

October is here, also known as breast cancer awareness month. This is the month where people paint the world pink and support the fighters, survivors, and honor those who were taken.

While supporting friends and loved ones, it is also important to offer valuable facts on the disease, and share useful information on lowering the risk of breast cancer. Breast cancer risk increases with age and women with inherited genetics are at high risk of breast cancer.

Breast cancer is the 2nd leading cause of death among women in the United States. African American women under the age of 35 have a breast cancer rate two times higher than White women the exact age. In 2016, Anson County's breast cancer diagnosis was 187% higher than the state rate, only 2% lower than the county with the worst rate. Statistics show that each year it is estimated that over 40,000 women will die from breast cancer. If breast cancer is detected late, the cancer cells can develop aggressively, which can become fatal.

Breast cancer screenings are important factors in preventing and detecting breast cancer. Two popular breast cancer screenings are clinical examinations and mammograms. Clinical examinations are physically done by a healthcare provider. The provider carefully feels the patients' breast for any abnormalities or changes. Mammograms are x-ray screenings used to detect lumps or other signs of breast cancer. It is recommended that women undergo regular screenings. The American College of Radiology recommends that all women have a baseline mammogram at the age of 40. Mammograms are recommended annually for women 45-54 years of age and every other year for women 55-74.

Self-breast exams help women become familiar with the way their breasts normally look and feel. Self-Breast exams allow women to examine their own breast tissue to notice any visual or physical changes to lower the risk of breast cancer. For other methods to lower the risk of breast cancer, follow these approaches:

- Limit alcohol • Don't smoke • Eat healthy • Control weight gain • Be physically active
- Breast-feed • Limit dose and duration of hormone therapy • Avoid exposure to radiation and environmental pollution

Genetic mutation is a vital risk factor for breast cancer. It is important that women learn their family history of breast cancer, and to get an understanding of genetic counseling and testing. Genetic counseling is one of the key factors to help reduce the threat of breast cancer because it determines the overall risk. This particular method helps women learn about inherited gene mutation. Gene mutation is done with a blood or saliva sample at a medical facility. Other risk factors that may increase the chances in getting breast cancer include:

- Gender • Menstrual periods • Not having children or having them later in life • Being overweight.

The Charlotte Radiology Breast Center in Monroe is located on the campus of Carolinas HealthCare System Union, contact (704) 292-2272.

For overall information contact Dinikia Savage at the Anson County Health Department at (704) 994-3342. The Health Department is on Facebook: *Anson County Health Department*.

Anson Writers' Club Fall Workshop

Joseph Bathanti will lead a workshop on writing the short story this Saturday, October 28, at the First Presbyterian Church fellowship hall in Wadesboro. The intensive workshop is sponsored by the Anson County Writers' Club and will be held from 9 a.m. to 4 p.m. with a break for lunch. Cost is \$25. Class is limited to 15 participants.

For more information or to register via Paypal, visit www.ansoncountrywritersclub.org or www.carolinawritersconference.org. Participants may also register by sending a check for \$25 made out to the Anson County Writers' Club. Address envelope to: ACWC October Workshop, P.O. Box 363, Wadesboro, N.C., 28170. If you prefer to pay at the door, please register at info@ansoncountywritersclub.org.

Bathanti, Professor of Creative Writing at Appalachian State University in Boone, is a former Poet Laureate of North Carolina (2012-14). He is the author of eight books of poetry. His latest volume of poems, *The 13th Sunday after Pentecost*, was released by LSU Press in 2016.

His novels, *East Liberty*, and *Coventry*, won the 2001 Carolina Novel Award and the 2006 Novello Literary Award respectively. A new novel, *The Life of the World to Come*, was released from University of South Carolina Press in late 2014.

His book of stories, *The High Heart*, won the 2006 Spokane Prize. They Changed the State: *The Legacy of North Carolina's Visiting Artists, 1971-1995*, his book of nonfiction, was published in early 2007. His new book of personal essays, *Half of What I Say Is Meaningless*, is a winner of the Will D. Campbell Award for Creative Nonfiction.

For more information about the workshop or the Anson County Writers' Club, contact or Kaye Ratliff at 704-694-5431 or Sandy Bruney at 705-694-5211; or email info@ansoncountywritersclub.org.

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ANSON MAJORETTES

Bingo Night

Fun for the Whole Family!!!

SATURDAY, NOV 18 6-8PM

At First Presbyterian Church of Wadesboro Fellowship Building

This is a fundraiser for the Anson Middle and Anson High School Majorettes for new uniforms.

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Lilesville Fire Department

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ELEMENTARY SCHOOL NIGHT

ANSON COUNTY SCHOOLS
ELEMENTARY SCHOOL NIGHT

*****PINK OUT NIGHT*****

Wear pink or school spirit wear to show your support for breast cancer awareness month!

Bearcat Varsity Football Game
Anson High School Stadium
Friday, October 27, 2017

Students report to track by 6:40 p.m.

Students will walk with their school around the track at 7:00 p.m.

Anson Bearcats vs. West Stanly Colts

Parents:

Each Anson County Elementary School student will be provided one ticket for free admission to the Anson Bearcats vs. West Stanly Colts Game. This ticket may only be used by the student. School staff from each elementary school will be attending the game showing support.

PA announcements will be made before the game inviting each Elementary student to join other students from their school on the track to lineup by school and then participate in a walk around the track showing support and cheering for our Bearcats. One adult may accompany each elementary student when they meet on the track. The adult may also walk the track with their child. Students will return to the stadium to sit with their family when the walk is complete.

Adults who accompany elementary students must pay regular admission price. Tickets will be sold in advance beginning Tuesday, October 24th at all elementary schools as well as Anson High School and Lacy's. It is highly recommended that adults purchase tickets early to eliminate having to wait in line on game day. Unless you arrive extremely early, waiting to purchase tickets at the gate on game day could result in the student not making it to the track in time for the walk.