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January is 'Radon Awareness Month' in Illinois

SPRINGFIELD – Governor Bruce Rauner has proclaimed January 'Radon Awareness Month' in Illinois to increase awareness about the presence of radon. Radon gas is a naturally occurring radioactive gas that is recognized as the second-leading cause of lung cancer in the United States. It's estimated nearly 1,200 people in Illinois develop radon-related lung cancer each year.

"Radon related health risks are preventable," said Governor Rauner. "Radon can be detected with a simple test and fixed through well-established techniques. With greater awareness we can save lives."

The Illinois Emergency Management Agency

(IEMA) and the American Lung Association in Illinois (ALAIL) are joining forces in January to increase public awareness of radon risks and ways to reduce radon exposure. IEMA and ALAIL announced today the continuation of statewide contest that encourages students to use their creative talents to promote radon awareness. Starting today, the American Lung Association will begin accepting submissions for the annual radon poster and video contests.

The Illinois Radon Poster Contest is open to students ages 9-14. Entries are due by March 1. Prizes include \$200 for first place, \$150 for second place and \$100 for third place. For more in-

formation about the poster contest, visit <https://www.lung.org/local-content/illinois/documents/2019-illinois-radon-poster.pdf>.

High school students can also compete for prizes by participating in the Illinois Radon Video Contest. This contest requires for students to produce a creative 30-second YouTube video about radon. The video submission deadline is March 8. Videos can be created by an individual student, group of students or classroom. Student prizes include \$1,000 for first place, \$750 for second place, \$500 for third place and \$250 for seven honorable mention videos. New this year, the winning video may appear on the big

screen in local movie theaters across the state.

The top 10 videos will also be entered into a 'most views' contest to develop students' marketing and outreach skills. Winners will be provided a link to share with their friends. The video with the most views will receive an additional \$300. Additionally, the schools of the top three winners will receive \$300, \$200 and \$100 for first, second and third places, respectively.

All videos, entry forms and release forms must be submitted by March 8. Details about the video contest are available on the American Lung Association in Illinois (ALAIL) website at <https://www.lung.org/local-content/illinois/documents/2019-illinois-radon-video-official-rules.pdf>.

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All contest prizes are funded by a grant from the U.S. Environmental Protection Agency. Both contests are sponsored by IEMA, ALAIL and U.S. Environmental Protection Agency Region 5.

The top posters and videos from the 2018 contests can be viewed on IEMA's radon website at www.radon.illinois.gov. The website also includes information about radon and lists of licensed measurement and mitigation professionals. Information is also available through IEMA's Radon Hotline at 800-325-1245.

Oswego Senior Center Events And Programs

Valentine Dinner Dance: Saturday, February 9 - Oswego Senior Center invites all ages are to a fun filled Valentine evening with a dinner buffet, entertainment and dancing at the Oswego Kicker's Club, 1015 Harvey Rd. The event will be held February 9 from 5 -10pm. Tickets are \$25 each or two tickets for \$35. Edizon Dayao will provide musical entertainment. Upper Crust Catering is sponsoring the dinner. Cash bar will be available. Reservations and payment are due by February 6 at the Oswego Senior Center, 156 E. Washington. Call 630-554-5602 for more information.

Ice Cream and Bingo Celebration: Tuesday, January 22: 1-2:30 -

What better way is there to spend a cold winter afternoon then spooning up ice cream with your choice of tasty toppings at the Oswego Senior Center, 156 E. Washington. Plus a fun twist on regular Bingo – Musical Bingo and prizes. Sponsored by Right at Home Care and Kindred Hospice. RSVP to 630-554-5602.

Fit and Strong: January 14 – March 8, Monday, Wednesday, Friday: 1:30 – 3pm - An ideal FREE program that will help participants age 60 or more gain a clear understanding of what osteoarthritis is and how physical activity that is tailored to the needs of persons with arthritis can help them manage arthritis symptoms. Come to the Oswego Senior Cen-

ter, 156 E. Washington for this free 8--week course to learn to perform safe stretching, balance, aerobic and strengthening exercises which will gradually increase exercise frequency, duration, and intensity over time. Incorporate physical activity into your lifestyles by exercising three times/week for 1 hour. Reduce arthritis symptoms. Develop individualized, tailored, multiple component physical activity programs that are sustainable after the program ends. The program will meet 1:30 – 3pm on Mondays, Wednesdays and Fridays beginning January 14, 2019 and ending March 8, 2019. Call 630-554-5602 for more information and to register for class.

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