

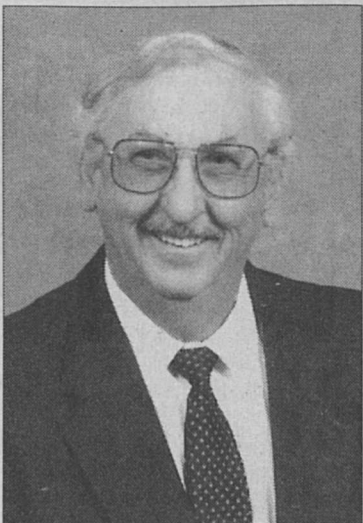
EL NAILS
979-234-2800
MONDAY - SATURDAY 10:00 A.M. - 6:00 P.M.
SPA PEDICURE & MANICURE - NAIL TIPS
NAILS & TOE - FANTASTIC HAND DESIGN
NAILS TIPS CUSTOM DESIGN
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Treatment Options for Gout
Gout is a painful condition in which there are attacks of inflammation that affect the joints. High levels of uric acid in the blood can lead to the accumulation of uric acid in joint fluid, causing inflammation. Uric acid is a breakdown product of chemicals called purines, which are contained in certain foods. Increased consumption of meat and fish or being overweight may increase the risk of gout. Symptoms include swelling, redness, and tenderness of the affected joints. Typically, gout attacks begin at the big toe or knee. Other body joints may also be affected.
Treatment incorporates prevention of future attacks, as well as relief of acute symptoms. Weight loss, dietary changes, and reduced alcohol consumption are lifestyle changes that are useful in the prevention of attacks. Pain relievers, such as acetaminophen (Tylenol) work to alleviate pain associated with an acute attack. Nonsteroidal anti-inflammatory medications such as indomethacin (Indocin) and naproxen (Naprosyn) may be taken to alleviate inflammation and pain. Colchicine (Colsalide) is another type of anti-inflammatory medication that may be prescribed. Allopurinol (Zyloprim) works to decrease the production of uric acid. Probenecid (Benemid) and sulfinpyrazone (Anturane) increase the removal of uric acid from the body.

Obituaries



Walter Anthony Braden, Jr
Walter Anthony Braden, Jr., 78 of Nada, passed away on March 10, 2009 in Nada.

He was born On June 27, 1930 in Columbus to Walter Anton and Mary Lichnovsky Braden. He graduated from El Campo High School in 1946, 2 1/2 years at Texas A&M, pre-med, and 2 1/2 years at The University of Texas majoring in Pre-law. He served as First Lieutenant in the Military Police Corps with the U.S. Army during the Korean Conflict.

He was a cattle rancher and rice farmer.

He was a lifetime member of St. Mary's Catholic Church in Nada, Nada Knights of Columbus, Barnabus Held 3371, lifetime member of the American Legion Craig-Harris Post 251, Garwood Lion's Club, and St. Mary's Church Choir. He served many years as a member and past president of St. Mary's School Board. He was a member of American Rice Growers Association and past officer on the Garwood Farmers Coop Board of Directors.

He was a hunter, fisherman, and loved to read.

Survivors include his wife of 52 years, La Juan Fite Braden of Nada; sons, David Braden of Sugar Land, and Daniel Braden of Nada; grandsons, Dustin David Braden and Wesley Scott Braden of Columbus; brother-in-law, John Fite and Rose of Longview; sister-in-law, Delores Fite Roseberry of Longview; nephews, Nathan Roseberry and wife, Danielle, of Coppell, John Coley Roseberry and wife, Hannan, of Nashville, TN, Bion Fite and wife, Kelly, of South Boston, Virginia, Aaron

Fite and wife, Amy, of Longview, Robert A. Young and wife, Kathy, of El Campo; niece, Mary Young Abshire and husband, Russell, of El Campo; cousins, Lloyd and Pat Fite of Houston; and aunt, Carol Lichnovsky of El Campo.

He was preceded in death by his parents; and sister, Virginia Braden Young. Visitation was held on Thursday, March 12, from 12 p.m. to 5 p.m. at Triska Funeral Home.

A rosary was held at 7 p.m. Thursday at St. Mary's Catholic Church in Nada.

Funeral services were held on Friday, March 13, at 10 a.m. at St. Mary's Catholic Church with Rev. Joseph Vrana and Deacon Edward Wendel officiating. Burial followed at St. Mary's Cemetery with full military honors under the auspices of the American Legion Post 251 of El Campo.

Pallbearers were Dustin Braden, Wesley Braden, Raymond Korenek, Jimmy Schoellmann, Benjamin Ortiz, Rick Leopold, Don Leopold, and Vic Hyek. Honorary pallbearers were Dr. Lowell Miller, Dr. Kirk Anderson, Anthony Kallina, Leonard Staff, John Lee Korenek, Tony Schneider, Cynthia Priesmeyer, Frank Kasmieryk, William "Bill" Whitney, and Sherry Lozier.

Memorials in memory of Walter A. Braden, Jr. may be made to the El Campo Hospice, El Campo Library, Garwood Volunteer Fire Department, St. Mary's Catholic Church of Nada, or charity of your choice.

Sympathy is extended to the family in their loss.

Herbert John Popp
Herbert John Popp of Garwood passed away on Friday, March 13 at the age of 83 surrounded by his wife and children.

He was born on January 23, 1926 in Garwood to Frank Popp, Sr. and Anne Heine Popp.

Herbert married Josephine Ann Leopold on October 13, 1952. They shared the same birthday and were still in love with each other after all those years.

He studied carpentry at the University of Houston and served in the United States Army during World War II. He served as the Postmaster in Garwood from 1961 to 1991. He wore many hats in his

lifetime including farmer/rancher, store owner, car salesman, insurance salesman and cotton ginner. Herbert served in many capacities with Catholic Life Insurance including Chairman of the Board. He was also an Honorary Lifetime member of the Knights of Columbus in Nada. He has been a Little League Coach, CCD teacher and church choir member. He was a proud participant in the ACTS retreat in Victoria in February of 2008.

Survivors by his wife, Josephine Popp of Garwood; daughters, Debbie Kana and husband, David, of El Campo, Dianne Bone and husband, Marc, of Austin; sons, Gerald Popp and wife, LaVonda, of Gatesville, Gregory Popp and wife, Fae, of El Campo and Dale Popp of Huntsville; grandchildren, Dory Labay and husband, Brent, of El Campo, Drew Kana of Corpus Christi, Dusty Kana of El Campo, Joshua Bures of DeRidder, Louisiana, Sierra and Jairus Popp of Gatesville, Jessica Popp and fiancé, Nathan Drapela, of Richmond, Cassidy Popp of El Campo, Brandy and Cody Popp of Huntsville; great grandchildren, Camron and Olivia Labay of El Campo; brother, Frank Popp, Jr. of Garwood; sisters, Martha Boenisch and Mary Ann Kozel of Fort Worth and Tina Hubenak of Point Comfort.

He was preceded in death by his parents; brother, Herman Popp; and sisters, Helen Berger and Emily Boenisch.

Visitation was held on Sunday, March 15 from 1 to 4 p.m. at Triska Funeral Home. A rosary lead by the Nada Knight's of Columbus was recited at 6 p.m. on Sunday at St. Mary's Catholic Church in Nada. Funeral services were held at 10 a.m. on Monday, March 16, at St. Mary's Church with Msgr. Lawrence Stubben and Rev. Joe Vrana officiating. Burial followed at the St. Mary's Cemetery, Triska Funeral Home in El Campo was in charge of arrangements.

Pallbearers were grandsons, Drew Kana, Joshua Bures, Cody Popp, Jarius Popp; son-in-laws, David Kana and Marc Bone.

Memorials may be made to the Garwood Volunteer Fire Department, Houston Hospice-El Campo or to the donor's choice.

Sympathy is extended to the family in their loss.



Mary Canaris
Mary Canaris passed away March 6, 2009 after a brief illness. She resided at The Oaks in Columbus, Texas at the time of her death.

Mary was born July 21, 1927 in Eagle Lake, Texas. She graduated from Eagle Lake High School and attended Durham Business College in Houston. Mary spent a lot of her adult life in Galveston and Houston. She was a Dental Assistant for about 17 years and also worked in the Insurance Industry.

As her parents entered their autumn years, Mary returned to Eagle Lake to assist in their care. She worked in several different retail positions in Eagle Lake.

Mary is survived by her sister, Helen Canaris Wilson and her husband, Bill, who live near Garwood, Texas; her brother, Pete Canaris and his wife, Janette, of Eagle Lake, and sister-in-law, Allene Canaris of Eagle Lake.

She is also survived by nieces, nephews, great-nieces, and great nephews.

Her parents both preceded her in death. They emigrated from Greece in the early part of the twentieth century. Her father Dan Canaris was from the Peloponnesos area of Greece, and her Mother Evangelina Karamaounas Canaris was from the Greek Island of Khios. Dan Canaris died in 1966 and Evangelina died in 1973.

She was also preceded in death by a sister, Katherine Canaris McMahan in 1978, a brother, John Canaris in 2003, a brother, Mike Canaris in 2000, and a brother, George Canaris in 1939.

Funeral arrangements were under the direction of Eagle Lake Funeral Home. Visitation was held in their parlor the evening of March 9. A beautiful graveside service was conducted by Pastor Steve Whitfield in Eagle Lake's Lakeside Cemetery the morning of March 10.

The family wants to thank Imogene Tillman for her rendition of "Amazing Grace" at the funeral service. Any remembrances may be made to a charity of your choice.

Sympathy is extended to the family in their loss.

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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 Seaborn, 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. (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: 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; 979-335-7066.
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.
ASSEMBLEA 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

"Because of the tender mercy of our God, by which the rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace."
Luke 1:78-79
Submitted by Donna Samora

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