

OCTOBER MARKS BREAST CANCER AWARENESS MONTH

COLUMN BY ALEX CLARK
LIFE EDITOR

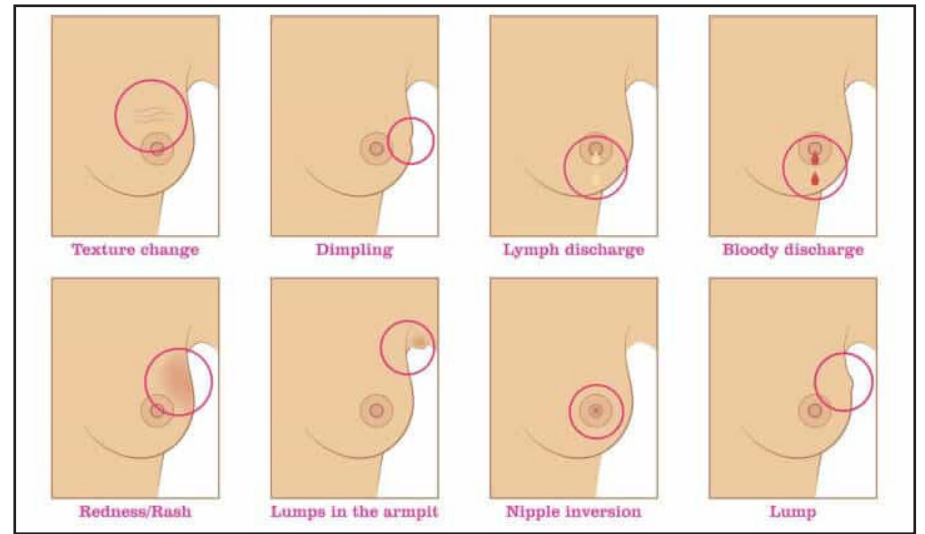
Breast Cancer Awareness Month is an annual international health campaign intended to raise awareness about the impact of breast cancer, as well as raise funds for breast cancer research. Alongside mammograms and breast ultrasounds that can be done at a doctor's office, you can identify the signs of breast cancer early on by performing self-exams.

According to the CDC, potential signs of breast cancer are:

- New lump in the breast or underarm
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Pulling in of the nipple or pain in the nipple area
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- Pain in any area of the breast

It is important to identify if these are new signs, as no two breasts are the same. Additionally, lumps in the breast do not always mean cancer, but if a lump or other sign is found it is a good idea to schedule a mammogram or other clinical breast cancer screening.

In the Jonesboro area, the Craighead County Health Unit, located at 611 E. Washington Ave., offers free breast exams and necessary follow-up tests. The Health Unit is open Monday-Friday from 8 a.m.-4:30 p.m.



GRAPHIC COURTESY OF TOURO INFIRMARY

Facebook outage following whistleblower sparks memes

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Facebook, Instagram and WhatsApp went offline Monday, preventing their userbase from updating their feed or communicating with other users. The platforms were offline for about six hours.

Santosh Janardhan, vice president of infrastructure at Facebook, said the issue was caused by configuration changes

on the backbone routers which interrupted the flow of traffic between routers and Facebook's data centers.

The outage followed former Facebook product manager Frances Haugen's appearance on "60 Minutes" Sunday, where she alleged Facebook as a company is able to stop the spread of hate and misinformation on its platform, but will not do this.

Facebook CEO Mark Zuckerberg said, "If we didn't

care about fighting harmful content, then why would we employ so many more people dedicated to this than any other company in our space — even ones larger than us?"

Users took to Twitter and Tumblr making memes about them being the only functioning social media, as well as joking about how Facebook employees could not get into the buildings due to their badges not working.



PHOTO COURTESY OF TWITTER (@KATESTAN17)

This meme, posted to Twitter Monday during the Facebook outage, plays on Spirit Halloween moving pop-up stores into vacated businesses during the Halloween season. Katelyn Stanton captioned the image, "oh god they move so fast."

THIS WEEK'S POP PICK

REVIEW BY ALEX CLARK | LIFE EDITOR

Nickelodeon All-Star Brawl - GameMill Entertainment (dev. Ludosity & Fair Play Labs)



Gameplay screenshot by Alex Clark | Life Editor

Players can fight as different Nickelodeon characters such as Danny Phantom and Nigel Thornberry (from "The Wild Thornberrys") in Nickelodeon All-Star Brawl. This gameplay capture comes from the Nintendo Switch version of the game.

Nickelodeon All-Star Brawl brought together an all-star cast of characters for the first console fighting game in the Nickelodeon Super Brawl series.

All-Star Brawl showcases Nickelodeon characters from classic to modern shows, including SpongeBob Squarepants, Helga from "Hey Arnold!," Danny Phantom, CatDog, Aang from "Avatar: The Last Airbender" and Lincoln and Lucy Loud from "The Loud House" to name a few.

The movelists for each character include attacks based on content from their respective shows, as well as stages to fight on inspired by locations from their shows as well. On top of the well-thought-out movelists for the characters, the models are also accurate to character designs based on the shows.

The game features an arcade mode in which the player can battle assigned characters on different difficulties to unlock content, a battle mode where players can free-play battle other characters of their choosing and an online play option.

The game is available on PlayStation 4, Xbox One, PlayStation 5, Nintendo Switch, Xbox Series X and Series S and Steam.

If you want a casual, fun fighting game to play with friends while also indulging some nostalgia, this game is definitely for you. Its availability across platforms gives accessibility to anyone who wants to play, and the game can host up to four players.

HOROSCOPES

☀️ - IN SEASON

ALEX CLARK

MYSTIC CORRESPONDENT

<p>ARIES + (March 22 - April 19)</p> <p>Feel comfortable in your success, but don't brag about it. You can be confident and humble.</p>	<p>TAURUS (April 20 - May 20)</p> <p>If you open up and work with others, you are more likely to be successful. However, it is important to make sure you are heard.</p>	<p>GEMINI (May 21 - June 20)</p> <p>You are prepared to handle your problems in a mature way. Keep your head clear and move forward.</p>	<p>CANCER + (June 21 - July 22)</p> <p>Don't forget to consider the feelings of others. Put yourself first, but don't step on everyone else in the process.</p>
<p>LEO (July 23 - Aug. 22)</p> <p>Make your intentions clear. Your priorities need to be in order before you move forward.</p>	<p>VIRGO (Aug. 23 - Sept. 22)</p> <p>There are opportunities ahead, but you have to keep going to take them. Are you limiting yourself?</p>	<p>☀️ LIBRA ☀️ + (Sept. 23 - Oct. 22)</p> <p>Be direct and get to the point in all situations. You will get nowhere if you just beat around the bush.</p>	<p>SCORPIO (Oct. 23 - Nov. 21)</p> <p>Do not allow your past to stop you from moving forward. Be honest with yourself and optimistic for the future.</p>
<p>SAGITTARIUS (Nov. 22 - Dec. 21)</p> <p>Don't make any impulsive decisions. You need to analyze a situation before jumping to a conclusion.</p>	<p>♋️ CAPRICORN (Dec. 22 - Jan. 19)</p> <p>Nurture your relationships with others and yourself. You can help others while also considering your own needs.</p>	<p>AQUARIUS (Jan. 20 - Feb. 18)</p> <p>There may be an imbalance somewhere in your life. What can you do to restore this balance?</p>	<p>PISCES + (Feb. 19 - March 21)</p> <p>It can be a good thing to take time alone and figure things out. Isolation, however, is not the answer.</p>

Interested in reporting? Join us every Monday at 5 p.m. in room 224 in the Communications Building.