

## Colorado County Courthouse Report

### Eleven Indicted By Grand Jury

Eleven individuals were indicted on April 20 by the Colorado County grand jury.

They included:

- Nelson Booker, 38, of New Orleans, possession of marijuana in the Colorado County Jail on March 5.
- Willie Ladon Connor, 25, of Columbus, evading arrest on March 8 involving flight from a law enforcement officer, David Gerloff.
- Roderick Oneal Fitzgerald, 30, of Alleyton, aggravated assault on March 4, involving the shooting in Weimar of Tycie Williams, who was wounded in the leg.
- Allen Voncile Foster, 38, of Houston, assault on a public servant on

March 17, involving an injury to W.O. Williamson, a law enforcement officer at the jail.

- Kevin B. Fowler, 20, of Gainsville, unauthorized use of a motor vehicle on March 4.
- Floyd J. Kelley, 23, of Columbus, possession of cocaine in the Colorado County Jail on March 23.
- Edward L. Linn, 26, of Village Mills, Texas, possession of a controlled substance on March 16.
- Jose A. Perez III, 19, of Houston, possession of a controlled substance on March 6.
- Richard Solis Jr., 42, of Houston, delivery of a controlled substance, 400 grams of hydrocodone, on April 4.
- Sigsbee Wardell Thompson, 31, of Columbus, assault causing bodily injury, involving Kristy Martin on

March 6 and 9.

- Lloyd Jerry Young, 57, of Lytle, DWI with a child passenger on March 17.

### Four Individuals Sentenced In County Court

Four individuals were sentenced in Colorado County Court on Wednesday, April 19.

They included:

- Anthony M. Barrios, possession of marijuana, \$350 fine, three days jail.
- Clifton O'Neal Daniels, evading arrest/detention, 120 days jail.
- Lester McKenzie, terroristic threat, 10 days jail.
- Courtney P. Visser, possession

of marijuana, conditions of probation modified, two weekends jail, extended probation for six months.

### Marriage Licenses Issued

Samuel Reyes and Hilda Veronica Flores, April 17.

Justin Lawrence Kainer and Kimberly Renee Rollins, April 18.

Erik Allen Hinton and Cheryl Renee Holub, April 18.

Olager Garza and Guadalupe Herrera, April 21.

Brad Elliot Williams and Elizabeth Rosales, April 21.

### Divorces Filed

Amanda Garamillo and Jarrod Garamillo, April 17.

Roxanne Marie Toro and Balbino Toro Jr., April 21.

Michelle Bubela and Patrick Bubela, April 21.

## WCJC Hosting Education Fair May 2

Wharton County Junior College (WCJC) and Texas State Technical College (TSTC) are teaming up to provide prospective students with one-stop shopping for information about financial aid, college programs, admission and testing requirements, and career counseling.

The Education Fair will be held on Tuesday, May 2, from 6 until 8 p.m. at the WCJC Fort Bend Technical Center, located at 5333 FM 1640 in Richmond.

legue representatives will be present to assist in completing the FAFSA (Free Application for Federal Student Aid). Area lenders will also be on hand to provide information on the federal student loan program. Tours will be available, upon request.

For details about the WCJC/TSTC Education Fair, including an entry form for the prize drawings, visit [www.wcjc.edu](http://www.wcjc.edu) or call 1.800.561.9252, ext. 6345.

## May Is Osteoporosis Awareness Month

May is National Osteoporosis Awareness Month, a time to make a concerted effort to inform people about this disease, which has the ability to cripple, and even to kill.

Exercise physiologist Dianne Daniels, author of "Exercise For Osteoporosis" (Hatherleigh Press, \$15.95), puts to rest the myth that walking builds bone and therefore can prevent osteoporosis.

Osteoporosis literally means, "thinning bone." When bone architecture has deteriorated in this manner, a fracture may be just around the corner. While every bone in the body is at risk, the spine and the hip are the most susceptible. A fracture in one of these two sites may cause the independent lifestyle to be lost forever.

With a recent study revealing that 50% of women over the age of 50 have low bone density, the numbers of potential future victims is staggering. Currently, there are 10 million Americans with osteoporosis, many of whom are not even aware that they have it. Although more likely to strike postmenopausal women, men are not immune (one in nine is affected) and they, as well, should take steps to reduce bone loss.

As Dianne Daniels explains in "Exercise For Osteoporosis," bone responds to ever-increasing stress being placed upon it.

"Walking—a wonderful, heart-healthy exercise—can be part of a program to prevent osteoporosis, but it is not the whole story," Daniels says. "To cause bone to grow it must be challenged with a new, added weight, not the same load over and over again, as with walking."

The best strategy is to make strength training (also called resistance training or weight training) a part of any osteoporosis-fighting plan. Slowly and progressively adding additional weight can cause new bone growth to occur. And when this type of exercise is combined with osteoporosis medications prescribed by a doctor, the effect is additive and creates even greater positive results.

"You don't need to go to a gym or use any special equipment to wage an effective campaign," Daniels adds. "Soup cans, elastic tubing, or easily affordable hand and ankle weights can do the job. If you do go to a gym, many of the exercises you see there can actually put you in jeopardy, as certain

body positions may cause a fracture in a person with severe osteoporosis. Be sure to avoid bending over, doing traditional abdominal crunches, holding something at arm's length, or twisting rapidly from side to side.

Weight training has other beneficial side effects; it can help improve balance, thereby making falls and fractures less likely. And it can make everyday activities—shopping, climbing up stairs, cleaning—easier and more enjoyable to do.

In her book, Daniels gives specific exercises to improve balance, and many safe ways to increase bone density. Also included are osteoporosis-friendly exercises targeted for the abdominals, a body part almost everyone seems to cast a critical eye on.

Here are three exercises she suggests for beginners:

**Chair Sit:**  
Stand in front of a chair with a pillow on the seat. Your arms are down at your sides and relaxed, your feet about hip distance apart. Slowly sit on the chair. Then slowly stand up. When you can perform 15 repetitions (sitting down and standing up) remove the pillow. When you can perform 15 repetitions without the pillow, hold onto 1-pound weights (soup cans, or any household items are fine). Gradually, over time, increase the amount of weight you hold in your hands.

**Superman:**  
Lie face down on the floor. Extend both arms forward on either side of your head (like Superman flying). Now lift your arms off the floor as high as you can while keeping your head on the floor. Pause, then lower them slowly. When you can perform 15 repetitions easily, do them while holding one pound weights in each hand.

**Ball Squeeze:**  
Hold a rubber ball in your right hand with your palm up. Your arm should be resting on your lap or on a table. Squeeze the ball as hard as you can for three seconds. Maintain a straight wrist (no bending) and keep your middle finger in line with the middle of your wrist. Do this three times, then switch to your left hand. Build up to 10 squeezes per hand.

Remember — before you do these or any exercises, always check first with your doctor to make sure they are safe for you.

Dianne Daniels has a master's degree in exercise physiology from Columbia University. A former health educator with the New York City Department for the Aging, she now runs a personal training business. She is on the faculty of the American Council of Exercise and has taught academic and practical courses for fitness professionals since 1992. Her book "Exercise For Osteoporosis" is available from bookstores everywhere, or can be ordered directly from the publisher at 1-800-528-2550.

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