



October 7, 2005

Volume 47
 Issue 2

**news
 notes**

Senior Picture Retakes

Retakes will be taken October 11 and 12 in the South District Conference Room from 3 pm to 9 pm. HR Imaging will contact students who need to retake pictures on one of the two dates.

Profile In Courage Contest

The John F. Kennedy Presidential Library is hosting its annual "Profile in Courage" essay contest. Up to seven winners will receive prizes totaling 6,500 dollars. Those interested should see Paul Kolimas in room 318 North Building or see the bulletin board outside room 319 at North.

Math Help

Math teachers are available daily before and after school in the Teaching and Learning Center in G-building. No appointment is necessary.

Coca-Cola Scholarship

The Coca-Cola Scholarship is awarding 250 scholarships to motivated, dedicated, high school seniors. Apply online by October 31 at coca-colascholarships.org.

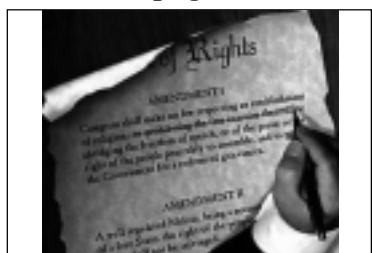
Freshmen Elections

Freshmen Student Government elections will be held today. Vote near the main entrance of South Building after school from 3 pm to 3:20 pm.

*on the
 inside...*



Free Online Donating
 see page 7...



Constitution Day
 see page 12...

DONALD GOENS
 STAFF WRITER

The Jennifer S. Fallick Cancer Support Center is having its seventh annual Walk of Hope in order to raise funds to provide free programs for people and their families who are fighting cancer October 16 at Marie Irwin Park in downtown Homewood.

The money raised from the walk goes towards the free programs offered at the Cancer Support Center. Programs such as Tai Chi, light aerobics, yoga for cancer, cooking demonstrations, Chi Gong, professional one-on-one and group therapy, and bereavement counseling are offered to people diagnosed with cancer and their families.

Since 1994, the Cancer Support Center has served more than 20,000 people with cancer as well as their families and friends. All services at the Cancer Support Center are funded by individual and business contributions. "The Walk of Hope truly brings the community together for a day that celebrates the center's current and past participants and the hope that anyone affected by cancer can learn to live well within the cancer experience. Community is key," said Events Coordinator of the Cancer Support Center, Shannon Sherwood.

At the walk, volunteers from H-F Key Club help to set up the area, pass out food, check-in runners, register walkers, host the games, provide water to walkers, post-up signs to support the event, and has a group participate in the walk. In total, Key Club accumulated an amount of over 125 hours of service during the walk last year.

"The walk really benefits the Cancer Support Center, and all the money raised stays in the community. It is really helpful for the families of victims with cancer," said Junior Lauren Mahler, Key club historian.

Walkers will have the opportunity to walk one, three, or five mile routes through Homewood. A 10-Step Hope Route will also be provided for those not physically able to participate in the walk, in which they walk an amount of ten steps. All routes begin and end at Marie Irwin Park. There will be live music by the blues band, Bombay Alley, games, prizes, and a complimentary lunch throughout the event.

In addition to being able to join as an individual or family walker, there is also an option to join as a

Walk of Hope
Fundraiser for cancer victims, family, friends



Courtesy of Susan Bova

Team effort Members of various communities and different age groups walk together during last year's Walk of Hope to support the free programs given at the Jennifer S. Fallick Cancer Support Center.

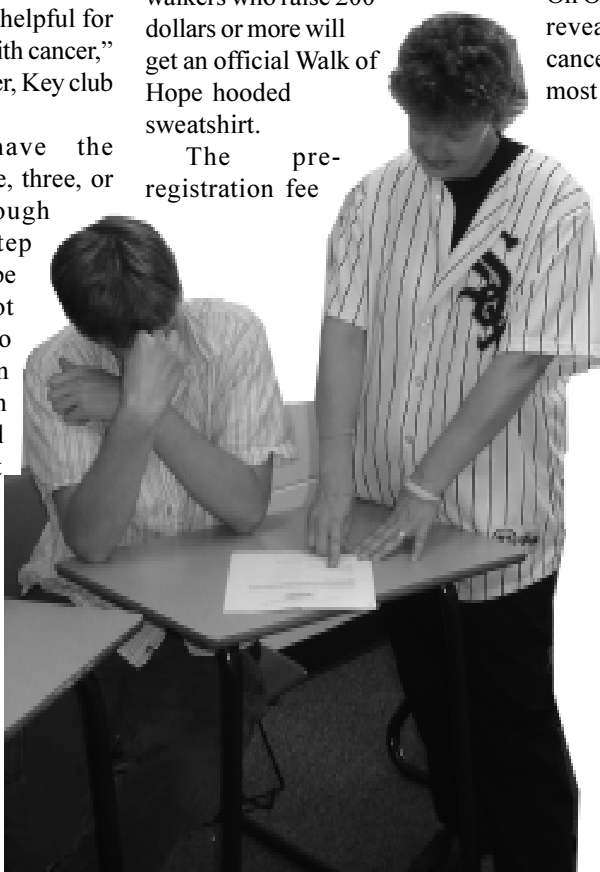
team. Each team must have one team leader with a minimum of one additional team walker.

Last year there were about 1,250 people involved in the walk, with 250 volunteers and 1,000 walkers. The total amount of money raised last year was about 90,000 dollars. The goal for this year is to have 1,500 walkers each collect 100 or more dollars.

The team to raise the most money will have their team photograph displayed on a permanent team plaque at the Cancer Support Center for one year. The school to raise the most money over 500 dollars will receive a 500 dollar scholarship and the Walk of Hope trophy to display for one year. The top corporate fundraising team will receive a traveling plaque to display in their place of business for a year.

Individual walkers who raise 100 dollars or more, and families who raise 200 dollars or more, will receive an official Walk of Hope t-shirt for each walker. Individual walkers who raise 200 dollars or more will get an official Walk of Hope hooded sweatshirt.

The pre-registration fee



Teacher at H-F survives breast cancer, tells story

DONALD GOENS
 STAFF WRITER

According to the American Cancer Society, this year an estimated 1,372,910 people will be faced with the life-changing obstacle of cancer. This disease has spread across the country to affect lives in all parts of society, even the schools. At H-F there are students and teachers who battle with cancer, one of them being Social Science and Economics teacher Pamela Pinnow.

After a self-examination and visit to a doctor, Pinnow was given information that changed her life. On October 1, 2004, a mammogram revealed that Pinnow had breast cancer. "I was terrified. It was the most terrifying moment that I have ever experienced in my life. It is very difficult to realize that you might die, and you might die a very slow and agonizing death," said Pinnow.

Soon after discovering that she had breast cancer, Pinnow began her search for a breast cancer hospital. After looking at a wide-range of hospitals in the Chicagoland area, Pinnow decided to go to the Lynn Sage Breast Cancer Program at Northwestern Memorial Hospital. Based on its flexibility for her schedule and the fact that she felt it was the most welcoming hospital to her, this was the hospital she chose.

At the hospital, Pinnow went through four months of dose-dense

for the walk is 20 dollars for an individual and 40 dollars for a family of up to two adults and four children. Pre-registration is available at any time through cancersupportcenter.org, or by going to the Cancer Support Center during its regular business hours. Registration is also available on the day of the walk starting at 11:30 am, with prices of 30 dollars for an individual and 50 dollars for a family. Walkers who register on the day of the walk will not be counted in the awards announcements.

Five-mile walkers start their walk at 12:15 pm, and the rest of the walkers start at 1 pm. For more information, contact Shannon Sherwood at (708) 798-9171, or visit cancersupportcenter.org.

chemotherapy, where she received chemotherapy every two weeks instead of the former three-week period. Research had shown that a two-week period between chemotherapy gave less time for cancer cells to recover in between chemotherapy. However, a side-effect was that it also resulted in less time for the white blood cells in the body to recover after the

medical treatment.

Even while going through the tougher version of chemotherapy, Pinnow remained dedicated to her job as a

teacher and did not take off time from teaching. "My students were very supportive of me through my chemotherapy. We would often joke about the situation to help me have a positive attitude and keep my spirits up," said Pinnow.

Pinnow's chemotherapy treatment ended in February of this year. Pinnow's contact with other cancer survivors was helpful during her treatment, but what she found most important in her success were her family and friends.

"My support system was key to my success throughout the incident. My mom, dad, sisters, nieces, nephews, and friends at work would tell me that I could do it, we could do this, and we could make it through," said Pinnow.

Pamela Pinnow is one of the many individuals who overcame the perils that cancer brings to an individual and their loved ones. After a little over one year of the diagnosis, Pinnow's cancer is in remission. She continues to live her life with courage, strength, and a positive outlook.

"It was the most terrifying moment that I have ever experienced in my life."

-Pamela Pinnow
 Breast Cancer Survivor

