

Check it Out column for week of October 4-10

“Pink Out” at the Library

by Kathy Stutzman, WCPL Public Relations Manager

October is Breast Cancer Awareness Month and Warsaw Community Public Library wants you to “think pink” and join us in our first “Pink Out” day on Monday, October 12. “Pink Out” day is to create awareness in the community about breast cancer. The idea first surfaced when we started discussing walking for cancer this year. This got us to thinking about how most of the staff had been, either directly or indirectly, touched by breast cancer.

As a result, we felt it was only fitting to have a special day in October to recognize survivors as well as honoring the memories of those who had lost their battle against breast cancer. On Monday, October 12, you will be “seeing pink” at the Library as staff members wear pink for the day. You, the reader, are also encouraged to join library employees in wearing pink on that day.

Shockingly, a woman is diagnosed with breast cancer every three minutes in the United States and every 29 seconds around the world and can strike men as well. WCPL wants every person to be “in the pink of health”. So, there will be educational handouts on breast cancer available at the circulation desk as well as a book display on the upper level for checking out purposes.

A banner of support will also be available on our “Pink Out” day, in the entrance lobby. Feel free to write a message on a pink post-it note honoring someone or even telling a story of success when you visit that day. Become educated by attending a class on yoga for breast cancer that will be held later in the day at 6:30 PM. The instructor, Barb Reyner, from the Cancer Care Center will share the benefits of yoga before, during and after treatment for breast cancer. Class size will be limited, so register quickly.

We also have a number of books on breast cancer besides those on display that will be available for check out. Here are some of them:

Coping with Breast Cancer/Robert Phillips

Just Get Me Through This!/Deborah A. Cohen

Breast Cancer Prevention for young girls/Paula Johanson

Essential Exercises for Breast Cancer Survivors/Amy Halverstadt and Andrea Leonard.

Will Mom Be Okay?/Susan G. Komen Foundation.

Tell Me What To Eat/Elaine Magee

Mark “Pink Out” day on your calendar and visit us on that day. Think pink! For more details, call us at 574-267-6011.