

Southern

West Virginia Community and Technical College

Third-Party Comments

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The Higher Learning Commission
230 South LaSalle Street, Suite 7-500
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January is 'Cervical Cancer Awareness Month'

New screening guidelines for cervical cancer recommended by The American Cancer Society

Submitted Article

In 2012 the American Cancer Society released new screening recommendations for the prevention and early detection of cervical cancer. Screenings are tests for women who have no symptoms of cervical cancer. Among the changes the American Cancer Society no longer recommends that women get a Pap test every year.

RESOURCES:
During the past few decades, screening has reduced deaths from cervical cancer, as doctors have been able to find cancer early and treat it, or pre-

vent it from ever developing. Researchers continue to find out more about what causes cervical cancer, and the best ways to screen for it.

There are 2 types of tests used for cervical cancer screening.

- The Pap test can find early cell changes and treat them before they become cancer. The Pap test can also find cervical cancer early, when it's easier to treat.
- The HPV (human papilloma virus) test finds certain infections that can lead to cell changes and cancer. HPV infections are very common, and most go

away by themselves and don't cause these problems. The HPV test may be used along with a Pap test, or to help doctors decide how to treat women who have an abnormal Pap test.

The American Cancer Society regularly reviews the science and updates screening recommendations when new evidence suggests that a change may be needed. The latest recommendations are:

- All women should begin cervical cancer screening at age 21.
- Women between the ages of 21 and 29 should have a Pap test every 3 years. They should not be

tested for HPV unless it is needed after an abnormal Pap test result.

- Women between the ages of 30 and 65 should have both a Pap test and an HPV test every 5 years. This is the preferred approach, but it is also OK to have a Pap test alone every 3 years.
- Women over age 65 who have had regular screenings with normal results should not be screened for cervical cancer. Women who have been diagnosed with cervical pre-cancer should continue to be screened.
- Women who have had their uterus and cervix removed in a hysterectomy and have no history of cervical cancer or pre-cancer should not be screened.
- Women who have had the HPV vaccine should still follow the screening recommendations for their age group.
- Women who are at high risk for cervical cancer may need to be screened more often.

Women at high risk might include those with HIV infection, organ transplant, or exposure to the drug DES. They should talk with their doctor or nurse.


In short, the American Cancer Society no longer recommends that women get a Pap test every year, because it generally takes much longer than that, 10 to 20 years, for cervical cancer to develop and overly frequent screening could lead to procedures that are not needed.

Cancer Screenings can save lives — many lives. And that is exactly why the American Cancer Society has launched the Community Health Advisor (CHA) program in Mingo, Logan and Boone counties.

The purpose of this local CHA program is to reduce Breast, Colorectal and Cervical cancer disparities by increasing awareness through education about the extreme importance of early detection and cancer screening. The program

links the community with area resources by utilizing volunteer Community Health Advisors (CHAs) who collaborate with local outreach organizations to provide access to low or no-cost Breast, Colorectal and Cervical cancer screenings for women in these counties. The CHA volunteers also help navigate women to these lifesaving screenings by enrolling them in the CHA program and providing them access to resources to overcome barriers to screening.

If you have a passion for helping others, we will train you to be a CHA Volunteer. If you are interested in becoming a Community Health Advisor (CHA) Volunteer, or would just like more information, please contact: Vicki Hughes at 304-638-5730 or email vicky.hughes@americancancer.org. Together, let's help create a world with less cancer and more birthdays! Will you join us and save the lives of women in our community?



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New mine safety rules a move forward, Rockefeller says

From Staff Reports

WASHINGTON, D.C. — Senator Jay Rockefeller today praised a new set of federal rules aimed at making mines safer but said more worker protections are needed.

The rule from the Mine Safety and Health Administration (MSHA) is modeled on provisions from Rockefeller's own mine safety bill, which he plans to soon reintroduce in the U.S. Senate.


The MSHA rule released today will tighten standards when federal regulators cite a "pattern of violations" in mines that have been targeted for repeat safety violations. The new "pattern of violation" designation allows MSHA to take more aggressive enforcement measures against those mines where safety rules seem to be routinely flouted.

"It was clear after Upper Big Branch that some companies were violating life-saving mine safety requirements over and over again," said Rockefeller. "I said then that I would work to reform and strengthen these rules so that mine operators who are repeat offenders stop shirking their responsibilities and start running mines that are fit for people to work in — and I'm keeping up that fight."

Upper Big Branch had been cited by MSHA for 639 violations in the 15 months leading up to the explosion. Some mines who worked for Massey Energy Company testified that the company had a culture that put production ahead of safety, deliberately violated safety provisions, and even threatened to fire miners who spoke up about unsafe conditions. Despite repeated violations of safety standards, Upper

Big Branch mine had never been placed on a "pattern of violations" status. And, until 2011, no company had ever been placed on a "pattern of violations" status since the power was first given to MSHA in 1977.

Rockefeller added, "This rule is an important step forward for improving safety in mines across West Virginia and the country. The Department of Labor and MSHA are moving in the right direction and I thank Secretary Solis for her leadership on this issue. I'm glad to see that the new rules include some of the key reforms from my mine safety bill — for our current and future miners and their families. This is a preventable tragedy that no family should have to face."




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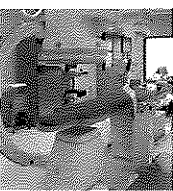


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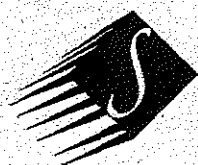


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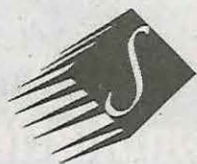
REPORT

YOUR COMPREHENSIVE HOMETOWN NEWSPAPER

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From the Front ...

Flood

From Page 1

ty's floodplain areas and residents in the newly zoned creeks and hollows are urged to buy flood insurance before the new map takes effect in April of 2013.

In an effort to inform those residents who will live in the new floodplain as a result of the re-mapping, the Pike County Government sponsored a community open house meeting in an effort to notify all those who will be affected on Tuesday, Dec. 18 in the fiscal court room. Residents reviewed maps and had

their address entered into a database that determined if they are considered to be in the new floodplain.

"The flood of Mother's Day 2009 and the July flood in 2010 were the same type of flood," Pike County Judge-Executive Wayne T. Rutherford said. "The floods of 2009-2010 were widespread creek and stream floods, which created some new floodplains. If it's determined you're in the new floodplain, go buy flood insurance now while it's inexpensive."

At the meeting, representatives from FEMA's Cooperating Technical Partners

in Kentucky, Carey Johnson, Kentucky Flood Map Coordinator from the Division of Water, representatives from the engineering firms who the federal government contracted to create the new maps and county officials were in attendance.

"People need to purchase flood insurance now, if not it will be three or four times higher if they wait until the new maps take effect," Pike County Floodplain Coordinator Jimmy Kiser said. "Parts of the county that were never flooded will be considered in a floodplain and will be listed."

On July 6, 2012, President Obama signed the Biggert-Waters Flood Insurance Reform Act of 2012 extending the National Flood Insurance Program's authority through Sept. 30, 2017.

Rutherford iterated the importance of taking advantage of this community forum to find out if they will be living in the new floodplain. About 70 residents showed up for the meeting and many asked Johnson questions and entered their address into a database to see if they are in the floodplain.

Bluefield to petition for new city, state song

BLUEFIELD, (AP) — The city of Bluefield is hoping to lead a renewed push to declare John Denver's "Take Me Home, Country Roads" as West Virginia's newest state song.

The city's board of directors is set to consider a resolution Tuesday to adopt the song as the official state song of Bluefield in an effort to encourage state leaders to adopt the song as well.

"In a way it is connected to the petition to get this recognized as a state song," Mayor Linda Whalen said. "We think it is a good idea to adopt it as a city song, and hopefully it will spur the state on the same. This song would be an addition to the three current state songs West Virginia has, and I believe this song is the one most people identify with West Virginia. We wanted to take the lead in this project."

The song, Whalen said, provides both an accurate description of the Bluefield area and the state overall.

"I think the way it describes the West Virginia is very applicable to Bluefield," she said. "I think it is a very positive description of the state. It makes people feel good about the state. We just think it's a good fit for Bluefield, too. If you think about West Virginia, this is one of the first songs that comes to mind."

State lawmakers have considered adopting the song as West Virginia's fourth official state song, but none of these efforts have succeeded.

According to the West Virginia Department of Commerce, West Virginia presently has only three state songs: "The West Virginia Hills" by Ellen King and H.E. Engle, "This is My West Virginia" by Iris Bell, and "West Virginia, My Home Sweet Home" by Julian G. Hearne Jr. The Legislature adopted all three songs on Feb. 28, 1963.

While "Take Me Home, Country Roads" isn't an official state song, it is the theme song for West Virginia University and has been performed at every home pre-football show since 1972.

Railroad

From Page 1

tem and formulate a vision of rail service for the state over the next 30 years, she said.

The plan is funded through the federal Passenger Rail Investment and Improvement Act of 2009, which authorized Amtrak, Butler explained. The act also made grants available to states for rail studies, she said.

The federal grant was for \$1 million and the state

matched it with a \$1 million grant, Butler said.

The rail plan will prioritize investments for rail development and lay-out guidelines for future planning, and it would be required if West Virginia applies for federal funding for rail transportation, she said.

At the workshop, there will be a 10- to 12-minute presentation describing the goal of the rail plan and the purpose of the workshop followed by a dialogue be-

tween the public and the facilitator to get input from local residents, Butler said.

A draft plan is expected by the end of April, she said. Then there will be another round of public meetings around the state and Butler hopes the final draft will be finished by the end of July if all goes well.

Comments can be made at <http://www.westvirginiarailplan.com> and visitors to the site can follow the progress of the

plan's development, she said.

The workshop will be from 5:30 to 7 p.m. Tuesday, Jan. 29, in the Berkeley County Council chambers, Dunn Building, 400 W. Stephen St., Martinsburg.

Written comments can be mailed to Butler at 120 Water Plan Drive, Moorefield, WV 26836 by Feb. 28. The State Rail Authority is a division of the West Virginia Department of Transportation.

Massey

From Page 1

2010 disaster that killed 29 men.

Benger granted that motion Thursday. She says a

previous order aimed at protecting the integrity of the criminal investigation will stand until April 15 or until the government's work is finished.

The investigation has spawned three prosecutions so far.

Investors led by the Massachusetts Pension Reserves Investment

Trust contend shareholders had no clue about Massey's long history of violations until after the West Virginia disaster.

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County gets funds from forest fire suppression



The Pike County Fiscal Court recently received a check from the Kentucky Division of Forestry, Eastern District, from its forest fire suppression fund. Pictured, from left, is Pike County Judge-Executive Wayne T. Rutherford and forest ranger Ronnie Stibnet.

Minor league team uses Te'o hoax for bobblehead giveaway

FLORENCE, Ky. (AP) — A Kentucky-based minor league baseball team is jumping on the Manti Te'o girlfriend hoax story.

It is offering a bobblehead giveaway of the girlfriend. Only the boxes will be empty.

The Florence Freedom says on its website that the boxes will go to the first 1,000 fans on May 23.

They also will rope off a special section just for people to bring imaginary friends.

Freedom General Manager Josh Anderson says fans can make the bobblehead out to be whatever they want it to be.

Te'o, a Notre Dame football star, said this week he was duped in a bizarre lie involving a fake dead girlfriend. The national media did several stories on how Te'o played through the pain of her death.

Vigil scheduled next week for shooting victims

HAZARD, Ky. (AP) — A candlelight vigil will be held next week for the three victims of a shooting in the parking lot of Hazard Community and Technical College.

A news release says the vigil is scheduled for 5:30 p.m. EST Tuesday at the school in Hazard. The public is invited.

Police say a gunman enraged by a domestic dispute shot and killed his former girlfriend, her uncle and her cousin last Tuesday in the parking lot of the small southeastern Kentucky college.

Police have charged 21-year-old Dalton Stidham with three counts of murder and said he had purchased the gun earlier that day. Killed were 20-year-old Caitlin Cornett; 53-year-old Jackie Cornett; and 12-year-old Taylor Jule Cornett.

Stidham is scheduled Tuesday for an initial appearance in Perry District Court.

Winter storm dumps up to a foot in southern W.Va.

CHARLESTON (AP) — Appalachian Power estimates it won't have power restored to residents of Monroe County until Tuesday night from the recent winter storm.

More than 4,900 Appalachian Power customers in southern West Virginia

lost service during the storm Thursday night. About 2,200 customers remained without electricity on Friday night, including 1,600 customers in Monroe County.

Appalachian Power experienced heavy outages in its southwestern Virginia

service area, where 79,000 customers were without power Friday night.

The National Weather Service says portions of Mercer County and the Bluefield area received 11 to 12 inches of snow, while Summers County recorded 10 inches.



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MAMA (PG-13)
 12:30 - 2:30 - 4:50 - 7:20 - 9:40
THE LAST STAND (G)
 12:10 - 2:15 - 4:45 - 7:10 - 9:35
LINCOLN (PG-13)
 1:00 - 5:00 - 8:00
GAUSSIER SQUAD (R)
 12:00 - 2:10 - 4:30 - 7:00 - 9:30
A HAUNTED HOUSE (R)
 12:40 - 2:40 - 4:45 - 7:25 - 9:45
XXOO DARK THEORY (R)
 1:00 - 4:00 - 8:00
TEXAS CHAINSAW MASSACRE 3D (R)
 12:35 - 2:30 - 5:15 - 8:20
PARENTAL GUIDANCE (PG) 4:30
 \$2.50 Softdrinks \$2.25 - 1.00

Main menu

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Make a Comment



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