


ALAMO DRIVING SCHOOL
DEFENSIVE DRIVING
Ticket Dismissal - Insurance Discount
Place: Los Cucos Mexican Cafe
 (211 W. Elm Street - Wharton)
Date: 1st and 3rd Saturday of Each Month
Time: 9:15 a.m. - 3:30 p.m.
 (Registration: 7:45 - 8 a.m. Must be on Time!)
 Limited Space (First 50 People) Walk-ins Welcomed!
For reservations call 281-980-7587
 State Approved CO-500-000 CP107

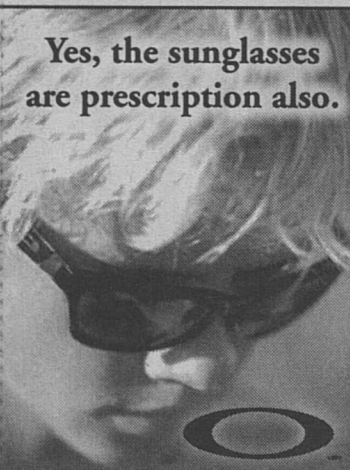


EL NAILS
 979-234-2800
MONDAY - SATURDAY 10:00 A.M. - 6:00 P.M.
 SPA PEDICURE & MANICURE - NAIL TIPS
 NAILS & TOE - FANTASTIC HAND DESIGN
 NAILS TIPS CUSTOM DESIGN
LADIES & GENTLEMEN INGROWN TOE NAIL REMOVAL
 FACIAL - BODY MASSAGE - ART WAXING - EYELASH EXTENSION
GIFT CERTIFICATE AVAILABLE
 ANY TIME CONTACT NUMBER 832-479-9888

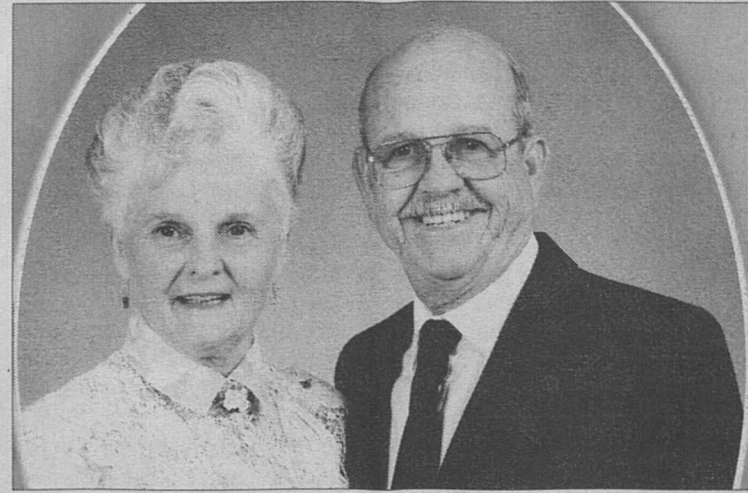
Eagle Lake Funeral Home
Monuments - Pre-Arranged Burial Plans
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What To Do About Itchy Skin
 Eczema, also referred to as *atopic dermatitis*, is a condition in which there is an itchy rash and dry skin. In the United States, up to 15 million people are affected by this skin condition. The skin on the arms and behind the knees is most likely affected, although any area of the skin may be involved. Patches of red colored, cracked skin may appear on the hands, face, and feet. Eczema is likely due to both irritated skin and an abnormality of the immune system. Eczema also commonly occurs along with allergies or asthma. Stress, sweating, low humidity, and cigarette smoke may trigger or exacerbate symptoms.
 Persons affected by eczema are advised to avoid activities that may trigger a flare, such as excessive bathing or certain types of detergents. Thick creams, such as *Eucerin* and *Cetaphil*, as well as ointments, such as *Aquaphor* and *Petrolatum*, are recommended for protection against dry skin. Antihistamines, such as *diphenhydramine* (Benadryl) and *hydroxyzine* (Atarax), may help improve itchy skin, although these medications may cause drowsiness. Glucocorticoids in the form of cream or ointment, such as *hydrocortisone cream*, may be used for mild eczema. For more severe symptoms, a glucocorticoid ointment with higher potency, such as *fluocinolone* (Synalar) or *triamcinolone* (Kenalog) may be useful.

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Obituaries



Ollie Jane Martin Mitchell
 Ollie Jane Martin Mitchell, 83, of Eagle Lake passed away Saturday, July 11, at River Oaks Health Care Center in Columbus.
 She was born January 22, 1926 in Jourdanton, Texas the daughter of George Lorenzo Martin and Laura Lee (Henry) Martin.
 Ollie married Billie H. Mitchell on January 22, 1946.
 She was a retired administrative assistant having been employed by the Corpus Christi Independent School District.
 Ollie was a member of the Wesley United Methodist Church in Corpus Christi.
 She was preceded in death by her parents; husband (July 9, 2009); and daughter, Laura Laverne DeFries; half-brother, Buster Martin; half-sister, Polly Baty.
 Survivors include her son, Billie H. Mitchell, Jr. and wife, Carol, of Columbus; grandchildren, Alyssa Roaten, Eric Mitchell and Christie Whittaker; brother, Patrick Martin and wife, Susan, of Merritt Island, Florida.
 Funeral services were held Tuesday, July 14 at 10 a.m. from Henneke Funeral Home in Columbus with Pastor John Jones officiating.
 Graveside services followed in Stockdale at the Stockdale Cemetery.
 Henneke Funeral Home in Columbus was in charge of arrangements.
 Sympathy is extended to the family in their loss.

Billie H. Mitchell, Sr.
 Billie H. Mitchell, Sr., 84, of Eagle Lake passed away Thursday, July 9, at River Oaks Health Care Center in Columbus.
 He was born April 10, 1925 in Sinton, Texas the son of Willie L. and Ruby L. (Wilson) Mitchell.
 Billie married Ollie Jane Martin on January 22, 1946.
 He was a retired auto insurance adjuster.
 Billie was a member of the Wesley United Methodist Church in Corpus Christi and a veteran of the U.S. Navy in WWII.
 He was preceded in death by his parents; daughter, Laura Laverne DeFries; brother, Bobby Mitchell; and sister, Patsy Schleuter.
 Survivors include his wife, Ollie Jane Mitchell of Eagle Lake; son, Billie H. Mitchell, Jr. and wife, Carol, of Columbus; grandchildren, Alyssa Roaten, Eric Mitchell and Christie Whittaker.
 Funeral services were held Tuesday, July 14 at 10 a.m. from Henneke Funeral Home in Columbus with Pastor John Jones officiating.
 Graveside services followed at 2 p.m. in Stockdale at the Stockdale Cemetery.
 Henneke Funeral Home in Columbus was in charge of arrangements.
 Sympathy is extended to the family in their loss.



Merle Jean Jenkins Thornton
 Jean Thornton of Eagle Lake passed away suddenly July 7, at Rice Medical Center.
 Jean was the second daughter of the second daughter of the second daughter, born to John Thomas Jenkins and Claytie Louise Gardner Jenkins in Honey Island, Texas, January 16, 1926.
 She was preceded in death by her parents; her granddaughter, Leslie Lynn Heard; and her husband of 50 years, Daniel Arthur Thornton of Eagle Lake.
 She is survived by her two children, Tommie Lynn Holden of Rock Island and Daniel Robert (Bob) Thornton and his wife, Mary Jane, of East Bernard; grandchildren, Nikki Warncke and her husband, Alex, from Needville, Jodi Carson and her husband, Steve, from Hallettsville, Mindi Thornton and her fiancé, Greg Lomasang, of Houston, and Capt. James Thornton and his wife, Lucy, from Lawton, Oklahoma; plus 10 great-grandchildren, Baeleigh, Tanner, Anthony, Jayden, Rylan, Micah, Lexie, Tye, Reese and Jaxon; her two sisters, Louise Sellars and her husband, Ben, of Austin and Ima Ruth Wright and her husband, Floyd, of Katy; in addition to a host of other relatives and friends.
 Jean Thornton enjoyed an active life with respect to both family and community.
 Over the years she served as Worthy Matron in the Eastern Star, a Sunday school teacher for the Collie Memorial Methodist Church, a Brownie and Girl Scout Leader, a member of the Garden Club, President of the PTA, President of the Eagle Lake Study Club; a member of the Daughters of the American Revolution, Daughters of the Republic of Texas, Daughters of the Confederacy, First Vice - President of the John Chapman Chapter of the National Society of Colonial Dames XVII Century, member of the P.E.M. Nature Club, her birthday club and bridge club, and as an active member of the Methodist Church in Eagle Lake.
 She loved her community, her friends, and her family.
 She balanced her life among the three.
 She will be greatly missed.
 Pallbearers were Randy Kubbin from Crosby; Joe Herbert McCreary of Eagle Lake; Rob Meyers from Huntsville - nephew; Darrell Pagel of Eagle Lake; Bill Walker of Lago Vista, Texas; Billy Joe Williams of Eagle Lake; and Bill Wright from Cleveland, Texas - nephew.
 Respects and viewing at Eagle Lake Funeral Home were from 5 to 8 p.m. on July 10.
 The funeral services were held at the First United Methodist Church, Saturday, July 11 at 4 p.m.
 Interment was at Lakeside Cemetery in Eagle Lake.
 Memorials may be sent to The Wintermann Library, The Sepsis Alliance and The American Cancer Society.
 Sympathy is extended to the family in their loss.

Family History Is Risk Factor For Osteoporosis

Knowing your family health history is proving to be extremely significant, when it comes to the health of your bones. Of all the gifts that generations of women have passed on to their loved ones, one of the most important is the gift of knowledge about health - especially information about bone health and osteoporosis.
 It's important not only to know your own family health history, but to make sure to pass it down to your children and grandchildren.
 "An estimated one in two women age 50 and older will break a bone from osteoporosis in their remaining lifetime," said Leo Schargorodski, executive director of The National Osteoporosis Foundation (NOF). "Our goal is to provide parents information about bone health and osteoporosis prevention, so they can not only protect themselves, but also influence the next generation to make lifelong bone health a family tradition."
 Osteoporosis is a disease in which bones become weak and can break from a minor fall or, in serious cases, from a simple action such as a sneeze. It is a major public health threat for an estimated 44 million Americans, or 55 percent of the people 50 years of age and older. In the U.S. today, 10 million individuals are estimated to already have the disease. Almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis.
 "Bone health is a family issue, particularly as genetics and heredity are among the key factors that influence a person's risk of developing osteoporosis," said Robert Recker, MD, president of the NOF. "However, there are many lifestyle choices that families can make to help build strong bones and prevent osteoporosis later in life."
 In a 2008 survey, it was revealed that 40 percent of women and 60 percent of men age 45 and older have little or no concern about their bone health. Additionally, it has been reported that nine out of 10 teenage girls fail to get enough of the calcium they need.
 NOF encourages all individuals, young and old, to eat a well-balanced diet rich in calcium and vitamin D, exercise and be active, and avoid smoking and drinking alcohol. The organization also is collaborating with its network of healthcare professionals and patient support groups to encourage family dialogue about bone health and osteoporosis. Visit www.nof.org to download materials and learn more about the disease.

Bernardo VFD 44th Annual BBQ is Sunday, July 19

The Bernardo Volunteer Fire Department (VFD) invite you to their 44th Annual Chicken and Sausage BBQ set for this Sunday, July 19. All the events will take place at the Mentz Parish Hall.
 Serving starts at noon with coffee and tea included.
 Dine in adults plates are \$8, child's plates, (age 12 and under), \$4 and drive-thru plates are \$8 each.
 There'll be meat to go at the pit and a drive thru line set up for your convenience.
 Stay for the music and entertainment throughout the day. There will be lots of prizes and an auction at 1 p.m. Come on out and support the Bernardo VFD.



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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.
 BEREIA 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 Guylver, Wallis; Rev. Clay Spears, Pastor; 979-478-2169.
 EAST BERNARD FIRST BAPTIST
 FIRST BAPTIST: 527 N. Lake, Eagle Lake; Rev. Kevin Collision, 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 Seabohm, 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 NAITIVITY: 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.
 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; 979-335-7706.
 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.
 ASSEMBLE 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

"I will make you into a great nation and I will bless you; I will make your name great, and you will be a blessing."
 Genesis 12:2
 Submitted by Donna Samora

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