

## Promotion to aid 'Relay for Life'

There is more than one way to support a great cause and the Merle Norman Cosmetic Studio in Jacksonville has created a unique opportunity for its customers that will also benefit the Cherokee County Relay For Life.

Every day in March, when your Merle Norman purchase equals \$35 or more, you will be able to purchase any travel size cosmetic product in stock for only \$1 each.

These products represent a special purchase of items that typically have a retail value of from \$3 to \$18.50, but you will pay only \$1 per item.

There are more than 18 different Merle Norman cosmetic skin care and color

products in this promotion.

There will be a limit of five items per customer.

Every dollar that is spent on this special promotion will benefit the annual Cherokee County Relay for Life which is scheduled for Friday, April 25 at 7 p.m. at Mauldin Field on the campus of Jacksonville High School.

Cheryl Grabow, owner of the Merle Norman Cosmetic Studio located at 105 E. Commerce St., touts this as a win-win event.

"You will get a receipt for your tax deductible donation, a great Merle Norman product worth at least three times your donation and you'll be promoting a tremendous cause for your community," she said.

## ACHIEVERS

COLLEGE STATION -- Texas A&M University has named its honor students for the fall 2007 semester, recognizing them for outstanding academic performance.

The Dean's Honor Roll recognizes students taking at least 15 semester hours during the fall semester who have maintained a 3.75 or higher grade point ratio (GPR) out of a possible 4.0. A second designation, "Distinguished Student," recognizes those who earned a 3.5 to 3.74 GPR while taking at least 15 hours for the fall semester.

Bullard resident Tiffany Nicole Fuller was named as a recognized student.

Fuller is a senior who was named to the Dean's Honor Roll.

She is studying interdisciplinary studies.

NACOGDOCHES -- Stephen F. Austin University students, music major Noah Christopher Claytor and communication disorders major, Sara Jane Gray have been named to the Dean's List for the universities Fall semester.

To be eligible for this honor, a student must be enrolled in 12 or more semester hours and maintain a grade point average of no less than 3.5.

The two are Bullard residents.

## ETMC Cancer Institute sponsors its spring retreat

East Texas cancer survivors can participate in East Texas Medical Center Cancer Institute's annual "Great Getaway" spring retreat April 22-24 at the Bluffs at Pine Cove, located southwest of Tyler near Lake Palestine.

The retreat gives cancer survivors a chance to relax and refocus and provides opportunities for meeting others who share some of the same concerns associated with living with cancer.

Any adult who has been diagnosed with cancer is invited to attend.

"This is a chance to get away from the stress of day-to-day life and enjoy the company of others who have been through similar experiences," according to Todd Sigmon, ETMC Cancer Institute vice president. "Healthcare professionals, as well as cancer survivors, will be on hand to assist with retreat activities."

Pine Cove offers comfortable, motel-style rooms that accommodate up to six people and have private baths. All lodging, meals and snacks are included in the \$50 registration fee.

Arrival time begins at 3 p.m. Tuesday, and the

**IF YOU GO:**  
Arrival time begins April 22 at 3 p.m. Tuesday, and the retreat will continue through 1:30 p.m. Thursday. The \$50 fees and registration forms must be received by March 21. A limited number of scholarships are available if you need financial assistance. For more information, call the ETMC Cancer Institute at 903-595-5550 or 800-541-0592.

retreat will continue through 1:30 p.m. Thursday.

Registration forms and fees must be received by March 21.

Space is limited and priority will be given to first-time attendees.

A limited number of scholarships are available if you need financial assistance.

For more information please call the ETMC Cancer Institute at 903-595-5550 or 800-541-0592.

## MEALS ON WHEELS

**Wednesday, March 12**  
Chicken Fried Steak  
Au Gratin Potatoes  
Glazed Carrots  
Bread  
Pudding

Macaroni and Cheese  
Seasoned Cabbage  
Bread  
Mandarin Orange Cup

**Thursday, March 13**  
Baked Chicken  
Macaroni and Cheese  
Seasoned Spinach  
Bread  
Sliced Peaches

**Thursday, March 20**  
Smothered Chicken  
Peas with Snaps  
Seasoned Squash  
Cornbread  
Cake

**Friday, March 14**  
Smoked Sausage  
Butter Beans  
Turnip Greens  
Cornbread  
Cookies

**Friday, March 21**  
Good Friday Holiday

**Monday, March 17**  
Irish Beef Stew  
Beets  
Green Beans  
Crackers  
Jell-O

**Monday, March 24**  
Chicken Fried Steak with Gravy  
Mashed Potatoes  
Broccoli with Cheese  
Bread  
Cookies

**Tuesday, March 18**  
Chicken Nuggets  
Cream Corn  
Ital. Blend Vegetables  
Bread  
Pudding

**Tuesday, March 25**  
BBQ Beef  
Pork and Beans  
Fried Okra  
Bun  
Peach Cup

**Wednesday, March 19**  
Pork Chops

**Wednesday, March 26**  
Crispitos  
Seasoned Pinto Beans  
Spanish Rice  
Bread  
Pear Cup

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The experts at the ETMC Sleep Disorders Center can help. They're specially trained in the diagnosis and treatment of sleep problems and offer the first program in East Texas to be accredited by the American Academy of Sleep Medicine.

If you experience any of the following, you may have a sleep disorder:

- Insomnia
- Snoring
- Restless leg movement
- Awaking gasping for air
- Awaking with an irregular heart beat
- Awaking with headaches
- Dozing at inappropriate or dangerous times

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To learn more, call the ETMC Sleep Disorders Center toll free, 1-866-535-6568, or visit us on the Web, [etmc.org/sleep](http://etmc.org/sleep)

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