

Banks Curves has specials for Breast Cancer Awareness Month

Throughout Breast Cancer Awareness Month in October, Curves fitness centers in the U.S. will focus on raising awareness about the life-saving importance of risk management, early detection and early treatment of breast cancer. Because women can help reduce their risk for breast cancer by staying in good health, Curves clubs nationwide, including Curves of Banks, are offering \$0-joining-fee memberships from October 1 through October 14 to new members who show proof of a mammogram performed within the last year, or who donate \$25 to The American Cancer Society (ACS). In 2011, Curves clubs nationwide raised more than \$1.7 million for the ACS.

The ACS estimates that nearly 226,870 women will be diagnosed with invasive breast cancer in 2012, and another 63,300 will be diagnosed with carcinoma in situ (CIS), a non-invasive, early form of breast cancer. Breast cancer remains a leading cause of cancer death in women, second only to lung cancer. More than 39,500 women will die from the disease in 2012. One woman in every eight will be diagnosed with invasive breast cancer in

her lifetime.

"Our annual Breast Cancer Awareness Campaign is an important part of the Curves mission to strengthen women," according to the staff of Curves of Banks. "We offer a supportive, fun, non-competitive environment that encourages women to take time out from their role as caregivers to take care of themselves."

"The ACS credits the decline in death rates from breast cancer since 1990 to earlier detection, increased awareness and improved treatment," said a Curves of Banks staff member. "While breast cancer is still the second leading cause of cancer death in women, there are now more than 2.6 million breast cancer survivors in the United States, including those still undergoing treatment. Curves of Banks is proud to be part of the efforts to educate and empower women that have contributed to these hopeful statistics."

For more information about activities in support of Breast Cancer Awareness Month and to learn how to exercise good breast health, please contact Curves of Banks at 503-324-9262 or curves.banks@gmail.com or visit www.curves.com

Curves works every major muscle group with a complete 30-minute workout that combines strength training and sus-

tained cardiovascular activity through safe and effective hydraulic resistance. Curves is the world's largest fitness fran-

chise. For more information, please visit: www.curves.com.



Join for \$0
with proof of mammogram or donation to Breast Cancer Research.

503-324-9262
12350 NW. Main St. Suite 114
Banks, OR, 97106
curves.banks@gmail.com

Curves works. For you and your budget.

There's never been a better time to join than during Curves Breast Cancer Awareness month. But act fast: these specials won't last long! Call today for details.

curves.com



Free breast self exam kit, valued at \$24.95 given when new guest completes a fitness assessment. Minimum donation of \$25 at signing to benefit cancer charity as determined by club or proof of mammogram within 12 months required. Discount applies to initial service fee. Minimum 12 mo. cd/elt program. Not valid with any other offer. ©2012 Curves International, Inc.



RE-ELECT DEBORAH BOONE

STATE REPRESENTATIVE HD 32, DEMOCRAT

Working Hard for Oregon Families

DEBORAH BOONE WORKS HARD FOR OREGON FAMILIES:

- Committed to adequate education funding from pre-school to graduate school.
- Providing help for veterans, seniors and children.
- Working toward affordable health care services for all Oregonians.
- Expanding veterans services outreach efforts.
- Creating programs that help homeowners facing foreclosure.

DEBORAH BOONE WORKS HARD FOR OREGON BUSINESSES:

- Bringing business opportunities to Oregon in renewable energy resources including ocean energy.
- Supporting public/private partnerships that translate into local jobs.
- Helping to bring tax relief for family-based natural resource businesses.
- Supporting balanced approaches to protect natural resources and maintain the jobs they provide.
- Working to control state spending and keep government efficient.

DEBORAH BOONE WORKS HARD TO KEEP OREGONIANS SAFE:

- Committed to continue updating emergency preparedness plans for Oregon's coastal communities.
- Supporting programs to prevent child abuse, protect victims of domestic abuse and eliminate human trafficking in Oregon.
- Assisting volunteer fire fighters and emergency medical technicians with training and related out-of-pocket expenses.

Native Oregonian, 38-year rural homeowner in House District 32

ENDORSED BY: Joint Council of Teamsters No. 37, Oregon State Police Officers, SMACNA PAC (Sheet Metal Air Conditioning Contractors Nat'l Assn.), SEIU Local 503, Astoria Mayor Willis VanDusen, IBEW, Stand for Children, Planned Parenthood of Oregon, NARAL Pro-Choice Oregon PAC, Oregon State Fire Fighters Council, Council of Police Associations, Association of Oregon Corrections Employees, American Federation of Teachers (AFT Oregon), Oregon Chiefs of Police Association, Oregon Sheriffs, Oregon Council for Retired Citizens, United Transportation Union, Washington County Citizens Action Network (WCCAN), Oregon Nurseries PAC

Paid for by: Boone for State Representative, P.O. Box 637, Cannon Beach, OR 97110

booneforstaterep@aol.com



Jim's Thriftway

What does a panda ghost eat?

Bam BOO!

11th Annual Halloween Costume Contest
Win Gift Certificates
1st Place \$100 2nd Place \$50
and 3rd Place \$25
October 31st
Drawing Nov. 2nd

660 So. Main, Banks • 503-324-2171