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Osteoporosis Means Brittle Bones
The hallmark of a condition we refer to as osteoporosis is characterized by progressively weakened and brittle bones. Inadequate amounts of calcium and phosphorous contribute to this debilitating condition. Symptoms include back pain, stooped posture, and bone fractures. Between the ages of 25 and 35, our peak bone mass is achieved. In the years following, bone mass steadily decreases, particularly in women. Adequate amounts of exercise, calcium, and vitamin D are essential for maintenance of bone health.
Various prescription medications are available to decrease bone loss and increase bone density over time. Bisphosphonate drugs, such as alendronate (*Fosamax*) and risendronate (*Actonel*), work by inhibiting bone breakdown, preserving bone mass, and increasing bone density. Zoledronic acid (*Reclast*) is a bisphosphonate that is administered intravenously once a year. Raloxifene (*Evista*) is a selective estrogen receptor modulator, which provides advantages to bone density similar to those of estrogen. Calcitonin (*Miacalcin*) is a synthetic hormone that works to slow bone loss. Tamoxifen (*Nolvadex*) is also a synthetic hormone that provides the benefits of estrogen on bone, and also helps reduce the risk of breast cancer in women at high risk.

Yes, the sunglasses are prescription also.



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Offer Ends June 30, 2009
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- Adults (established) \$115
- Adults (new)..... \$145

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EQUIPPERS OUTREACH FELLOWSHIP INTERNATIONAL: 200 N. College, Weimar, Texas 78962; 979-725-8233; Pastor Jerry Adkins.
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 Guyler, 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. Maño 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 11 a.m.; Rev. Bill Mosley, 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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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.
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

"But may all who seek you rejoice and be glad in you; may those who love your salvation always say, "The LORD be exalted!"

Psalm 40:16
Submitted by Donna Samora

ALL AROUND COWBOY CHURCH
2551 Hwy. 36 North • Sealy
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A come as you are Church.
Sunday 10 a.m.; Bible Study, 6 p.m.; Wednesday, 7 p.m.
Pastor: Sonny Rice
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Obituaries



Sis. Shirley Davis
March 5, 1953-June 6, 2009
A beautiful baby girl was born in Matthews on March 5, 1953 to Ms. Mercedes Sims. She named her Shirley Jean Sims.
She attended E.H. Henry Elementary School and graduated from Rice Consolidated High School in Altair.
She furthered her education at Wharton County Junior College. Shirley then met and married the love of her life, Mr. John Davis. One son, Derrick DeShun, was born to this union.
Sis. Davis confessed Christ at an early age at Mt. Zion Baptist Church in Matthews under the leadership of Rev. O. D. Ford.
Her love of music inspired her to become a musician at White Cloud Baptist Church in Eagle Lake; Mt. Olive Baptist Church in Houston; Southern Missionary Baptist Church in Syracuse, New York; New Life Church in Missouri City; and New Hope Baptist Church in Houston.
God sent Sis. Shirley to New Hope Baptist Church in 1993, where she served as the church musician.
She was faithful to the ministry and loved working with all members. The Lord guided her to become a member of New Hope Baptist Church in the year of 1994. As the church grew, Sis. Davis took on the added responsibility of directing and playing for the male chorus and combined choirs.
She remained in this capacity until her health would not allow

her to continue. Though she could not play the piano, she made music with her voice as a choir member. Sis. Shirley was faithful in singing in the choir, attending Sunday School, Wednesday Bible Study, Vacation Bible School, Sunday Service and helping wherever she could in this ministry.
She was our angelic role model of what a faithful disciple of Jesus should be. When confronted with obstacles in life, she would always tell us "The devil is a liar!" for her life was a living testimony.
Sis. Shirley Davis departed this Earthly life on Saturday, June 6 at 8:01 p.m.
She was greeted at the gates by her grandmother, Artmishel Sims; grandfather, Hayward Sims, Sr.; mother-in-law, Lillian Davis; and brother-in-law, MacArthur Taplin.
She leaves to cherish her memories a devoted husband of 37 years, John Davis; one son, Derrick D. Davis; one grandson, Nicholas O'Neal; mother, Mercedes Sims; two sisters, Carolyn Taplin of Missouri City and Sharon Lockhart (Eugene) of Carrollton; two brothers, Robert Loving (Osie) of Missouri City and Marvin Sims of Eagle Lake; and a host of aunts, uncles, nieces, nephews, other relatives and friends.
Funeral services were held Saturday, June 13 at 11 o'clock at New Hope Baptist Church in Houston, with Rev. Theodore L. Deaver, officiating. Interment followed in Willing Workers Cemetery in Columbus. Another life celebration by Ben Davis Funeral Home in Columbus.
Pallbearers were Ernest Amos, Allen Madison, Michael Cotton, Lonzo McGrew, Courtney Denley and Kenneth Prince.
Honorary pallbearers were Robert Loving, Marvin Sims, Eugene Lockhart, Jr., Marshall Davis, Walter T. Davis, Leroy Davis, Alvin McGrew and Nicholas O'Neal.
Sympathy is extended to the family in their loss.



Eugene Engbrock
Eugene Engbrock, 78, of Eagle Lake passed away on Monday, June 8 in Wharton.
He was born December 20, 1930 in El Campo. Eugene was a Mechanic and of Catholic faith.
Eugene was preceded in death by his parents, Charles Anton and Rose (Burt) Engbrock; sisters, Barbara Boyer and Gertrude Pausewang; and brother, Buddy Engbrock.
He leaves to cherish his memories his wife, Ethel Engbrock of Eagle Lake; sons, Ronald Lee Engbrock and Becky, of Needville, Thomas Patrick Engbrock of Eagle Lake, Allen Ray Engbrock and Jean, of Houston, James Darrel Engbrock and Donna, of East Bernard; sister, Marie Shak of Houston; brothers, Paul Engbrock of Portland, Johnnie Engbrock and Joseph Engbrock of Houston and Andrew Engbrock of Bridgeport, Alabama; four granddaughters; three adopted granddaughters; and one step-grandson.
Funeral services were held Thursday, June 11 at 10 a.m. at the Eagle Lake Funeral Home with Father Robert Guerra officiating. Burial followed at Lakeside Cemetery in Eagle Lake. Arrangements were under the direction of the Eagle Lake Funeral Home.
Pallbearers were Rodger Birdwell, Roger Harriel, Joe Pausewang, Hector Vela, John Paul Pausewang and Edwin Schmitt.
Sympathy is extended to the family in their loss.

Earnest Lee "Sonny" Fields, Sr.
Earnest Lee "Sonny" Fields, Sr., 65, of Eagle Lake passed away on June 6 at Gulf Coast Medical Center in Wharton.
He was born October 23, 1943 in Eagle Lake the son of John Eddie "Dewey" Fields and Mattie Lewis Fields.
"Sonny" was a graduate of E.H. Henry High School in Eagle Lake and attended Prairie View A&M University.
He married Barbara Smith on March 10, 1963.
A lifetime resident of Eagle Lake "Sonny" retired from LCRA where he had worked for 22 years as a pump operator.
"Sonny" had served as Deacon at Friendship Baptist Church in Eagle Lake.
He was preceded in death by his father; brother, Lester Smith; and sister-in-law, Jennifer Barrow.
Survivors include his wife, Barbara Ann Smith Fields of Eagle Lake; mother, Mattie Lewis Fields of Oxnard, California; daughters, Patricia James and husband, Roderick, Lisa Fields, Stefanie Fields, Ericka Wright and husband, John, and Valarie Fields all of Eagle Lake, and Elana Brown and husband, Curtis, of Virginia Beach, Virginia; sons, Melvin R. Carter and wife, Bertina of Vox Populi, Earnest Lee Fields, Jr. of Eagle Lake and Eddie L. Fields, and wife, Youlanda of Beaumont; sister, Veola Spann of Oxnard; brothers and sisters-in-law, Stanley Smith, Lewis Smith (Pam), Debra Smith, Gene Smith (Jackie), Paul Smith (Prince), Paulette Lowe and John Smith; 28 grandchildren; and 21 great-grandchildren.
Funeral services were held Saturday, June 13 at 11 a.m. from Providence Baptist Church in Eagle Lake with Rev. Coby Shorter, Jr. officiating. Interment followed in Eagle Lake Cemetery North. Henneke Funeral Home was in charge of arrangements.
Pallbearers were Terrance Carter, Dennis Davis, Victor Davis, Robert Frazier, Ian Hargrove, Larry Haynes, Ralph Hurd and Michael Johnson.
Honorary pallbearers were the E.H. Henry Class of 1962 and LCRA Retirees and Staff.
Sympathy is extended to the family in their loss.

Annual Eagle Lake Field Day Set for June 30

"100 Years...and Beyond!" is the theme for the annual field day June 30 at the David R. Wintermann Rice Research Station, 3 miles northwest of Eagle Lake on Farm to Market Road 102.
Farmers and other industry representatives are encouraged to come and learn the latest information in rice research from Texas AgriLife Research and USDA scientists.
The field tours at the research station begin at 4 p.m. with the last truck going to the field at 5 p.m.
Tours of the facility will include weed management and herbicide updates by Dr. Garry McCauley;

seeding rates and plant growth regulators, by Dr. Lee Tarpley; varietal improvement by Dr. Anna McClung and Dr. Rodante Tabien; and insect management and pest update by Dr. M.O. Way.
The evening meal and program will follow the field tours and will begin around 6:30 p.m. at the Eagle Lake Community Center.
The dinner will be catered by Austin's BBQ and funded by BU Growers, a limited partnership business specializing in seed rice production, drying and storage and rice brokering.
Based in Bay City, BU Grocers has sponsored the Eagle Lake and

Beaumont field days since the company's inception in 1989.
The evening will feature Bob Papanos who will discuss the rice outlook and niche marketing opportunities.
CEU hours will be given to those on the field tour. Anyone interested in rice research and production is encouraged to attend.
For more information, contact Coleen Meitzen at the Texas AgriLife Research & Extension Center at Eagle Lake at 979-234-3578, cmeitzen@elc.net or Brandy Morace at 409-752-2741 ext. 2227.

STMC's The Digestive Disorder Team

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Robin Ferguson, M.D.
Anne Mazel, MSN, ACNP

Surgery
Mystan Gurkin, M.D.
Keith Moore, M.D.

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- Diarrhea
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- Constipation
- Gallstones
- Hemorrhoids
- Hernia

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111 Avenue F (Hwy 60N), Bay City, 979-245-9754

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