

Obituaries

Mrs. Hazel H. Denman Sessions

Funeral services for Mrs. Hazel H. Denman Sessions were held Saturday, January 24, 2009 at 11:00 A M at Mount Pleasant CME Church, Rusk, Texas. She

was born November 19, 1927 to Frank and Luella Denman. She was raised by her mother B. Denman, passed away at Hospice of East Texas after an extended illness. She worked as a cook and housekeeper for many years.



was born November 19, 1927 to Frank Harison Abraham Harrison. She was raised from the age of two by her mother and stepfather Oscar Sr. Mrs. Session passed away on January 18, 2009 at East Texas after an extended illness. She retired from Rusk where she worked as a cook and housekeeper. She later operated her own cafe for many years.

Preceding her in death were her parents, Thurman Sessions, four sisters Vergie Williams, Lovie Cook, Irene Ross and Lucille Foreman; brothers Willie B. Harrison, Delbert Harrison, Earnest Denman, and Oscar B. Denman, Jr.

Mrs. Hazel Sessions leaves to cherish her memories two daughters: Shirley Clark, Maxine (Walter)

Session both of Rusk; one sister Elizabeth Rivers of Rusk; one brother Charles Denman of Jacksonville, Tx. one sister-in-law Jean Denman of Tyler, TX. two uncles Aurthur Harrison Alto, Tx. and Willie Wilmore of Corsicana, TX; four grandchildren, Kimberly Clark of Arkansas, Daphne Session of Crockett, Tx, Terri Franklin (Floyd), Kathy Harris, God Grandchild Shunnon Ratcliff of Rusk; eight great-grandchildren, Krystal Ward-Carter (Marcus), Houston, Tx, Reginal McGowan, II (Vivian), Lufkin, Tx., Charnell Franklin, Darren Franklin, Tiffani McGowan, Jasmine Harris, Eddie Harris of Rusk, and God Great-Grandson, Cody Glenn of Nebraska; four great-great-grandchildren, Triniti Smalls, Destyne Harris, Eddie D'Wayne Harris, and Makayla Glenn, and a host of neices, nephews, relatives, and friends.

Religion

How to become a True Believer

The way you become a true believer in God is through FAITH. The way you know you have FAITH is



if your life reflects Jesus Christ. If your life does not reflect Jesus Christ, and on a daily basis you are doing things that you know the word talks against, you don't have FAITH. It's that simple. No matter what you say or what you think, you don't have FAITH and you are not a true believer of Jesus Christ until your life starts reflecting His life. Take a look at your life. Are you doing some things, are you in some places, are you with some people, that Jesus Christ wouldn't be with if he wasn't sharing the word with? We have to get some real FAITH people. Then God can start refining your life. Until then nothing will change. You can say all the prayers you want but God will not acknowledge non believers (those without FAITH in Him as our Father). FAITH is the key. ps....If you ever catch your self worrying, that is a sign of no FAITH. FYI

Reference-Malachi: 3-3
Reggie Joel McGowan

3 Steps To Better Health For African Americans In 2009

There must be some good earthly explanation of why in this free society that we live in today, we find clear, sharp, pronounced dismal facts about the health of the Black population. The life expectancy of Blacks has significantly decreased as compared to our white counterparts since the year 2005.

This is compelling enough evidence to warrant a full-blown investigation, mass proclamation, institution, resolution and solution to the issue that we face as a race. We can not go silently into the night and allow this to be our legacy for which our ancestors have endured a torturous existence, just so that we could, "be". How can we move forward and reverse this downward spiral into physical bankruptcy?

Here's a 3 point guide - simple, but yet extremely effective stepping stones to support longevity and optimal, quality living:

1) Never skip a meal. Instead, snack on any of the foods. Apple halves, dried fruit combinations, brown rice cakes, raw almonds or, dry whole-grain cereal packed in little baggies can provide a practical, inexpensive, yet healthy alternative to junk food when you are in a hurry.

Continue Page 12

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