

Wednesday, March 31, 2021

Lake Land College student named Coca-Cola Academic Team Gold Scholar

Lake Land College student Lucas Dudit, Pana, has been named a 2021 Coca-Cola Academic Team Gold Scholar and will receive a \$1,500 scholarship.

Dudit is president of the Lake Land College Phi Theta Kappa chapter as well as being the Lake Land College Student Trustee on the Board of Trustees. Dudit is also involved in several areas of campus life, including Student Ambassadors and the Student Government Association.

"It is definitely a distinguished honor that I am extremely grateful for," Dudit said. "Lake Land helped me achieve it, and I am really proud to be able to represent Lake Land College on a national scale."

Dudit will be trans-

ferring in May 2021 to the Grainger College of Engineering at the University of Illinois, and he said the scholarship will help fund his education there.

The Coca-Cola Scholars Foundation sponsors the Coca-Cola Academic Team program by recognizing 50 Gold, 50 Silver and 50 Bronze Scholars with nearly \$200,000 in scholarships annually. Each scholar also receives a commemorative medallion.

"The Coca-Cola Scholars Foundation has a long history of providing financial assistance to outstanding students at community colleges," said Jane Hale Hopkins, President of the Coca-Cola Scholars Foundation. "We are proud to partner with Phi Theta Kappa and make it possible for de-



Lucas Dudit

servicing students to achieve their educational goals."

Students are nominated for the academic team by their college administrators. Selection is based on academic achievement, leadership, and engagement in college and community service.

Coca-Cola Academic Team members will be recognized in both local and statewide ceremonies and will also be recognized internationally during Phi Theta Kappa's annual convention, PTK Catalyst, to be held virtually April 8-10.

"We thank the Coca-Cola Scholars Foundation for recognizing these student leaders and for investing in their futures," said Dr. Lynn Tincher-Ladner, President and CEO of Phi Theta Kappa. "Scholarships like these

are integral to the success of these students in reaching their educational and career goals."

Phi Theta Kappa is the premier honor society recognizing the academic achievement of students at associate degree-granting colleges and helping them to grow as scholars and leaders. The Society is made up of more than 3.5 million members and nearly 1,300 chapters in 11 nations, with approximately 240,000 active members in the nation's colleges. Learn more at ptk.org.

The Lake Land College chapter of PTK has been ranked as a Five Star Chapter for three years in a row. This is the highest distinction a chapter can earn.

Ill. Capital Development Board releases \$7.4 million in funding to EIU for renovation and upgrading of the utility tunnel and boiler system

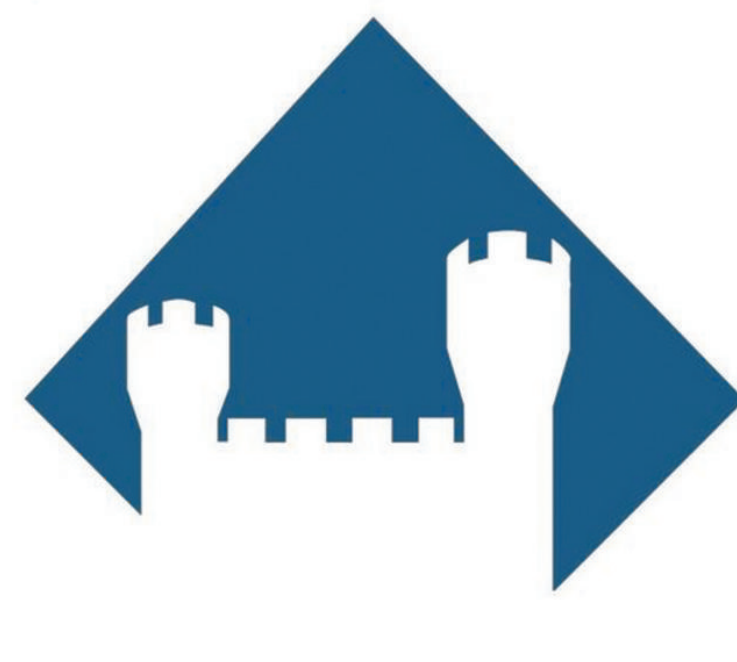
Funding to Repair Aging Facilities Made Possible by Governor Pritzker's Rebuild Illinois Capital Plan

The Illinois Capital Development Board today announced \$7.4 million has been released for the renovation and upgrading of the utility tunnel and boiler at Eastern Illinois University from the state. The funding will help address deferred maintenance projects on the Eastern Illinois University campus that have been stalled due to a lack of investment by previous administrations. Made possible by Governor Pritzker's bipartisan capital plan, the first in nearly a decade, the renovation work will create good jobs and economic opportunities for residents in the surrounding community. CDB will oversee the project's renovation under the protocol for state-appropriated capital projects.

"Through the Rebuild Illinois capital plan, the state is investing millions of dollars into educational facilities across the state to ensure our students have access to state of the art resources needed to reach their goals," said Governor JB Pritzker. "These overdue renovations on Eastern Illinois' campus will further cement the university's place as an educational leader in the state."

"I am thankful to the State of Illinois for addressing the overdue maintenance of universities and colleges," said CDB Executive Director Jim Underwood. "The Rebuild Illinois capital plan is essential to upgrading and improving facilities throughout the state."

The historic Rebuild



Illinois capital plan passed with bipartisan super-majorities and will invest \$45 billion in roads, bridges, railways, universities, early childhood centers, and state facilities like the new crime lab and veterans' homes, creating, and supporting an estimated

540,000 jobs over the life of the six-year plan and revitalizing local economies across the state.

"We are extremely pleased with the Governor's decision to release this critical funding," said Dr. David Glassman, President of Eastern Illinois University. "The Rebuild Illinois capital plan is an appreciable investment in EIU's infrastructure that will provide significant benefits to our campus. Systems like heating, cooling, and plumbing are inherently expected to be operational and efficient, and homeowners and business owners alike know how expensive these systems can be to maintain or repair. The EIU community is grateful for the jobs these funds will fa-

cilitate and looks forward to enjoying the long-term efficiencies and improvements this project will provide. I thank the Governor and his team for their assistance in moving this project forward."

"An investment of this magnitude speaks volumes to the condition of infrastructure throughout the state, and I'm excited to see that we're taking the steps needed to Rebuild Illinois. The utility upgrade of a new boiler will provide a more reliable and hospitable learning environment, and as a member of the House Energy & Environment Committee, I appreciate the value of greater efficiency," said State Representative Chris Miller (R-110th District).

March is National Colorectal Cancer Awareness Month; Know your risk

Don't delay preventive screenings which could save your life

This month is Colorectal Cancer Awareness Month. HSHS St. Mary's Hospital and HSHS Medical Group want people to understand how important it is to not delay preventive screenings which could detect colon cancer in its earliest stages.

Colorectal cancer is cancer of the colon or rectum and is the second most common cause of cancer-related deaths in the U.S. According to the American Cancer Society, more than 149,500 people will be diagnosed with colorectal cancer this year and an estimated 52,980 will die of the disease. Most of these patients do not have a family history, and many patients have no symptoms. It is important to get screened as the early stages of colorectal cancer don't usually have symptoms - if caught early, colorectal cancer can be successfully treated, so it is important not to delay preventive screenings. Better yet, colonoscopy can remove polyps before they

develop into cancer.

Risk factors for colorectal cancer include:

- Age 50 and older
- Smoking
- Being overweight or obese, especially those who carry fat around their waists
- Type 2 (usually non-insulin dependent) diabetes
- Eating a lot of red meat (ex. beef, pork, lamb) or processed meat (ex. bacon, sausage, hot dogs, cold cuts)
- Personal or family histories of colorectal cancer or benign colorectal polyps
- Personal histories of inflammatory bowel disease (such as ulcerative colitis or Crohn's disease)
- Family histories of inherited colorectal cancer or inherited colorectal problems

If you are at average risk for colorectal cancer, you should start getting screened at age 45. People at higher risk for colorec-



tal cancer (such as those with prior polyps, inflammatory bowel disease, and family history) may need to start screening at an earlier age and be screened more often. After age 75, you should ask your doctor if you need to continue to be screened. The best time to get screened is before you have any symptoms.

There are less invasive tests that have been developed that find cancer, including the fecal occult blood test (FOBT), fecal immunochemical test (FIT) and stool DNA test (sDNA). The FOBT and FIT need to be performed annually. Because sDNA technology is still evolving, you should talk to your health care provider about how often this test is needed. When these tests come back positive, they should be followed up with a colonoscopy.

"Colonoscopy is important because that it doesn't just find cancer - it prevents it, by removing polyps," said Dr. Khondker Islam,

HSHS Medical Group gastroenterologist. "Although less invasive, none of the other screening tests remove polyps - that's what makes colonoscopy unique. That is also what makes it different from screenings for other types of cancer, such as mammograms and prostate-specific antigen (PSA) tests." In fact, according to a study by the American Cancer Society, there has been a 45% decrease in the incidence of colorectal cancer in the US since the mid-1980s, in large part due to the removal of billions of colorectal polyps before they could become cancer.

If it's time for your colorectal screening, talk to your primary care provider about scheduling it. They can help you understand which screening is best for you and why.

For more information, visit cancer.org/cancer/colorectal-cancer.

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