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Obituaries

to www.shafferpioneer.com. <u>19-1tp</u>

http://

November is American **Diabetes Month**

uncles. On line condolences may

made

by Bonnita Bale RN, Wesley Nurse

Diabetes is a disease in that causes blood glucose (sugar) levels to rise higher than normal (also called hyperglycemia). Type 2 diabetes is the most common form of diabetes. If you have type 2 diabetes, your body does not use insulin properly-this is called insulin resistance. At first, your pancreas makes extra insulin to make up for it. But, over time it isn't able to keep up and can't make enough insulin to keep your blood glucose at normal levels.

The good news is, type 2 diabetes can be prevented and delayed by maintaining a healthy weight, eating right, and staying active. By following these simple steps, you can stay healthier longer and lower your risk of diabetes:

• Healthy Eating: Lots of fruits and veggies.

• Overweight: Maintain healthy weight.

• Smoking: Stop!

 High Blood Pressure: Maintain healthy blood pressure, less than 120/80.

• Physical Activity: Get at least 150 minutes of moderate aerobic exercise weekly.

 High Blood Glucose: Have your blood sugar checked regularly. A large number of people don't know that they have



BHRC Host Children! Residents of Bronte Health & Rehab Center greeted the children who came to the Halloween Celebration for "Trick or Treating".

Diabetes.

For more information, or to calculate your risk of diabetes visit www.diabetes.org.

As your local Wesley Nurse, I can check your blood sugar and blood pressure and provide you the most up-to-date information on diseases and conditions that may concern you. I am also available to pray with you about your physical and spiritual needs.

Kickapoo Water Board Sets Election

Coke County Kickapoo Water Control and Improvement District #1 will hold an election on January 13, 2015, for the purpose of electing three directors.

Directors filing for re-election to the board are Gerald Sandusky, Mark Duncan, and Ronnie Robbins.

The election will be held at Bronte City Hall.

For further information concerning the election, contact Clerk Fran Sonnenberg by 5 pm on Friday, November 21, 2014.

ECCHD

posts minutes

The East Coke County Hospital District is now posting its minutes at BronteHealthandRehab.com.

6 pm Youth Bronte (325) 473-3281 **125th Celebration Issue**

If you are wanting extra copies of the 125th Coke County Celebration issue, it's not too late! They are available at The Observer/Enterprise.

Pot Luck 6 pm • Study 7 pm FORGIVEN MINISTRIES Downtown Bronte • Across from Grocerv Store **Russ Frasier, Preacher**

Come As You Are

Sunday Mornings • 10 am

Table Time • Tuesday evening

Area Churches Invite You to Worship

Bronte Bronte Church of Christ PO Box 346¥118 S. Jefferson ¥Bronte (325) 473-3291 Preacher John V. Driggers Sun. 10 am & 6 pm, Wed. 7 pm **Central Baptist Church** 324 S. Franklin ¥Bronte (325) 473-4811 Dale Patterson, Pastor Sun. 10 am Sunday School 11 am & 6 pm Worship Wed. 6 pm **First Baptist Church** 424 S. Washington ¥Bronte (325) 473-2331 Sunday 9:45 am Sunday School, 10:55 am Worship, 5 pm Worship Wednesday 7 pm Prayer Meeting **First United Methodist Church** Corner of Washington & Holmes Rev. Everette Boyce, Pastor Sun. 10:00 am Sunday School 11:00 am Worship **Forgiven Ministries** 117 W. Main, Bronte Russ Frasier, Pastor Sun. 10 am

Emmanuel Pentecostal PO Box 683 ¥1019 Colorado City Hwy Pastor Tim Wood (325) 453-2360 Sundays 2 pm, Thursdays 7 pm First United Methodist Church PO Box 144 ¥9th & Chadbourne RobertLee¥(325) 453-2417 Cyndi Weidner, Pastor Sun. 10 am Sunday School 11 am Worship, 5 pm Choir Practice Iglesia Bautista Betel 101 Houston ¥Robert Lee Sun. 9:45 am ¥Sunday School 11 am Service ¥Bible Study Wed. 6 pm Southside Church of Christ PO Box 698 ¥8th & Houston Robert Lee (325) 453-2176 Jordan Arnold, Preacher Sun. 10 am, Sunday School 11 am & 6 pm, Worship Wed. 6 pm, Worship Northside Church of Christ PO Box 508 9th & Chadbourne ¥Robert Lee (325) 453-2685, (806) 543-2118 or (325) 473-1053 Services: Sun. 10 am **Our Lady of Guadalupe Catholic** Church 601 W. 10th, Robert Lee (325) 365-2687 Rev. Hubert Wade, Jr., Pastor

Cerritos

Jesus "Jessie" Cerritos, 31, passed away November 3, 2014, in Robert Lee, Texas. Visitation was held all day Friday, November 7, 2014, at the funeral home. Funeral services were held at 10 am, Saturday, November 8, 2014, at Robert Lee Baptist Church with interment following in the Robert Lee Hispanic Cemetery. Services were under the direction of Shaffer Funeral Home.

Jessie was a dedicated hard worker. He worked for Blue Line Drilling as a truck driver moving oil rigs. He was a loving dad to his three children and cherished quality time with his family and friends. He was always very orderly and neat, everything had its place. Jessie was always laid back and had an amazing sense of humor! He was very gifted at finding a way to make you laugh and would joke about everything. In his spare time, Jessie loved all types of hunting, was very fond of fishing, and his true passion was playing the guitar! He was very proficient when it came to building things and could assemble just about anything. He is preceded in death by his grandfather Jesus Rocha, his two grandmothers Josephine Rocha and Celia Cerritos. Jessie is survived by his three children, Caitlyn Cerritos, Zachary Cerritos, and Gabriel Cerritos; his mother, Frances Mendoza; Respicio father, Cerritos; stepdad, Jorge Mendoza; great grandmother, Sotera Galvan; brothers, Sergio Rocha and his wife Ashely Rocha, Respicio Cerritos Jr, and Clayton Foster; sisters, Griselda Sosa, Veronica Cerritos, Amanda Mendoza, and Alexis Baldera and her husband Ricardo Balderas. He is also survived by numerous nieces, nephews, aunts and



