteran of the U. S. Air Force and a member St. Mary's Catholic Church and Knights of Columbus.

He is survived by his wife, Irene Kubena Skuca of Nada; daughters, Pat Matula of Eagle Lake, Rita Burns of The Woodlands, Kathleen Anderson of Houston, and Sandra Wishert of Nada; son, Joe G. Skuca, Jr. of Nada; sister, Edith Poncik of El Campo; 10 grandchildren; and 11 great-grandchildren.

He was preceded in death by his parents; brother, Jim Skuca; and sisters, Emy Gapinski and Florence Tucker.

Visitation was held at 5 p.m. Friday with a parish rosary being recited at 7 p.m. at Triska Funeral Home.

The Funeral Mass was held at 10 a.m. Saturday, November 1, at St. Mary's Catholic Church in Nada. Interment followed at St. Mary's Catholic Cemetery. Triska Funeral Home in El Campo was in charge of arrangements.

Pallbearers were Clint Wishert, Mike Wemhaner, Billy Beason, Ron Estrada, Lee Owens, and Brandon Taylor.

Memorial donations may be made to Hospice or St. Mary's Building Fund.

Sympathy is extended to the family in their loss.



Betty Wood

Betty Wood, 65, passed away Monday, October 27.

She was born January 22, 1943 to Jim and Bess Barclay.

She was preceded in death by her parents; sister, Patsy Dyson of California; brother, James Barclay of Oregon; and a nephew Russell Mahalite of Eagle Lake.

Betty leaves to cherish her memories her sister, June and husband, John Mahalite; nephews, Ronald D. Foster and wife, Cindy and Clayton B. Mahalite and wife, Cynthia; plus several grand nieces and nephews.

Funeral services were held 10 a.m. Thursday, October 30 at the Eagle Lake Funeral Home with Father Robert Guerra officiating. Arrangements were under the direction of Eagle Lake Funeral Home.

In lieu of flowers memorials may be given to RMC Auxiliary "Pink Ladies", P.O. Box 277, Eagle Lake, Texas 77434.

Sympathy is extended to the family in their loss.

New Arrivals

Evellynn Halen Ellis

Alejandra Cano and Emmanuel Ellis of Eagle Lake are pleased to announce the birth of their child, a daughter, born at 10:20 p.m. on October 27, at Gulf Coast Medical Center in Wharton.

Evellynn Halen weighed six pounds, 10 ounces.

Maternal grandparents are Eloiza Crume of Houston and Fernando Cano of Eagle Lake.

Paternal grandparents are Ronnie Ellis of Sheridan and Maria Cantu of Pasadena.

Great-grandparents are Hilario Rangel of Eagle Lake, Ronald McGregor of Guadalupe McGregor of Sheridan.

Colby James Mathis

Mr. and Mrs. Brandon Mathis of Alleyton are pleased to announce the birth of their second child, a son, born October 8 at 1:18 p.m. at Christus St. Catherine hospital in Katy.

Colby James weighed seven pounds, 13 ounces.

He was welcomed home by his sister, Karlee, age three.

Maternal grandparents are Cotton and Connie Cranek of Garwood.

Paternal grandparents are Jim and Shelia Mathis of Eagle Lake.

Great-grandparents are Louis and Leona Cranek of Garwood, the late Leo and Angeline Hoffman of Nada, Ernestine Brom of Eagle Lake, the late Edward Briscoe and the late James and Selma Mathis all of Eagle Lake.

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Today

CDA Domino Party Draws 50 Attendees

A beautiful fall day brought together fifty senior citizens to enjoy an afternoon of playing dominos at St. Mary's Parish Hall in Nada on Wednesday, October 29. The event is hosted monthly by the Nada Catholic Daughters.

At mid afternoon those attending were treated to refreshments provided by the Catholic Daughters members, serving were Helen Noteboom, Rosemary Wied, Irene Seifert, Leona Brzozowski, Barbara Leopold and Anita Meisner. Noteboom recognized Carolyn Noska, Lenora Chapman, Ethelyn Popp and RC Baumgarten all celebrated birthdays during the month.

The Catholic Daughters also acknowledged several donations received at the party and express their appreciation to the generous donors.

Winners announced were 42- hi Father Joe Vrana, 42-low La Dell Janda, straight dominos, Viola Kaluza, Irene Seifert, Viola Frels and Virginia Balusek. Train Emma Pruess, chicken foot Cecilia Kallina and taking the traveling prize Ann Cada.

The next domino party will be held on November 19, at St. Mary's Parish Hall in Nada. Senior citizens of the area are invited to attend and enjoy an afternoon of fun and fellowship.

Hearty Meals That Can Help Prevent Cancer

The way to most men's hearts is still through their stomachs. So what better way to broach the topic of prostate cancer with your loved one than by preparing a delicious meal designed to keep him healthy while grabbing his attention?

Many people -- especially men -- think that eating healthy means giving up the foods they love. That just doesn't have to be the case.

"Home cooks are often surprised that they can still enjoy many of their favorite dishes while maintaining a healthier diet," says Beth Ginsberg, a chef long regarded for her use of natural ingredients.

Indeed, Ginsberg has created a free, easy-to-prepare menu geared toward prostate health -- featuring such seasonal favorites as cream of tomato soup, meatloaf, corn pudding and apple cobbler. All the recipes may be downloaded for free at prostate-cancerfoundation.org/menu.

Of course, the recipes all have a healthful twist. Turkey and chicken are combined to replace beef in meatloaf, vanilla soy milk is blended into corn pudding, and soybeans are added to a tasty side dish of peas and wild mushrooms.

"Creating a diet to help prevent prostate cancer not only requires taking things out, such as fat, it also means building in new ingredients such as antioxidants and soy protein," explains Ginsberg.

And it's not just what you cook; it's how you cook it. While eating right for the prostate means adding such ingredients as broccoli and tomatoes -- both of which have been proven beneficial -- it is also important to prepare food the right way.

Charring meats at high temperatures, for instance, can create cancer-causing carcinogens that lodge in the prostate. These may cause errors in reading and replicating DNA, resulting in mutations that can contribute to prostate cancer formation.

According to experts, eating an eight-ounce charred steak is the rough equivalent of having your prostate smoke a pack-and-a-half of cigarettes.

But cooking right is only part of the battle.

While prostate cancer strikes one out of every six American men (one out of three with a family history) and is the second most prevalent form of cancer, it is perhaps the least discussed. Put simply: men don't like talking about diseases below the belt.

"Sitting down to eat a prostate-healthy meal is a great time to talk to your husband or partner about the importance of annual screenings and early detection for prostate cancer," adds Ginsberg. "They need to take control of their prostate health, striking at cancer before it strikes them."

Early detection and treatment remain the best weapons against prostate cancer. The American Cancer Society recommends that men over the age of 50 get checked annually for prostate cancer and those with a family history begin testing at 45. All men over 40 should speak with their doctors to develop a proactive prostate health plan right for them.

According to the Prostate Cancer Foundation (PCF), more than 28,000 American men are projected to die from prostate cancer this year. With the aging of the baby boomers, it's estimated that the number of new cases diagnosed annually in the U.S. will increase by 60 percent to more than 300,000 in 2015. By then more than three million American men may be battling prostate cancer.

For more healthy recipes, read Beth Ginsberg's two popular cookbooks, "The Taste for Living Cookbook" and "The Taste for Living World Cookbook," which can each be ordered on the PCF Web site at www.pcf.org.

Information on prostate cancer prevention, detection and treatment also can be found on the PCF site.



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Vocational Opportunity Workshop Offered

The Texas AgriLife Extension Service Youth Advisory Board of Colorado County is sponsoring a Vocational Education Opportunities Workshop on Monday, November 17. The workshop will be held at the Rice High School Cafeteria in Altair beginning at 6:30 p.m.

This workshop is open to all high school youth and their parents. Guest speaker for this event is Johnny Svatek, Lead Program Manager for Wharton County Junior College.

Educational programs conducted by the Texas AgriLife Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap, or national origin. Individuals with a disability, who require an auxiliary aid, service or accommodation in order to participate in any Extension Activities, are encouraged to contact the County Extension Office for assistance ten days prior to the activity.

Information on prostate cancer prevention, detection and treatment also can be found on the PCF site.

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Eagle Lake Headlight

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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.

BEREA 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 APOSTOLISTIC REVIVAL RISING STAR: FM 102 South, Matthews; 4 p.m. (at Mt. Zion), Rev. R.L. Carter Sr.

GREATER NEW FAITH CHURCH: 6406 Guyler, 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 Seaborn, 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, 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.

LISSEE UNITED METHODIST: Rev. Janice Kerlee, Pastor; 234-2112, Lisse.

ROCK ISLAND METHODIST: Ken Sells 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: Interdenominational 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.

ASSEMBLE DE DIOS HOSANNA: 403 East Main, Eagle Lake; 979-732-1966; Pastor Romero Rodriguez Jr.

BIBLE TRUTH APOSTOLIC CHURCH: Corner of S. Wharton & E. First St., El Campo; Pastor Larry T. Smith, 979-543-2331. non-denominational.

Bible Verse of The Week

"If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal."

1 Corinthians 13:1
Submitted by Neddy Phillips

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