

Obituaries

Services were entrusted to Ben Davis Funeral Home in Columbus.

Pallbearers were relatives and friends.

Sympathy is extended to the family their loss.

Maria Eusebia Saucedo

Maria Eusebia Saucedo, 78, of Eagle Lake passed away on Sunday, September 20 in Sugar Land.

She was born March 5, 1931 in Austin.

Maria was a homemaker and of the Catholic faith.

She leaves to cherish her memory her daughter, Martha Hernandez; sons, Isaac Saucedo, Aristo Saucedo, Martin Saucedo and Jose Saucedo; sisters, Teresa Salas and Ramona Salas; brothers, Jose Salas, Pablo Salas and Angel Salas; and 15 grandchildren.

Visitation was held Tuesday from 5-8 p.m. at the Eagle Lake Funeral Home.

Prayer services were held Tuesday, September 22 at 5 p.m. and 6 p.m.

Rosary was held at 7 p.m. at the Eagle Lake Funeral Home.

Funeral services were held Wednesday, September 23 at 10 a.m. at the Eagle Lake Funeral Home with Father Robert Guerra officiating. Burial followed at the Parish of the Nativity Cemetery in Eagle Lake.

Eagle Lake Funeral Home was in charge of arrangements.

Pallbearers were Isaac Saucedo, Aristo Saucedo, Martin Saucedo, Homero Salderina, Christino Hernandez and Alvaro Tovar.

Sympathy is extended to the family in their loss.

Rufus "Red" Tillman

On December 19, 1931, a son, Rufus Tillman, was born to the late Frank and Genieva "Mama Genie" Tillman of Eagle Lake.

He was enlisted in the U.S. Army and served in the Korean War. On August 3, 1953 he received an honorable discharge.

He was united in Holy Wedlock to the late Earnestine Grant Tillman, in 1956.

Rufus is preceded in death by his wife, Earnestine; both parents; brother, Raymond; sister, Mattie Lee; granddaughters, Belinda and Ivory; great-grandson; grandson, Carlos; and two special friends, Scissor McTear and Gerald Flowers.

"Red" leaves to cherish his memories Rufus Tillman (Janice); Calvin Tillman; Kirk Jones (Elizabeth); Dorothy Stovall (Alonzo). Doris Tucker; Ruthie and Sandra Tillman; brother, Ruben Tillman (Deloise); special godson, Greg Frazier; 22 grandchildren; 31 great-grandchildren; one niece and nephew; a special cousin and devoted friend, Margaret "Margo" McTear; cousin, Louise and Ruby White, Shelia, Sonny Cloud and Preston Hemphill; devoted friend, Martha Holloway; and many other relatives and friends.

Last viewing was held on Saturday, September 19, at Providence Baptist Church in Eagle Lake. Interment followed at Eagle Lake Cemetery.

Pallbearers were Rufus Tillman, Jr., Kirk Jones, Calvin Tillman, Charles Stovall, Omari Harris, Calvin Stovall, Sylvester Stovall and Greg Frazier.

Arrangements Entrusted to Miller-Josey Mortuary, LLC.

Sympathy is extended to the family in their loss.

By Lillian Gohlke

Autumn is here and that means its time to reorder your new community/birthday calendar. The library fundraiser will be in full swing during the month of October. The calendar will include school holidays so parents will know when their children have a free day from school. The PTS is making this feature available for parents.

Cost of the 2010 calendar is \$6 for a listing of 10 birthdays. If more birthdays are listed, you are asked to purchase a second calendar. Clubs, organizations, and churches may purchase a support ad for \$10 and have their meeting dates posted on the calendar. With a support ad, each group receives a free calendar. Businesses may purchase an ad for all 12 months for \$20 and receive a free calendar.

Library board members and volunteers are taking orders. You may call Zelda Walker, Natalie Dupre, Barbara Brisco, Patsy Fuller, Ruth Brisco, Irene Hagedorf, Darnell Varley, Marilyn Murphy and Lillian Gohlke. If you are not contacted by one of the ladies listed, you may pick up an order form at the library. The deadline for calendar orders and payment is Monday, Oct. 26.

The Sheridan Friends of the Library are continuing their membership drive through the month of October. Dues are \$5 per person. Forms are available at the library.

New members include Zelda and Franklin Walker, Ron Lewis, Mary Lou Criswell, Pauline Solomon, Michael and Ann Moore, Amy Haines, Ronny and Sandy Jones, Ruby Prasatik, Beverly Mercer, Vernita Dopslauf, Jeanette Nance, "Pete" and Rose Thumann, Dean and Betty Varley, Luis Flores, Ana Gonzales, and Mark, Leah, Courtney, and Jesse Ross.

Also, Carl and Carol Guntle, Willard and Irene Hagedorf, Earlene Botard, Charlene and Glen Tesch, Eldon and Joyce Ohm, Jim and Velma Kutzer, Ora Vanek, Reggie and Barbara Brisco, Bill and Lillian Gohlke, Hazel Prichard, Allen Brogger, Robert and Karen Moss, Wayne, Natalie, and Audrey Dupre, Vera Tesch, James and Marilyn Murphy, and Dot Warthan.

The Friends Soup and Sandwich supper will be held Wednesday, October 28 at 6 p.m. at the Sheridan Community Center.

The library received the following memorials during the past months; In memory of Nollie Keller: Wayne and Natalie Dupre, Reggie and Barbara Brisco, Zelda Walker; in memory of Dodie Ashley Reed: Reggie and Barbara Brisco, Larry and Darnell Varley; in memory of Tyler Bludau: Lar-

Sheridan Library News

ry and Darnell Varley; in memory on George Dumont: Larry and Darnell Varley; in memory of Paul Martin: Larry and Darnell Varley; in the memory of Lillian Ponick: Larry and Darnell Varley; in honor of Joyce and Melvin Stancik's 50th anniversary: Larry and Darnell Varley; in memory of Bessie Dorhauer: Dennis and

Wanda Zbrank, Dennis Zbrank, Jr. and Zane, Donald and Aileen Furguson, Larry and Doris Grubert, Bill and Lillian Gohlke, Ray Lee and Carmen Jackson, Larry and Darnell Varley, Zelda Walker; in memory of Nelda Baker: Bill and Lillian Gohlke, Ray Lee and Carmen Jackson, Larry and Darnell Varley, Zelda Walker, Lavo

and Ruth Brisco; in memory of Jean Thornton: Larry and Darnell Varley, Ray Lee and Carmen Jackson; in memory of Thelma Hajovsky: Ray Lee and Carmen Jackson, Larry and Darnell Varley, Zelda Walker; in memory of Harris Ulrich: "Pete" and Rose Thumann; in honor of Ora Spittler: Charles Schirmer.

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The Singing Women of Texas
Southeast Chapter

IN CONCERT

October 4, 2009 - 6:00 pm
The First Baptist Church of Eagle Lake
Free and open to the public

Rotary Discusses Great Exploits At Sept. 23 Meeting

The Rotary Club of Eagle Lake was honored to have special guests, Stanley Kucherka, Vivian Hurst and Bill Rankin in attendance at the September 23 meeting.

Vivian Hurst and Bill Rankin were voted in as new members of the club.

The members are very pleased to have these two join their ranks.

Program Director Jane Meldahl, made the mistake of opening the floor to a discussion of great exploits in hunting, fishing and golfing.

One member said they caught a fish so big that the newspaper would not publish the picture because just the picture weighed 10 pounds.

Exercise Caution On Fitness Machine Claims

Many exercise equipment advertisers make bold claims that should be taken with a grain of salt.

"There is still no 'miracle machine' that will give you the body of a fitness model in just a few minutes per day," says David Swain, Ph.D., FACSM, whose assertions appear in a recent issue of a journal of the American College of Sports Medicine.

Consumers should be wary of these claims:

Excessive calorie burn: It's impossible to burn, say, twice the number of calories on a specialty machine as on a treadmill.

The body has a limit on how many calories can be burned in an exercise session.

Fitness fast: Brief high-intensity exercise can improve maximum power more than low-intensity exercise, but cannot improve all areas of fitness in just a few minutes.

"Fat-burning" zones: According to intensity zones on some machines, you don't have to work as hard to burn fat.

But weight loss, or what some interpret as "fat burning," comes from total calorie expenditure.

It's the combination of intensity and duration that counts.

Waist reduction: Spot-reduction is a fantasy. Machines that only train abdominal muscles won't remove fat from the stomach; only total-body exercise and weight loss will yield those results.

"Exercisers should focus on overall health and accumulating at least 150 minutes per week of moderate-intensity activity, or at least 75 minutes per week of vigorous-intensity activity," he says. More is needed for weight loss.

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St. Anthony Church-Columbus

Fall Festival

Sunday, October 11, 2009
KC Hall I-10 W Exit 693

BBQ Beef and Sausage

Serving Starts at 11 a.m.

Meat To-Go at Pit • Drive-Thru Line

Adult-\$8 • Children-\$4 (under 12)

Sunday Mass At 1602 Bowie 8 and 10 am

Father Dan's Annual Cake Bake

Silent Auction 11 a.m. to 4 p.m.

Big Country Auction 1 p.m.

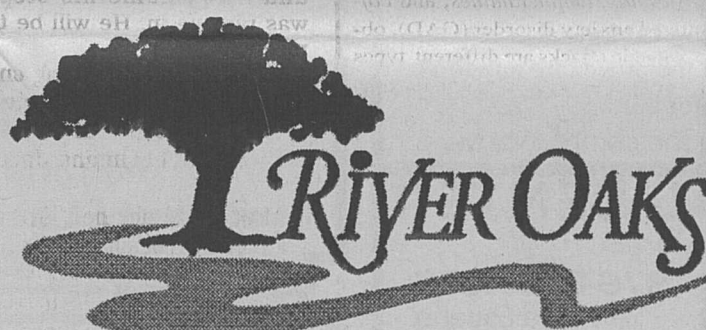
Old Tyme Music By Donnie Wavra &

The Hi-Liters 10:30 a.m.-1 p.m.

Outdoor Entertainment By

DJ-Darren Kunz

Bingo • Cake Walk • Country Store
Grocery Walk • Plant Walk • Penny Draw
Fish Pond • Cookie Monster • Ring Toss



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- Individualized And Group Recreational Activities And Exercise
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- Hospice Care
- Transportation
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- Beauty Salon / Barber Shop
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