

Good Hints For Bone Health

With 206 bones in the human body, you would think they'd get more fanfare.

But many people take their bones - the entire skeletal system - for granted, pushing their bodies without attention to bone health.

Your bones perform a number

of essential functions. They support and protect your internal organs.

Bones serve as levers and braces for your muscles so you can move freely.

They also produce and store blood cells in the bone marrow.

While many think of bones as hard parts of the body that change little, they are actually comprised of living tissue that's constantly growing and serving important functions.

When a baby is born, bones are made of flexible cartilage. As people age, the bones go through a process of ossification, where the cartilage is replaced by hard deposits of calcium phosphate and stretchy collagen.

Calcium and sodium, in addition to other minerals, are also found in bones.

Although bones are very strong, they are not indestructible. When a bone breaks, it is called a fracture.

According to the American Academy of Orthopaedic Surgeons (AAOS), fractures are among the most common orthopedic complaints, with approximately 7 million broken bones each year in the U.S. Up until age 45, men are more likely to experience fractures.

After age 45, the number of women experiencing fractures increases. Prior to age 75, the most common fracture occurs in the wrist. After age 75, hip fractures are the most common.

Fractures can occur from a number of causes. These include a blow to a bone, a fall, osteoporosis, a condition of weak or porous bones, or certain diseases or medications that affect bone density.

The best way to care for bone fractures is to prevent them in the first place. Here's how:

- Make safety a priority during work and play. Always wear protective gear when the risk for injury is present.

- Exercise regularly. Frequent exercise improves bone health and strength.

- Consume a varied diet and foods rich in calcium and vitamin D. Calcium and vitamin D are essential to maintaining healthy bones. Check with your doctor to see if a calcium supplement is necessary.

Obituaries



Rosalie Broucker
Mrs. Rosalie Broucker, 96, of Sheridan, died April 19.

She was born March 3, 1912 to Jerome and Linnie Ebener Mladenka in Koerth, Texas.

She married Joe Lee Broucker on January 9, 1929 in Sweet Home, Texas and was a member of Sacred Heart Catholic Church.

Rosalie is survived by a son Jerry L. Broucker and wife, Mayebeth of Sheridan; daughter, Evelyn Holt of Sheridan; brother, Elo Mladenka of Matagorda; sister, Dorothy Gast of Hallettsville; seven grandchildren, Tommy Holt, Doug Holt, Elaine Dromgoole, Buddy Broucker, Sandy Broucker, Glenna Sides and Debbie Emmons; 13 great-grandchildren; and eight great-great-grandchildren.

Rosalie was preceded in death by her husband, Joe on May 2, 1981; infant daughter; son, Joe Lee Broucker Jr.; parents; brother E.J. Mladenka; and three sisters, Betty Mladenka, Julie Van House, and Joyce Georgia.

Funeral services were held 10 am, Tuesday, April 22, at Sacred Heart Catholic Church with Rev. John Peters. Burial followed at Cheatham Cemetery in Sheridan.

Visitation was held at 1 p.m. Monday at Kubena Funeral Home.

Rosary was held at 7 p.m., Monday at Kubena Funeral Home.

Pallbearers were Tommy Holt, Doug Holt, Justin Oaks, Buddy Broucker, Dan Pustka, and Chris Broucker.

Honorary pallbearers were great-grandchildren and great-great-grandchildren.

Memorials can be made to Sheridan Public Library.

Sympathy is extended to the family in their loss.



Jack Pendleton Hopkins

Jack Pendleton Hopkins, 83 of Bernardo, passed away April 16 at his home.

He was born January 18, 1925, in Wharton County, Texas to Cole P. and Edith Hopkins.

Jack lived most of his life in Garwood, where he worked as a rice farmer for the most of his life.

He was married to Marilyn J. Mundine on January 30, 1988 and they resided in Columbus. They opened up Hopkins Nursery and Plants for 16 years.

In 2004 they moved to Bernardo, where they retired.

Jack is survived by his wife, Marilyn J. Hopkins; and his three daughters, Lesia and Larry Cloninger, Shelia and R.J. Jaurnig, Jr. and Donna and Clarence Hamman; 15 grandchildren and 14 great-grandchildren.

He was preceded in death by his parents, Cole P. and Edith Hopkins; his close cousin, Jamie Hopkins; and his great and loyal friend, who he thought the world of and loved as a son, William Shorter, Jr. who was known as Jr.

Jack has had many friends along the way; we will all love and miss him dearly.

A private family service was held at Lakeside Cemetery in Eagle Lake.

Services were under the direction of Eagle Lake Funeral Home.

Sympathy is extended to the family in their loss.



Leocadio "Leo" Cordova

Leocadio "Leo" Cordova, 61, of Eagle Lake passed away Friday, April 18, at Memorial Hermann in Houston.

He was born December 9, 1946 in Eagle Lake and was employed with the City of Eagle Lake.

In 1966 he graduated from Eagle Lake High School and enlisted in the Army where he served in the Vietnam War.

Leo was preceded in death by his parents, Esther and Antonio Cordova; sisters, Martha Martinez and Amada Cordova; brothers, Tony Cordova and Bernabe Cordova.

Leo is survived by his beloved wife, Hortencia Cordova; daughters, Natalie Segura and husband, Danny, of Rosenberg, Adriana Cordova and Alejandro Martinez of Eagle Lake; sons, Christian Cordova and wife, Amanda, of Humble, Christopher "Chubs" Cordova of Eagle Lake; his grandchildren, Danny Ray and Erin Segura and Alessia Martinez; sisters, Lorenza C. Longoria of El Campo, Juanita C. Gomez of Houston, Gerarda Cordova of New Mexico and Frances Posada of Eagle Lake; brothers, Steve Cordova of Eagle Lake and Hesiquio Cordova of New Mexico.

He is further survived by brother and sister-in-laws, nieces, nephews, and other relatives, and many friends.

Pallbearers were John Arthur Cordova, John Richard Torres, Bill Torres, Arnold Cardenas, Carlos Longoria, Joey Posada, Henry Torres and Carlos Gonzalez, Jr.

Honorary pallbearers were Steve Corbova, Rudy Lopez, Robert Martinez, Carlos Gonzalez, Jesse Yanez, Jose Posada and Hesiquio Cordova.

A rosary was recited at the Church Monday, April 21 at 7 p.m.

Funeral services were held at the Parish of the Nativity Catholic Church with Father Robert Guerra officiating, Tuesday, April 22, at 10 a.m.

Burial was in Lakeside Cemetery in Eagle Lake. Services were under the direction of Eagle Lake Funeral Home.

Sympathy is extended to the family in their loss.

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We would like to thank all that made our special day, March 29, 2008 a memorable one. The gifts, well wishes, and your attendance were greatly appreciated.
Sonya and Norris Powell III

Still dancing after all these years....

Happy 70th Birthday Bopper! - Love, Your Family

Did You Know?

While it's common to think of senior citizens living in retirement communities, nursing homes, or other environments geared toward seniors, a large number of Americans are considered the primary caregivers for someone over the age of 75.

In fact, 19 million Americans provide 75 to 80 percent of all long-term care in the United States.

The reasons for that are many, but the rising costs associated with nursing homes is perhaps the primary reason many seniors are again living with younger relatives who are acting as their informal caregivers.

Another option for seniors that is growing in popularity is continued-care retirement communities.

Such communities essentially combine the benefits of retirement communities, assisted living facilities and nursing homes.

Continued-care retirement communities are capable of helping a wide array of residents, allowing them to maintain levels of independence many critics of nursing homes feel is not available in those communities.

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New Arrivals

Tianna Renee Earls
Charles and Tanya Earls of Eagle Lake are pleased to announce the birth of their child, a daughter, born on April 17 at 11:56 a.m. at Rice Medical Center in Eagle Lake.

Tianna Renee weighed six pounds, two ounces and measured 20 inches at birth.

She is welcomed by her sibling, Chadric Arnell Davis, 14.

Maternal grandparents are Elvin and Bobbie Pipkins.

Paternal grandparents are Charles Earls, Sr. and Rowena Earls of Eagle Lake.

Great grandparents are Raymond and Hazel Hurd of Eagle Lake.

Tiedric Markel Jenkins-Ashton
Jasmine Jenkins of Garwood is pleased to announce the birth of her first child, a son, Tiedric Markel Jenkins-Ashton born April 17 at 10 a.m. at Rice Medical Center in Eagle Lake.

Tiedric weighed seven pounds, two ounces and measured 19 inches long.

Maternal grandparents are Annie Jenkins of Garwood and Preston Jenkins, Sr. of Matthews.

Great grandparents are the late Mr. and Mrs. Ulab Johnson, Sr. of Garwood.

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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. 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.

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 10 a.m.; Rev. Clements Richard, Pastor; 234-3381.
LEHRER MEMORIAL UNITED METHODIST: Garwood; 9 a.m. worship.
LISSIE UNITED METHODIST: J. L. Craft, Pastor; 234-2112, Lissie.
ROCK ISLAND METHODIST: Ken Sella 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.
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 - non-denominational.

Bible Verse of The Week

"But the Lord is faithful, who shall establish you, and keep you from evil."
2 Thessalonians 3:3
Submitted by Neddy Phillips

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