

Information On African American Women And Breast Cancer

Because October is national breast cancer awareness month, let's take an opportunity to discuss breast cancer among African-American women.

Although breast cancer is actually less common among most African-American women than among white women, African-American women are more likely to die from this cancer says Sally Garrett, County Extension Agent - Family & Consumer Sciences.

About 5,640 women in the United States are expected to

die from breast cancer this year. Because of higher death rates in African-American women with breast cancer, Texas Cooperative Extension has developed a Web site, Hallelujah to Health, to explain the risk factors, signs and symptoms of breast and cervical cancer says Courtney Schoessow, Extension Program Specialist - Health, Texas Cooperative Extension. The Hallelujah to Health Web site can be found at: <http://fes.tamu.edu/health/h2h/index.php>.

Experts are unsure about the reasons for the higher death rates in African-American women with breast cancer, but one possible cause is that African-American women tend to not have mammograms or clinical breast exams, so the cancer is not detected early enough to be cured. Another possible reason is that tumors generally grow faster in African-Americans than in other groups of people states Schoessow.

So what can African-Americans do to decrease their risk

of dying of breast cancer? An important step is to have regular health screenings such as mammograms. Screening examinations can detect breast cancers early-before symptoms occur-which may make it easier to treat the disease.

Screening involves having mammograms, clinical breast exams and self breast exams, which are optional. Many factors affect the chances of survival of a woman diagnosed with breast cancer; however, finding the cancer as early as possible greatly improves the likelihood that treatment will be effective.

their 20s and 30s and every year for women 40 and over.

During the clinical breast examination, the health care provider may explain how to perform a breast self exam (BSE). By regularly performing BSEs, you will learn how your breasts normally feel, and you will be able to report any changes in your breasts to your health professional as soon as you find them. You may choose not to do BSEs, or you can just do them occasionally.

Remember: The most important screening tools we have are

mammograms and clinical breast exams. To reduce your risks of dying from breast cancer, follow the guidelines on when to get them. Taking charge of your health now can lead to a healthier tomorrow says Schoessow. Start by getting screened this month in recognition of National Breast Cancer Awareness Month.

For more information on screening, risk factors, early detection, mammograms and other screening tools for African-American women, go to <http://fes.tamu.edu/health/h2h/index.php>.



Eagle Lake received several inches of rain early Monday and caused some minor roadway flooding, including this spot on Hwy. 90A.

October Crop Production Forecast Given

The October production forecast for Texas peanuts, soybeans, hay and dry beans increased from the previous forecast, according to the Texas Field Office.

The 2006 Texas Upland cotton crop is expected to total 5.4 million bales, down 36 percent from 2005 and unchanged from last month's forecast.

Yield is expected to average 617 pounds per acre compared with 723 pounds last year.

Acres expected for harvest, at 4.2 million, were unchanged from the previous month.

Corn production is forecast at 168.2 million bushels, down 20 percent from last year's production, and unchanged from last month.

Based on Oct. 1 conditions, statewide yield is expected to average 116 bushels per acre, two bushels more than in 2005 and unchanged from last month's forecast.

Planted and harvested acreage were 1.75 million and 1.45 million acres, respectively.

Texas peanut production is down 43 percent from last year, at 555 million pounds.

Statewide yield, at 3,700 pounds per acre, is down 50 pounds from last year and up 200 pounds from last month's forecast.

Sorghum production is forecast at 45.7 million hundredweight (cwt), 26 percent below last year.

Yield, at 2,688 pounds per acre, is down 672 pounds from last year, and unchanged from last month.

Planted and harvested acreage were 2.0 million and 1.7 million acres, respectively.

Rice production is forecast at 10.4 million cwt, down 24 percent from 2005 and down five percent from last month.

Yield is forecast at 7,000 pounds per acre, up 200 pounds from a year ago and down 400 pounds from last month's forecast.

The 2006 Texas soybean crop is forecast at 4.2 million bushels, down 30 percent from last year's production and up five percent from last month's forecast.

Yield is expected to average 21 bushels per acre, down five bushels from last year and up one bushel from last month.

Planted and harvested acreage were 230,000 and 200,000 acres, respectively.

United States corn production is forecast at 10.9 billion bushels, down two percent from last year.

A yield of 153.5 bushels per acre is forecast, up 5.6 bushels from last year.

The sorghum crop is expected to be 168.7 million cwt, down 24 percent from 2005.

The U.S. Upland cotton crop is expected to total 19.9 million bales, down 15 percent from last year.

Soybean production is forecast at 3.19 billion bushels, up four percent from last year.

The U.S. peanut crop is estimated at 3.27 billion pounds, down 33 percent from a year ago.

U.S. rice production is forecast at 192.3 million cwt, down 14 percent from 2005.

school lunch menu

Rice Schools 10/23-27

Breakfast

Mon.-Sausage roll or cereal, juice, milk.

Tue.-Breakfast pocket or cereal, juice, milk

Wed.-Banana nut muffin, sausage patty or cereal, juice, milk.

Thur.-Omelet, sausage link or cereal, juice, milk.

Fri.-Cereal, yogurt, juice, milk.

Lunch

Mon.-Pepperoni hot pocket, salad, fresh fruit, milk. HS Alt: chicken salad.

Tue.-Nachos, chilli, cheese, Pinto beans, salad, fruit, milk. HS Alt: chilli dog

Wed.-Steak burger, burger salad, fries, fresh fruit, milk. HS Alt: Ham sandwich.

Thu.-Baked chicken, mashed pot., broccoli salad, fruit, milk. HS Alt: Steak fingers.

Fri.-Fish nuggets, mac and cheese, coleslaw, veggie sticks with ranch, fresh fruit, milk. HS Alt: Hot pocket.

School Days

Rice School Calendar 10/23-28

Mon.-4:30 pm. Jr. High Volleyball v. Weimar

Tue.-5 pm. 9th, JV, V Volleyball @ Weimar

Wed.-8:00 a.m. District Cross Country @ Ganado

1 p.m. Dismissal

Thu.-5 p.m. Jr. High Football @ Hallettsville

9th, JV Football vs. Hallettsville

Fri.-7:30 p.m. Varsity Football @ Hallettsville

Sat.- 5:00 p.m. PTS Halloween Carnival

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Popeye, Hailey,
Owin & Your
Sister, Hillary

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Special Notice on Congressional Election

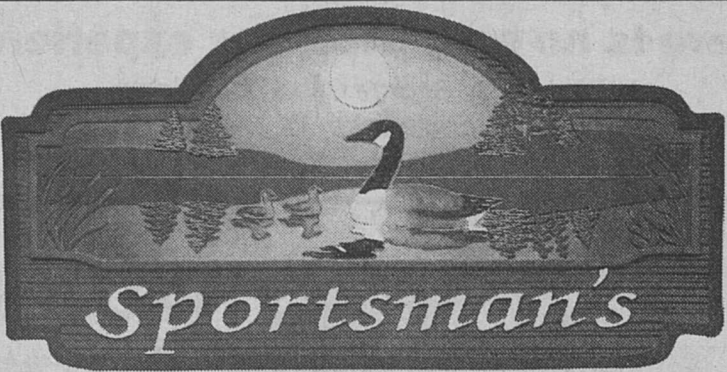
On Friday, August 4, 2006, the U.S. District Court for the Eastern District of Texas issued an order and opinion changing the boundaries of Congressional Districts No. 15, No. 21, No. 23, No. 25 and No. 28. This order affects Colorado County, changing the representative district from No. 15 to No. 25. All counties affected in these districts are required to hold a Special Election on November 7, 2006, to elect members to the U.S. House of Representatives from the new districts. This election will be listed on the ballot with the General Election, but must be considered as a totally separate election.

If your vote for U.S. Representative, District 25 is to be counted, you must mark the candidate of your choice. A Straight Party selection under the General Election heading will not vote the U.S. Representative, District 25 Race.

La Nota especial en la Elección Congressional

(El viernes, el 4 de agosto de 2006, la Corte de Distrito de los E.E.U.U. para el distrito del este de Texas publicó una orden y una opinión que cambiaban los límites del distrito del congreso No. 15, No. 21, No. 23, No. 25 y No. 28. Esta orden afecta el Condado del Colorado, cambiando el distrito representativo a partir del 15 a 25. Todos los condados afectados en estos distritos se requieren para celebrar una elección especial el 7 de Noviembre de 2006, para elegir a miembros a la cámara de los E.E.U.U. de representantes de los distritos nuevos. Esta elección será enumerada en la balota con la elección general, pero se debe considerar como elección totalmente separada)

Si su voto para U.S. Representante, el Distrito 25 debiera ser contado, usted debe marcar el candidato de su elección. Una selección recta del partido bajo el título de Elección General no votara el Representante, Distrito 25.



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