

# Greater Chatham County's Junior Miss Seeks Contestants

Greater Chatham County's Junior Miss program is looking for high school junior women (public and private schools) in the following counties: Bryan, Chatham, Effingham and Liberty that are interested in earning money for college to participate in its 2010 program.

Greater Chatham County's Junior Miss program will take place April 2010 in Savannah. The deadline for application is Monday, November 30, 2009.

The young woman

selected as Greater Chatham County's Junior Miss will participate in Georgia's Junior Miss program where she will try for the chance to compete for the title of America's Junior Miss, a share of more than \$125,000 in cash scholarships and millions in college scholarships at the AJM National Finals in Mobile, Alabama.

Greater Chatham County's Junior Miss Scholarship Program is an official preliminary of America's Junior Miss (AJM),

the oldest and largest scholarship program for high school senior females of its type. Since 1958, AJM has awarded more than \$92 million in cash scholarships and provided thousands of young women with college granted scholarships to colleges and universities across the nation.

For more information about Greater Chatham County's Junior Miss Program contact: Sondra Barnes at 912-233-6131 or cctpinc@comcast.net

**Sidney A. Jones & Campbell**  
FUNERAL SERVICES

"New Ideas with Traditional Services"  
"Locally Owned and Family Operated"  
Serving Savannah and the surrounding area since 1936

David L. Campbell Sr., President & Owner  
Dorothy H. Campbell, V.P. & Co-owner  
David Campbell, Jr., Office Manager  
LeJoy Dobson-Campbell, Assistant Administrator

**We offer:**  
Pre-Need Burial Insurance, Floral Arrangements, After Care Service, Free Notary, Cremation Services Available, Shipping and Receiving Out-of-Town Remains.

Has been serving the Coastal Empire for 73 years.  
Sidney A. Jones & Campbell Funeral Services  
124 West Park Avenue • Savannah, GA, 31401  
Phone: (912) 234-7226 • Fax: (912) 233-4600

# Breast Cancer...continued from page 4

decrease the risk of breast cancer and other diseases, such as diabetes, cardiovascular disease and stroke. Not the low fat diet, but a diet of the right fats, we see now is what really makes the difference in protecting against disease.

Hormone therapy: Long-term use linked to breast cancer Talk with your doctor about discontinuing hormone therapy. Results from the Women's Health Initiative (WHI) raised concerns about the use of hormone therapy for the discomforts of menopause. Among other problems, long-term treatment with estrogen-progestin combinations increased the risk of breast cancer in women who participated in the trial. Seek out natural alternatives for menopausal distress, including regular exercise, diet changes

and herbal preparations. "The Woman's Health Initiatives' investigators reported that women who developed breast cancer while in the study and who were taking hormone therapy had larger more aggressive tumors. And the women in the study taking hormone therapy were also found to have more abnormal mammograms — requiring additional tests, such as ultrasound — because hormones tend to increase the density of breast tissue."

Birth control pills and breast cancer prevention?

Analysis of combined data from many older studies shows an increase in risk for premenopausal breast cancer. The pills used in these studies include preparations that contained higher estrogen doses than is available today. The

analysis of these older contraceptives showed that women who took the pill for four or more years before their first full-term pregnancy had a larger increase in premenopausal breast cancer risk. However, experts analyzing the data estimate that birth control pills causes a small risk today of premenopausal breast cancer. Pesticides and Antibiotics: be cautious

Breast cancer risks have recently been linked to both pesticide exposure and the over use of antibiotics. Not only in prescriptions but in foods, particularly animal proteins such as meats, chicken and turkey and farmed raised fish. So, be aware that these substances might counteract your efforts to prevent breast cancer.

**Johnson Florist And Balloon Co.**  
Come pick up a gift for someone special!  
11151 Abercorn Street Savannah, GA  
912-920-4644 912-661-4644 1-866-287-1717

**KERTINA JOHNSON**

**Wide Variety of Fresh Flowers To Choose From**

MasterCard American Express VISA  
ALL MAJOR CREDIT CARDS ACCEPTED

publix.com/ad

**Publix** WHERE SHOPPING IS A PLEASURE.®

**2.49** lb  
**Publix Mild or Hot Italian Pork Sausage**  
Fresh Pork and Savory Spices,  
Our Exclusive Recipe, Any Size Package  
**SAVE UP TO 1.50 LB**

**Fuji or Gala Apples** ..... **1.29** lb  
Washington State-Grown, New-Crop,  
An Excellent Source of Fiber  
**SURPRISINGLY LOW PRICE**

**Cookie Bites, 14-Count** ..... **3.19**  
Assorted Varieties, Bite Size Treats, Many Flavors to Choose From  
or Choose a Mixed Package, From the Publix Bakery, 8-oz pkg.  
**SAVE UP TO .60**

**Publix Deli Caesar Salad** ..... **2.99**  
Fresh Romaine Lettuce, Parmesan Cheese,  
and Creamy Caesar Dressing, 4-oz cont.  
**SAVE UP TO .50**

**12-Pack Selected Coca-Cola Products** ..... **BUY 3 GET 1 Free**  
12-oz can  
(Sale Price 3/12.00, With 1 Free,  
That's 3.00 each, With the Purchase of 4.)  
**SAVE UP TO 7.56 ON 4**

**Ruffles Potato Chips** ..... **BUY 1 GET 1 Free**  
Assorted Varieties, 9 to 10-oz bag  
(Excluding Baked!, Light, and Natural.)  
Quantity rights reserved.  
**SAVE UP TO 3.99**  
(Lay's Dip, Assorted Varieties,  
15-oz jar ... 2/6.00)

**Publix Yogurt** ..... **5 FOR 2.00**  
Assorted Varieties, 6-oz cup  
**SAVE UP TO .50 ON 5**

Prices effective Thursday, October 8 through Wednesday, October 14, 2009. Only in Orange, Seminole, Brevard, Flagler, Columbia, Volusia, Marion and Alachua Counties in Fla. Only in Bryan, Chatham, Camden, Glynn, Lowndes and Thomas Counties in GA. Quantity rights reserved.