

Obits
Cont. from p7-b
 11:00a.m. at Bowers Funeral Home in Teague. Bro. Steve Cowart and Bro. Jeff Wright will officiate. Interment will follow the services at Greenwood Cemetery in Teague.
 Visitation will be held on Monday with the family present from 6:00p.m. until 8:00p.m. at the funeral home.
 Mrs. Whiteman passed away on Friday, July 31, 2009, at St. Joseph's Medical Center in Bryan from complications with 'Guillain Barre' Syndrome. She was born in Monahans and grew up in Wickett. She married Robert (Bob) Whiteman in 1959 and moved to Teague in 1971. Mrs. Whiteman worked as a medical secretary for the Teague General Hospital from 1973 until it closed and she began a twenty year career with Parkview Regional Hospital in Mexia, where she was presently

employed. She was a loving grandmother to her only grandchild whom she lived her life for. Mrs. Whiteman was a member of Eighth Avenue Baptist Church in Teague.
 She is survived by one son, Robert (Bobby) Whiteman, Jr.; one daughter, Dana Beth Rogers & husband Allen; one granddaughter, Anna Beth Rogers, all of Teague; the father of her children, Robert (Bob) Whiteman & wife Judy Wardle of Streetman; one brother, George Walter Reamy of Golinda; aunts, uncles, nieces, nephews, cousins and friends.
 Mrs. Whiteman preceded in death by her parents, Silvanus Elmer and Woodie Maudane Wilson Reamy; one sister, Martha Sil Reamy Creech; and one brother, Kenneth Wilson Reamy.
 In lieu of flowers, memorials can be made to Eighth Avenue Baptist Church, 201 South 8th Ave., Teague, TX 75860.

For those with diabetes . . . Free on-line open house set

Fit4D, a personalized diabetes coaching service, is offering the unique opportunity for all who are diagnosed with diabetes or pre-diabetes with a free two day Online Open House giving them an opportunity to speak with Fit4D's team of Certified Diabetes Educators including dietitians, fitness coaches, registered nurses, pharmacists and physiologists. Visitors will be able to ask questions about weight loss, nutrition and meal planning, training and fitness, health and wellness, as well as learn about newly diagnosed support and diabetes prevention via web-based presentations.
 Participants will also have the opportunity to win "Door Prizes" from one of Fit4D's valued partners,

Bayer Healthcare Diabetes Care, as well as other manufacturers including American Diabetes Wholesale and GlucoStories.
 Being diagnosed with type 1, 2, or pre-diabetes can be a stressful and frightening jolt. Living with diabetes is a constant balance of self assessment and management of new developments and treatments. For the approximate 80 million people across the US living with diabetes or pre-diabetes, where can one go to ask the important questions or even learn what those questions are?
 The event is set Wednesday, September 16, 2009: 12PM - 3PM EDT and 7PM - 10PM EDT and Thursday, September 17, 2009: 7PM - 10PM EDT

For more information contact or contact us at info@fit4D.com
 Picking up where the doctor leaves off, Fit4D is an online personalized diabetes coaching service dedicated to providing the highest levels of educational and emotional support for those living with type 1, 2, or pre-diabetes. Equipped with a team of highly-trained dietitians, fitness coaches, registered nurses, pharmacists and physiologists, Fit4D boasts the largest collection of Certified Diabetes Educators anywhere in the United States and empowers people with diabetes to better manage their blood glucose levels and overall health and quality of life. In a system where the average physician console is only seven minutes,

Fit4D's diabetes experts are committed to working with clients on their schedule and from the comfort and privacy of home via phone, email or text and take the time to listen to the concerns of each client and coach them to take control of the diabetes on their own. For more information, visit www.fit4D.com.
Disabled can work and be independent
 What is independent living?
 Essentially, it is living just like everyone else—having the opportunity to make decisions that affect one's life and to pursue activities of one's own choosing—limited only in the same ways that one's non-disabled neighbors are restricted.
 Most Americans take for granted opportunities they have regarding living arrangements, employment situations, transportation, social and recreational activities, and other aspects of everyday life. For many Americans with disabilities, however, barriers in their communities take away or severely limit their choices.
 Some barriers may be obvious, such as a lack of ramped entrances, a shortage of interpreters or closed caption, or an inadequate supply of Braille or taped copies of printed material.
 These barriers, coupled with less obvious barriers such as misunderstandings and prejudices, can be even more limiting to efforts on the part of people with disabilities to live independently. These barriers also result in low expectations about things people with disabilities can achieve.
 The Crockett Resource Center for Independent Living is run by people with disabilities who themselves have been successful establishing independent lives.
 CRCIL's four core services, Information and Referral, Independent Living Skills Training, Peer Support, and Advocacy, are essential for persons with disabilities to live independently. For more information, contact Crockett Resource Center for Independent Living, 1020 Loop 304 East, Crockett, TX 936-544-2811.

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