



CREATING COMMUNITY

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Arts & Culture

METAMORPHOSIS

Miami Gardens FL., Metamorphosis as defined by Merriam Webster’s Dictionary is a major change in the appearance or character of someone or something.

Vice Mayor Robinson of Miami Gardens has created a metamorphosis for her city in promoting breast cancer awareness and prevention. She has had a full month of campaigns to paint Miami Gardens pink. The kick off started with a walk for the cure and the unveiling of a mural by local Miami based artist Anthony Lumpkins.

The mural is located at the Spirit of Christ building. The two story pink building adorns the mural in the front of the building at the street level. Upon visiting the site the theme of a metamorphosis was obvious. Giant butterflies dance across the building with pink ribbons of hope formulating the butterflies, body.

It is an exemplary display of commitment and support to finding a cure with blending arts and culture as a part of the goal.

Mid month activities included free breast cancer screening for the under insured, a survivors retreat, healthy happy hour, food truck invasion and a pink tea. The final event that will be presented is with Zoe’s Dolls, “The Living Doll Experience”.

What Is The Living Doll Experience (LDE)? LDE is the premiere, kick-off event to Doll Season. LDE will feature 15 girls that will be transformed into “living dolls”. They will be cased in life sized doll boxes. These 15 “live” dolls will represent all the beauty, grace and style that the little Black girl embodies. These “live” dolls will represent the multitude of ethnicities, lifestyles and cultures of the African Diaspora. Once the show starts, an eclectic burst of fashion, music and dance will collide to bring to life the image of the powerful, beautiful and undeniable Black girl. LDE will be free and open to the community. The event will feature live music, free food, entertainment, vendors offering free items and social service agencies. The event is scheduled for Sunday, October 25, 2015 from 2PM – 6PM at the Miami Gardens, Betty T. Ferguson Amphitheater. Call 754-300-7964 for more information.



FAITH - HOPE - LOVE

Take part in upcoming breast cancer awareness activities in the community. This schedule of events was comprised by <http://www.floridabreastcancer.org/events>



When I was a kid I would hear my mother and my aunts whispering. They would say she has got the big “C”. I thought it was interesting behavior even as a kid. But what I have come to realize is that they were whispering because they did not understand how cancer came about or how they could service themselves by making better health choices. Lets stop whispering and start a conversation.



- Having had first hand experience with friends and family members who are breast cancer survivors. These are the facts that we should know as a community as reported from breastcancer.org :
- About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime. In 2015, an estimated 231,840 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 60,290 new cases of non-invasive (in situ) breast cancer.
 - About 2,350 new cases of invasive breast cancer are expected to be diagnosed in men in 2015. A man’s lifetime risk of breast cancer is about 1 in 1,000.
 - Breast cancer incidence rates in the U.S. began decreasing in the year 2000, after increasing for the previous two decades. They dropped by 7% from 2002 to 2003 alone. One theory is that this decrease was partially due to the reduced use of hormone replacement therapy (HRT) by women after the results of a large study called the Women’s Health Initiative were published in 2002. These results suggested a connection between HRT and increased breast cancer risk.
 - About 40,290 women in the U.S. are expected to die in 2015 from breast cancer, though death rates have been decreasing since 1989. Women under 50 have experienced larger decreases. These decreases are thought to be the result of treatment advances, earlier detection through screening, and increased awareness.
 - For women in the U.S., breast cancer death rates are higher than those for any other cancer, besides lung cancer.
 - Besides skin cancer, breast cancer is the most commonly diagnosed cancer among American women. In 2015, it’s estimated that just under 30 percent of newly diagnosed cancers in women will be breast cancers.
 - White women are slightly more likely to develop breast cancer than African-American women. However, in women under 45, breast cancer is more common in African-American women than white women. Overall, African-American women are more likely to die of breast cancer. The risk of developing and dying from breast cancer is lower in Asian, Hispanic, and Native-American women.
 - In 2015, there are more than 2.8 million women with a history of breast cancer in the U.S. This includes women currently being treated and women who have finished treatment.
 - A woman’s risk of breast cancer approximately doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. Less than 15 percent of women who get breast cancer have a family member diagnosed with it.
 - About 5-10 percent of breast cancers can be linked to gene mutations (abnormal changes) inherited from one’s mother or father.
 - About 85 percent of breast cancers occur in women who have no family history of breast cancer. These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations.
 - The most significant risk factors for breast cancer are gender (being a woman) and age (growing older).



October 19-25
1st Annual Pink Out at Palmetto 57
Miami

October 19-31
TooJays Pink and White Cookies for Breast Cancer
All TooJays Locations

October 21
2nd Annual Pink Day With Florida Community Bank
Click for locations

October 23
#I-Care Fundraiser for FBCF
Hosted by The National Association of Black Accountant & Queen’s Circle360
Pembroke Pines

October 24
National Marine Suppliers Yacht Bikers Poker Run
Fort Lauderdale

October 24
Intense Fitness Fort Lauderdale Presents 2nd Annual “Burpees 4 Boobs” Challenge and Burpee Blowout Event
Fort Lauderdale

October 24
Florida Lady Legends Walk the Park for a Cause
Winter Park

October 24
2nd Annual S.U.P.E.R. Man Saves the Tatas
Fort Lauderdale

October 28
Haven Lounge Breast Cancer Awareness Fundraiser
Miami Beach

November 6
A Fashion Night for Charity
Pembroke Pines

November 7
Lift for the Cause
Boca Raton

November 14
WOW Fitness Competition at Da Factory Training Facility
Doral

