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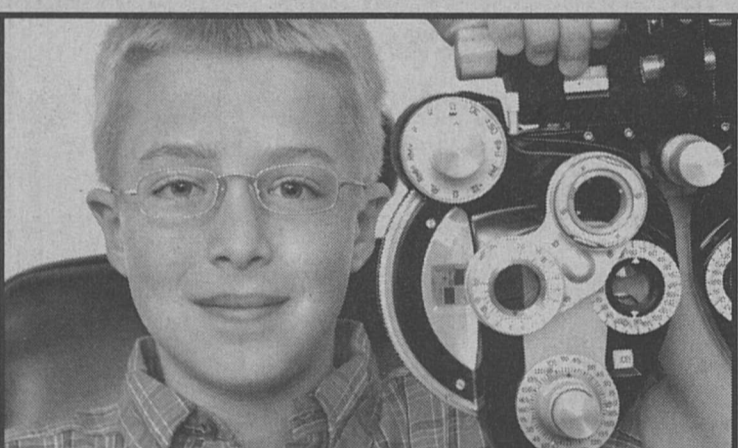
•Patient Counseling • We Accept Master Card, VISA, Discover & American Express
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24 Hour Emergency Phone: 234-3834

Treatment Options for High Blood Pressure

When a person has high blood pressure, there is an increase in the amount of blood pumped, along with narrowing arteries that are increasingly resistant to blood flow. If left untreated, the risk of serious health conditions such as heart attack and stroke increases. The risk of hypertension increases with age. Typically, symptoms are not present until blood pressure has risen to dangerous levels. Usually, the cause of high blood pressure is unknown. Secondary hypertension is high blood pressure caused by another condition, such as kidney abnormalities or congenital heart defects. Certain types of over-the-counter medications, such as decongestants and pain relievers, also may cause secondary hypertension.

A variety of types of medications may be prescribed for high blood pressure. Thiazide diuretics, such as *hydrochlorothiazide* (Microzide), increase the elimination of sodium and water from the body. Beta-blockers, such as *atenolol* (Tenormin) and *nebivolol* (Bystolic), a newer beta-blocker, also work to reduce blood pressure. Angiotensin-converting enzyme (ACE) inhibitors, such as *benazepril* (Lotensin) and *ramipril* (Altace), and angiotensin II receptor blockers, such as *candesartan* (Atacand), affect the renin-angiotensin aldosterone system and reduce blood pressure.



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Todd Hovis, MD COLUMBUS 979-732-5771	Lori J. Learned, MD KATY 281-829-3937	Arun G. Nayar, MD LA GRANGE 979-968-3953	Hanh M. Nguyen, OD SEALY 979-885-0665
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Obituary

Magnolia Glover Waddle

July 16, 1918 - August 1, 2009

Magnolia Glover Waddle, affectionately known to many as "Mama Sylvia" was born to Jettie Turner on July 16, 1918.

She attended and graduated from the public schools of Columbus.

At an early age, she confessed her belief in Christ and was baptized.

She was an active member of the choir at New Greater Smith Chapel Baptist Church.

As a profession, she worked in private homes and at Live Oak Hotel for many years.

"Mama Sylvia" loved gospel music and attended church as much as she could.

At church, she was an active member of the Senior Missions Society.

During her pastime, she loved watching baseball games. In fact, the Houston Astros was her favorite team.

Sadly, on August 1 Magnolia Glover Waddle passed away from this Earth.

She will be remembered by her two children, Robert H. Waddle, Jr., (Barbara), and Prophetess and Evangelist Pandera Waddle Ford (Willie E.); four grandchildren, Robert Lamonte Waddle, III, Richanne Lanae Waddle, Andre D. Waddle, and Torrey A. Allen; and one great-granddaughter; Areanna Dalynn Waddle; one sister, Alma Dillard; one brother, L.V. Turner (Iida); two wonderful caregivers, Brenda Jones and Beatrice Johnson and a host of other relatives and friends.

"Mama Sylvia" touched many lives with her kind words and sweet smile.

She always spoke from her heart. She did not mind telling you what was on her mind.

Yes, she will be truly missed. She was loved by her family and friends.

Funeral services were held Saturday, August 8 at 1 p.m. at New Greater Smith Chapel Baptist Church in Columbus with Rev. Joseph Hargrove, officiating.

Interment followed at Willing Workers Cemetery in Columbus.

Ben Davis Funeral Home in Columbus was in charge of arrangements.

Pallbearers were DeShon Hargrove, Howard Evans, Jeremy Hargrove, Joe Dancy and James Tatum.

Honorary pallbearers were Clarence Bratcher, Robert L. Waddle, Leon Tatum, Percy Waddle, Robert E. Tatum, and Joe L. Tatum.

Sympathy is extended to the family in their loss.



Lt. Wendy Alley (center) receives Certificate of Appreciation from Rotary Club of Eagle Lake program director Judge George Cason (left) for her presentation on Family Violence. JC Cooper, Rotary Club President (right).

Rotary Reports On Weekly Meeting

The Rotary Club of Eagle Lake welcomed three special guests Wednesday August 5, Stanley Kucherka, Ray Victorin and Bill Rankin, the new city manager of Eagle Lake.

This week, as with the first meeting of every month, the club held committee and board of director meetings.

One exciting project that was reported was an effort to have a "Holiday Dinner" for some of the families of our community that might not otherwise be able to provide one for themselves.

Plans are under way to hand out Christmas gifts for the children of those families during the dinner.

The club has enlisted the assistance of several great Eagle Lake citizens, namely August Cervantes, Reverend Obie Rhodes, Reverend Kevin Collison, Reverend Steve Whitfield (and his replacement), Reverend Janice Kerlee and others.

The Sportsman Restaurant is helping with the planning as well. Everyone can help with this effort simply by lending their name to the project.

No money, no time, just add your name to the list as a supporter of the effort is all that is asked.

Citizens may do so by calling 979-733-3618 and leaving their name or dropping a note to eagle-lakerotary@yahoo.com.

Each week the club now invites five different Eagle Lake citizens to have lunch with them in an effort to determine areas in which Rotarians might be able to lend assistance.

Later that afternoon Rotary Program Director, George Cason and Rotary President, JC Cooper awarded Lt. Wendy Alley of the Eagle Lake Police Department with a Certificate of Appreciation.

Litzmann Named To Who's Who List

Zane William Frybert Litzmann of Sealy has been selected for a second year to be included in The Who's Who Registry of Academic Excellence.

Zane is the oldest son of Mark and Barbara Frybert Litzmann of Sealy, and the grandson of Katherine Frybert and the late Joe F. Frybert of Eagle Lake, and Ruby Litzmann and the late Elton W. Litzmann of Alleyton.

Zane will be entering 8th grade at Sealy Junior High School this fall.

Zane is an A+ student, enrolled in all advanced classes, and maintaining his all A Honor Roll status every year.

He is a member of the Sealy Junior High band as a percussionist, where he earned a Division I rating at Solo and Ensemble Competition, participated and placed at the UIL District Competition in Science, and was selected to participate in the Duke Talent Search Competition.

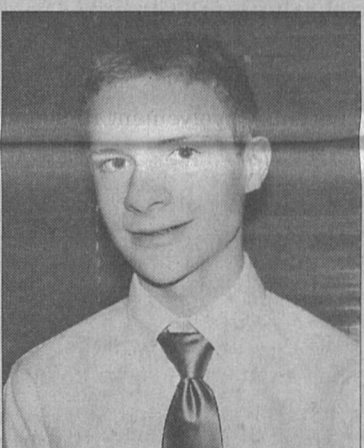
Outside of school, Zane participates in several organizations: he attends the Percussion Center of Houston where he is developing his percussion talents; he is a volunteer for the American Red Cross of the Greater Houston Area; he is an altar server at Guardian Angel Catholic Church; he is a member of the Keller Academy of Performing Arts (KAPA) in East Bernard where he has completed his seventh year of tap dance; and has added piano to his growing list of interests.

The Who's Who Registry of Academic Excellence is a publication honoring the nation's top students.

Less than 1 percent of students nationwide are featured in the publication, and students qualify based on outstanding academic performance and involvement in extracurricular activities in the community.

These students are the brightest and most respected among their peers.

Students are not only listed in the publication, but are also eligible to receive scholarships for as much as \$5,000 toward the college of their choice.



Zane William Frybert Litzmann

Back to School Special

Offer Ends August 31, 2009
*(Restrictions Apply. Specials not valid with medical diagnosis, other discounts, sale items, and most insurance plans)

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- Adults...Buy one pair of prescription eyeglasses at regular price; get the second pair 50% OFF.

COLUMBUS EYE ASSOCIATES

New Arrivals

Chastinee Bre'yell Thompson
Marina White of Eagle Lake and Chadrick Thompson of Kendleton are pleased to announce the birth of their first child, a daughter.

She was born August 5 at 12:15 a.m. at the Rice Medical Center in Eagle Lake.

Chastinee Bre'yell and weighed six pounds, four ounces.
Maternal grandparent is Mary Nell Dancy of Eagle Lake.
Paternal grandparent is Patricia Thompson of Kendleton.
Great-grandparents are the late Mary Ella and Harold Dancy of Eagle Lake and Martha and Leroy Thompson of Kendleton.

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.
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 BAUTISTA 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.
ROCK ISLAND BAPTIST: 306 E. Stockbridge, Eagle Lake; 234-3437.
CHRIST EPISCOPAL CHURCH: 306 E. Stockbridge, Eagle Lake; 234-3437.
SHERIDAN FIRST BAPTIST: FM 2437, 234-3136.
WHITE CLOUD BAPTIST CHURCH: 202 Old Altair Road, Eagle Lake; Rev. Obie Rhodes, Pastor; 234-3800.
JESUS IS MY REFUGE: 115 N. McCarty, Eagle Lake; Rev. Diana Aguilera.

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 11 a.m.; Rev. Bill Mosley, 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 Aguilera, 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.
BIBLE TRUTH APOSTOLIC CHURCH: Corner of S. Wharton & E. First St., El Campo; Pastor Larry T. Smith, 979-543-2331-non-denominational.
MT. SINAI EVANGELICAL MINISTRIES: 510 Prairie St., Eagle Lake, Rev. Thomas E. Kuykendall, pastor/founder. 979-234-3259

Bible Verse of the Week

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit."
2 Corinthians 3:17-18
Submitted by Donna Samora

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