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•Insurance Plans: Blue Cross, NPA, PCS, Pro-Serve, Sanus, PAID, Texas Medicaid**24 Hour Emergency Phone: 234-3834****Treatment for this Type of Depression**

Dysthymia is a milder form of depression, where a depressed mood may last for a number of years. Persons with dysthymia exhibit a depressed mood the majority of the time, along with a change in appetite, changes in sleep patterns, decreased energy, low self-esteem, low concentration, or feelings of hopelessness. Typically the symptoms of dysthymia are less severe than depression. The condition affects approximately 3 to 5% of the U.S. population.

Lifestyle changes, such as exercise and relaxation techniques, may help some. Antidepressant medications may take several weeks before symptom relief occurs. Selective serotonin reuptake inhibitors (SSRIs), such as paroxetine (*Paxil*) and sertraline (*Zoloft*), are commonly prescribed antidepressants that work to increase the amount of the neurotransmitter serotonin, thereby improving mood and other symptoms of dysthymia. These types of medications may also cause weight gain in certain persons. Venlafaxine (*Effexor*) and duloxetine (*Cymbalta*), serotonin and norepinephrine reuptake inhibitors, are sometimes prescribed. Bupropion (*Zyban*, *Wellbutrin*) also inhibits the reuptake of norepinephrine and dopamine. Persons diagnosed with dysthymia may be prescribed antidepressant medications for several years.

**My baby was born with a tooth. Does it need to be pulled out?**

It's rare, but some children already have a tooth when they're born, usually a bottom front tooth. It may be a real baby tooth or an extra tooth in the set that has grown over the baby tooth and permanent tooth underneath it.

This extra tooth will fall out when the baby tooth erupts.

But sometimes these teeth—real or extra—need to be removed, to avoid the risk of choking if they're loose, for example, or so a tooth doesn't get in the way of breastfeeding.

For infants and toddlers, a pediatric (children's) dentist will need to extract the tooth.

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Headlight****979-234-5521****Obituaries****Ralph E. Halvorsen**

Memorial services for Ralph E. Halvorsen, CPA were held at 1 p.m. Monday, April 19, at Pollard United Methodist Church in Tyler, TX with Rev. Dow Harleston officiating.

Graveside services were held at Lakeside Cemetery in Eagle Lake, Tuesday, April 20, at 10:30 a.m.

Mr. Halvorsen passed away April 17, at the age of 88.

He was born in SO. St. Paul, Minnesota on September 26, 1921 to Halvor and Astrid Halvorsen.

He graduated from Henry Clay High School in Lexington, KY. In 1939 and joined the Navy later that year.

He served on the USS Yorktown and USS Proteus as well as repair bases in San Diego, Pearl Harbor, and Midway Island.

He was discharged from the service in December 1945.

He Graduated from the university of Texas in 1952 and spent his business career in Houston.

He was Vice President and Treasurer at Reed Roller Bit Co., Vice President, Controller at American General Corp., after retiring from American General, he had his own accounting practice and also served as business manager and Controller for the Wortham Foundation.

He retired from his practice in 1989 and moved to Tyler in 1990.

In Tyler he was an active volunteer in Pollard Methodist Church.

Ralph was preceded in death by his parents; brother, Bob; and sister, Jeanette, both of Lexington, KY.

Survivors include his wife of 65 years, Nadine Causey Halvorsen; son, Steven and wife, Mary Halvorsen of Victoria; daughter, Kris Jones and husband Allen, of Murchison, TX; brother, Harry Halvorsen of Ft. Myers, FL; and numerous grandchildren, nieces and nephews.

If desired, memorials may be made to Pollard United Methodist Church in Tyler, or to your favorite charity.

Eagle Lake Funeral Home was in charge of arrangements.

Sympathy is extended to the family in their loss.

**Jacqueline Carol Gilford
"Jazzy Jackie"**

On March 13, 1955, a precious baby girl was born into this world to George and Lena Hurd in Eagle Lake.

Being the born of nine children, they gave her the name of Jacqueline Carol.

Jacqueline married the devoted Joe Gilford on September 7, 1972. To this union two beautiful angels were born. She was an extremely loving and devoted wife and mother.

She received her education and dedicated many years to the Houston Independent School District (HISD). Upon her departure of HISD, she pursued a career in the healthcare field, where she continued to spread her vibrant and warmth to many people.

Moreover, she was an immaculate domestic provider when it came to providing shelter, comfort, warmth, and love for her family.

She exemplified a woman that had patience that surpassed all understanding, which permitted her to have an unequivocal love for her family.

A very vibrant personality,

"Jazzy Jackie" as she was affectionately called by her family and friends, was a perfectionist when it came to appearance.

She had an affinity for purses, shoes, and accessories. The maintenance of her hair was essential.

Additionally, Jazzy Jackie spent her pastime enlightening many people through her comical words of expression.

Jackie was preceded in death by her mother, Lena Mae Daniels; and father, George Hurd, Sr.

She is survived by her husband of 37 years, Joe Gilford; two children, Jessica Hurd and Satyra Gilford; two grandchildren, Megan Gordon and Bianca Gilford; four sisters, Elecia Oliver, Vivian Williams, Ruby Hurd and Barbara Hurd; four brothers, George Hurd, Sr., Calvin Hurd, Michael Hurd and John Hurd; and a host of other supportive relatives and friends.

Funeral services were held Saturday, April 17 at 2 p.m. at Greater St. Matthews Baptist Church in Houston with Rev. Gusta Booker, pastor, officiating. Interment followed in Houston Memorial Gardens in Pearland, TX. Another life celebration of Ben Davis Funeral Home in Columbus.

Pallbearers were Keith Austin, Bruce McClintock, Michael Pierre, Reginald Johnson, Andre' Solomon and Reginald Gilford.

Honorary pallbearers were Calvin Hurd, George Hurd, Jr., Michael Hurd, Walter Oliver, Christopher Hurd, John Hurd and Travion Williams.

Sympathy is extended to the family in their loss.

**Cancer Survivor
Celebration
Dinner Is Friday**

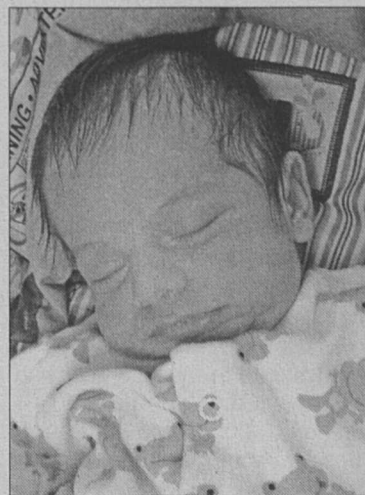
Please join Relay for Life for the American Cancer Society Relay for Life of Colorado County Survivor Celebration.

Relay for Life wants to honor survivors with a dinner, present them with a small gift, and then have them walk the victory lap to show that through research and education, it is possible for survivors to make this walk.

The survivor birthday celebration dinner will be held Friday, April 23 at 4:30 p.m. Registration starts at 3:30 p.m. at the VFW Hall in Columbus.

Survivor ceremony and Victory Lap is at 6 p.m. at the Columbus High School Stadium. Call Deziree Hazelwood at 713-703-3001 or email, deziree.hazelwood@exterran.com for more information or questions.

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New Arrivals**Anthony Isaac Robles**

Melinda Ann (Cavazos) Robles and Erick Israel Robles of Eagle Lake are pleased to announce the birth of their second child, a son, born April 2, at Memorial Hermann Sugar Land Hospital in Sugar Land.

Anthony Isaac weighed six pounds, 15 ounces and measured 19-1/2 inches at birth.

He was welcomed home by his big brother, Christian Isaiah Robles, age two.

Maternal grandparents are Hector Cavazos and Marina Cavazos of Eagle Lake.

Paternal grandparents are Jose Luis and Guadalupe Robles of Eagle Lake.

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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 APOSTOLIC 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 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 Seller 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**

"God is able to make all grace abound toward you; that ye...may abound to every good work."

2 Corinthians 9:8

Submitted by Carol Cardenas

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