

Breast Cancer Awareness Month... African-American women in the movement

Oct. 1995 marks the 10th anniversary of National Breast Cancer Awareness Month (NBCAM), a program dedicated to educating women about breast cancer and the importance of early detection and treatment.

In 1989, Zora Kramer Brown founder and chairperson, Breast Cancer Resource Committee, in Washington, D.C., attended a Capitol Hill Mammography Summit sponsored by the National Cancer Institute and the Susan G. Komen Breast Cancer Foundation.

A mammogram is a special, low dose, x-ray picture of the breast designed to find cancer in its earliest stages, even before you can feel a lump or have any other symptoms.

The time has come for more African-American women to become empowered to take charge of their health. They can no longer be immobilized by fear.

Begin by talking with women in your community groups, organizations and places of worship about breast cancer and its impact on African-American women.

In observance of Breast Cancer Awareness Month, the Rice District Hospital, 600 S. Austin Road, Eagle Lake, is offering mammograms for \$25.

State Representative Robert Saunders recently received the Colorado-Fayette CMS "Special Recognition" award from Dr. Jorge A. Duchicela of Weimar, who serves as the CMS President.



Ready to walk?

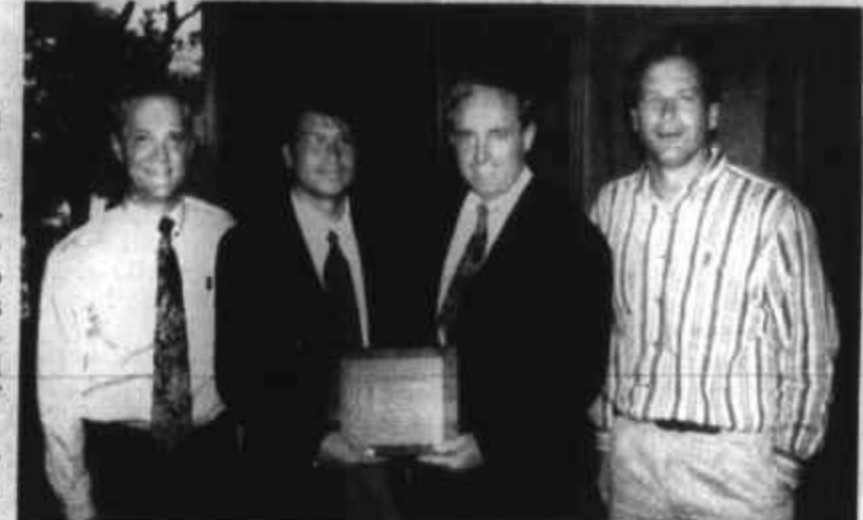
Shown above is Valerie O'Brien, event chairperson for the 1995 Memory Walk set for Nov. 4. The event is being held to help persons learn more about Alzheimer's, a disease which affects all Americans.

WWII journal published

The latest issue of the Nesbitt Memorial Library Journal, just published, features Joe C. Fling's article, "Supreme Sacrifice: Colorado County's World War II Dead."

The publication, 68 pages long, details the deaths of 70 or so men, having some tie to Colorado County, who gave their lives in World War II.

In addition to a subscription, a limited number of copies of this particular issue are available. Send \$6 (includes postage and handling) for each copy desired to Nesbitt Memorial Library, 529 Washington Street, Columbus, Texas 78934.



State Representative Robert Saunders recently received the Colorado-Fayette CMS "Special Recognition" award from Dr. Jorge A. Duchicela of Weimar, who serves as the CMS President.

Saunders honored by C-F Medical Society

House of Representative to fix problems. Dr. Duchicela specifically cited Mr. Saunders' successful efforts in 1989 and again in 1995 to pass legislation to help restore and expand access to medical care for thousands of rural Texans.

The 1995 Rural Health Enhancement Act updates the highly successful 1989 law and refines the incentives for primary care training, allows hospital districts and authorities to expand care of the elderly and promotes greater collaboration between health care professionals.

Janet Dusek Registered Massage Therapist. Stiff Neck? Painful Shoulders? Tension? Make massage therapy part of your life! 409-234-7545. By Appointment Only Gift Certificates Available

Wallis State Bank is proud to introduce our newest branch in Eagle Lake with an OPEN HOUSE Monday, October 23, 1995 6:00 p.m. to 8:00 p.m. at The Farris 1912 Hotel 201 N. McCarty Eagle Lake, Texas 77434

Refreshments and Door Prizes 111 N. McCarty Eagle Lake, TX 77434 (409) 234-7303. 30506 First Street Fulshire, TX 77441 (713) 346-2043. 4100 Westheimer, Suite 100 Houston, TX 77485 (713) 840-7585. 6510 Railroad Street Wallis, TX 77485 (409) 478-6151. Member FDIC

Christ Church popular retreat for Houstonians

Local renters might regard Kerrville, Bandera, Leakey, Alpine or points west as desirable summer retreats.

Rev. Minter plans to alert the Eagle Lake Chamber of Commerce that such retreats in our community should be encouraged, and even publicized, since they foster excellent relations with colleagues elsewhere.

Country Peddler show set for next weekend

The Country Peddler Show, sponsored by American Country Shows Inc., will be held in Rosenberg at the Ft. Bend County Fairgrounds, Friday through Sunday, Oct. 27-29.

On Friday, it will be open from 1 to 9 p.m.; Saturday, 9 a.m. to 6 p.m. and Sunday, 11 a.m. to 5 p.m. Admission is \$4 for adults and children under 12 get in free.

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7th Annual Christmas Lighted parade Dec. 2 The Eagle Lake Chamber of Commerce is preparing for the 7th Annual Christmas Lighted Parade scheduled for Saturday, Dec. 2, at 6:30 p.m. Now is the time to think about your entry.

Rice District Community Hospital Patients Week ending Oct. 12, 1995 ADMISSIONS Eagle Lake: Edward Priemeyer, Dan Thomson, Freddie L. Hodges, Tanisha Dawson & Baby Boy; Sealy: Lillian Jemeta.

DISMISSALS Eagle Lake: Mary Kozik, Joseph Kozak, JoAnn Mahalic; Garwood: Deborah Haman & Baby Girl; East Bernard: Margaret Horelics; Sealy: Ralph Johnson, Jackie Plesanti, Mitchell Green; El Campo: Tammie Mican & Baby Girl.

CCA board to meet Combine Community Action Inc. will hold its Board of Directors meeting on Thursday, Oct. 26, at 7 p.m. at the CCA Center in La Grange. The public is invited to attend.

Special church services this Saturday Mt. Carmel Baptist Church will hold special services this Saturday, Oct. 21, at 9 a.m. with Rev. A.J. Jones, pastor, delivering the message.

Happy Birthday Alejandra Cano From All Your Family

Ever thought of volunteering for Fish & Wildlife Service

By Terry A. Rossignol Acting Refuge Manager, Atwater Prairie Chicken NWR, USFWS. Imagine conducting wildlife surveys on a national wildlife refuge, raising fish at a national fish hatchery, or assisting in laboratory research at a research station.

The person may work full-time, a few hours per week or month, or during a particular season. Atwater Prairie Chicken National Wildlife Refuge (APC NWR) has seen several individuals volunteer their time and talents over the last several years.

It's flu season again, time for shots

Old folks' remedies had you wear a sock full of onions or kiss a hairy mouse to ward off a cold or flu. Aacho! usually signals a cold. The common cold, the miserable flu and life-threatening pneumonia can have similar ear by symptoms.

Residents of nursing homes and chronic-care facilities. Adults and children with chronic heart, lung, kidney or blood disorders, diabetes, or immune problems.



Red Ribbon Week Oct. 21-29

Mayor Robby Cook is showing sign yet another proclamation. This one declares Oct. 21-29 as Red Ribbon Week. The week commemorates the death of Drug Enforcement Administration agent Enrique "Kiki" Camarena at the hands of drug traffickers.

'Bull Blast' in Bay City this Saturday

The Matagorda County Fair & Livestock Association is proud to announce the 1st Annual Bay City Bull Light Bull Blast this Saturday, Oct. 21, at 7:30 p.m.

seating, free dinner, beverages and valet parking. General admission tickets are available at Whataburger in Bay City, Lake Jackson, Angleton, Wharton and El Campo; West Bill's in Bay City; Cowpokes in Wild Columbia; First Prosperity Bank in Bay City, West Columbia, El Campo and Edna; City State Bank in Palacios; and, TNT Western Wear in El Campo and Port (See Bull, Page 12)

About Town... Congratulations to Garwood 8th grader Augustina Ortiz who made the honor roll. Her name was left off the list provided by the school and printed in last week's edition of The Headlight.

Heritage Month proclamation signed Mayor Robby Cook signs the proclamation for National Colonial Heritage Month as Liz Waddell looks on. National Colonial Heritage Month members of National Society of Colonial Dames XVII Century wish to preserve the priceless legacy left to all American citizens.

Ring Services, Jewelry Repair Services, Ring Sizing, Ring Repair, Chain Repair, Bracelet Repair, Diamond & Colored Stone Replacing, Reproving, Retipping, Latch & Loop Buildup, Watch Batteries Changed. K-D JEWELRY 704-B S. McCarty, Eagle Lake 234-5717

You Are Invited to a Meeting at 9:00 a.m. Tuesday, October 24th at the Eagle Lake Community Center 100 N. Walnut, Eagle Lake. The Topics Will Be 1995 Farm Bill and 1996 Federal Crop Insurance Program. Hope To See You There The First National Bank of Eagle Lake. Ronnie M. Sedgwick Light refreshments will be served.



Attention bow hunters!! Delbert Castleman, shown above with one of his prize woodworks, has donated this two-bow rack as one of the items you'll want to bid on Saturday night at the Study Club Auction.

THE EYE CARE CLINICS OF TEXAS Full spectrum optometric and ophthalmological services including contact lenses, prescriptions for glasses, office and outpatient surgery, laser, glaucoma, cataract and radial-keratotomy surgery. For information and appointments, please call 1-800-535-0186

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Medicines Used for Heart Disease Heart disease continues to be the leading cause of death in men and women. Heart attacks, which are one potential result of heart disease, occur annually in approximately 1.5 million Americans. An astonishing one-third of all heart attack victims die. Recently, the focus of health experts has been to emphasize 4 risk factors of heart disease that can be changed (high blood cholesterol, high blood pressure, physical inactivity, and cigarette smoking).