

Tips For Disaster Preparation

Information on disaster preparedness from the Extension Disaster Education Network and Texas Cooperative Extension has recently been released according to Sally Garrett, Colorado County Extension Agent. Although disasters kill hundreds and injure thousands of people each year in the United States, local residents can help keep themselves and their families safe in emergencies by taking a few steps to become prepared now.

September is National Preparedness Month, which is part of an annual effort to help communities in every state become better prepared for disasters. To help

citizens become disaster-ready, Texas Cooperative Extension, the Texas Department of State Health Services, the U.S. Department of Homeland Security and the American Red Cross are offering information on the steps each person should take before a disaster occurs.

Being disaster-prepared is more than just knowing what to do in case of a tornado or a fire. It also involves:

- * Developing and practicing an emergency plan for your family
- * Preparing 72-hour disaster supplies kits for your home, office and car
- * Understanding your com-

munity's warning systems and evacuation routes

* Knowing whom to contact in your community for more information

* Getting involved in local preparedness efforts

Disasters most often are unpredictable, and they can be devastating.

But the more you prepare, the better you will know exactly what to do and where to go and the more likely that you and your family will be safe.

For more information on disaster education, contact the Texas Cooperative Extension Office of Colorado County at 732-2530 or visit the office at 316 Spring Street in Columbus.

Other tips are available through a nationwide network known as the Extension Disaster Education Network (EDEN). Texas EDEN information is on the web at texashelp.tamu.edu.



Bessie Ann Mikulenska
Bessie Ann Mikulenska, 92, of Columbus passed away Monday, September 4 in the River Oaks Health Care Center.

She was born October 25, 1913 in Paris, Ark. the daughter of Henry and Alpha Brown Cotton.

Bessie married Anton (Tony) Mikulenska on December 24, 1971 and was a homemaker and restaurant owner and manager of Diamond Shamrock Drive-In.

She was preceded in death by her parents; first husband, Edward V. Sheppard; second husband, Tony, (Oct. 6, 1993); sisters, Cleo Grahman and infant sister, Innis Irene Cotton; brother, Epsy Cotton; two grandsons, Kurt Payne and Forrest Payne; daughter-in-law, Jay Sheppard; and sons-in-law, Gardner Seaholm and Richard Watkins.

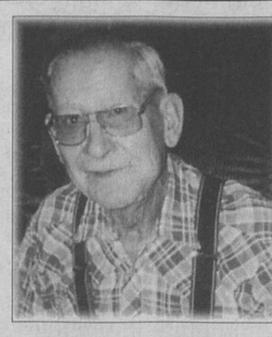
Survivors include daughters, Patricia Seaholm of Eagle Lake and Clarissa McKinney and husband, Dick, of Friendswood; sons, Vernon Lee Sheppard of Columbus; sister, Mary Helen Tanner of California; 12 grandchildren; 21 great-grandchildren; and one great-great granddaughter.

Graveside services were held Wednesday, September 6 at 10 a.m. from Odd Fellows Rest Cemetery in Columbus with Rev. Sammy Carr officiating. Henneke Funeral Home in Columbus was in charge of arrangements.

Pallbearers were her grandsons.

Sympathy is extended to the family in their loss.

Obituaries



Willie Leon Noska
Willie Leon Noska passed away Thursday, September 7 in Houston.

He was born September 3, 1926 in Frelsburg, the son of William Vince Sr. and Elenor Zajicek Noska.

He moved to Columbus in 1939. Willie went to work for Rock Co. in 1943; for Horton & Horton in Pasadena in 1944; drove a Truck for Oil Co. in 1945; from 1945 to 1969 ran a dragline for Horton & Horton in Columbus; in 1969 to 1977 worked for Horton & Horton in Victoria; in 1977 to 1985 worked for Parker Bros. in Altair; 1985 & 1986 worked for Superior in Altair; 1986 to 1987 worked for Ideal in Altair; 1987 to present worked for M & M Gravel Co. in Altair; and was a Dragline Mechanic from 1969 to present.

Willie married Carolyn Hollas Rosprim on April 3, 1982.

He was preceded in death by his parents; one brother, Leroy Noska; and one sister, Erna Stern.

Survivors include his wife, Carolyn, of Eagle Lake; sons, Doyle Noska and wife, Gae Anne, of Columbus, Billy Noska and wife, Sharon, of Hallettsville, Sherrill Noska and wife, Tammy, of North Carolina, Clarence Noska and wife, Linda, of Houston, Tommy Noska and wife, Patricia, of Pasadena, Jimmy Noska and wife, Carol, of Rock Island;

Stepdaughters, Edna Rosprim of East Bernard and Julia and husband, Charles Petty, of Richmond; brothers, Clemens Noska and wife, Irene, Ruben Noska of Alleyton, Archie Noska and wife, Dorothy, of Eagle Lake;

16 grandchildren, Dustin, Brandon, John, Amanda, Kimberly, Caleb, Joseph, John Dillon, Joshua and Brittany Noska, Alec and Eric Petty, Melissa Noska Chovanetz, Shannon, Shawn and Jason Dabney;

Seven great-grandchildren, Haley, Cory, Dane and Anneliese Noska, Corey and Constance Chovanetz, Kaylie Martinez; and other relatives and loved ones.

Funeral services were held Saturday, September 9 at 10 a.m. from the Parish of the Nativity Catholic Church in Eagle Lake with Father Robert Guerra officiating.

Interment followed in St. Anthony Catholic Cemetery in Columbus. Eagle Lake Funeral was in charge of arrangements.

Pallbearers were Dustin Noska, Brandon Noska, Joshua Noska, Larry Noska, Troy Noska, Nathan Noska, and Donnie Stern.

Sympathy is extended to the family in their loss.

Ruby Lee Bell
Ruby Lee Bell passed away September 1.

She was born January 22, 1932 the daughter of Robert and Eva Collins of Columbus.

She grew up in Columbus where she attended Columbus Public Schools and graduated from Columbus High School in 1950.

Ruby attended Greater Smith Chapel Baptist Church at an early age with her parents and siblings. She gave her heart to God early in life.

After graduating from high school she married her sweetheart James Robert Bell, Jr. on June 14, 1951. There were no children from this union. Ruby and James relocated to San Francisco, California.

While employed by the University of California Medical Center she received her license and certification from the State of California in the biological and medical uses of radioactive isotopes.

In February 1974 she earned a certificate for Home Health aide from the Metropolitan Adult Program of San Jose, California.

Ruby and James returned home to Columbus in the late 70s. She reinstated her membership with the New Greater Smith Baptist Church and also was an active member of the Sheriff's Association of Texas and her community.

She was preceded in death by her parents; husband, James; brothers, Ashberry (Jack), Joe Willis (Sonny), Robert L. (Bobby), and sisters, Bettye Reed (Bette).

She leaves to cherish her memories, sisters and brothers, Shirley Cook (Dale) of Conroe, Travis Collins of Houston, Wilbert Collins, Eunice Faye Collins and John David Collins all of Columbus; nieces and nephews, Robert James Collins of Houston, Emily Y. Vinson of Palo Alto, California, Rubye (Henderson) Spears of Sacramento, California, Eddie (Edward) Johnson of Boston, Massachusetts, Sandra Collins of Palo Alto, Joe W. Collins, Jr., Ben David Collins of Columbus and Linda K. Collins of Katy, Robert L. Collins, Jr. and Alvin Collins of Houston and Larry Collins of Corpus Christi, Janet Austin and Ernest Baird of San Francisco, California; and a host of friends and other relatives.

Funeral services were held Saturday, September 9 at 11 a.m. from New Greater Smith Baptist Church in Columbus with Rev. Joseph Hargrove, pastor, officiating. Interment followed in the City Cemetery in Columbus. Final arrangements entrusted to Ben Davis Funeral of Columbus.

Pallbearers were Deacon John Axel, Deacon Thomas J. Axel, Deacon Percy Coleman, Gregory Denley, Deacon Leo Hargrove, and Albert Denley.

Honorary pallbearers were Ben David Collins, Joe W. Collins, Jr., John David Collins, Robert James Collins, Deacon Henry Wicks, Travis Collins, Wilbert Collins, Edward L. Johnson, Henderson Spears, Deacon Jerry Perrino and NGSC Brotherhood.

Sympathy is extended to the family in their loss.

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Treatment Options for Panic Disorder

Panic disorder is a specific type of anxiety disorder characterized by repeated and unexpected episodes of intense fear. Physical symptoms include dizziness, shortness of breath, chest pain, and heart palpitations. Attacks may occur suddenly, but normally last only a few minutes as the body is unable to sustain this "fight-or-flight" response for much longer. However, attacks may recur for hours. When attack frequency increases, persons with this disorder may begin to avoid situations where an attack may occur. Panic disorder is likely to develop in late adolescence or early adulthood, and is twice as common in women as in men. An estimated 2.4 million American adults suffer from this condition.

Treatment for panic disorder is individualized, as different people may have other types of anxiety or depression. *Cognitive-behavioral therapy (CBT)* is a type of psychotherapy that teaches people to view their attacks differently and how to reduce anxiety. Relaxation techniques, such as breathing exercises, are used to teach skills to cope with stress. Medications that may be prescribed include the *selective serotonin reuptake inhibitors (SSRIs)* and anti-anxiety medications. *Paroxetine (Paxil)* and *sertraline (Zoloft)* have been approved for the treatment of panic disorder.

4-H Service Project Planned

Council members discussed the annual community service project at the meeting held on Aug. 21. Members expressed an interest in having a lock-in for youth in Colorado County sponsored by 4-H.

Organizations from the three school districts in the county would be also asked to participate. The lock-in would be held possibly in early-mid February at one of the schools in Columbus. The Council is asking for participation from the 4-H clubs and leaders to help plan, organize and carry out this project.

A planning meeting was to be held Tuesday, Sept. 12. For more information on the outcome of this meeting and more information, or if you would like to help, call the Extension Office at 979-732-2530.

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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. Chris Thacker, Pastor; 234-2571.

FRIENDSHIP BAPTIST: 405 S. Lake, Eagle Lake; 234-5795.

IGLESIA BAPTISTIA GETSEMANI: 901 B Street, Eagle Lake; Rev. Mario Vasquez.

GREATER MT. OLIVE BAPTIST: Rev. Thomas Kuykendall; 705 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; Rev. Jim Dunn, Pastor; 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 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; Rev. Joseph Koebel; 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.

LISIE UNITED METHODIST: J. L. Craft, 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; Pastor Dave Curry.

ASEMBLEA 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.

Bible Verse of The Week

"Whoever would draw near to God must believe that He exists and that He rewards those who seek him." - Hebrews 11:6
Submitted by Neddy Phillips

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