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Treatment for This Facial Paralysis
Bell's palsy is a type of facial paralysis. Typically, only one side of the face is temporarily paralyzed, although in rare cases the whole face may be affected. Although the cause is not fully known, a virus may cause damage to the facial nerve, causing it to swell and stop working properly. Signs and symptoms of the condition include twitching, difficulty speaking, and loss of taste. Symptoms typically occur suddenly, and peak in several days. Pregnant women and persons between the ages of 15 and 60 years are more likely to be affected by Bell's palsy. Also, those who have diabetes or Lyme disease may be more likely to be affected. Having a cold or the flu may also increase the risk of experiencing Bell's palsy, as may an infection, such as from herpes simplex virus.
Although Bell's palsy resolves in about 1 to 2 months without treatment, treatments are available to shorten the duration of symptoms. Glucocorticoids taken by mouth, such as *prednisone*, may be prescribed to be taken for about a week. Prednisone works to decrease inflammation, however also suppresses the immune system. This medication should be taken within a few days of symptoms. Antiviral medications, such as valacyclovir (*Valtrex*), may be prescribed to be taken along with prednisone for more severe symptoms.

Gadabouts Give Report on February Meeting

Submitted by Catherine Berger, club secretary
The Nada/Garwood Gadabouts met February 18, at 2:30 p.m. in the beautiful home of Helen Noteboom, with President Anita Meismer calling the meeting to order and welcoming members and guest, Neva Lou Hubenak.
The opening ceremony was led by Vice President Minnie Conner. Thirteen members answered the roll call.
Secretary Catherine Berger read the minutes of the last meeting and they were approved as read.
Treasurer Helen Noteboom gave the treasury report.
Hospitality: Get well cards were sent to Betty Leopold, Lorene Lanier, Bea Bittner, Annie Schneider and Josephine Popp.
Sympathy cards were sent to Clem and Grace Korenek, Steve and Theresa Faas and Adele Parr.
Members celebrating February birthdays are: LaJuan Braden, Karol Kallina, Clara Lobpries and Katie Jo Kunz.
Gardening: Leona Wesselski, Clara Gold and Anita reported their winter gardens are still supplying them with lots of vegetables.
Unfinished Business: The Older Texan Fair will be held May 14 at the Sheridan Community Center.
The Gadabouts will have a silent auction and also rummage sale items as a fund raiser.
An outstanding man and an outstanding woman will be selected from the entrants this year.
New Business: The Gadabouts

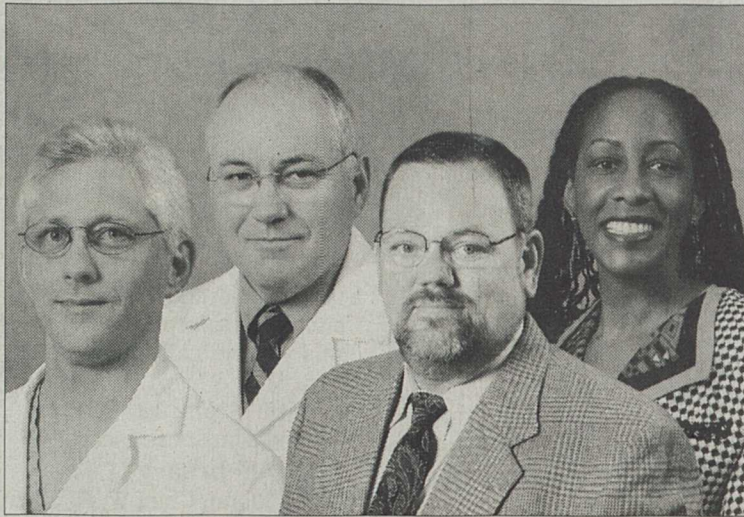
will entertain the Kindergarten group again this year, date and time to be announced.
The recognition and dinner for the area veterans will be held in June, date to be selected later.
Anita reminded us that February is Heart Month-it is your body-take care of it.
Program: Guest speaker Neva Lou Hubenak of Columbus gave an informative program on Trash Off.
Some of the surrounding towns in the County are participating in

this project.
To participate, you are asked to pick up trash and debris around your home and keep tract of the hours you work.
Your organization will receive money from Texas and America Beautiful for your efforts, and the money can be donated back to projects for the community.
A fitting motto is "Keep the World Clean for the Next Generation."
Members contributed the following: Volunteer Hours - 358;

Miles - 391; and Money Spent - \$565.78 during the month.
The next meeting of the Gadabouts will be March 18 at Anita Meismer's home.
The door prize was won by Neva Lou Hubenak.
Following the meeting, the group enjoyed delicious refreshments provided by Pauline Solomon, Ethelyn Popp, Karol Kallina, Helen Noteboom, Anita Meismer, Marlene Jensen, Sybil Balusek, Henrietta Patrick, Minnie Lee Conner and Catherine Berger.

Memorial Hermann Opens Doors To STMC

Memorial Hermann Sugar Land Hospital has granted hospital privileges to the OB/GYN physicians of the South Texas Medical Clinics.
"We are pleased to add Doctors Gubbels, Cumberbatch, Sangalli and Keffer to our staff.
They share the same unparalleled dedication to quality care that is at the heart of all we do here at Memorial Hermann Sugar Land," said CEO Jim Brown.
By having privileges at the Memorial Hermann Sugar Land, the South Texas Medical Clinics physicians feel they can better meet the needs of their obstetrical patients.
"Our patients were asking us about how they could receive more advanced healthcare services, particularly high-risk pregnancy care.
They also wanted a guaranteed birthing suite," said Jeffery Gubbels, M.D. of the South Texas Medical Clinics (STMC).
Memorial Hermann Sugar Land has a physician anesthesiologist available around-the-clock.



Pictured above are Doctors Sangalli, Keffer, Gubbels and Cumberbatch of South Texas Medical Clinic.

Fun St. Patrick's Day Facts

Top of the morning to ye! With major celebrations taking place this March 17 on St. Patrick's Day, there will be at least one day in 2010 when everyone is Irish.
Interestingly, 36.3 million Americans claimed Irish ancestry at last count in 2008.
That's more than eight times the population of Ireland!
The celebration honoring the man who introduced Christianity to Ireland in the fifth century saw its first parade in 1762.
But that day has since expanded, especially since Congress proclaimed March as Irish-American Heritage Month in 1995.
More than anywhere else, the month is a celebration in the state of Massachusetts, where 24 percent of people have Irish ancestry, compared to 12 percent as a national average.

It also operates the area's only Maternal-Fetal Medicine Clinic, staffed by The University of Texas Medical School at Houston Maternal-Fetal Medicine division, to meet the demand for testing and consultation for high-risk pregnancies.
Memorial Hermann has 13 birthing suites, complete with Jacuzzi tubs for hydrotherapy relaxation, flat-screen televisions and many other hotel-like amenities.
The STMC group conducted more than a year of research before it decided on Memorial Hermann Sugar Land.
"One of the overriding factors in selecting Memorial Hermann Sugar Land Hospital was the availability of an on-site NICU [neonatal intensive care unit] nursery to care for premature babies and newborns with special health needs, said Dr. Gubbels.
"While these emergency deliveries are the exception rather than the norm in our practice, every minute matters in these situations.
When our patients deliver in Sugar Land, we know we have the NICU as well as the expertise of Children's Memorial Hermann Hospital to provide these babies with the best chance for a healthy start in life."
The Memorial Hermann Healthcare System is the recipient of the prestigious National

Quality Forum's 2009 National Quality Healthcare Award, which is considered the gold standard for healthcare quality.
Memorial Hermann is also an inaugural winner of the National Health System Patient Safety Leadership Award in recognition of quantitative safety results.
About Memorial Hermann Healthcare System
An integrated health system, Memorial Hermann is known for world-class clinical expertise, patient-centered care, leading edge technology, and innovation.
The system, with its exceptional medical staff and 19,000 employees, serves southeast Texas and the greater Houston community.
Memorial Hermann's 11 hospitals include three hospitals in the Texas Medical Center, including a level 1 trauma center, a hospital for children and a rehabilitation hospital, as well as three heart & vascular institute locations and eight suburban hospitals.
The system also operates an air ambulance, cancer, imaging and surgery centers, sports medicine and rehabilitation centers, outpatient laboratories, a wellness center, a chemical dependency treatment center, a home health agency, a retirement community and a nursing home.
To learn more, visit www.memorialhermann.org, or call 713-222-CARE.

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February is Heart Healthy Month!



Suresh Philip, M.D.
Cardiology



Carlos Zorrilla, M.D.
Cardiology



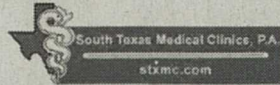
James Liversay, M.D.
Cardiovascular Surgery



Ann Mazel, MSN, ACNP
Cardiology

We encourage you to have your blood pressure checked on a regular basis. If you have family history of heart problems, have regular checkups. Learn the warning signs of a heart attack.

We're hoping you have a Loving and Healthy year.



Wharton - 979-532-1700
El Campo - 979-543-2956

Bay City - 979-245-9754
Rosenberg - 281-342-6006

Farm Bureau Talks Eminent Domain

The passage of Proposition 11 was a victory for private property rights last year but Colorado County landowners must not forget that it is just the beginning of eminent domain reform in the Lone Star State.
"We need to remember that private property owners are still exposed to unfair practices when their land is taken," Colorado County Farm Bureau President Marv Ulbricht said.
"We have a chance this election year to remind our lawmakers

that eminent domain laws in Texas are still broken, and need to be fixed."
"For true reform, eminent domain laws need provisions for good faith offers that represent fair market value, compensation to landowners for lost access to their property and the right of landowners to repurchase land not used for condemning purposes," Marv said.
"Only then will Texans have the private property protections they so richly deserve."

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Birth

Luis Eduardo Martinez
Hilario Martinez and Leticia Lozano of Mexico are pleased to announce the birth of their second child, a son, born February 19 at 7:03 a.m. at Rice Medical Center in Eagle Lake.
Luis Eduardo weighed nine pounds, and measured 20-3/4 inches at birth.
He was welcomed home by a brother, Adolfo Misael Martinez age three.
Maternal grandparents are Jose Luis Lozano and Ma Angeles Becerra of Mexico.
Paternal grandparent is Adolfo Martinez Mercedes of Reyes, Mexico.

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 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 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.
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. (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, 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 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.
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

The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing." - Zephaniah 3:17

Submitted by Donna Samora
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