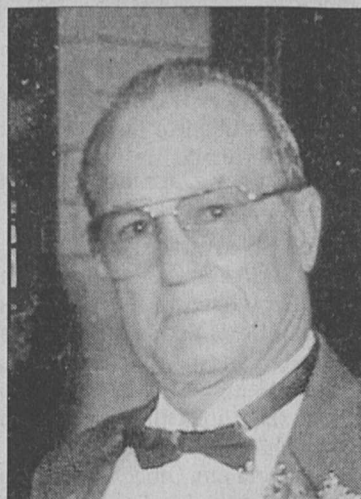


Obituary

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Chester M. McGehee

Chester M. McGehee of Eagle Lake went to be with his Heavenly Father on Saturday evening, November 29, following a courageous battle with cancer.

He was born in Fordtran, near Victoria, on November 10, 1927, the son of Robert and Jewel Buchanan McGehee; and recently celebrated his 81st birthday at home with his family.

He grew-up in Dewitt County, near Yoakum, where he attended school prior to joining the U.S. Army, at the age of 18 to serve in World War II.

After entering the Army at Ft. Sam Houston in San Antonio and completing basic training in Biloxi, Mississippi; he returned to Eagle Lake to marry Mildred Walker, the love of his life for 62 years, on June 26, 1946.

After marriage, he traveled from Texas to Greensboro, N.C. on a steam engine train where he was deployed to serve his country in Paris, France and Wiesbaden, Germany.

In 1950, he started a 25-year career with Superior Oil Company retiring in 1975; only to extend his career another 33 years as owner of McGehee Lease Service, Inc. and co-owner of C & M Operating, Inc. He was wellknown as an expert in oilfield production

throughout the area and never met a stranger. He was also a cattle rancher and raised miniature horses for many years.

Chester and his family enjoyed traveling and camping around the U.S. and Canada, where he loved the mountains and the great outdoors. He was a devoted husband, father, grandfather, and friend who enjoyed life to the fullest.

Chester was preceded in death by his parents, Robert and Jewel McGehee; a sister, Geraldine Kindred; and two brothers, Robert McGehee, Jr. and Melvin McGehee; all of Yoakum.

Chester is survived by his wife, Mildred Walker McGehee; daughter, Billie Jean Case of Eagle Lake; and son, Don McGehee of Houston; three granddaughters, Ginger Case Kacal and husband, Clint Kacal of El Campo; Casidi Case of Houston; Savanna McGehee Ross and husband, Hugh Ross of Solvang, California; and grandson, Smith McGehee of Houston. He is also survived by his sister, Patricia Purdy and husband, Bob Purdy of Victoria; and brother, Joe McGehee of Yoakum.

Visitation will be at Henneke Funeral Home, in Columbus, Wednesday from 1 – 7 p.m., with the family receiving guests from 5 – 7 p.m.; 8 – 11 a.m. Thursday; and from 1-2 p.m. at the church prior to services.

Funeral services will be at the First Baptist Church in Eagle Lake on Thursday, December 4, at 2 p.m. with internment at Lake-side Cemetery in Eagle Lake.

Pallbearers will be Hershel Sides, Wilfred Frnka, Scott Hooper, David Garza, Quinton Hodges and Randy McGehee.

Memorial contributions can be made to Columbus Community Hospital or the charity of your choice.

Sympathy is extended to the family in their loss.

Beating The Aches And Pains Of Aging

The aches and pains of old age now can be avoided, along with many illnesses, say medical experts.

Put simply, it's possible to avoid or prevent many of the problems we associate with aging -- such as weakness and sore joints -- and even many illnesses like heart attacks, diabetes and broken bones.

While we all have to get older each day, year and month, we don't have to give up our good health, say experts, Chris Crowley and Dr. Henry S. Lodge, co-authors of the bestseller books "Younger Next Year" and "Younger Next Year for Women."

"It turns out that most of the biological decay we call aging is an automatic response to the SUV, cable TV, and fast-food lifestyle of the 21st century," says Crowley.

"The reality is that how much you exercise, what you eat, and how involved you are with other people are the fundamental signals that run every cell in your body and brain."

The signals of modern living -- such as being sedentary, eating "crap" (as Crowley and Lodge put it) and being isolated and stressed -- are the signals for your body to decay and age at a dramatically accelerated pace.

"Luckily, it is easy to send the opposite signals," stresses Lodge who says that the keys to reversing the negative aging process lie in the three fundamental areas of exercise, nutrition and emotional connection.

Here are some tips from the book "Younger Next Year" that can help you get started on living strong and fit even as you age:

* Exercise six days a week, and be sure to mix aerobic ex-

ercise with strength training. Do aerobic exercise four days a week and strength training with weights two days a week.

Make sure to check with your doctor that you are healthy enough to begin an exercise regimen. And don't overdo it when you first get started!

* Eat right. This one sounds simple -- and it can be. The authors stress that you should avoid fast food and, as they so eloquently put it, any snacks whose names end with the letter 'o.'

* Commit to connecting with others and staying involved. As many people age, they become isolated and do less.

Get out there with friends and family. Get involved in groups and do communal things, whether work or play.

We literally were built to be involved with and to care for one another, and that shouldn't change as we age.

For more tips on how to beat the aches and pains of the aging process, read the book "Younger Next Year" or "Younger Next Year For Women" by Crowley and Lodge, or visit www.youngernextyear.com.

While present-day Americans live longer than ever, with an average life span of 77.9 years, we lag behind 41 other countries.

This is down from being 11th overall just two decades ago, according to The Census Bureau and the National Center for Health Statistics.

"The remarkable thing is that simple daily choices can tip the balance," says Crowley. "Instead of moving toward decrepitude, a person can build up his body and mind."

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Medications for Autism Symptoms

Autism typically first appears in early childhood. Impaired communication and lack of interaction with others are hallmark signs of this condition. Social interaction, language, and behavior are typically altered to some extent. Children with Autism may exhibit lack of eye contact, repetitive movements, and/or lack of emotional expression. Although the cause of autism is unknown, there are many theories of contributing factors related to the development of this condition. Although a major on-going controversy exists regarding the potential for an association between autism and certain childhood vaccines, studies have continually failed to demonstrate a causal association between autism and vaccines.

While there is currently no cure for autism, drug and non-drug treatments are available to help alleviate certain signs and symptoms. Antidepressants, such as fluoxetine (*Prozac*), may be helpful in alleviating anxiety. However, these medications should be used with caution. Stimulant medications prescribed for attention deficit hyperactivity disorder (ADHD), such as amphetamine/dextroamphetamine (*Adderall*), may be prescribed for impulsivity and hyperactivity. Many different types of Autism therapy programs are available for behavior and communication issues.

Flu Shots Available At Eagle Lake Drugstore \$25 OR Free With Medicare Part B

Please The Palate With Savory Pork Chops

Chef Andrew Carmellini, of Cafe Boulud in New York City, offers this recipe for "Cider-Glazed Pork Chops with Sautéed Squash and Apples" from "The Niman Ranch Cookbook: From Farm to Table with America's Finest Meats" (Ten Speed Press).

Cider-Glazed Pork Chops w/Sautéed Squash and Apples

Serves 4
Pork Chops
8 cups water
1/4 cup honey
4 double-cut pork rib chops
Glaze
2 cups freshly pressed apple cider
1/4 cup cider vinegar
1 tablespoon cracked black pepper
Squash and Apples
1/4 cup unsalted butter
1 pound butternut squash, peeled, seeded, and cut into 1/2-inch dice
2 tablespoons hulled pumpkin seeds
2 Gola apples, peeled, cored, and cut into 1/2-inch dice
1/2 cup fresh cranberries
Kosher salt and freshly ground

black pepper

Fresh lemon juice
To prepare the pork chops, combine the water, 1 cup salt, and honey in a stockpot. Bring to a boil over high heat. Remove from the heat and let cool to room temperature. Put the pork chops in a shallow baking dish and cover with the brine. Cover and refrigerate for one hour.

To prepare the glaze, combine the cider and vinegar in a saucepan. Bring to a boil over high heat and cook for about 20 minutes or until reduced to a thick, syrupy consistency. Stir in the cracked pepper. Set aside.

Prepare and light a charcoal grill for direct cooking. Put two handfuls of apple-wood chips in a large bowl and cover with water. Remove the chops from the brine and pat dry. Bring to room temperature.

To prepare the squash and apples, melt the butter in a large skillet over medium-high heat. Add the squash and pumpkin seeds and cook, stirring occasionally, for about 5 minutes, or until the squash begins to brown. Add the apples and cook for about 10 minutes, or until tender. Stir in

the cranberries and cook for 2 to 3 minutes, until soft. Season to taste with salt, pepper and lemon juice. Keep warm.

When the grill is at its hottest (when the coals are red and glowing and too hot to hold your hand over the grill for more than a couple of seconds), remove the wood chips from the water and carefully put on top of the coals.

Wait for 1 to 2 minutes, or until the chops begin to smoke. Season the chops on both sides with salt and pepper and set on the cooking grate directly over the coals.

Cook uncovered for about 4 minutes, or until browned. (If there are flare-ups, move the chops to the edge of the grate to prevent burning.)

Brush the chops with the glaze, turn and cook for 5 to 6 minutes, until browned. Brush with the glaze, turn and cook for about 2 minutes, or until a thermometer inserted into the center of the chops away from bone reads 140 F. Transfer to a plate or cutting board and let rest for 5 minutes.

Slice the chops and serve whole with the squash and apples.



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GREATER UNION BAPTIST CHURCH: Matthews Community; Co. Rd. 141; Rev. Lawrence C. Robertson, Pastor; 234-2581.
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THE DAY OF PENTECOST APOSTOLISTIC REVIVAL RISING STAR: FM 102 South, Matthews; 4 p.m. (at Mt. Zion), Rev. R.L. Carter Sr.
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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 10 a.m.; Rev. Clements Richard, Pastor; 234-3381.
LEHRER MEMORIAL UNITED METHODIST: Garwood; 9 a.m. worship.
LISSIE UNITED METHODIST: Rev. Janice Kerlee, Pastor; 234-2112, Lissie.
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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.
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THE SHEPHERD'S WAY: Interdenomination Christian Fellowship; 1225 Eagle Lake Road, Sealy, Frank Lucas, Pastor; 979-885-1225.
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Bible Verse of The Week

"Do not store up for yourselves treasures on earth, where moths and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Matthew 6:19-21

Submitted by Donna Samora

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