

**SOUTH HARFORD COUNTY: May 16 - 17, 2008**  
*Voyage of Hope:* Joppatowne High School  
[www.events.cancer.org/rflsouthharfordcounty](http://www.events.cancer.org/rflsouthharfordcounty)



**FALLSTON: June 7-8, 2008**  
*Stars Against Cancer:* Fallston High School  
[www.events.cancer.org/rflfallston](http://www.events.cancer.org/rflfallston)

**HAVRE DE GRACE: June 13-14, 2008**  
*Beacon of Hope:* Havre de Grace High School  
[www.events.cancer.org/rflhavredegrace](http://www.events.cancer.org/rflhavredegrace)



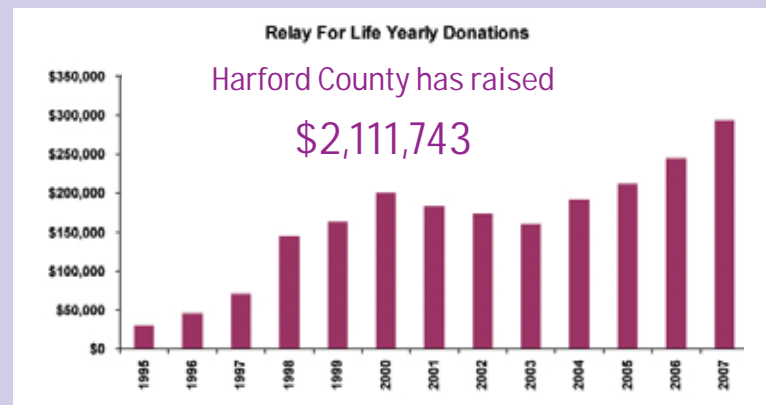
## Harford County Fights Back!

Relay For Life<sup>®</sup>, the American Cancer Society's signature event, has been a growing force in Harford County since 1995. It is a fun-filled overnight experience where those who have been touched by cancer gather to celebrate survivors, remember those lost to cancer, and to fight back against this disease.

During Relay For Life<sup>®</sup> events, teams of people gather at local schools and take turns walking laps. The events are held overnight to represent the fact that cancer never sleeps. Through the Survivors' Lap we honor the people who have faced cancer first hand, and through the Luminaria Ceremony we remember those who have been lost to this disease.

Relay is a place where people connect with others, share the cancer experience, and find comfort and solace. And it's an opportunity to build hope for a future where cancer no longer threatens the lives of the people we love.

From its humble beginning with 14 teams at Bel Air High School where \$30,000 was raised, to this year's 3 events with over 100 teams and a goal of \$312,000, the Relay For Life empowers people to fight back against cancer.



## YOU CAN JOIN THE FIGHT!

All three Relay For Life events in Harford County continue to register new participants and teams, as well as accept donations. Visit the Relay website for the event of your choice to:

- Join a team
- Start a new team
- Make a donation
- Sign up to participate in the Survivor Lap
- Honor a loved one with a Luminaria

Or call **410-933-5174** for more information.

# Look At What the American Cancer Society Is Doing IN HARFORD COUNTY



## I CAN COPE:

A new ACS support program implemented by Upper Chesapeake Medical Center, I Can Cope is a patient/family educational series that focuses on living with cancer. Doctors, nurses, social workers, registered dietitians and others lead each class. Depending on the series, topics may include human anatomy, cancer development, diagnosis, treatment, side-effects, new research, communications, emotions, sexuality, self-esteem, community resources, money matters, nutrition and pain management. **Call 800-515-0044 for more information.**

## LOOK GOOD, FEEL BETTER:

A free, hands-on group workshop dedicated to helping female cancer patients cope with the image-related side effects of cancer treatment.

2nd Tuesday of Every Month from 6-8pm at Upper Chesapeake Medical Center, call 800-515-0044 for more information

2nd Monday of Every Month at 7pm at Oncology Center at Riverside, call 410-272-9224 for more information

## MAN TO MAN PROSTATE CANCER SUPPORT GROUP:

Educational support forum for men and their spouses to share resources, discuss information, experiences and coping strategies.

1st Wednesday of Every Month from 7-9pm at Upper Chesapeake Medical Center. **Call 800-515-0044 for more information.**

## ROAD TO RECOVERY:

Service program that provides transportation for cancer patients to their treatments and then back home. Transportation is provided according to the needs and available resources in the Harford County community.

Volunteer Drivers Needed: Currently the needs exceed the availability of drivers. Whether you can drive on a regular basis or only a few hours a month, ACS would love to have you join this live-saving service program. Training is provided. Give someone the ride of their life! **Call Alison at 410-933-5130 about receiving services or volunteering.**

## CAMP SUNRISE:

One-week, traditional overnight camp for children, ages 6-18, who have been diagnosed with cancer. Held each August, here in Harford County, Camp Sunrise offers swimming, arts & crafts, sports, nature, music, dance and a host of other special activities – all free of charge. For children living with cancer, these days are a source of strength and support. Campers walk away with team building skills, self-confidence, friendships and memories. This year's camp will be held on August 3-9, 2008. **Call Sherryce at (410) 933-5173 for more information.**

For information on cancer or any American Cancer Society program:

**1-800-227-2345 or [www.cancer.org](http://www.cancer.org)**

# KELLY'S STORY

## NO ONE SHOULD HAVE TO GO THROUGH CANCER ALONE

At age 22, I was diagnosed with a rare type of brain cancer called Medulloblastoma. After about two months of symptoms (extreme dizziness, pain in the back of my head and nausea), the tumor was discovered on an MRI. I had a 7 ½ hour surgery to remove a tumor that was the size of an orange. I was told after surgery that there was a less than 5% chance the tumor would be malignant.

I was in ICU for two weeks after surgery with a tube coming out of my head draining spinal fluid off of my brain. About two weeks after my hospital release, I began 34 rounds of a high dosage of radiation therapy. I would lie face down in what I call a "torture chamber" with a mask clamped onto the back of my head to have the radiation treatment to my brain and spine. This lasted for about two minutes and made me very ill.

I am very lucky to have a fantastic husband, a supportive family and a strong faith, which helped me through all of this; however, I felt very alone during treatment. Being 22 and going through cancer I didn't feel like I fit in. I wasn't a child, but I wasn't in the over 40 crowd either. No one spoke to me in the dressing area while I was waiting to receive my radiation treatment.

Because of my experience I decided to join the American Cancer Society Relay for Life as a volunteer. No one should have to go through cancer alone, isolated and confused. My goal is to make the public aware that cancer can occur at any age and to be a friend and supporter to other young cancer survivors.

**Kelly Ruszala, Survivor Committee Volunteer**

# JUDY'S STORY

## RESEARCH LEADS TO RECOVERY

- Judy French, Team Captain, Relay For Life, Fallston



Eleven years ago, I was diagnosed with breast cancer. I had just helped my daughter get through her own experience of discovering a lump in her breast. We were relieved when the doctor diagnosed the lump as a cyst that could be removed. Two months later, I was visiting the same doctor who gave me my diagnosis of breast cancer.

After surgery, chemotherapy & radiation, my recovery and remission was in part thanks to five years of taking Tamoxifen, the drug created by ACS-funded researchers. Because of the millions of dollars raised over the last twenty-three years through Relay For Life, the ACS was able to support the research that led to my recovery. I am grateful that such a wonderful discovery was made in even a small part, by the fundraising efforts of communities in Maryland.

In 2001, I became a Reach to Recovery volunteer so that I could help other women facing breast cancer. Volunteering for the American Cancer Society has been a great opportunity to reassure and help women understand that they don't have to be a silent patient—that there are so many of us here to talk and listen to them live through their experience with cancer.

I feel so blessed and thankful for all my family and friends that supported me through my cancer diagnosis and treatments. I have so much to live for—my husband, my two daughters, and my four grandchildren who bring joy to my life every day... And so I Relay to raise funds to find a cure for cancer.

# TEAM SHOWCASE

## VALERIE J. SCOTT, Troop 1616 Team Captain

Relay gives me hope that a cure will be found for my cancer in my lifetime and lets me know I'm not alone in my fight. I love the luminary ceremony - it's tough, but powerful!

## SHARI WALKER, APGFCU Makes It Happen Team Captain

Relay For Life has been a wonderful source of Hope to me, my family, and friends. It is knowing that people do care, and do take time from their busy lives to make a difference. You can say that the world just doesn't care anymore, but I know better. I see it in the faces of all of those Relayers at the track, walking all night, showing Cancer that we will not give up!

## BRENDA CONJOUR, Woven Dreams Team Captain

We relay for those who are fighting the fight, those who have lost the fight, and for those with the hope that they never have to fight.

## GABBY TARBERT, Justice League Team Captain

Relay is a great way to get high school students involved in the community and do something positive. We Relay because of those loved ones we have lost to cancer and celebrate those who fought back. It's an awesome experience for everyone involved. The best part of the Relay event is the Luminaria ceremony, as it really touches everyone.

## LINDSEY HARBERT, Circle of Strength Team Captain

Relay is an experience that allows me to celebrate, along with my family and friends, how good it feels to be a cancer survivor. It also allows others to gain a small understanding of what cancer patients and caregivers may endure during their battle. Relay is a time to celebrate those who have won the fight and to honor those who courageously fought battles unfortunately they could not win.

Last year I got to walk while six months pregnant with my first child. This is a favorite memory because two years prior there was discussion that I may not be able to have children. I now have a healthy 6 1/2 month old son who will be Relaying this year with his mommy!

## PAMELA FRANCIS, Agents Of Change Team Captain

I Relay to let people know that we can make a difference in someone's life and give them hope for a bright future. My favorite Relay memory is when my friend Dot two years ago walked during the survivor lap. She is an inspiration to me!

## RACHEL COOPER, Sweet Tarts Team Captain

"We're too sweet for cancer. Cancer's too sour for us". We Relay because every one of us has either had a close friend or family member, or known someone else who had a close family member with cancer. We know that just our small contributions will help to make things better for someone else's loved one. It's too late to save those that we have lost, but that doesn't mean we shouldn't try to save others. Everyone deserves a chance at life and who knows what could happen if we take the time to raise just a few hundred dollars. We relay for the people of tomorrow and to remember those from the past.

## PETER GRIFFIN, The Gilligans Team Captain

The Gilligans Relay because we all have been touched by cancer in some way. Whether through a loved one, a close friend, a co-worker, or neighbor, cancer finds a way to invade everyone's life. Relay gives us an opportunity to help in the fight, raise awareness, and celebrate survivors! Relay is a celebration that always leaves one feeling stronger after the event than one did coming in. Everyone that experiences Relay understands the impact that coming together for a common cause can have on an individual and a community.

# LUMINARIA LIGHT THE WAY

For many people who attend Relay For Life®, one of the most moving parts of the event is the Luminaria Ceremony. As the light dims over campsites and team members complete laps, the night is brightened by the glow of lighted bags, each of which represents a person who has been profoundly affected by cancer and the family and friends who continue to be touched by that experience.

Would you like to honor someone with a luminaria at a Relay For Life event? You can help spread the light of hope and honor or remember those in your life who have been touched by this disease with a suggested donation of \$10.00 per Luminaria. Your contribution will help save lives, give hope, and empower people through the American Cancer Society and its lifesaving mission.

Please complete the form below and return it with your contribution to:

**THE AMERICAN CANCER SOCIETY/RELAY FOR LIFE**  
ATTN: Kelly Scott, 8219 Town Center Dr., Baltimore, MD 21236

Please light a candle in honor or in memory of my loved one who has been touched by cancer. Please check the event where you would like your luminaria placed:

South Harford County     Fallston     Havre de Grace

Donor Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

I would like # \_\_\_\_\_ Luminaria(s) Amount enclosed: \_\_\_\_\_

In Memory Of: (Loved Ones Lost):

(1) \_\_\_\_\_ (2) \_\_\_\_\_

In Honor Of: (Survivors):

(1) \_\_\_\_\_ (2) \_\_\_\_\_

## WHY I RELAY

I Relay because I do not want to lose any more family members and friends to this terrible disease. I have lost all four grandparents to different forms of cancer. Most recently, my grandmother passed away in September of 2007 from stomach cancer. I have lost my mother to lung cancer. My father is a prostate cancer survivor. And I am a four year thyroid cancer survivor. Needless to say, we have a very deep family history of this disease.

I Relay to CELEBRATE that my father and I are both survivors. I Relay to REMEMBER my grandparents and my mother who did not survive their battles. And I Relay to FIGHT BACK so that no one else has to face the words "You have cancer."

I Relay to get involved. It is an opportunity to celebrate the successes of cancer survivors in our own community. It is a chance to raise money for research and treatment, a time to provide support to others, and a time to reflect and remember those who have suffered and lost their battles. Take the time to get involved. You will most certainly be inspired to help continue the fight.

**Bonnie Custer, 2008 Survivor Committee Co-Chair**



## AMERICAN CANCER SOCIETY

**MISSION STATEMENT:** The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

### AT WORK IN HARFORD COUNTY 2007

- 161 cancer patients were served with 290 requests to 800-ACS-2345
- 115 children attended Camp Sunrise and Sunbibs
- 76 patients served through Look Good, Feel Better and/or received free wigs
- 56 served by the Dietician on call
- 124 ACS Cancer Action Network Volunteers



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