

H E A L T H

Study: Vitamin D lowers pancreatic cancer risk

The Associated Press

ATLANTA — Taking vitamin D cut the risk of pancreatic cancer nearly in half, according to a new study that is being called the first to show such a benefit.

Vitamin D protects against colorectal and breast cancer, earlier studies have found. And lab and animal studies show it stifles abnormal cell growth and curbs formation of blood vessels that feed tumors.

"I've been converted from a

skeptic about a role of vitamin D in preventing cancer to a believer that there's something there," said Dr. Len Lichtenfeld, deputy chief medical officer for the American Cancer Society.

Taking 450 international units (IUs) of vitamin D — about the standard dose in most multivitamins — reduced the risk of pancreatic cancer by 43 percent, according to researchers at Northwestern and Harvard universities who led the latest study.

There was no significant added benefit from taking more than that amount. But there was decreased benefit from taking less: Taking 150 to 300 IUs a day reduced the risk of pancreatic cancer by just 22 percent, the researchers found.

"The take-home message is that it's important to maintain adequate vitamin D intake," said Hal Skinner, who led the research.

The study appears in the September issue of a medical journal, Cancer Epidemiology Biomarkers & Prevention.

HEALTH INSPECTIONS

Clear Lake Shores

Skippers Café — Regular inspection, no demerits.

Rossetti's Italian — Regular inspection. Demerit score: 3.

Crystal Beach

Chevron Corner Mart — Regular inspection, no demerits.

Dickinson

McAdams Jr. High School Cafeteria — Regular inspection, no demerits.

Dunbar Middle School Cafeteria — Regular inspection, no demerits.

Bay Colony Elementary School Cafeteria — Regular inspection. Demerit score: 3.

Hughes Elementary School Cafeteria — Regular inspection, no demerits.

Silbernagel Elementary School Cafeteria — Regular inspection, no demerits.

Guardian School Day Care — Regular inspection. Demerit score: 17.

Lou's All Season's Market Inc. — Regular inspection. Demerit score: 12.

Friendswood

Kroger No. 744 Deli and Bakery — Regular inspection. Demerit score: 22.

Wingstop — Regular inspection. Demerit score: 6.

Ellie's Kitchen and Catering — Pre-opening inspection, no demerits.

Just Like Home — Regular inspection, no demerits.

Whataburger No. 486 — Complaint and follow-up inspection. Demerit score: 4.

Sonic Drive In — Regular inspection. Demerit score: 6.

Santa Barbara Italian Café — Regular inspection. Demerit score: 10.

Gourmet Express — Regular inspection. Demerit score: 7.

Galveston

Pizza Inn — Regular inspection. Demerit score: 6.

Goodluck Gas — Regular inspection. Demerit score: 9.

Texaco 45 Convenience Store — Regular inspection. Demerit score: 16.

Lucky Way Food Store — Regular inspection. Demerit score: 17.

Snow King No. 1 Mobile Unit TX LSE No. XL6-836 — Regular inspection. Demerit score: 6.

The San Luis Hotel Restaurant and Bar — Regular inspection. Demerit score: 3.

Tong's Happy Buddha Restaurant and Bar — Regular inspection. Demerit score: 17.

El Nopalito Family Restaurant and Cantina — Regular inspection. Demerit score: 3.

Roseann's Taqueria — Regular inspection. Demerit score: 6.

Galveston Independent School District — Rosenberg Elementary School Cafeteria — Regular inspection. Demerit score: 3.

Galveston Independent School District — San Jacinto Elementary School Cafeteria — Regular inspection. Demerit score: 3.

The Daily News, in cooperation with the Galveston County Health District, publishes weekly health inspection reports. These reports are conducted by the health district office and provided to The Daily News.

Violations are scored three to five points, depending on their seriousness. Most violations are corrected immediately while inspectors are on

site. All must be corrected within 10 days. Demerit scores higher than 30 require immediate correction of all violations.

Food service inspection reports are a matter of public record and are available for review in county health district offices.

The following inspections were conducted Sept. 4-8.

Odyssey Academy Inc. School Cafeteria — Regular inspection. Demerit score: 3.

The San Luis Hotel Bar and Snack Bar — Regular inspection, no demerits.

Playa De Loro Restaurant — Regular inspection. Demerit score: 25.

Galveston Country Club Restaurant and Bar — Regular inspection. Demerit score: 15.

Galveston Artillery Club Restaurant and Bar — Regular inspection, no demerits.

Family Dollar Store No. 7216 — Opening new permit inspection, no demerits.

Kayla "N" Friends — Pre-opening inspection. Demerit score: 12.

Elks Lodge No. 126 Restaurant and Bar — Regular inspection. Demerit score: 27.

Econo Lodge — Galveston Continental Breakfast — Regular inspection, no demerits.

Pointe Pizza — Regular inspection, no demerits.

Galveston Island Hilton Resort Palm Court Restaurant — Regular inspection. Demerit score: 6.

Landry's Seafood House Restaurant and Bar — Regular inspection. Demerit score: 7.

Gilchrist

Sunrise Grocery Store — Follow-up inspection, no demerits.

High Island

High Island School Cafeteria — Regular inspection. Demerit score: 3.

Hitchcock

Jack in the Box No. 3943 — Complaint inspection, no demerits.

Dixie Cream Donuts — Regular inspection. Demerit score: 3.

Big Daddy's Smokehouse and Grill — Regular inspection. Demerit score: 18.

Jamaica Beach

Jamaica Beach Food Store and Deli — Regular inspection. Demerit score: 3.

Kemah

Aquarium Restaurant — Regular inspection. Demerit score: 8.

La Marque

Westlawn Elementary School Cafeteria — Regular inspection, no demerits.

Highlands Elementary School Cafeteria — Regular inspection, no demerits.

League City

Java Express — Regular inspection. Demerit score: 7.

A Child's Place Children's Center — Regular inspection. Demerit score: 9.

Papa John's Pizza — Regular inspection, no demerits.

Shake's Frozen Custard of Houston — Regular inspection, no demerits.

Chinese Wok — Regular inspection. Demerit score: 13.

Family Dollar Store No. 2058 — Regular inspection, no demerits.

Mixed Nuts — Regular inspection. Demerit score: 14.

Angels 786 Gas and Groceries — Regular inspection. Demerit score: 30.

McDonald's No. 08233 — Regular inspection. Demerit score: 16.

Mely's Mexican Cuisine — Regular inspection, no demerits.

Grand Buffet Restaurant — Regular inspection, no demerits.

San Leon

Radio City — Regular inspection. Demerit score: 19.

Santa Fe

Doreck and Son's Packing Co — Regular inspection, no demerits.

Stop N Go No. 2614 — Regular inspection, no demerits.

El Valle Mexican Café — Regular inspection, no demerits.

Old Santa Fe Bar-B-Que — Regular inspection. Demerit score: 3.

Santa Fe High School Cafeteria — Regular inspection. Demerit score: 9.

R.J. Wollam Elementary School Cafeteria — Regular inspection. Demerit score: 3.

Heaven Sent Day Care — Regular inspection. Demerit score: 3.

Rozi's Mini Mart No. 3 — Regular inspection. Demerit score: 16.

Texas City

China Star — Regular inspection. Demerit score: 26.

Our Lady of Fatima (NP) — Regular inspection, no demerits.

Kohfeldt-Fry Elementary School Cafeteria — Regular inspection. Demerit score: 3.

Family Dollar Store No. 2632 — Regular inspection, no demerits.

All-Star Daycare — Regular inspection. Demerit score: 23.

Family Dollar Store No. 1389 — Regular inspection. Demerit score: 4.

Texas City High School Cafeteria — Regular inspection. Demerit score: 8.

First Baptist Kindergarten Child Care — Regular inspection. Demerit score: 3.

The Rat Shack — Pre-opening inspection. Demerit score: 9.

Unincorporated

Wimberly's Weiner Wagon — Regular inspection. Demerit score: 3.

Health district stresses food safety

LA MARQUE — September is National Food Safety Education Month and the Galveston County Health District is reminding everyone of the basic rules for safe food storage, preparation and cooking.

"During Food Safety Education Month, the health district wants to assure that families cook without risk," said Dr. Mark Guidry, CEO of the health district. "Not only during periods of electrical outages, such as after hurricanes, should we practice food safety, but rather every day."

Safe steps in food handling, cooking and storage are essential to prevent food-borne illness. You can't see, smell or taste harmful bacteria that may cause illness. There are four steps that everyone should follow to keep food safe.

Keep things clean by sanitizing cutting boards, knives and countertops that come into contact with raw meat by using a bleach solution or antibacterial cleaner. Always remember that all produce should be thoroughly washed, especially if it is going to be eaten raw. Most impor-

ON THE WEB: For more food safety information visit the Galveston County Health District Web site at www.gchd.org.

tantly, always wash hands before you begin to prepare food and after handling raw meats. Inadequate hand-washing is a leading cause of food-borne disease today.

Keep raw meats separate from other foods, especially produce in your shopping cart and grocery bags. Raw meats that are wrapped for display often leak. Put meat into a plastic bag to prevent drips that may contaminate other food.

Always cook food thoroughly to a safe temperature and use a food thermometer to make sure that safe temperature has been reached. Some common temperature recommendations from the USDA include:

- Whole turkey or chicken — 180 F
- Ground turkey or chicken — 165 F
- Casseroles or stuffing — 165 F
- Pork — 160 F
- Ground meat or egg

dishes — 160 F
• All other meat products — 145 F

Another important food safety tip is to make sure foods are refrigerated as quickly as possible. Do not leave food on the counter to "cool down." Break solid food (meat) into small pieces and cool in uncovered containers in the refrigerator. Only cover the container after the food is below 45 F.

Often some of the greatest risks are taken when picnicking or attending family gatherings when it comes to food safety. At these events, always make sure that perishable food does not sit at room temperature for more than two hours. After two hours, refrigerate, reheat or throw it away. Arrange and serve food on several small platters instead of one large one and keep the remaining food that is not out hot or cold. Keep all hot food hot above 140 F by using warming trays if possible and cold foods cold by nesting in bowls of ice.

By following the simple recommendations provided everyone can help in making Galveston County a healthier community.

HEALTH CALENDAR

WHAT: U-CAN-2 substance abuse support group
WHEN: 7 p.m. to 8 p.m. today
WHERE: Wright Cuney Recreation Center, 718 41st St., Galveston.
CALL: 409-766-2140.

WHAT: Depression and bipolar support group by Alliance Bay Area.
WHEN: 7:30 p.m. to 9 p.m. today.

WHERE: Devereux Texas Treatment Network Library, 1150 Devereux Drive, League City.
CALL: 281-482-0424.

WHAT: Diabetes support group.
WHEN: 11 a.m. to 1 p.m. third Wednesday.
WHERE: Dickinson community center, 2714 state Highway 3.
CALL: 281-534-4091.

WHAT: Breast cancer support

group.
WHEN: 10:15 a.m. to 11:45 a.m. Thursday.
WHERE: Mosquito Café, 628 14th St., Galveston.
CALL: 409-737-3185.

WHAT: Primary care clinic.
WHEN: 4:30 p.m. to 7:30 p.m. Thursday.
WHERE: St. Vincent's House, 2817 Postoffice St., Galveston.
CALL: 409-763-8521.

NOTICE OF PUBLIC HEARING ON TAX RATE

The Galveston County Municipal Utility District #31 will hold a public hearing on a proposed tax rate for the tax year 2006 on Tuesday, October 3, 2006, 9:30 a.m., at the offices of Allen Boone Humphries Robinson LLP, 3200 Southwest Freeway, Suite 2600, Houston, TX 77027. Your individual taxes may increase or decrease, depending on the change in the taxable value of your property in relation to the change in taxable value of all other property and the tax rate that is adopted.

FOR the proposal: Barry Schaps, Mike Wilson, Edward Baird
AGAINST the proposal: None

PRESENT and not voting: None

Absent: Brendan Reilly

The following table compares taxes on an average residence homestead in this taxing unit last year to taxes proposed on the average residence homestead this year.

	Last Year	This Year
Total tax rate (per \$100 of value)	\$1.09000/\$100	\$1.09000/\$100
	Adopted	Proposed
Difference in rates per \$100 of value		\$0.00
Percentage increase/decrease in rates (+/-)		0.00%
Average appraised value	\$0	\$0
General exemptions available (excluding senior citizen's or disabled person's exemption)	\$0	\$0
Average taxable value	\$0	\$0
Tax on average residence homestead	\$0.00	\$0.00
Annual increase/decrease in taxes if proposed tax rate in adopted (+/-) and percentage of increase (+/-)		\$0.00 0.00%

NOTICE OF TAXPAYERS' RIGHT TO ROLLBACK ELECTION

If taxes on the average residence homestead increase by more than eight percent, the qualified voters of the district by petition may require that an election be held to determine whether to reduce the operation and maintenance tax rate to the rollback tax under Section 49.236(d), Water Code.

*There were no residential homesteads on January 1, 2005 or January 1, 2006, therefore the tax that would have been imposed on a residential homestead is \$0.00.

Should you have any questions concerning this notice, please contact the tax office at 281-482-0216.

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