

Paint It Pink Week celebrated at ALAH High School week of October 15

The ALAH Leadership class is sponsoring a “Paint it Week” the whole week of October 15 through 19. This events during this week are meant honor Breast Cancer Awareness and raise money for causes near and dear to the hearts of ALAH students.

The week will start off with the “Dig Pink” volleyball game on Monday, October 15 hosted by ALAH against AOC, game time is 6pm. That day at school students will be given ribbons to wear all week.

On Tuesday, October 16 there we will celebrate “Socktober” day where students can wear fun socks and are encouraged to bring

in a dollar if they do so.

Wednesday, October 17 there be a teacher vs student, 5-touch volleyball game beginning at 6pm. There will be a one dollar admission/donation and along with proceeds from concessions will be combined with all other money collected during the week.

Students will be making cards to send to hospitals and people in the community on Thursday, October 18.

Friday, October 19 ALAH’s Knights Football team plays Cumberland at home. At the football game, wear your pink for the pink-out theme, there will also be donation boxes at each of the admission gates.

Throughout the week students will be competing in a coin war contest within the classes. Each day students can bring in pennies (or any other coins) to donate. The class that brings in the most coins will be announced at Friday’s game and given a prize. All of the money collected throughout the week will be donated to three different causes: Kara Kuhns Student Support Fund, Susan G. Komen Foundation, and St. Jude’s Hospital.

On behalf of the ALAH Leadership class, we all encourage anyone to attend and be apart of this amazing week for this amazing cause.



Sarah Bush Lincoln Arthur Clinic donated \$840 to the Arthur Lovington Atwood Hammond Athletic Booster Club from sports physicals performed over the summer. The physicals were provided at reduced costs to numerous athletes at the SBL Arthur Clinic by Keith Ballinger, PA-C, and his staff. The physicals were \$20 each and all the proceeds were donated back to the school. Pictured are: (left to right) Superintendent Kenneth Schwengel and Ballinger.

October is Breast Cancer Awareness Month

What You Need to Know and How You Can Help

As National Breast Cancer Awareness Month begins, the American Cancer Society says remarkable progress against the disease should not obscure the significant challenges remaining.

The Facts:

Thanks to largely stable incidence rates, improved treatment, as well as earlier detection through screening and increased awareness, a woman’s risk of dying of breast cancer dropped 39 percent be-

tween the late 1980s and 2015, translating into more than 300,000 breast cancer deaths avoided during that time.

Despite that progress, there’s much more to be done. Breast cancer is still the second-leading cause of cancer death in women, second only to lung cancer.

There is still a large racial gap in mortality, with African-American women having higher death rates compared to whites, even as incidence rates are similar.

The American Cancer So-

ciety’s estimates for breast cancer in the United States for 2018 are:

- About 266,120 new cases of invasive breast cancer will be diagnosed in women.
- About 63,960 new cases of carcinoma in situ (CIS) will be diagnosed (CIS is non-invasive and is the earliest form of breast cancer).
- About 40,920 women will die from breast cancer.
- While black and white women get breast cancer at roughly the same rate, the mortality rate is 42% higher among black women than white women.
- At this time, there are more than 3.1 million people with a history of breast cancer in the United States. (This includes women still being treated and those who have completed treatment.)

Risk factors:

- Numerous studies have confirmed that alcohol consumption increases the risk of breast cancer in women by about 7%-10% for each one drink of alcohol consumed per day on average.

Women who have 2-3 alcoholic drinks per day have a 20 percent higher risk of breast cancer compared to non-drinkers.

- Obesity increases the risk of postmenopausal breast cancer. Risk is about 1.5 times higher in overweight women and about 2 times higher in obese women than in lean women.
- Growing evidence suggests that women who get regular physical activity have a 10%-25% lower risk of breast cancer compared to women who are inactive, with stronger evidence for postmenopausal than premenopausal women
- Limited but accumulating research indicates that smoking may slightly increase breast cancer risk, particularly long-term, heavy smoking and among women who start smoking before their first pregnancy.

If you or someone you love are concerned about developing breast cancer, has been recently diagnosed, are going through treatment, or are trying to stay well after treatment, the American Cancer Society provides important information on these topics and more.

What the American Cancer Society is Doing

The ACS currently funds 155 multi-year grants focused on breast cancer totaling \$60.2 million. We have played a key role in many of the advances against breast cancer, including funding early work that eventually led to the development of tamoxifen and Herceptin.

Join us and help save lives from breast cancer: Fund-raise and participate in one of more than 250 Making Strides events or participate virtually at makingstrideswalk.org.

The American Cancer Society’s nonprofit, non-partisan advocacy affiliate, the American Cancer Society Cancer Action Network (ACS CAN) is also working to make fighting breast cancer a national priority.

ACS CAN is committed to ensuring that all women have the opportunity to receive lifesaving cancer screenings and services. Working in all 50 states and Washington, D.C., ACS CAN advocates for adequate funding for early detection programs that provide access to affordable breast cancer screenings and diagnostic services to low-income, uninsured and under-insured women.

To learn more about ACS CAN’s advocacy work and to help make fighting breast cancer a priority in your community, visit acs-can.org/makingstrides.

Kyle and Luke Rogers of Bement advance to golf Sectional

By KENT A. STOCK Staff Writer

While Bement High School may not have enough players to earn a team score, the pair of individual golfers they do have are very good. Both Zach and Luke Rogers advanced as individuals from the Windsor Class 1A Regional on Tuesday, October 2.

Zach Rogers scored an

80 at the Fox Prairie Golf Course while Luke Rogers recorded and 82. The pair will have competed at the Danville Schlarman Sectional held at Danville Country Club on Monday, October 8.

The Class 1A State Finals will take place on Friday and Saturday, October 12 and 13 at Prairie Vista Golf Course in Bloomington.

Bulldogs cross country finishing up regular season

By KENT A. STOCK Staff Writer

The Bement High School cross country team continues to run strong as they make their way to post-season competition. The Bulldogs ran at Tabor Park in Sullivan finishing second in the five team event.

Luke Brewer was the top finisher for BHS at the meet as he placed second with a time of 18:22. Other times and places for Bement runners: Ryan Stoerger, 19:20 (4); Marshal Williams, 20:57 (12); Curtis Kalk, 22:11 (14); Leo Kinsella, 26:50 (25); Wes Knowles, 27:25 (26).

Team Scores: 1) ALAH 27; 2) Bement 57; 3) Sullivan

58. Tri-County and Villa Grove-Heritage also had participants in the competition but did not score as a team.

Bement has been assigned to the Tuscola Class 1A Regional which will take place at Wimple Park on Saturday, October 20. Other teams in the Regional include: Argenta-Oreana; Arthur Lovington Atwood Hammond; Okaw Valley; Champaign Judah Christian; Champaign St. Thomas More; Chrisman; Danville Schlarman; Decatur St. Teresa; Oakwood; Monticello; St. Joseph-Ogden; Sullivan; Tolono (Unity); Tuscola; Urbana University High; Villa Grove-Heritage.

8 am • Saturday • October 13

2018 PAINT THE TOWN

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Sarah Bush Lincoln

PINKTOBER

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3D MAMMOGRAPHY

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762-1826 KirbyHealth.org

KIRBY MEDICAL CENTER

Paint Piatt Pink KMC



Shelter Pet of the Week. Gypsy is a female Domestic Short Hair cat approximately 7 weeks old. She is very friendly and loves to play. She and a few other cats are available for adoption at the Douglas County Animal Shelter. Call 253-4921 for more information or to adopt Gypsy.