

# ETMC launches 11th annual free prostate cancer screening

It's time to sign up for East Texas Medical Center Regional Healthcare System's 11th annual free prostate cancer screening for men. Last year, ETMC screened almost 1,700 men, according to Todd Sigmon, ETMC Cancer Institute Vice President. "From our annual ETMC PSA (prostate specific antigen) blood tests, 118 tests came back with abnormalities. These men were referred to their doctors for further evaluation," Sigmon said.

The screening is a simple blood test, which identifies the level of PSA in the blood. An elevated level is an early sign of prostate cancer. During the past ten years, ETMC has screened more than 28,000 men during its annual June prostate cancer screening.

You are at risk and eligible for the screening if:

- \* You are 50 or more years of age.
- \* You are 40 or more and are African-American.
- \* You are 40 or more and have a family history of prostate cancer.
- \* You meet the age criteria and have not been in the care of a urologist for any prostate-related problems or diagnosis in the past year.
- \* You have not had a PSA test in the past year.

Symptoms of prostate cancer may include a pain-

ful or burning sensation when urinating; difficulty starting or stopping urine flow or inability to urinate; continuous pain in the lower back, pelvis or upper thighs; painful ejaculation; frequent urination; and blood in urine.

"When prostate cancer is in its earliest, most curable stage, there may be no symptoms to warn you," according to James Kolker, MD, radiation oncologist, and medical director of the ETMC Cancer Institute. "Prostate cancer is highly curable when detected early."

According to the American Cancer Society, prostate cancer kills 28,660 men each year and every man has a one-in-six chance of developing the disease in his lifetime. Prostate cancer is the second leading cause of cancer death in men. One in 35 men will die from prostate cancer. This year 186,320 new cases will be found. African-American men are more likely to have prostate cancer and to die of it than are white or Asian men. The good news is that the death rate is going down because the disease is being found earlier.

"The earlier prostate cancer is detected, the more options you have," Dr. Kolker added. "In addition to surgery, radiation beam therapy, hormone therapy and various

combinations of these treatments, such as radioactive seed implant are available. Also some prostate cancer may be able to be treated now with the Cyberknife technology."

In June prostate screenings will be available at a number of ETMC sites including Athens, Bullard, Carthage, Cedar Creek Lake, Clarksville, Crockett, Fairfield, Gilmer, Jacksonville, Lindale, Mt. Vernon, Palestine, Pittsburg, Quitman, Rusk, Trinity, Tyler and Whitehouse. You must have an appointment to take advantage of these special screenings. Please call ETMC HealthFirst (Monday-Friday from 7 a.m.-7 p.m.) to schedule your appointment at 800-850-7050.

Proceeds from ETMC's Henry M. Bell, Jr. Memorial Golf Tournament help underwrite the prostate cancer screenings. The 9th annual charity tournament is set for Monday, September 21 at Willow Brook Country Club.

# Hilltop Lake Golf News – Ladies

By Paul K. Matney

June 18 - Game of the Day for the 9-hole gals was "ACES". Nine Players participated. Becca Neukom won ACE with a 34. Actually there

# Straight from The Horse's Mouth



Laura St. John

I was fortunate to grow up in a home where music was appreciated. My mom is a very talented pianist. Here in Buffalo, she plays for Stewart United Methodist Church where it is said she doesn't simply play the notes, but conveys the message in the music. It is a gift of the heart which cannot be trained into the fingers or learned in theory class. She is a blessing.

When I was young, instead of hearing the Beatles, Cher, Hank or Elvis, I heard

Beethoven, Bach, and Mozart, played by ear. I learned how to pick out melodies for myself and took piano lessons at age 5. However, most of you know that my M.O. is adventure...not sitting on the piano bench for hours. I took a guitar lesson too, but it didn't stick, either. I took voice as well, but stage fright is a terrible eater of dreams.

From our living room entertainment center (an old school hi-fi record player) there was the occasional marching band and story teller. I think "John Denver's Greatest Hits" and Souza's "Star and Stripes Forever" were the only albums we had in the house. Oh, how I wanted to be on country roads and hear windsongs. Mostly, I wanted to leave on a jet plane and feel the sunshine on my shoulders.

As a teenager there was rock and roll, but I always stayed true to my classical and folk roots. This is why the Open Mic Nights at THM thrill me so! We are blessed

with tremendous local talent. The genres range from Gospel, Blue Grass, Classic Country and even some Rock 'n Roll-Dave Parker style. And who could forget the fabulously talented Nix's; Buffalo's own von Trapp family with their unique sound of music?

This Friday evening, at 6:00pm, is our fourth live music event. Make sure to mark your calendar. It is said that music washes away from the soul the dust of everyday life; we could use a break from our routines. My soul is primed and ready to enjoy a little Arty, Glenda and Nick with John Easterling keeping the beat. Perhaps we will have an impromptu performance by some incredibly talented drive-by like last month's Ashley Sheridan. Since I cannot play or sing for an audience I will live vicariously through my musical friends. I hope we get to hear a few "Poems, Prayers and Promises".

## Community Calendar

Everyone is welcome to join Evangelist Larry Allen for revival at 7:00pm, June 21-27 at The Miracle Church located at 1544 W. Broad St. (Hwy 79) in Oakwood to hear and receive the word of God and be blessed. Saturday, June 27th will be dedicated as a special musical night.

Kids, hop aboard the "Boomerang Express" Vacation Bible School at First Baptist Church in Buffalo. It runs June 22-26 from 9am to

noon. Call 903-322-4332.

The monthly Leona Family Night will be held Thursday night, June 25, at the Leona Community Center, located on FM 977, just east of Hwy 75, beginning at 7 PM. Entertainment will be provided by the Siegers of Round Rock, TX. Rolf and Beate are natives of Germany and are now transplanted in Texas. Rolf plays the banjo and Beate plays guitar and sings. They are absolutely great!! We will

have lots of good food, great music and great fellowship. Bring your favorite dish and join us. No matter where you live, come you are more than welcome.

The Brushy Cemetary Mem'l will be held June 28. The service will begin at 11:00 a.m. and lunch served at noon. A business meeting will follow at 1:00. Contact Parthena Van Wey Moore, Drawer A, Buffalo, TX

were 3 people that scored 34 in nine holes. A Scorecard playoff determined the winner and placement. Garlyn Person took 2nd place and Gwen Johannessen took 3rd. Becca Neukom had the Low Putts for the day (12 putts). Becca Neukom was on fire and had 4 pars - #10, 13, 14, and 15. Next week's game for the 9-hole gals will be "LOW GROSS".

The 18-hole gals played "ACES" and had Fourteen players playing. Helen Prejean won ACE with a 67 Net. First Place went to Shirley Schiamara with 68 Net, Second place went to Nancy Verhines with a 70, and Third place went to Leonor Holland with 73. Low Putts for the day - We had a tie between Nancy Verhines and Ella Bishir with only 29 putts. Birdies - Shir-

ley Schiamara had a birdie on #14; Nancy Murphy had her birdie on #10. Chip-Ins - Carolyn Tibbitts had a chip-in on #13; Shirley Schiamara had one on #13; and Lorraine Guilford had one on #1. The winners of closest to the pin

- Joyce Perkins won on #3 and #10; Shirley Schiamara won on #15. The game for next week will be "LOW GROSS".

Tee off at 8:30. Be sure to sign up by noon on Wednesday.

### Mens golf results

Game Format - 3 Best Balls of 4 - Flighted First Flight  
 First Place - Score of 198 - Truett Mobley, Vernon Von-Bieberstein, Dennis Turner, Bill Hunter  
 Second Place - Score of 203 - Gary O'Neal, J.L. Howard, Larry White, Don Madewell  
 Second Flight  
 First Flight - score of 198 - Joe Oden, Larry Pennington, Wayne Brougner, Leroy Carey  
 Second Place - score of 208

- Sam Saxton, Bob Beevers, Doug Fields, John Cox  
 Third Flight  
 First Place - score of 205 - Eric Wood, Bennie Yohe, Roy Woods, David Zipps  
 Second Place - score of 206 - Randy Schiamara, Ben Murphy, Jerry Johnson, Mark Perkins  
 Closest to Pin on Par 3s  
 #3 - Roy Woods  
 #7 - Terry Parisher  
 #10 - Wallace Holland  
 #15 - Dennis Pruitt

### Sudoku Puzzle #1475-M Answers on page 3B

	1			2	3		4
	5		3	6			
2				7		8	
	2	9		8		4	5
	4					7	
7	5		3		2	1	
	7		1				6
			2	8		5	
3	8	9					4

### Fixing a Hole Answers on page 3B

**ACROSS**

- Mattress innards
- Pyramid bottom
- Artsy Big Apple area
- Bovine milk source
- Opera highlight
- Grace ender
- It's found in a crust
- YOU ARE
- Politician's goal
- Moth-eaten
- South American plains
- Baylor University city
- Seal in, as a steak's juices
- Aid for one kicking a smoking habit
- Golfer's set
- Word after dog or salad
- Reporter's question
- Tennis great Björn
- Sub part
- Flag down
- An end to alcohol?
- Pepper dispenser
- Vito Corleone's oldest
- Bit of unabashed self-promotion
- City near Provo, Utah
- Produces cackberries
- Like a wasteland
- Did a 10K
- Prima donnas' problems
- Where to get off
- Largest of Ireland's 32
- Cinders of old funnies

**DOWN**

- Recipe measures
- "Garfield" pooch
- Light bulb, in comics
- Liberal faction
- Lanka
- Something to cast
- Like Death Valley
- Thing to confess
- Keen observer
- Much of North Africa
- Straw in the wind
- Ticker-tape parade honoree, perhaps
- White Monopoly bills
- Plumb crazy
- Miler's quartet, often
- Rm. coolers
- Go bananas
- Jean (Marilyn, originally)
- Worshiped ones
- Country music tone
- Goalie's spot
- Like Toledo?
- Hieroglyphics bird
- Hashanah
- Hushed up
- Skellon's Kadiddlehopper
- Indoor kitty
- "A\_\_formality"
- Like a fox
- Pestle's partner
- Like italic type
- Breathe hard
- English TV channel, with "the"
- Wheel shaft
- Stir up
- Totally destroy
- Sold, to an auctioneer
- Black and white predator
- Depot posting, informally
- Poem of Sappho
- Gndiron divs.

# Independence Day Celebration at Hilltop Lakes

## Saturday, July 4, 2009

**9:00 a.m.** Line up for parade begins at Pilot's Lounge

**9:15 a.m.** Parade kicks off the day!

Parade will begin at Pilot's Lounge and end at the Arrowhead Lodge.

**10:00 a.m. - 2:00 p.m.** Let the fun begin!

Booths Include: Food, Jewelry, Crafts, Cook Books & Much More!  
 Activities Include: Petting Zoo & Pony Ride, Rock Climbing Wall, Ferris Wheel, and The Whizzer

**\*Activities are subject to change without notice\***

**5:30 p.m.** Live Music -- Behind the Arrowhead Lodge  
 \*Bring your blankets and lawn chairs.\*

**6:00 p.m. BINGO!** Located in the Tonkawa Room

**Fireworks Display at Dusk!**  
 New Shooting Location...primary viewing area behind the Arrowhead Lodge and parts of Lakeview Drive. Bring portable radios and tune in to hear the fireworks synchronized to patriotic music.  
 Frequency will be announced in near future.

Head to the Overlook Restaurant to cool off and grab a bite to eat.  
 BBQ will be served throughout the day.  
 July 4th hours: 8:00 a.m. - 8:00 p.m.  
 (936) 855-2332

Booth Spaces are available for \$25.00.  
 For more information on any of the events, call Stacie (936) 855-2222 ext. 175.

**The Buffalo Press**

Published by Serrisco Creek Productions LLC  
 Publication No. 019560  
 Published every Wednesday  
 at Buffalo, Texas 75831  
 Second class postage paid at Buffalo, Texas 75831  
 (Postmaster, Please send form 3579 to: 924 W. Commerce Drawer B; Buffalo, Texas e-mail: buffalo@buffalopress.com USPS #069580 Phone: 903-322-4248

**Member of the Texas Press Association**

Annual Subscription Rates:  
 \$20 for Leon County  
 \$25 for Other Counties  
 \$30 for Out of State

**Mac Shadix**  
 Publisher  
**Linda Smith**  
 Graphic Artist  
 Production Manager  
**Richard Moran**  
 Advertising Director  
**Vanessa Goodwyn**  
 Writer/Photographer  
**Sherry Matney**  
 Writer/Photographer  
**Paul Matney**  
 Writer/Photographer  
**Morgan Anderson**  
 Intern

**DEADLINE FOR ADVERTISING IS 1:00 PM FRIDAY PRIOR TO EACH PUBLICATION DATE.**

Any error or erroneous reflection which may appear in THE BUFFALO PRESS will be corrected in the next edition after being brought to the attention of management. Letters to THE BUFFALO PRESS reflect the opinion of the writer and do not necessarily show the opinion of this newspaper. Letters must be signed, but the writer may request that their name be withheld from the publication.