

# Exercise, weight control key to reducing breast cancer risks

By RITA SPEER  
Special to The Telegram

October is Breast Cancer Awareness Month. It behooves every woman, in fact, every person, to be informed about this disease. One in eight women will develop breast cancer in her lifetime. Each woman's risk increases as she ages, but breast cancer has been diagnosed in women in their early twenties.

A woman's risk also increases if she has a first degree relative (mother, sister, daughter) with breast cancer. In addition to this, some women have a mutated gene which dramatically increases their risk of developing breast cancer. The risk is so great that some physicians recommend prophylactic bilateral mastectomies and total hysterectomies (removal of uterus,

tubes and ovaries). Research is on-going, and more mutated genes may be discovered in the future.

Women should not feel hopeless about their possibility of developing breast cancer, as there are things they can do to reduce their likelihood of developing breast cancer or at least discovering a cancer early when it is most treatable. Many experts recommend doing a monthly self breast examination starting at age 20. At the very least, a woman should be familiar with her own breasts and promptly report any changes to her health care provider.

Clinical breast exams should be done, starting in their twenties or thirties, on a regular basis. A baseline mammogram is recommended between the ages of 35 and 40, depending on the individual or family

history. After age 40, mammograms and clinical breast exams should be done annually. Women who are at increased risk of breast cancer may start the mammograms earlier, have breast ultrasound or an MRI.

Some life style choices are possible to decrease the risk of developing breast cancer. These include doing regular exercise, keeping one's weight at a recommended level and not drinking excessively. In addition, if breast cancer is diagnosed in an early stage, 96 percent of the women survive.

Each year 187,000 women are diagnosed with breast cancer and 45,000 women die from the disease yearly.

Research has done a great deal to increase a woman's chance of survival.

There are now several treatment options. Certain chemotherapeutic drugs are specific for the treatment of some breast cancers. Lab tests may be done to show a woman's likelihood of a recurrence. Follow up studies show that women whose surgeons recommended lumpectomy have the same survival rate as women who have mastectomies. However, not every woman is a candidate for lumpectomy. Some women have only radiation and some have both chemotherapy and radiation. This is a decision made by an oncologist based on a number of factors.

Many women are on a medication for five years following treatment if they had an estrogen receptive positive tumor. This is determined by a laboratory. The decision about the medication is made by the

oncologist or breast specialist.

Men can also develop breast cancer, although the incidence is not as high. The treatment would be similar to the treatment for women with breast cancer.

Several years ago a person was considered "cured" if she survived five years after diagnosis. That is no longer true. Many people have a recurrence or spread of their cancer a number of years later. So a cancer survivor must remain vigilant and continue regular follow-up visits after completing treatment, but that doesn't mean one shouldn't live a full, happy life, even after a diagnosis of breast cancer. If a mastectomy is necessary, one option a woman has is reconstructive surgery. This may be done at the time the mastectomy is done or at any later time.

## IRS offers tips for tax bill payment

The vast majority of Americans get a tax refund from the IRS each spring, but what do you do if you are one of those who received a tax bill? Here are eight tips for taxpayers who owe money.

1. If you get a bill this summer for late taxes, you are expected to promptly pay the tax owed including any additional penalties and interest. If you are unable to pay the amount due, it is often in your best interest to get a loan to pay the bill in full rather than to make installment payments to the IRS.

2. You can also pay the bill with your credit card. To pay by credit card contact either Official Payments Corporation at 800-2PAYTAX (also www.official-payments.com) or Link2Gov at 888-PAY-1040 (also www.pay1040.com).

3. The interest rate on a credit card or bank loan may be lower than the combination of interest and penalties imposed by the Internal Revenue Code.

4. You can also pay the balance owed by electronic funds transfer, check, money order, cashier's check or cash. To pay using electronic funds transfer you can take advantage of the Electronic Federal Tax Payment System by calling 800-555-4477 or 800-945-8400 or online at www.eftps.gov.

5. An installment agreement may be requested if you cannot pay the liability in full. This is an agreement between you and the IRS for the collection of the amount due in monthly installment payments. To be eligible for an installment agreement, you must first file all returns that are required and be current with estimated tax payments.

6. If you owe \$25,000 or less in combined tax, penalties and interest, you can request an installment agreement using the web-based application called

Online Payment Agreement found at IRS.gov.

7. You can also complete and mail an IRS Form 9465, Installment Agreement Request, along with your bill in the envelope that you have received from the IRS. The IRS will inform you usually within 30 days whether your request is approved, denied, or if additional information is needed. If the amount you owe is \$25,000 or less, provide the monthly amount you wish to pay with your request. At a minimum, the monthly amount you will be allowed to pay without completing a Collection Information Statement, Form 433, is an amount that will full pay the total balance owed within 60 months.

You may still qualify for an installment agreement if you owe more than \$25,000, but a Form 433F, Collection Information Statement, is required to be completed before an installment agreement can be considered. If your balance is over \$25,000, consider your financial situation and propose the highest amount possible, as that is how the IRS will arrive at your payment amount based upon your financial information.

8. If an agreement is approved, a one-time user fee will be charged. The user fee for a new agreement is \$105 or \$52 for agreements where payments are deducted directly from your bank account. For eligible individuals with incomes at or below certain levels, a reduced fee of \$43 will be charged, and is automatically figured based on your income.

For more information about installment agreements and other payment options visit the IRS Web site at IRS.gov. Publications and Form 9465 can also be obtained by calling 800-TAX-FORM (800-829-3676).

## Shopping by moonlight



Corinna Olliff and son McCale browsed bake sale goods from Chanda's Dance Illusions. The money went towards an upcoming dance competition. Several local businesses held bake sales during Moonlight Madness. - Telegram photo by Dana Paxton

## Public Record

### Municipal Court

These transactions were taken from the records of filings in the offices of the Norton Municipal Court. The traffic and criminal cases were given to the paper with the date of the hearings.

### Traffic

Sept. 3 - Jeremiah Johnson, Norton, failure to have verification of insurance. Dismissed at hearing as verification provided.

Sept. 3 - Marissa Baker, Clayton, defective headlamp. Dismissed at hearing as showed verification that it was fixed.

Sept. 3 - Trevor Powell, Norton, failure to have driver's license on self. Dismissed at hearing as verification of license provided.

Sept. 3 - Jordan Durham, Norton, charged with a stop sign violation, and illegal tag. Illegal tag dismissed by city prosecutor.

Sept. 3 - Steven Simmons, Norton, basic speed. Fine \$60, court cost \$75.

### Criminal

Sept. 3 - Gerald Nielsen, Norton, charged with Domestic Battery. Amended to Disorderly Conduct by City Prosecutor. Fine \$100, court cost \$75.

Sept. 3 - Jedeiah Lindsay, Norton, Public consumption of alcohol. Dismissed for costs by City Prosecutor. Court cost \$75.

### District Court

These transactions were taken from the records of filings in the offices of the District Court clerk at the Norton County Courthouse. Traffic, criminal and wildlife parks cases are given to the paper when the fines are paid. Limited action and small claim cases are reported only after the defendant is served.

### Traffic

Sept. 10 - Marissa R. Baker, Clayton, speeding 76 in a 65 mph zone, fine \$36, court cost \$86.

Sept. 10 - Daniel R. Beming, Lincoln, Neb., speeding 76 in a 65 mph zone, fine \$36, court cost \$86.

Sept. 10 - Aaron J. Herman, Norton, speeding 86 in a 65 mph zone, fine \$99, court cost \$86.

Sept. 10 - Nathaniel B. Loch, Lakewood, Colo., speeding 77 in a 65 mph zone and expired tag, fine \$168, court cost \$86.

Sept. 10 - Todd Martinez Plem-

ons, Arvada, Colo., speeding 80 in a 65 mph zone, fine \$60, court cost \$86.

Sept. 10 - Charles W. Shulk, Jay, Okla., 70 hour rule violation, fine \$126, court cost \$86.

Sept. 10 - Kulan Ali Warsame, Dodge City, speeding 85 in a 65 mph zone and failure to provide verification of insurance, fine \$390, court cost \$86.

Sept. 18 - Tracy L. Agens, Greeley, Colo., speeding 77 in a 65 mph zone, fine \$42, court cost \$86.

Sept. 18 - Leon M. Anderson, Ashland, Neb., speeding 74 in a 65 mph zone, fine \$30, court cost \$86.

Sept. 18 - James F. Bowie, Colorado Springs, Colo., speeding 82 in a 65 mph zone, fine \$72, court cost \$86.

Sept. 18 - Edward Lloyd Burt, Gaylord, speeding 55 in a 45 mph zone, fine \$30, court cost \$86.

Sept. 18 - Laurence G. Christianson, Bartlett, Ill., speeding 79 in a 65 mph zone, fine \$54, court cost \$86.

Sept. 18 - Gary E. Hardy, Almena, speeding 59 in a 45 mph zone, fine \$54, court cost \$86.

Sept. 18 - James A. Latoski, Rexford, speeding 80 in a 65 mph zone, fine \$60, court cost \$86.

Sept. 18 - Cornelio Marquez, Olton, Texas, speeding 74 in a 65 mph zone, fine \$30, court cost \$86.

Sept. 18 - Bernard D. McIntosh, Mullen, Neb., over gross weight limits for vehicles and expired medical card, fine \$215, court cost \$86.

Sept. 18 - Sept. 18 - Darwin Wayne McReynolds, Kensington, speeding 76 in a 65 mph zone, fine \$36, court cost \$86.

Sept. 18 - Sept. 18 - Fernando H. Mendoza, Dumas, Texas, speeding 80 in a 65 mph zone, fine \$60, court cost \$86.

Sept. 18 - Greg Murnahan, Norton, expired registration, fine \$60, court cost \$86.

Sept. 18 - Michael W. Ocker, Coweta, Okla., speeding 78 in a 65 mph zone, fine \$48.05, court cost \$86.

Sept. 18 - Treva L. Patterson, Norton, speeding 65 in a 55 mph zone, fine \$30, court cost \$86.

Sept. 18 - Steven T. Redeker, Long Island, speeding 76 in a 65

mph zone, fine \$36, court cost \$86.

Sept. 18 - Mark Saintz, Norton, speeding 79 in a 65 mph zone, fine \$54, court cost \$86.

Sept. 18 - Catherine S. Schroeder, Haysville, speeding 79 in a 65 mph zone, fine \$54, court cost \$86.

Sept. 18 - Kha Pao, Vang, Westminster, Colo., speeding 77 in a 65 mph zone, fine \$42, court cost \$86.

Sept. 18 - Adam Wang, Superior, Colo., speeding 74 in a 65 mph zone, fine \$30, court cost \$86.

Steven Clark Wood, Grandview, Texas, speeding 85 in a 65 mph zone, fine \$85, court cost \$86.

### Wildlife & Parks

Sept. 18 - Bobby Smith, Norton, littering, fine \$100, court cost \$86.

### Animal Shelter

For Adoption

Male chocolate Lab puppy.

Male Terrier mix, under 1 year.

Female German Shepherd, 3 years old.

Female black Lab, 4 years old.

Found

Male Schnauzer, 1 year old.

Norton's  
**St. Francis of Assisi Catholic Church**  
**Parish Bazaar**  
104 S. Wabash, Norton  
**Sunday, October 11**

**SCHEDULE OF EVENTS:**  
**Saturday, October 10**  
10:00-noon, Fancy Work Sale  
**Sunday, October 11**  
10:00 a.m., Baked Goods and Fancy Work Sales; 11:00 a.m. Dinner, Turkey and Roast Beef; 12:30 p.m. Quilt Auction and Fancy Work/Food; 12:45 p.m. St. Francis and CYO Raffles

**MENU:** Turkey and Dressing, Roast Beef, Mashed Potatoes and Gravy, Green Beans or Corn, Jello Salads, Pie or Cake, Tea or Coffee

**COST:**  
1-5 Years . . . . . FREE  
6-12 Years . . . . . \$5.00  
13 and Beyond . . . . . \$7.00

## Country musician to perform in Colby

Well-known singer and song writer Suzy Bogguss and song writer and gifted guitarist Jim Salestrom will present a concert on at 7:30 p.m. on Oct. 3, at the Colby Community College Cultural Arts Center.

Mr. Salestrom has been writing and recording music since he was 13. During the past 35 years, he has recorded and performed with such stellar artists as John Denver, Kenny Rogers and Dolly Parton and has appeared on the Tonight Show with Johnny Carson.

He has also performed for four United States Presidents at the White House and at the U.S. Supreme

Court for his friend, Justice Sandra Day O'Connor

Ms. Bogguss is multi-award-winning, multi-platinum and multi-faceted. Throughout her career, she has shown a knack for blending songs of substance and depth with songs like "Aces," "Drive South," "Someday Soon," "Outbound Plane" and "Letting Go," which took her to the top of the charts.

Admission is \$20 for adults or \$10 for students grades 1-12 at the door. Season tickets must be shown at the door.

For details, call Ella Betts (785) 475-3557 or Mary Henzel (785) 470-0218.

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