

EnviroNews

FINAL CALL FOR COMMUNITY INPUT

Interpretive Signage in Whispering Woods

This winter is your final opportunity! We invite any local artists, poets, writers, scientists, photographers, historians, and nature aficionados to be a part of our innovative school and community project involving interpretive signage in Whispering Woods Natural Area Park and in the Centennial Natureground at Dr. E.W. Coffin Elementary School in Brentwood Heights.

All those who live, work, attend school, pass through, or play in Brentwood are invited to participate in the creation of educational public signage for this special grassland and parkland environment. All ideas and submissions, however small or large, from any age group, are welcome for consideration.

Be a part of this unique endeavor!

**For more information: 282-2014 or
environews@shaw.ca**

Environmentally yours, Polly Lee Knowlton Cockett

Mammography and Breast Cancer Prevention

According to the Canadian Cancer Society, breast cancer is the most common cancer affecting women today. One in nine women are expected to develop breast cancer in their lifetime, and one in 27 women will die from it. The Society recommends all women aged 50-69 have a mammogram every second year, and those over 40 years of age should discuss screening options with their doctor.

A few tips on preparing for your mammogram:

- wear two piece clothing so you can stay partly dressed
- refrain from using deodorant or creams on or near your breasts the day of the exam
- avoid coffee, tea, cola beverages or chocolates in the week before your exam
- try and schedule your mammogram for the week after your period
- communicate with your technician of any sensitiveness or recent injuries to your breast area.

Article courtesy of Canada Diagnostic Centres.

Lifestyle Changes That Could **SAVE** Your Life

A Harvard Centre for Cancer Prevention Report released in June 1999 indicated half of all colon cancers could be prevented through lifestyle changes and widespread screening.

Screening and lifestyle behaviors to lower colon cancer risk recommended by the Harvard report include:

- Regular screening after age 50 can reduce the risk of dying from colon cancer by at least 33 per cent.

- Regular exercise such as one hour of brisk walking or 30 minutes of vigorous exercise. Physically active adults are half as likely to develop colon cancer as sedentary adults.
- Reduce red meat intake, eating more vegetables
- Limiting alcohol
- Not smoking

Article courtesy of Canada Diagnostic Centres.

Come and join the fun!

Imagine sleeping in the African Savannah, exploring a rainforest at night, or touring the Canadian Wilds by moonlight. Treat your youth group to a once-in-a-lifetime experience when you spend the night at the Calgary Zoo.

- Unique tours, interactive storytelling and sing-a-longs
- Sleeping in the TransAlta Rainforest, the African Savannah or Cequel Energy Lodge
- Admission to the Zoo the following day, bedtime snack and breakfast
- \$55 per person

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