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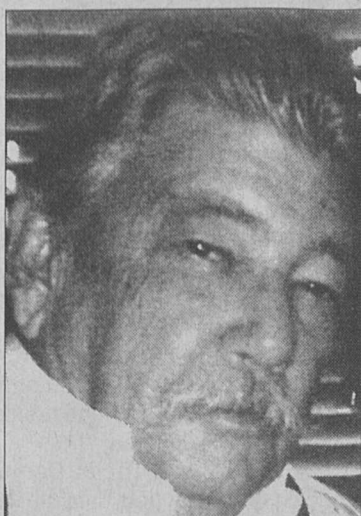
New Drug for Depression Offers Advantage

Depression is a chronic condition involving both the mind and body. Although some persons who are depressed may only experience one episode of depression, many experience recurring episodes throughout life. Typically, the symptoms of depression include decreased interest in daily activities, feelings of hopelessness, and difficulty sleeping. A correct diagnosis is dependent on the presence of a depressed mood during most days for at least 2 weeks, as well as a number of symptoms characterizing the condition. Although the exact cause is unknown, biochemical changes in the brain, genetics, and environmental factors all may play a role in the triggering of a depressive episode.

Non-drug options available, such as psychological counseling, may improve depression for some individuals. Medications that may be prescribed include fluoxetine (*Prozac*), paroxetine (*Paxil*), and sertraline (*Zoloft*). These drugs generally cause fewer side effects than other types of antidepressants. A new drug, desvenlafaxine (*Pristique*), may offer the advantage of decreased drug interactions, when compared with another similar medication, venlafaxine (*Effexor XR*). Drugs for depression may not improve mood for up to 8 to 12 weeks, although some persons may experience benefit earlier.

Flu Shots Available At Eagle Lake Drugstore \$25 OR Free With Medicare Part B

Obituary



Mart W. "Marty"
Hammond Jr.

Mart W. "Marty" Hammond Jr. entered the present of the Lord on November 9.

Marty was born on October 27, 1941 in Baltimore, Maryland to Goldie (McKinney) and Mart W. Hammond Sr.

He finished school in Hagerstown, Maryland in 1959 and enlisted in the United States Navy. He was on the USS Little Rock, served four years as a radar operator. He's told me many times about seeing and experiencing the cities of other countries, and how blessed we are to be living in America.

He was a very gifted and loving man. Anyone who knew him knew that he joked a lot and how much he loved the people in his life.

He had many occupations. He built roads all over Texas, with such companies as Jones G Finke, Bay LTD and Dean Word. Previously, he successfully directed sales and merchandising at Sayers in Michigan and Toys R' Us.

He found his gift in baking when he went to work at a Menonite bakery in Michigan. He brought the skills of making homemade breads, homemade pies and cakes and other baked delicacies with him to Rock Island. He used this gift to share with others. It gave him sheer joy to give his bakeries away and make others happy.

Marty also had love for flower gardening and vegetable gardening, which he loved to share with others. He also loved the animals in his life.

In 2007, Marty received Christ as Lord and became a new person inside and out. He was overcome by illness, but was brave and courageous to the end. Marty will be missed so very very much by

Renna and others.

He is survived by his loving wife, Renna Hammond of Rock Island; daughter, Bridget of Virginia; stepsons, Robert Wotolwicz of El Paso, Rodney Gustus and wife, Bobbie Lynn of Rock Island, Randy Gustus of Rock Island, James A. Miller Sr. and wife, Becky S. of Angleton, Robert L. Miller and wife, Edna of Ocean Side, CA, and Samuel A. Miller of Angleton; sister, Barbara Groves and husband, James of Needville, brothers-in-law, Rick Mason and wife, Linda of Houston, and Hugh Mason and wife, Patty of Phoenix, AZ; sisters-in-law, Rose Mason and husband, David Hunter of Austin, Mary Majure of Dripping Springs, Dorothy Graybill and husband, Larry of Alvin; niece, Robin Wilcox and husband, Jerry of Brenham; nephews, Sean and Jeffrey Taylor and numerous others; great niece, Christine Girndt of Columbus; 11 grandchildren and three great-grandchildren. Mart was preceded in death by his parents, and nephew, Kyle Groves.

Funeral services were held on Sunday, November 16 at 3 pm at Columbus Christian Center in Columbus with Albert Riley officiating. Interment followed at Myrtle Cemetery in Rock Island. Pallbearers were James, Robert, Chris, and Samuel Miller, P.L. "Geeter" Butler, Rodney Gustus and Clifford Hubnek.

Sympathy is extended to the family in their loss.



Robert Nolan Laake

Shane and Shelli Laake of Sheridan are pleased to announce the birth of their child, a son, born November 11 at 11:54 a.m. at the Rice Medical Center in Eagle Lake.

Robert Nolan Laake weighed five pounds, eight ounces and measured 18 1/2 inches long.

He was welcomed home by sister, Kendall, age six.

Maternal grandmother is Sharon Layton of Tylerton, Maryland.

Paternal grandparents are Connie Laake of Sheridan and the late Harvey Laake.

Great-grandparents are Robert and Betty Layton and Ora Criswell of Sheridan and the late Robert (Bob) Criswell.

Volunteers Sought For Head Start Board

Be A Volunteer!

The Cen-Tex Family Services, a non-profit, 501(c)3 corporation and sponsor of the Head Start Program in Bastrop, Colorado, Fayette and Lee counties is currently seeking community volunteers to be trained as board members.

Head Start, is a comprehensive early childhood program serving economically disadvantaged children, including children with disabilities, ages 3-4, and their families with a special focus on helping preschoolers develop the early reading and math skills they need to be successful in school. Head Start is one of the programs started in the War on Poverty by the late President Lyndon B. Johnson and has a proven record of success. Head Start works! It is a first beginning and an investment in the American children towards a better future.

Plus parent involvement in the development of their child's educational growth.

Cen-Tex currently serves 355 children and their families in 10 center sites. Community outreach includes the school districts of Bastrop, Elgin, Smithville, La Grange, Giddings, Columbus and Rice Consolidated.

Why are volunteers important? Because Cen-Tex Family Services needs your commitment, time, energy, ideas, skills and talents supporting program services and goals. Please call Ms. Mary Todd, the executive director at 512-303-7737 or email mtodd@ctfhs.org for more information. We look forward to you joining our team and receiving the joy of helping our children's start toward a better future. Thank you, Ms. Jewell Hodges and Dr. Gary Rassner-Donovan, co-chairs, Volunteer and Public Relations Committee.

Pilot Club Christmas Extravaganza Dec. 13

The Pilot Club of Columbus has announced their Holiday Shopping Extravaganza, which will be held at the Veterans Community Center, 1349 Legion Drive in Columbus. Mark your calendars to wrap up your special gift giving needs on December 13! Doors open at 9 a.m. and close at 4 p.m.

A nominal event fee of \$3 admits shoppers to a day filled with shopping and fun! Food and drink will be available for those who want to spend the day searching

out that perfect gift!

So save the date and come out to the 7th Annual Holiday Extravaganza at the Veterans Community Center in Columbus!

Pilot Club of Columbus is a local non-profit organization composed of executive, business and professional leaders working together to improve the quality of life in our community. Business partners for the event include B & D Services, Delgado Wrecker Service and First State Bank.

TxDOT Gives Charter Bus Advice

Recent events involving charter bus safety may leave group organizers and travel planners wondering how to make an informed decision when selecting a charter bus company. In an effort to help you make an informed decision, the Texas Department of Transportation (TxDOT) and the Texas Department of Public Safety (DPS) recommend the following six tips for contracting chartered bus service.

Ask if your bus will be subcontracted. It is not uncommon for bus companies to hire a bus (and driver) from another company to serve you. If your bus will be leased or subcontracted from another company, you may want to review that company's safety and insurance information as well. If any company is reluctant to provide this information, that may be a red flag.

Check the company's safety rating.

The Federal Motor Carrier Safety Administration (FMCSA) has online searchable databases available for the public to either examine the safety history of a single carrier or to narrow down possible companies from a list of many serving your area. The FMCSA search options may be accessed by visiting <http://www.fmcsa.dot.gov/safety-security/sites/company-safety.htm>.

DPS also maintains records on motor carriers, including bus companies, relating to intrastate safety ratings (if applicable), compliance reviews and enforcement history, along with roadside inspection reports. E-mail MCB.openrecords@txdps.state.tx.us to request information about a specific motor carrier.

TxDOT has an online searchable database available that pro-

vides information on whether a carrier has active motor carrier registration and insurance on file with the state. This database does not reflect a carrier's state or federal safety rating and may still not reflect whether a carrier has operating authority, so make sure to check multiple sources for information. The TxDOT online search feature can be accessed at http://www.dot.state.tx.us/apps/mccs/mccs_search.asp.

Contact your local Better Business Bureau (BBB). The BBB keeps record of complaints lodged by other consumers, and these complaints may be helpful in making your final decision.

Request proof of current insurance coverage. All charter bus companies are required by law to carry \$5 million in insurance coverage. It is not uncommon for potential customers to request proof, and most will be more than happy to fax it to you. You can also check a company's insurance history using the FMCSA online database tools.

Ask to visit their facility. Touring the buses, seeing the garage and hearing about the company's maintenance program can help give you a better sense of a company's commitment to safety. Just as you'd kick the tires on a new car before making your purchase decision, it can be wise to do the same when chartering bus services.

Inquire about your driver. There are many regulations affecting drug and alcohol testing of your bus driver, the amount of time a driver may drive before taking a mandated break and the frequency with which a driver's health must be certified. Addi-

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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 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: 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, 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 C. McKinney.
CATHOLIC PARISH OF THE NATIVITY: Our Lady of Perpetual Help Sanctuary: 308 N. Stevenson, Eagle Lake; 8 a.m. (Spanish), 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, Nade; 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: Rev. Janice Kerlee, Pastor; 234-2112, Lissie.
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: 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.
ASSEMBLEA 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

"Enter his gates with thanks-giving and his courts with praise; give thanks to him and praise his name."

Psalms 100:4

Submitted by Donna Samora

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