Thursday, October 14, 2010

DeRiga

The Newsletter of the U.S. Embassy to Latvia

October is Breast Cancer Awareness Month

Take Care of Those "Ta-Tas!"



Everyone has a grandma, mom, aunt, sister, daughter (or at least knows one), so at some point in their lives, it is likely that breast cancer will affect them or someone these women know.

Every 69 seconds, somewhere in the world a women dies of breast cancer. It is the second-leading cancer killer in the United States; only skin cancer kills more people.

The American Cancer Society estimates more than 200,000 new cases of invasive breast cancer will be discovered this year in women in the U.S. alone, and another 40,000 women are expected to die from the disease. In addition to the invasive cancer, an estimated 55,000 cases of non-invasive, or in situ, breast cancer will occur.

Jewish descent, especially those with ancestors from Central or Eastern Europe. For some reason an estimated 1 in 40 Jewish women, regardless of family history, seems to carry one or both of the mutated breast cancer genes that scientists discovered in the last decade.

Among Asian women, mammography rates are slightly lower compared to white women. Polls show it is due to socioeconomic status. Although it is interesting that new Asian immigrants have a lower incidence of breast cancer than those who have lived in the U.S. for many years.

Breast cancer is the most common cancer among Hispanic women. However, incidence and mortality rates are lower compared to white women, even though they are less likely to have regular mammograms and get prompt followups for abnormal scans. Therefore, when they are diagnosed, it is more likely to be a later-stage cancer. Factors prohibiting screenings include lower incomes, educations, less access to health care, lack of insurance, lack of breast cancer awareness and screening methods, and language barriers.

Lesbians are at greater risk of breast cancer than other women not because of their sexual orientation, but because of links to other risk factors, such as maybe never having had children. They may also have higher rates of obesity and alcohol abuse, both of which can increase chances for breast cancer. Also, some may not see a health care provider on a regular basis.

The last 20 years have seen major in-

("Breast Cancer" continued on page 9)

NATIONAL BREAST CANCER AWARENESS MONTH

And women are not immune. Approximately 2,000 men expect to be diagnosed with breast cancer this year and about 400 will die.

Breast cancer does not discriminate. It affects all ages, genders and demographics.

Breast cancer is the most common cancer among black women, but it is the second-leading cancer death. Only lung cancer kills more. Survival rates remain lower than white women, as barriers to health care access remain an prominent reason for later-stage diagnoses. It is important to note that annual mammography screenings and routine self examination increase the chance that cancer will be found at an early, treatable stage.

Some groups are at a higher risk because of genetics. Breast and ovarian cancers are more common among women of

"There is no great genius without a mixture of madness."

~ Aristotle

Weekend Weather

Friday: *Cloudy/Breezy/ Showers*
High 47 F / 8 C
Low 34 F / 1 C

Saturday: *Sunny & breezy with a chance of rain*
High 44 F / 27 C
Low 7 F / -3 C

Sunday: *Sunny & chilly*
High 45 F / 32 C
Low 7 F / 0 C

From AccuWeather.com

Take a Look at What's Inside:

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United States Marine Corps



Celebrating 235 years of Honor, Courage and Commitment

You are cordially invited to attend the

235th Marine Corps Birthday Ball Celebration

Presented by Marine Security Guard Detachment

Riga, Latvia

Location:

Riga Latvian Society House
Merkela 13

Date:

13 November 2010

Time:

6:00 p.m. – 01:00 a.m.

Ticket Price: Americans Ls 45 FSN's Ls 35

You can buy tickets at the Marine Office

Menu choices and Seating arrangements required upon purchase

Only 185 Available on a first come, first served basis

Ticket Sales Deadline – November 3rd

Out & About
Mark Your Calendars!

Make Yourself at Home Under the Big Top!
Riga Circus Celebrates it's 122nd Circus Season

Riga Circus has opened it's doors wide and invites viewers to an entirely new, exciting show for the whole family - "Giant Sea Lions!"



It is a colorful performance, meant for the entire family, which also includes a funny donkey, dogs and monkeys along with these amazing trained sea lions. Then, high in the dome roof a gymnast will fly through the air on a trapeze while on the arena floor others will demonstrate their skills on the horizontal bars. And of course, what circus would be complete without jugglers and clowns?

All this and other surprises will be seen in the new program "Giant Sea Lions!"

Tickets are available at the Riga Circus ticket office at Merķeļa Street 4, as well as ticket booking service outlet Biļešu serviss, *http://www.bilesuserviss.lv*.

You are welcome here … make yourself at home at Riga Circus!

Take a Look!

Museum of Doll Art Has Moved!

This unique museum recently moved to its new location on Teatra iela in Old Riga from the Riga Ghetto. View a variety of antique and modern dolls and stuffed animals from porcelain, plastic and rag dolls to classic Teddy bears. The oldest piece in the collection dates back to 1802; the museum explains the art of doll making through the centuries. Educational seminars are offered as well as a party room. Open 11 a.m.-6 p.m., 11 a.m.-7 p.m. Thursdays, 11 a.m.-5 p.m. Saturdays, closed Mondays. Admission: 2.50 Ls adults, 1 Ls children. Teatra 3, 2925-7285, *http://www.dollart.lv*.

New Riga Ghetto Museum

Although more of an outdoor monument with exhibits than a museum, this courtyard between Maskavas and Krasta Streets is still worth a visit, especially if you're interested in Jewish history. It's main feature is an ominously long wall covered with the names of victims of the Latvian Holocaust. Also look a Nazi propaganda, stills of ghetto life and grainy b&w photos of synagogues, most of which no longer exist. Open 10 a.m.-5 p.m., closed Saturday and Sunday. Admission: donations. Maskavas 14a (entrance from Krasta).

Take in Some Culture at Riga Opera House

Riga is famous for its opera and ballet. Take a look at what's coming up this month: *http://www.opera.lv*.

14 7 p.m., ballet, Don Quixote

15 7 p.m., opera, Verdi's "La Traviata"

16 7 p.m., opera, Bizet's "Carmen"

18 7 p.m., Conversations before the premiere of a "Midsummer Night's Dream"

22 7 p.m., ballet, "Midsummer Night's Dream" - PREMIERE

27 7 p.m., ballet, "The Bright Stream"

29 7 p.m., ballet, Tchaikovsky's "Anna Karenina"

30 7 p.m., ballet, "The Fountain of Bakhchisaray"

31 3 p.m., opera, Verdi's "Aida"





Come Out for Dinner with the Club!
Where: El Primero
When? Saturday, October 23



EL PRIMERO - translated from Spanish means **"first."**
This was the first Spanish restaurant opened Latvia.
They offer a broad menu that includes classic Spanish dishes with a taste unique to Spain that "foodies" are able to appreciate and respect.
Assorted wines from all Spanish regions are also available.
To fully experience the spirit of Spain, enjoy the Flamenco rhythms in the background while being surrounded with design elements used in the south of Spain: massive ash wood furniture and the walls decorated with authentic bull-fighting posters of famous Spanish matadors.
El Primero is located at 6 Sand St. (entrance from Aldaru street), tel. 7732-3664, *http://www.elprimero.lv*.

Sign up by calling the CLO Office at 6703-6251 or by emailing nicedm@state.gov or jelinskal@state.gov
Sign-up deadline is October 21.

Sold! Embassy Warehouse Auction Through Oct. 16
Get in on the Bidding While the Bidding is Good!

Up for grabs … sofas, love seats, occasional chairs, dining room tables, dining chairs, china cabinets, buffets, bedroom furniture, a Chevrolet Trailblazer and much, much more!



Registration and bidding - through Oct. 16
Opening of bids - Oct. 18
Inform successful bidders - Oct. 18 to 20
Collecting of items from warehouse - Oct. 19 to 22

Viewing appointments are available each workday from 9:30 to 11:30 a.m. and 1:30 to 4 p.m. and Saturday from 9:30 a.m. to noon at the warehouse complex "A/S REATONS" on 11 Viskalu St.

If you receive confirmation that you have won a bid it is your responsibility to pay the bid amount to the embassy via electronic bank payment. Instructions will be forwarded to you along with the amount due.

You may pick up the goods in the warehouse by showing your payment receipt to the warehouse supervisor. You have one week after being notified you have won a bid to pick up items.



For more information and/or directions to the warehouse, call 2951-7600 (Aldis) or 7603-6259 (Andris).



G-O-O-O-O-A-L! Take in a Dynamo Riga Hockey Game

The Kontinental Hockey League, the successor to the Russian Super Hockey League, has an enormous scope. Spread out over a dozen time zones, the league also includes three teams from beyond the borders of the Russian Federation. Dynamo Riga (Latvia), Dynamo Minsk (Belarus) and Baryus Astana (Kazakhstan) are competing with 21 Russian teams this season.

Many teams have opted to keep their soviet-era names, hence all of the dynamos, locomotives and metallurgists.

Most Dynamo Riga home games take place at Arena Riga, Skanstes iela 21, *http://www.arenariga.com*. Tickets can be purchased at the arena box office or through Biļešu serviss (*http://www.bilesuserviss.lv)* outlets throughout the city.

For more information about Dynamo Riga visit *http://www.dinamoriga.eu*.



October

25, 7:30 p.m., Dynamo Riga v. Dynamo Moscow
27, 7:30 p.m., Dynamo Riga v. Vityaz Chkhov

November

28, 5 p.m., Dynamo Riga v. Sibir Novosibirsk
30, 7:30 p.m., Dynamo Riga v. Amur Khabarovsk

Health Unit Hours

Mondays: 8:30 a.m.-5 p.m. - Anna Cunningham

Tuesdays: 8:30 a.m.-5 p.m.
8:30 a.m.-12:30 p.m. - Olga Lozovska & Dr. Livija Caune, 10:30 a.m.-5 p.m. - Anna Cunningham

Wednesdays: 8:30 a.m.-5 p.m.
8:30 a.m.-5 p.m. - Olga Lozovska, 9:30 a.m.-2:30 p.m., Anna Cunningham

Thursdays: 8:30 a.m.-5 p.m.
8:30 a.m.-5 p.m. - Olga Lozovska, 1-5 p.m., Dr. Livija Caune

Fridays: 8:30 a.m.-2 p.m. - Anna Cunningham

PLEASE NOTE -

Dr. Caune will be out of the office Oct. 13 to 15. Dr. Guna Deksne will be subbing for emergencies in her place and can be reached by Dr. Caune's mobile number at 2913-9115. HU will maintain regular hours during Dr. Caune's absence.

Metro Marketplace

COULD YOU HELP ME PLEASE?

If you have a question that someone in the expat community may be able to answer, please send it to us and we will put it in the newsletter. Be sure to list your contact information so that any responses can be sent directly to you.

COULD YOUR HOME USE SOME FLAIR?

How about an interior decorator? Call Karina Ciziunas, 2785-2277

FREE TO A GOOD HOME

A beautiful long legged black and white cat (almost 2 yrs. old) is looking for new home where he would be loved and the center of attention. He is an active cat that likes to be played aggressively; might not be too toddler friendly. For more information contact Colin Hough, 2862-2157 or houghcb@state.gov.



FOR THE MUSICALLY MINDED

Piano lessons for children. Ms. Ilze Fomina, 2615-2128, fomina.ilze@gmail.com, speaks English, recommended by Robin Simpson.

October 2010

We do our best to keep this info. updated, but if you see a birthday or name day that's missing, please let us know: smithkc@state.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Birthday *Name Day*		**1**	**2**
3 *Elza Maculane*	**4**	**5**	**6**	**7** **Klavs Rirdancis**	**8**	**9** **Ojars Skarulis**
10	**11** **Columbus Day Holiday Embassy Closed**	**12**	**13** **Anastasija Simanovica**	**14**	**15**	**16** *Daiga Placina* *Dinija Danosa* *Dinars Lubins*
17	**18** *Ronalds Ratenieks*	**19** **Gunita Migliniece**	**20**	**21**	**22** **Andris Purvlicis**	**23** *Dainis Lijurovs* *Dainis Lauskis* **Dinner Club El Primero 7 p.m.**
24 **Edgars Tukleris**	**25**	**26**	**27** *Lilita Sinka*	**28**	**29** *Elvijs Bulvitis*	**30**
31 **Embassy Kids' Party Marine House 3 p.m.** Happy Halloween!						

Double Features Served Tuesdays at Dirty Deal Café

The U.S. Embassy, in cooperation with the contemporary art center's Dirty Deal Café, has organized a festival of American movies. Double features are presented every Tuesday evening at 6 and 8:30 p.m. at the Dirty Deal Café, located at Maskavas iela 12/2, throughout the month.

The series' theme is "On the Road" and highlights movies that have topics which deal with immigrant groups whose "roads" have led them to America, as well as classic (and some not-so-classic!) American road movies.

All screenings are free and include a brief lecture by a film critic or other expert. Come and join the journey!

October 19

Cinema journalist Sanita Grina will make brief remarks before the screening.

6 p.m., "It Happened One Night" (1934), Director: Frank Capra

"Ellie Andrews has just tied the knot with society aviator King Westley when she is whisked away to her father's yacht and out of King's clutches. Ellie jumps ship and eventually winds up on a bus headed back to her husband. Reluctantly she must accept the help of out-of-work reporter Peter Warne. Actually, Warne doesn't give her any choice: either she sticks with him until he gets her back to her husband, or he'll blow the whistle on Ellie to her father. Either way, Peter gets what (he thinks!) he wants .... a really juicy newspaper story."

8:30 p.m., "Thieves Like Us" (1974), Director: Robert Altman

"Two convicts break out of Mississippi State Penitentiary in 1936 to join a third on a long spree of bank robbing - their special talent and claim to fame. The youngest of the three falls in love along the way with a girl met at their hideout; the older man is a happy professional criminal with a romance of his own, the third is a fast lover and hard drinker fond of his work. A last robbery in Yazoo City goes badly and puts paid to the gang once and for all as a profitable venture. However, this isn't the end of the story quite yet, as all three are wanted and notorious men with altogether different points of view on the situation they are faced with."

October 26

Assistant Public Affairs Officer Davida Baxter, U.S. Embassy Latvia, will make brief remarks before the screening.

6 p.m., "Mississippi Masala" (1991), Director: Mira Nair

"An Indian family is expelled from Uganda when Idi Amin takes power. They move to Mississippi and begin a new business and a new life. The Indian daughter falls in love with an African-American man, and the respective families have to overcome their respective prejudices."

8:30 p.m., "Into the Wild" (2007), Director: Sean Penn

"Based on a true story. After graduating from Emory University, top student and athlete Christopher McCandless abandoned his possessions, gave his entire $24,000 savings account to charity and hitchhiked to Alaska to live in the wilderness. Along the way, Christopher encounters a series of characters who have a deep impact on him."



Weekly Update

FLO Weekly Update is a compilation of news and information from the Family Liaison Office of the Department of State for U.S. government employees, their family members, and Members of Household (MOH) who are serving, have served, or will be serving at U.S. Missions overseas. Visit FLO on the Internet at: www.state.gov/m/dghr/flo. For questions or more information, email: FLO@state.gov; or call FLO at **(800) 440- 0397 or (202) 647-1076.**

FLO: Advocacy, Programs, Services. We're here for you.

October 5, 2010

Seeking Foreign Service Kids and Teens to Write for the Foreign Service Youth Foundation Newsletter

The Foreign Service Youth Foundation (FSYF) is seeking submissions for the November 2010 issue of *Here, There & Everywhere,* the quarterly newsletter created by U.S. Foreign Service kids and teens around the world and published by FSYF. The theme for the November 2010 issue is "These Are a Few of My Favorite Things." Send in your child's articles, illustrations, photographs, short stories, poems, song lyrics and more! Have your child write about his or her favorite book, song, movie, pet, country where you have lived, place you have visited, or time of year that means something special to you. Let your child be inspired to write and draw about his or her "favorite" thing — anything!

Contributions should be submitted by e-mail to fsyf@fsyf.org or by fax to (703) 731-2960. Deadline for submissions is **October 29, 2010**.

Combined Federal Campaign (CFC) Season Is Here

The Combined Federal Campaign's theme for 2010 is "Compassion of the Individual, the Power of the Community." Participation is voluntary. The CFC enables you to improve the quality of people's lives at home and abroad. Find the CFC Catalog at www.cfcnca.org to choose your charities. State Department employees can donate through Employee Express, www.employeeexpress.com. The paperless process lets you make payroll deductions spread evenly across 26 pay periods beginning in January 2011. Giving through Employee Express is easy, secure and confidential. Payroll deductions are the strongest way to support the charities you care about. The CFC season ends on December 15.



Breast Cancer

(Continued from page 1)

creases in incidence and mortality in American Indians. Studies show access to health care according to where women live is the major barrier. Women who live in Alaska have the highest incidence rates; women in the Southwest have the lowest incidence rates.

Breast cancer is the most common cancer in pregnant and postpartum women. It occurs in about 1 in 3.000 pregnancies. It may be harder to find a lump in pregnant or lactating women because breasts are more tender and enlarged.

Monthly breast self examinations are the most effective way to get to know your breasts. You will know what you look and feel like; knowing what is normal is the best way to know what is abnormal. The best practice method is in the shower, usually a week or so after menstruation. (Sometimes there may be lumps the week before. Those may be normal and may go away as soon as menstruation begins.) If you notice any of the following, see a health care professional right away:

- lumpiness, hard knots or thickening
- swelling, warmth, redness or darkening
- change in the size or shape of the breast
- dimpling or puckering of the skin
- itchy, scaly or sore rash on the nipple
- pulling in of your nipple or other parts of the breast
- nipple discharge that starts suddenly
- new pain in one spot that doesn't go away

Breast tissue has a great deal of variation. Some women have naturally bumpy breasts. In those with lumps and bumps, it may be more pronounced than others. In most cases it's no cause for worry. If the lumpiness can be felt throughout the breast and your breasts feel alike, than it is probably normal breast tissue.

Some benign breast conditions such as cysts and fibroids can cause similar changes. See a health care professional right away if:

- you find a new lump or change that feels different from the rest of your breast
- you find a new lump or change that feels different from your other breast
- you feel something that is different from what you felt before

If you are unsure weather to have a lump checked, it is better to be safe than sorry. Although the lump may be nothing to worry about, you will have peace of mind.

Always remember: "Awareness yes. Paranoia no."

The *DeRiga* is published by the Community Liaison Office of the U.S. Embassy in Riga, Latvia
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We look forward to any comments, ideas or suggestions!