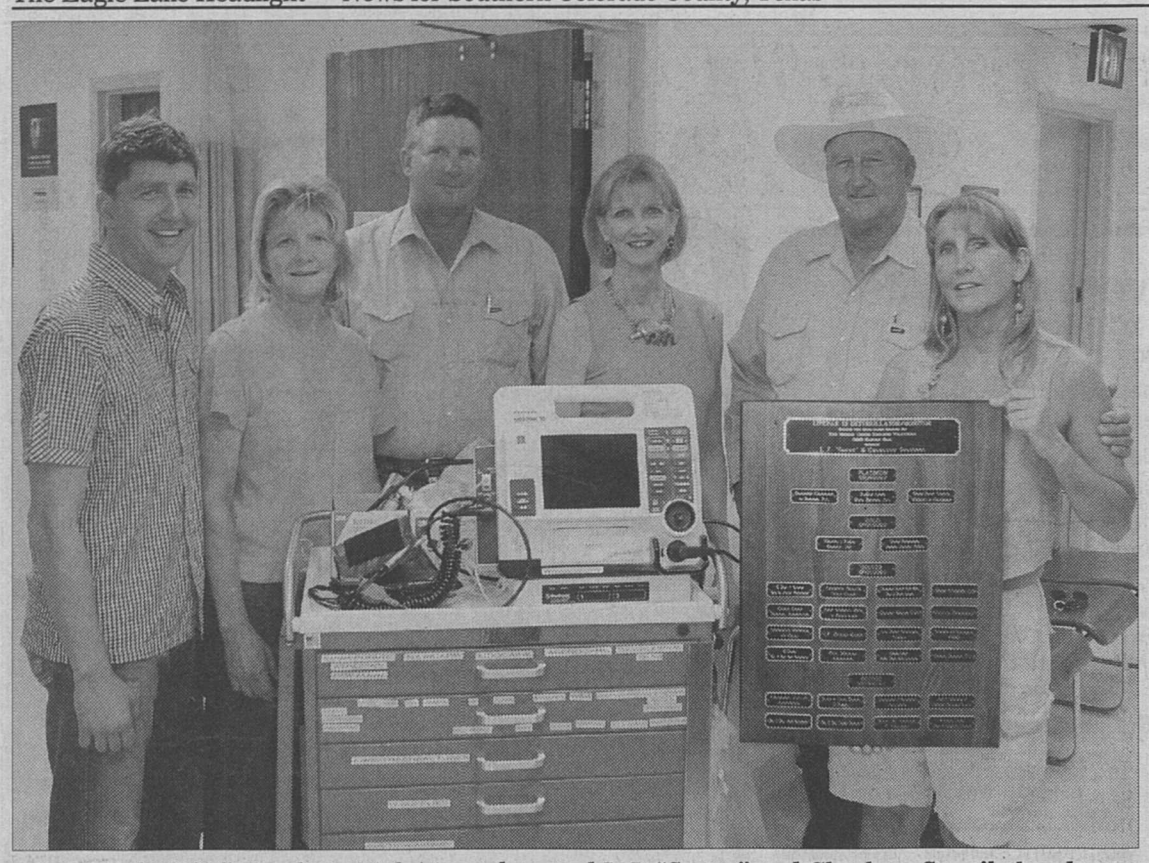

In 2005 the RMC Employee Volunteers honored L.J. "Sonny" and Charlyne Spanihel and were able to purchase this Life Pac 12 Defibrillator along with other items. Pictured is the Spanihel family standing with the plaque that is displayed at RMC and the defibrillator.

Oriental Medicine Day Oct. 24

The 4th annual Acupuncture and Oriental Medicine (AOM) Day will be held on October 24 this year.

The National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM), one of the day's sponsors, hopes to both raise awareness about the benefits of acupuncture and dispel some of the myths surrounding this 3,000 year old medicine.

The term Oriental Medicine encompasses a variety of modalities, including acupuncture, Chinese Herbology and Asian Body Works Therapies such as acupressure, shiatsu, and Thai medical bodywork therapy.

Most Americans have heard of acupuncture, a medical treatment that involves the stimulation of points on the body with the insertion of disposable needles.

Acupuncture needles are different from the needles that are used to give shots or take blood – they are very thin.

In most cases, the patient doesn't feel a thing. Sometimes, there might be a slight pricking or tingling sensation.

In areas of the body that have blockages, this pricking or tingling sensation might be stronger.

According to Dr. Kory Ward-Cook, CEO of NCCAOM, several academic medical centers such as Northwestern, Georgetown, Duke, and Harvard have opened up Integrated Medical Centers in which western medical doctors work with certified practitioners of complementary or alternative therapies to treat patients.

According to the National Institute of Health, acupuncture is effective for use in pain management, osteoarthritis, postoperative or chemotherapy-related nausea, addiction, stroke rehabilitation, infertility and asthma, among others.

The World Health Organization also lists acupuncture as effective in relieving anxiety, panic disorders, and insomnia.

NCCAOM recommends using certified practitioners of Oriental medicine as part of a preventive maintenance plan for health.

It has also been shown to be effective for chronic conditions, such as pain and addictions.

Today, more and more doctors are opting to combine both eastern and western treatments for their patients' well-being.

Its Time To Get Your Influenza Immunization

According to the Centers for Disease Control and Prevention, October or November is the best time to get your Influenza vaccination says Sally Garrett, County Extension Agent - Family & Consumer Sciences. Flu season can begin as early as October and last as late as May. The flu vaccine is relatively inexpensive and may be obtained through your health provider's office, pharmacist or possibly your local grocery store.

Andy Crocker, Texas Cooperative Extension Specialist - Gerontology/Health says there are two types of vaccines (check with your health provider for availability):

The "flu shot" - an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine - a vaccine made with live, weakened flu viruses that do not cause the flu. The nasal spray is approved for use in healthy people 5 years to 49 years of age who are not pregnant.

Crocker says to keep the following in mind to reduce your risk of contracting the flu or spreading it to your co-workers, especially if you choose not to get a flu vaccination:

Avoid close contact. Avoid close contact with people who are sick.

When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick. If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. Cough and/or sneeze into your elbow rather than your hands to help prevent the spread of germs.

Clean your hands. Washing your hands often will help protect you from germs. Wash your hands for at least 20 seconds with warm, soapy water.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Four antiviral drugs are approved for use in preventing the flu, states Crocker. The recommendations for use of these medications may change due to the ability of the influenza virus to change. These are prescription medications and a health provider should be consulted before they are used.

For more information, refer to the Health Hints issue on Colds, Flu and Other Respiratory Infections: http://fcs.tamu.edu/health/Health_Education_Rural_Outreach/Health_Hints/2001/december/december-2001.php

or the Centers for Disease Control and Prevention: www.ccdc.gov/flu/.

County Unemployment Rate At 4.6 Percent

The unemployment rate for Colorado County for August 2006 was 4.6 percent, figures from Texas Workforce Commission show.

For August in Colorado County, 10,332 persons were employed and 493 seeking work.

The figure compares to statewide unemployment in August, 5.1.

For Fayette County, unemployment was 3.7 percent, with 11,696 persons employed and 447 looking for jobs.

For Lavaca County, unemployment was 3.7 percent, with 10,491 persons employed and 406 looking for jobs.

For Wharton County, unemployment was 5.3 percent, with 20,025 persons employed and 1,124 looking for jobs.

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CAREFUL DENTURE CLEANING

When you're cleaning your dentures, it is the time you need to be particularly careful about how you handle them. To avoid dropping your dentures, you should brush them over a towel or over a sink half-filled with water. Make sure you brush them lightly and use only a soft nylon toothbrush or a specially recommended denture brush. Brushes with stiff bristles can prematurely wear denture material.

Otherwise, put your dentures in cleanser overnight, or for at least 30 minutes during the day. That should be adequate for removing stains and cutting down on the possibility of infection and odor.

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FALL SPECIALS

SAVE $60. New Patient Exam & X-rays **$30**

SAVE $99. Dental Bleaching Reg. Price $300

LCRA Hazardous Waste Pick-Up Oct. 21

It's time for Colorado County residents to begin searching their cabinets and garages for unwanted home chemicals.

LCRA invites Colorado County residents to rid their homes of paints, lawn and garden pesticides and herbicides, batteries and chemicals for free by bringing them to a one-day household hazardous waste collection on Saturday, Oct. 21.

The collection will take place from 8:30 a.m. to 12:30 p.m. at the Colorado County Fairgrounds and Agriculture Complex at Crossroads Boulevard and State Highway 71 near Columbus.

The collection is part of an ongoing effort by LCRA, the state and local communities in the region to help protect water quality by encouraging the reduction, recycling and reuse of hazardous wastes in the home.

As part of the Colorado County collection effort, a product exchange center also will be open from 9:30 a.m. to 12:30 p.m. to allow residents to swap reusable home chemical products such as paint, cleaners, lawn and garden products and more.

At the collection, LCRA will accept and recycle materials including scrap passenger tires, lead-acid batteries, used motor oil, oil filters, antifreeze, latex paint, and electronics.

In addition, LCRA will properly dispose of hazardous materials that cannot be recycled.

Residents also can participate in the Adopt-A-Barrel program, a community fund-raising campaign sponsored by the Colorado River Foundation in support of the household hazardous waste collection.

Through this program, businesses, individuals and organizations can make tax-deductible donations to help recover the costs of collecting and properly disposing of household hazardous wastes.

In addition, LCRA is coordinating with school districts throughout

Colorado County to provide information about natural resource conservation and the importance of safe and proper management of chemical products used around the home.

The household hazardous waste collection is sponsored by LCRA in cooperation with Colorado County, the communities of Columbus, Weimar and

Eagle Lake, Columbus Chamber of Commerce, Eagle Lake Chamber of Commerce, Weimar Chamber of Commerce, Colorado County Extension Office and the Colorado River Foundation.

For more information, call Jack Ranney, LCRA program coordinator, at 1-800-776-5272, Ext. 7651.

To adopt a barrel, call George Fox at 979-732-8385, John Gertson at 979-758-4252, or Donnie Head at 979-725-5139.

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HOUSEHOLD HAZARDOUS WASTE COLLECTION & PRODUCT EXCHANGE CENTER

FOR COLORADO COUNTY RESIDENTS

Saturday, October 21
8:30 a.m. to 12:30 p.m.

Colorado County Fair Grounds

Hwy 71 at Crossroads Blvd
Follow signs to main gate & pavillion area

WHAT TO BRING FROM HOME

THE FOLLOWING ITEMS WILL BE ACCEPTED IN HOUSEHOLD QUANTITIES, AT NO CHARGE:

- Acids
- Aluminum
- Antifreeze
- Automobile tires (up to 24" rim size)
- Batteries
- Cell phones, telephones
- Computer components/parts
- Cleaning products, such as polish, oven cleaner, drain opener, stain remover
- Plastics
- Tv's - no wooden consoles
- Lawn and garden chemicals, herbicides and pesticides
- Used motor oil and filters
- Transmission and brake fluid
- Household products labeled "caution," "warning" or "poison"
- Paint, solvents and varnish
- Paper, cardboard and aluminum plastics
- Pool chemicals

PRODUCT EXCHANGE CENTER

VISIT THE PRODUCT EXCHANGE CENTER TO PICK UP FREE, GOOD-QUALITY REUSABLE PRODUCTS DROPPED OFF AT THE COLLECTION. TYPICAL ITEMS INCLUDE:

- Household paints
- Lawn and garden products
- Household cleaners and other home products
- Motor oil and other auto products

WHAT NOT TO BRING

THESE TYPES OF ITEMS WILL NOT BE ACCEPTED:

- Agricultural chemicals
- Dioxins
- Appliances
- Containers larger than 5 gallon
- Explosives
- Industrial or commercial/business waste
- Large propane cylinders
- Medical and pharmaceutical items
- Radioactive materials
- Tires with rims

GUIDELINES

- Bring products in their original containers.
- Do not mix or consolidate products.
- Properly seal containers to prevent leaking.
- Haul containers in the trunk or back of vehicle, away from passengers.

QUESTIONS? CALL JACK RANNEY, LCRA, 1-800-776-5272, EXT. 7651

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MAKE YOUR COMMUNITY CLEANER AND SAFER

LCRA ENERGY • WATER • COMMUNITY SERVICES

Colorado County City of Weimar
City of Columbus City of Eagle Lake

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