

# Douglas County Board Plat and Planning subcommittee meeting

By Jim Allen

Chair Tom Hettinger called the meeting to order on October 1, 2021 at 9:00 with committee members Jim Mikeworth and Dick Hein present. Cindy Baer, Supervisor of Assessments was also present with her monthly report.

The first item on the agenda was an ongoing problem with a building permit for Laverne Schlaubaugh. Mr. Schlaubaugh had submitted a permit for a building that needed approval from the Illinois

Department of Natural Resources and the Army Corps of Engineers. Approval was needed due to the fact that the proposed structure might be in conflict with existing floodplain maps. Baer had received approval from the IDNR, but had no response from the Army corps. If there is no response from the Army Corps soon, the committee recommended approval of the permit.

Further discussion on requests for building permits for structures that

might be in the floodplain centered on the fact that many people do not know what restrictions the county faces in regards to such structures. This can cause some misunderstanding when such permits are submitted to the county. The county does not wish to restrict approved structures, and at the same time does not want people to build without an approved permit. If a building is built without a permit showing it is not in a floodplain the owner can

be forced to remove the structure and return the site to its previous condition.

Assessor Baer is in the final stages of revising the permit application to make it shorter and more easily understood. She suggested that after the revision later this month that a meeting should be held to inform what the permit process contains. Among the information will be: what the building permit does, when the building permit was created, and

when it went into effect. This will help to raise awareness of the need for building permits as well as what the procedure for a permit entails. Discussion will also explain the penalties for violations regarding building permits. Illegal septic hookups are still a problem and it is hoped that the meeting will explain why those hookups cause potential problems not only for the owner, but for those adjacent to their property.

The committee re-

ceived an update on the reassessment of the LOVE'S truck stop and the costs associated with that work. Baer noted that it took 8 1/2 hours just to measure the asphalt and concrete at the site. This time and the time to finish the reassessment will be presented to the Plat and Planning Committee and at that time a recommendation will be made as to whether the township will be billed for the work that was not completed.

# Different risk factors for the likelihood developing breast cancer

No two women are the same. But when it comes to breast cancer, women from all walks of life share various risk factors for a disease that the World Health Organization indicates is the most frequent cancer among women.

Risk factors are anything that affects the likelihood that individuals will get a certain disease. In regard to breast cancer, the American Breast Cancer Foundation notes that various factors, some that result from lifestyle choices and others that are not changeable, can increase a woman's risk of developing breast cancer. Recognizing these risk factors can help women make any necessary changes and even highlight the importance of routine cancer screenings that can detect the presence of the disease in its earliest, most treatable stages.

## Lifestyle-related risk factors

The ABCF notes that certain habits or behaviors can increase a woman's risk for breast cancer. But the good news is that women who understand the link between certain habits or behaviors and breast cancer can avoid those behaviors to decrease their risk of developing the disease. According to *Breastcancer.org*, the following are some habits, behaviors or lifestyle choices that can increase a woman's risk for breast cancer.

- Alcohol consumption: *Breastcancer.org* notes that researchers have uncovered links between the consumption of alcoholic beverages and hormone-receptor-positive breast cancer. One study found that women who consume three alcoholic beverages per week have a 15 percent higher risk of developing breast cancer than women who don't drink at all. And while research into the connection is limited, a 2009 study found a link between alcohol consumption and breast cancer recurrence.
- Sedentary lifestyle:



Exercise consumes and controls blood sugar and limits blood levels of insulin growth factor. That's an important connection, as insulin growth factor can affect how breast cells grow and behave. A sedentary lifestyle also can increase a woman's risk of being obese, which the ABCF notes is a risk factor for breast cancer among postmenopausal women.

- Smoking: Smoking has long been linked to cancer, and *Breastcancer.org* notes that smoking has been linked to a higher risk of breast cancer in younger, premenopausal women.

## Unchangeable risk factors

Unfortunately, many risk factors for breast cancer are beyond women's control. For example, the ABCF notes that roughly two out of three invasive breast cancers occur in

women age 55 and older. Women cannot change their ages, but recognizing the link between age and breast cancer risk is important, as such a recognition may compel more women 55 and older to prioritize cancer screening.

Gender and family history are two additional unchangeable risk factors for breast cancer. Women are much more likely to get breast cancer than men. In addition, *Breastcancer.org* notes that between 5 and 10 percent of breast cancers are believed to be caused by abnormal genes that are passed from parent to child.

Women are not helpless in the fight against breast cancer. Knowledge of breast cancer, including its various risk factors, is a great weapon against it as women look to reduce their risk of developing the disease.

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Loman-Ray Insurance

15 S Main St  
Villa Grove, IL 61956  
(217) 832-4141  
[josh@lomanray.com](mailto:josh@lomanray.com)

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