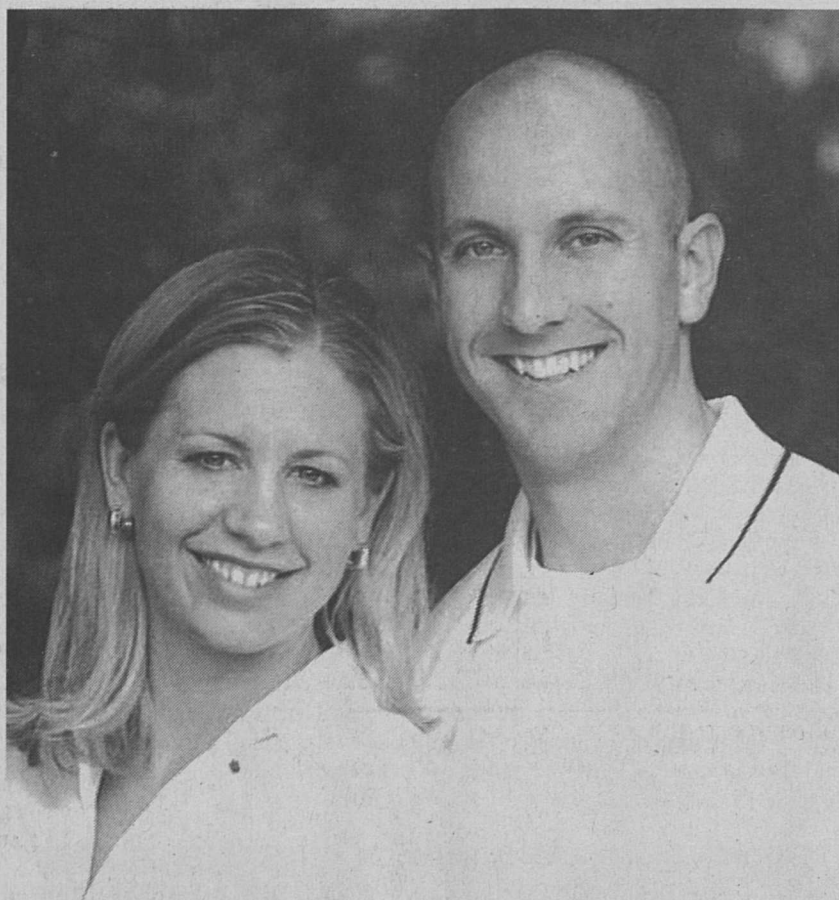




Pustejovsky, Chovanetz to wed

Raymond and Kathy Pustejovsky of Friendswood are pleased to announce the engagement of their daughter, Tanja Nicole, to Jefferey Scott Chovanetz, son of James and Rida Chovanetz of Hallettsville. The couple plans a November 29, 2003 wedding at St. Peter Lutheran Church in Hallettsville. Tanja received her Bachelor of Science Degree in Communication Disorders from Southwest Texas State University and her Master's of Arts in Communication Disorders from the University of Houston. She is presently employed as a Speech-Language Pathologist in the Comal ISD in New Braunfels.

Jefferey served four years in the Marine Corp and graduated from Southwest Texas State University with a Bachelor of Science Degree in Biology. He is currently employed as a science teacher in Northside ISD in San Antonio.

Tanja's grandparents are Mickey and Lovie Girndt of Columbus and the late Harvey Pustejovsky and Victor and Beatrice Scott of Eagle Lake.

Grandparents of Jefferey are Herbert and Alice Hinze of Sheridan and the late Fred and Annabelle Chovanetz of Hallettsville.

Time running for recipes

Got an original favorite recipe? H-E-B bets that you do and wants you to share it with them. In return, your recipe could be featured in the full-color, hardcover edition of H-E-B's new cookbook coming out next fall.

To submit your favorite recipe for consideration, pick up a submission form at any H-E-B or Central Market store. Forms can also be downloaded from www.heb.com. To be eligible, all entries must be received by Nov. 15.

The cookbook is being published to commemorate H-E-B's celebration of

100 years of proudly serving Texas communities. It will be comprised of recipes submitted by customers, employees and well-known Texans. The H-E-B Texas cookbook will be published in cooperation with Texas Monthly and is being designed to celebrate the diversity of the state with recipes that recall the heritage and the flavors of the Texas regions.

Winners of the selected recipes will be notified by Jan. 31, 2004. Each winner will receive their own copy of the cookbook.

Holocaust Museum is focus of WCJC lecture

The impact of our post-9/11 world on Holocaust Museum Houston will be the focus of the Oct. 30 Wharton County Junior College (WCJC) Fall 2003 Lecture Series. Featuring HMH Director of Education Christina Vasquez, the lecture will also address the worldwide influence of the museum.

Her presentation, "Holocaust Museum Houston: Making a Difference," begins at 7:30 p.m. in the Horton Foote Theatre in the Dusen-Hanson Fine Arts Building at the WCJC Wharton Campus. It is free and open to the public.

Vasquez is a U.S. Holocaust Memorial Museum Mandel Teacher Fellow and has studied the Holocaust in Poland and Israel through the Jewish Labor Committee's Holocaust and Jewish Resistance Summer Fellowship for teachers.

Through a National Endowment for the Humanities fellowship, Vasquez was afforded the opportunity to study cultural responses to the Holocaust in

America and abroad at the Jewish Theological Seminary in New York City. She also participated in Holocaust studies at New York City's Jewish Foundation for the Righteous.

Vasquez says the museum's message reaches beyond history with lessons that resonate in today's world. For more information, call 979-532-6300.



RMC Lab has cutting-edge instrument

Rice Medical Center (RMC) Laboratory staff is boasting about their new ABX Pentra 80 Hematology Analyzer which performs various blood cell counting and differentiation. This system is not only cutting-edge at every stage of analysis, but is also only the second system being used in Texas. Proudly showing off their new instrument are, from left, Brenda Downing, Barbara Pidgeon, Bonnie Jones and Lab Director Janice Harbich.

RMC Photo

FSA ballots to be mailed Nov. 18

County committee elections will be held in local administrative area 1 (LAA) as the term of county committee member Franklin Addicks will expire Dec. 31, 2003. Addicks has chosen not to run for re-election.

The county committee received nomination petitions for the following producers to fill the slate: Donald Hoeinghaus: hay, cattle, corn, swine; and Glenn Weishuhn: hay, cattle, wild-life.

Ballots will be mailed out Nov. 18. Voters have until Dec. 1, 2003 to return their ballots to the county office. Remember, your vote is important.

Colorado County is divided into three LAA's. One member of the

SHERIDAN LIBRARY NEWS

The final membership roster in the Friends of the Library totals 99. Thanks to all the members for their support:

William & Cynthia Wickersham, Harry & Grace Brisco, Dorothy Balut, Cathy Siragusa, Melba Castillo, Vera Tesch, Gordon & Beverly Mercer,

Rosalie Bocker, Evelyn Holt, Pat & Louise Brandenburg, C.E. & Leona Flippin, Lavo & Ruth Brisco, W.O. & Regena & Lenora Williamson, Earlene Botard, Duane, Kathy & Kelley Ricks, and Irma Kelley.

Also, Reggie & Barbara Brisco,

Jenavee Peterson, Bill & Lillian Gohlke, Alice Hinz, Phil Mailloux, Donald, Patsy & Karl Alex, J.C. "Hootie" & Maida Clark, Evelyn Feaster, Rex W. Rodgers, Melinda, Victor & Brandon Welch, Fred & Sharon Grahmann, Eddie Ray & Lois Taylor, Dennis & Wanda Zbrank.

Also, Dennis & Angie Zbrank, Billy & Dana Sanders, Bessie Dornhauer, Jean & Zella Walker, Franklin & Tricia Walker, McDowell & LaVerne Criswell, Darrell, Cindy, Drew & Cynthia Quinney, Dean & Betty Varley, Pauline Solomon, Willard & Irene Hagendorf, Audrey Dupre, Martha Polach, Dorothy Warthan, Wayne & Natalie Dupre.

Lastly, Ed & Kay Parham, Eldon & Joyce Ohm, Mary Lou Criswell, Frenchie Blanchard, Bobby Haines, Ray Lee, Carmen, Chris & Leigh Jackson, Vernita Dopslauf, Patsy Fuller, Jordyn & Kayleigh Pausewang, Jeanette Nance, Larry, Darnell, Andrew, Tiffany & Kimberly Varley, Ora Vanek, J.B. & Melva Quinney.

The following memorials were given to the library in Sept. and Oct.

In memory of Francis Mark Hagendorf: Bobby Haines, Larry, Darnell, Andrew, Tiffany & Kimberly Varley; **in memory of Lou & Virginia Marten:** Harry & Grace Brisco, Ed &

Kay Parham; **in memory of Reggie Pope:** Fred & Sharon Grahmann, Violet V. Williams, Audrey Dupre, Ed & Kay Parham, Larry, Darnell, Andrew, Tiffany & Kimberly Varley; **in memory of Jerrylyn Kallus:** Fred & Sharon Grahmann; **in memory of Susie and Elo Meisetschlaeger:** Fred & Sharon Grahmann; **in memory of Emma Enloe:** Larry, Darnell, Andrew, Tiffany & Kimberly Varley, Bill & Lillian Gohlke, Lavo & Ruth Brisco, Charles & Mary DeShazo, Glenn Zajicek; **in memory of David Crumpton:** Eldon & Joyce Ohm, Lavo & Ruth Brisco, Bill & Lillian Gohlke.

The library received book donations and magazines from: Larry & Darnell Varley, Ida Haines, Boots & Melva Quinney, Clay & Debbie Sonntag, Everett Spittler, Jerry & Fran Hajovsky, McDowell & LaVerne Criswell, Vernita Dopslauf, "Hootie" & Maida Clark, Patsy Alex, W.O. & Regena Williamson, Wayne & Natalie Dupre, Dean & Betty Varley, Willard & Irene Hagendorf, Karri Pundt and the Retired Teachers of Colorado County, Betty Wegenhoft.

The pre-school story hour meets Tuesday from 10 to 11 a.m. in the Community Center. The library welcomes all youngsters in Sheridan. Come and enjoy an hour of fun.

Legion to fight for Pledge at U.S. Supreme Court

With the Supreme Court announcement that it will decide in 2004 whether it's constitutional for public school teachers to lead students in the Pledge of Allegiance because of the words "under God," the nation's largest veterans organization pledged its commitment to the legal battle. The 2.8 million-member American Legion is prepared to fight this at the highest judicial level for the right of public school teachers and students to voluntarily observe the time-honored tradition.

"The heart of this case is about allowing the Constitution to appropriately reflect the intent of our republic's founders and values of the American people," American Legion National Commander John Brieden said. "We believe our nation will be stronger when the courts let our Constitution protect the rights of all the people rather than merely the wrongs of a few."

"The American Legion filed a friend-of-the-court brief in support of the constitutionality of the Pledge of Allegiance at federal court in San Francisco. The American Legion committed to take this fight all the way to the highest court in the land. Teachers leading students in the Pledge of Allegiance is a constitutional as "In God We Trust" stamped on our nation's currency and reference to "God" in the oaths taken in our courts.

"But this case is bigger than the Pledge. What is really at stake here is the moral direction of the nation. The right of the people to declare their patriotism by voluntarily reciting the Pledge is but one battle. The right of the Boys Scouts of America to select its leaders consistent with its founding principles in another battle. The right of the people to protect the U.S. flag from acts of physical desecration is a battle that The American Legion has been fighting since the Supreme Court in 1989 invalidated flag-protection laws in 48 states; a constitutional amendment approved by the House and soon to come to a vote in the Senate is the remedy."

The 9th U.S. Circuit Court of Appeals in San Francisco ruled 2-1 in June 2002 that reciting the Pledge in public schools is unconstitutional. The court reaffirmed its decision in Feb., amending the ruling to say that "teacher-led" recitation of the Pledge is unconstitutional. The rulings came after Michael Newdow, an atheist and father of an elementary school girl, filed the case against the United States, Congress, California and two school districts. Newdow's daughter lives with her mother, who has sole custody of the young girl.

The daughter attends public school in Elk Grove, CA, near Sacramento and according to reports regularly attends church. Newdow's complaint alleged that, "his daughter is injured when she is compelled to 'watch and listen as her state-employed teacher in her state-run school leads her classmates in a ritual proclaiming that there is a God and that ours is one nation under God.'"

In 1954, President Dwight D. Eisenhower signed legislation inserting "under God" after the words "one nation."

The American Legion supported the addition. "We have full faith the court will uphold the right of the people as one nation under God," Brieden said.



Health Tips

Breast Cancer Awareness

By Lisa R. Holloway, DO

Breast cancer is an issue that has become up close and personal for me, especially after my mother's breast cancer scare several years ago. But, even now, it's looking me straight in the face. I found out that my best high school friend was recently diagnosed with the dreaded disease. We talked about the cute looking guys and sang in the concert choir back in the day. Although our paths have taken us different places, we stayed in contact most of the time. I guess I was so shocked by her diagnosis since we are both the same age.

Breast cancer is the most common cancer among American women. Over the past 50 years, the number of women diagnosed with the disease has increased each year.

According to the American Cancer Society (ACS) for 2003-04, a woman living in the U.S. has a 13.4% (one in seven) lifetime risk of developing breast cancer. Studies from the Susan G. Komen Foundation predict that over 180,000 women and 1,400 men will be diagnosed with breast cancer this year. These statistics sound alarming, however, if breast cancer is detected early it has a five-year survival rate of over 95%. The mortality rate could decrease by 30% if all women age 50 and older that need a mammogram had one. Only 5-10% of breast cancers occur in women with a clearly defined genetic predisposition for the disease. The majority of breast cancer cases have no clear direct family history. The risk for developing breast cancer increases with a woman's age. There are some preventative measures being investigated. A recent ACS study showed that overweight women are 60% more likely to die from breast cancer compared to normal weight women. Maintenance of normal weight, increased physical activity, decreased alcohol consumption and avoidance of hormone replacement therapy may lower the risk of breast cancer.

Early detection is key in the prevention of breast cancer. The ACS guidelines for the early detection of breast cancer include three types of examinations:

Breast Self-Examination (BSE)-It is recommended that all women learn how examine their breasts and perform a BSE monthly, bringing any changes or abnormalities to the attention of their healthcare provider.

Clinical Breast Examination (CBE)- Schedule a CBE with your doctor or trained medical professional every one to three years (age and medical history dependent).

Mammography-Follow your doctor's recommendation for when to have a screening mammogram.

Some of the warning signs of breast cancer may include a lump or thickening in or near the breast or in the underarm that persists through the menstrual cycle, a mass or lump, which may feel as a small pea, a change in the size, shape or contour of the breast, a blood-stained or clear fluid discharge from the nipple, a change in the feel or appearance of the skin on the breast or nipple (dimpled, puckered, scaly or inflamed), redness of the skin on the breast or nipple, an area that is distinctly different from any other area on either breast, or a marble-like hardened area under the skin. Again, these changes may be found when performing monthly BSE's. By performing BSE's, you can become familiar with the normal monthly changes in your breasts. The BSE should be performed at the same time each month, three to five days after your menstrual period ends. If you have stopped menstruating, perform the exam on the same day of each month.

During your regular physical examination, your doctor will take a careful personal and family history, perform a breast examination and possibly one or more other tests, such as mammography and/or ultrasonography. Based on the results of these tests, you may be required to have a biopsy (a sampling of breast mass cells or tissue). Other diagnostic tests that are being investigated are:

Scintimammography: a technique in which radioactive contrast agents are injected in a vein in the arm. An image of the breast is taken with a special camera, which detects the radiation emitted by the dye. Tumor cells, which contain more blood vessels than benign tissue, collect more of the dye and project a brighter image.

Positron Emission Tomography (PET) scanning: a technique that measures a signal from injected radioactive tracers which migrate to the rapidly dividing cell of cancer. The PET scanner picks up the signal and creates an image.

Magnetic Resonance Imaging (MRI): a test that produces very clear pictures, or images, of the human body without the use of x-rays. MRI uses a large magnet, radio waves and a computer to produce these images. Other methods, such as breast cancer markers in the blood, urine and in fluid taken from the nipple, are being explored in the detection of breast cancer.

Once breast cancer has been diagnosed, you and your doctor will develop a treatment plan to eradicate it, to reduce the chance of cancer returning in the breast, as well as to reduce the chance of it spreading to other parts of the body.

Breast cancer treatments are both local and systemic. Local treatments are used to remove, destroy or control the cancer cells in a specific area, such as the breast. Examples of these types of treatments are surgery and radiation. Systemic treatments are used to destroy or control cancer cells all over the body. Chemotherapy and hormone therapy are considered systemic treatments. A patient may have just one form or a combination of treatments, depending on each individual case.

Breast cancer can strike at any age and all women should be aware of their personal risk factors for breast cancer. The Gail index has been formulated to calculate a woman's risk of developing breast cancer within the next five years. Go on line and check it out! It's highly recommended that you become informed and educated about breast cancer. Listed are some sources of information and support:

American Cancer Society, 1-800-ACS-2345, www.cancer.org; CA Information Service of NCI, 1-800-4-CANCER, www.nci.nih.gov; National Alliance for Breast Cancer Organizations, 1-212-889-0606, www.nabco.org; National Coalition for Cancer Survivorship, 1-877-NCCSYES, www.cancersearch.org; Susan G. Komen Foundation, 1-800-462-9273, www.komen.org; Y-ME National Breast Cancer, 1-800-221-2141, www.y-me.org; YMCA Encore Plus Program, 1-800-95E-PLUS, www.ymca.org.

This article is dedicated to Mary Ellen and every woman battling breast cancer.

Halloween

Continued from Page 5

the lookout for trick-or-treaters.

Safety tips for trick-or-treaters include:

- Look both ways before crossing roadways. Always walk, don't run.
- Cross the roadway at intersections and crosswalks when possible.
- Avoid toy guns and knives-they could be mistaken for the real thing.
- Wear costumes that are light in color and short enough to avoid tripping.
- Wear shoes that fit.
- Reflective material of some kind on the costume is strongly encouraged.
- Avoid masks; use face paint instead for better visibility and peripheral vision.
- Travel in groups with adult supervision.
- Do not enter cars and homes of strangers. Avoid homes without visible porch lights.
- Carry a flashlight and make sure an adult accompanies small children. Exercise caution when crossing streets.
- Never trick-or-treat in unfamiliar areas.
- Take all treats home for an adult to inspect before eating anything. Never eat unwrapped candy.
- Make sure children know their home phone number and how to call 9-1-1 if they have an emergency or become lost.