

Robert Lee ISD

Breakfast

- Monday, February 1**
Cereal, toast, fruit, juice, milk
- Tuesday, February 2**
PBJ, fruit, juice, milk
- Wednesday, February 3**
Power breakfast, fruit, juice, milk
- Thursday, February 4**
Pancake on a stick, yogurt, fruit, juice, milk
- Friday, February 5**
Cinnamon roll, sausage, fruit, juice, milk

Lunch

- Monday, February 1**
Cheeseburger macaroni, green beans, tomato cup, roll, fruit cup, milk
- Tuesday, February 2**
Nachos Grande, salsa, beans, cucumbers, apricots, ice cream, milk
- Wednesday, February 3**
Crispy chicken sandwich, fries, veggie cup, fruity jello, milk
- Thursday, February 4**
Asian bowl, broccoli salad, Mandarin oranges, milk
- Friday, February 5**
Fiesta bowl, carrots, salad, seasonal fruit, brownies, milk

On This Day in Texas History

January 29th, 1861
On this day in 1861, the Secession Convention of the state of Texas voted overwhelmingly to secede from the United States. South Carolina had seceded in December 1860. The election of Republican Abraham Lincoln precipitated the fall of the Southern dominoes. Fearful of Northern encroachment on traditional freedoms, and acutely aware of the South's economic dependence upon slavery, the Southern states voted one by one to withdraw from the Union. A Texas referendum to settle the legality of the move was held on February 23, 1861. The results for the state as a whole were 46,153 for secession and 14,747 against. The stage was set for Texans to fight and lose a bloody civil war.

that you feel colder, you tire more easily, your skin is getting drier, you are becoming forgetful and depressed, and you have started getting constipated. Because the symptoms are so variable and non-specific, the only way to know for sure whether you have hypothyroidism is with a simple blood test for TSH.

What is hypothyroidism?

Hypothyroidism is an underactive thyroid gland. Hypothyroidism means that the thyroid gland cannot make enough thyroid hormone to keep the body running normally. People are hypothyroid if they have too little thyroid hormone in the blood. Common causes are autoimmune disease, such as Hashimoto's thyroiditis, surgical removal of the thyroid, and radiation treatment.

What are the symptoms?

When thyroid hormone levels are too low, the body's cells cannot get enough thyroid hormone and the body's processes start slowing down. As the body slows, you may notice that you feel colder, you tire more easily, your skin is getting drier, you are becoming forgetful and depressed, and you have started getting constipated. Because the symptoms are so variable and non-specific, the only way to know for sure whether you have hypothyroidism is with a simple blood test for TSH.

How is hypothyroidism diagnosed?

The correct diagnosis of hypothyroidism depends on the following:

- Symptoms. Hypothyroidism does not have any characteristic symptoms. There are no symptoms that people with hypothyroidism always have and many symptoms of hypothyroidism can occur in people with other diseases. One way to help figure out whether your symptoms are due to hypothyroidism is to think about whether you have always had the symptom (hypothyroidism is

less likely) or whether the symptom is a change from the way you used to feel (hypothyroidism is more likely).
Tell Your Doctor:

- medical and family history.
- about changes in your health that suggest that your body is slowing down.
- if you have ever had thyroid surgery;
- if you have ever had radiation to your neck to treat cancer.
- if you are taking any of the medicines that can cause hypothyroidism - amiodarone, lithium, interferon alpha, interleukin-2, and maybe thalidomide.

• whether any of your family members have thyroid disease.

What comes next?

- Physical exam. The doctor will check your thyroid gland and look for changes such as dry skin, swelling, slower reflexes, and a slower heart rate.
- Blood tests. There are two blood tests that are used in the diagnosis of hypothyroidism.
- TSH (thyroid-stimulating hormone) test. This is the most important and sensitive test for hypothyroidism. It measures how much of the thyroid hormone thyroxine (T4) the thyroid gland is being asked to make. An abnormally high TSH

means hypothyroidism: the thyroid gland is being asked to make more T4 because there isn't enough T4 in the blood.

• T4 tests. Most of the T4 in the blood is attached to a protein called thyroxine-binding globulin. The "bound" T4 cannot get into body cells. Only about 1%-2% of T4 in the blood is unattached ("free") and can get into cells. The free T4 and the free T4 index are both simple blood tests that measure how much unattached T4 is in the blood and available to get into cells.

For more information go to www.thyroid.org or talk to your doctor.

Water Weekly

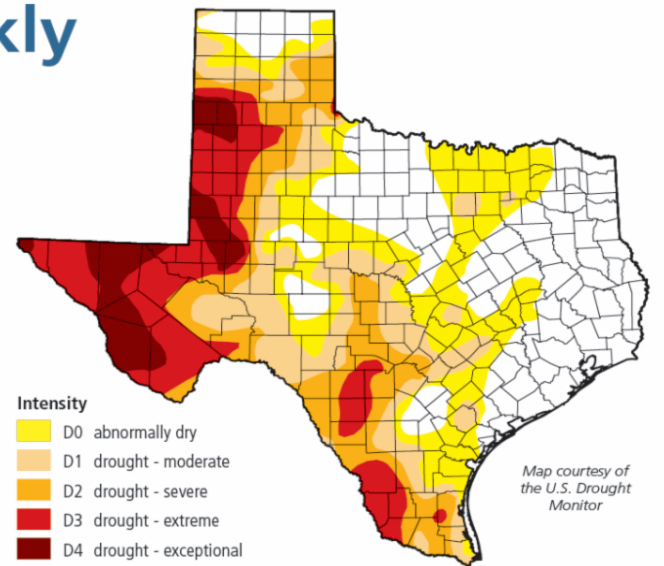
For the week of 01/25/21

Water conditions

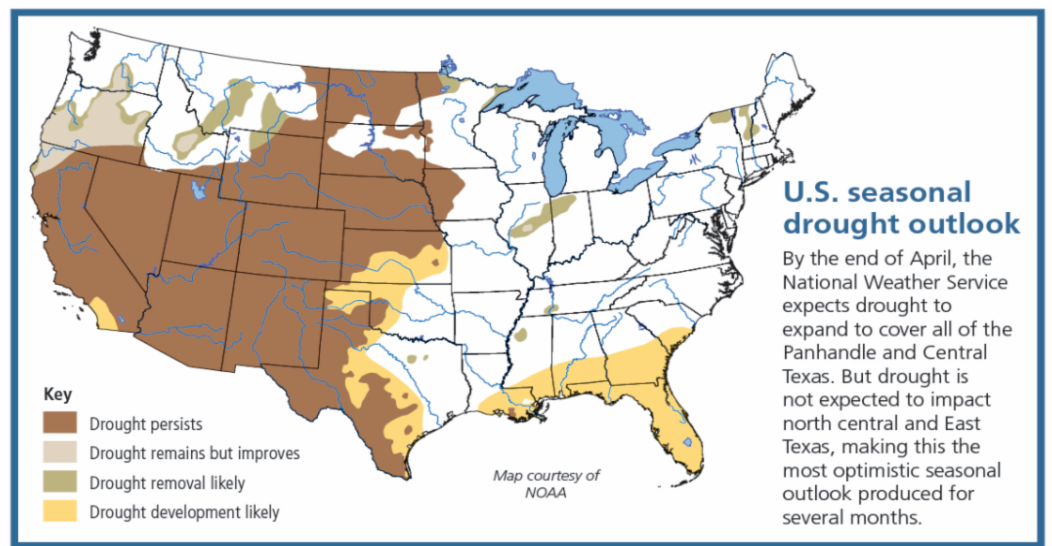
After two weeks of significant improvement, the latest drought map for conditions as of January 19 shows little change from the previous week. Because of additional rainfall across the Panhandle and Central Texas since January 19, next week's drought map should further reduce the area of the state in drought.

Drought conditions

- 49% now
- 48% a week ago
- 40% three months ago
- 35% a year ago



Map courtesy of the U.S. Drought Monitor



U.S. seasonal drought outlook

By the end of April, the National Weather Service expects drought to expand to cover all of the Panhandle and Central Texas. But drought is not expected to impact north central and East Texas, making this the most optimistic seasonal outlook produced for several months.

Written by Dr. Mark Wentzel — Dr. Mark Wentzel is a hydrologist in the TWDB's Office of Water Science and Conservation.

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Notes from...



January is Thyroid Awareness Month

What is the thyroid gland?

The thyroid gland is a butterfly-shaped endocrine gland that is normally located in the lower front of the neck. The thyroid's job is to make thyroid hormones, which are secreted into the blood and then carried to every tissue in the body. Thyroid hormone helps the body use energy, stay warm and keep the brain, heart, muscles, and other organs working as they should.

What are the symptoms?

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