



The American Cancer Society's  
**Relay For Life**  
*It is About a Community That Takes Up The Fight*

**March 2009**

**Relay For Life  
Of  
Leon  
(Fairgrounds)  
May 8-9, 2009  
6pm to 10am**

Relay For Life  
supports cancer  
research, education,  
advocacy efforts and  
patient services.

**1.800.ACS.2345  
www.cancer.org**

Cancer Information  
24 hours a day, 7  
days a week.



**What a Great Kickoff!**

**We had over 200 people attend the kickoff  
on  
January 13th! Thank you everyone!**

**We would also like to extend a special  
thanks to Mr. Devoe Moore at the Antique  
Car Museum and**

**THANK YOU TO OUR SPONSORS!!!!!!**





## Team Luminaria Contest

Don't forget to turn in your Luminaria order forms to the Luminaria Committee.

Your Team could win the Limited Edition Warriors in Pink 30GB Zune MP3 Player.

We will announce the team winner on May 9<sup>th</sup> at 11:00 AM during the closing ceremony.

**GO TEAM GO!!**

## Best Decorated Luminaria Bag Contest

Registration forms for entry into the Best Decorated Luminaria Bag contest will be available at the Team Captain meetings and at the Relay.

Your registration form and bag must be received at the Luminaria Committee's Tent no later than 6:30 pm on May 8<sup>th</sup>.

**SHOW US YOUR PURPLE SPIRIT  
AND LET'S DECORATE!**

Would you like information on how you can become more involved in planning the Relay?

If so, please contact:

Kitty Flynn

ikittyflynn@aol.com

Wayne Creel

waynec@philsmithmanage.com

Tonya Law

tonya.law@cancer.org

**ATTENTION TEAMS!!**  
**RESERVE YOUR TENTS FOR**  
**THE RELAY EVENT!**

Albert Bruton Tent Rentals

(850) 562-2351

A-Z Rent All

(850) 222-3211

Balloons Unlimited

(850) 942-2155

Big Bend Rental Center

(850) 222-7368

In Tents Events

(850) 309-7626

Party Center

(850) 224-7673

Party Line Tent & Party LLC

(850) 668-7368

Party Party Party

(850) 942-2155

Ray's Odd Job Service Inc

(850) 575-7850

Be sure to give the tent company your tent site, team name, phone number and event info!

**REMEMBER, it never hurts to ask them for discounts!**

**-Logistics**

## Final Team Captain Meeting

And

**BANK NIGHT!!!**

**April 28th**



**5PM - 6:30PM Wachovia Bank**

(corner of Centerville and Capital Circle NE)

Come turn in your team money and proceed to...

**American Cancer Society**

**7PM - 8PM Final Team Captain Meeting**

## Survivor's Reception

We are pleased to announce that we have a new and improved Survivor's Reception!

Our survivors will now be able to hear all the opening ceremony and be a **BIG** part of the start of the Relay for Life.

We have moved the survivors to a great new location in a wonderful huge tent directly in front of the stage and at the starting line for the walk.

Sit and enjoy all the entertainment, your special dinner and extra special dessert, right in the heart of the Relay!

The tent will have tables, chairs and misters to help keep everyone comfortable and cool!

## **“Why I Relay” - Kitty Flynn, Chair**

As a cancer survivor I know firsthand how devastating it can be to hear the words “You have cancer”, not only to yourself but to your family and friends. Ten years ago I heard those words and also heard my chances for survival were very slim. I had a head and neck cancer that had metastasized into my lymph nodes and they could not find the primary. My only chances were surgery and very intense radiation in five areas at the same time. This of course made me very, very sick and I almost died during the treatments. That was ten years ago. I am healthy and believe I need to be a part of finding this cure to cancer and to be a part of helping others get thru their cancer battle with the education they need to detect it early, the services they will need during the battle, the research to find a cure and also to help get the best treatments until we find that cure.

Relay for Life is one of the ways the American Cancer Society can fund this work. With the funds Relay for Life raises, the American Cancer Society can and does provide so much education to the public to prevent cancer to detect it early or to help explain and learn about the different treatments if you get it. The ACS also provides so many services to cancer patients and their families during and after their battle from wigs to bras to medicine to transportation to treatments to programs to help you cope with the disease to Hope Lodges to stay if you need treatment away from home to camps and family weekends for kids to scholarships for college students to a 24 hour live person patient service (800-ACS-2345) number to call or the website, [www.cancer.org](http://www.cancer.org), for invaluable information and much more. Relay for Life helps provide funds for more research so we can learn how better to treat this disease and look for that cure.

Relay for Life, with the funds it raises, can help to get this horrible disease under control so my children and grandchildren, family and friends never hear the words “You have Cancer”.

That is my main reason I RELAY.

Some of the other reasons I RELAY is for the FUN of it.

Where else can you camp out all night with hundreds of friends all with the same purpose?

Nowhere but RELAY.

Where else can you party all night (alcohol free of course) or sleep the night away under the stars with all your friends?

RELAY of course.

Where else can you stay up all night and walk around a track remembering your loved ones, get silly sleepy and get into beauty contests or eating contests or hula hoop contests, dance contests, singing contests or take chances on drawings for great prizes and much more?

Where? RELAY FOR LIFE.

Where else can you honor the Survivors and Caregivers with special walks and a special dinner?

Only at RELAY.

Where else can you remember your loved ones you lost and celebrate the survivors you hold dear to your heart with a special Luminaries ceremony ?

It's got to be at RELAY FOR LIFE.

SO PLEASE help RELAY Celebrate our 25th Relay for Life Birthday (our 14th in Leon County) and JOIN ALL of the other TEAMS, myself, my co-chair Wayne Creel, our staff partner Michelle Hayse AND OUR WONDERFUL COMMITTEE OF 60+ on MAY 8TH AND 9TH, 2009 at the Leon County Fairgrounds and help us fight this fight against CANCER thru RELAY FOR LIFE.

Remember our theme...

Celebrate, Remember and Fight Back

**IT'S NEVER TOO LATE!**

**WOULD YOU LIKE TO BE  
AWARDED WITH THE RELAY FOR  
LIFE TEAM CHALLENGER  
JACKET THIS YEAR?**

**ALL YOU NEED TO DO IS RECRUIT  
A NEW TEAM TO RELAY!**

**LOG ON TO OUR WEB SITE TO  
LEARN MORE!**

**[www.relayforlife.org/leonfl](http://www.relayforlife.org/leonfl)**

**The Rays of Hope of Radiology Associates  
are having the following fundraisers:**

Mar 25th.....Breakfast  
Apr 1st.....Hot Dog Sale  
Apr 8th.....Breakfast  
Apr 15th.....Potato Day  
Apr 22nd.....Breakfast  
April 29th.....Bake Sale  
May 6th.....Breakfast

May 8th & 9th.....Relay for Life at the  
North Florida Fairgrounds!  
Also selling cookbooks at Radiology Associates  
1600 Philips Rd. Tallahassee

The American Cancer Society, Florida Division, has identified two areas of focus for mission education through Relay For Life during 2008-2009, Colon Cancer Awareness and Patient Services and Programs.

**IF YOU ARE 50 OR OLDER, YOU ARE AT RISK FOR COLON CANCER.**

- \*If you are 50 or older, even if you have no symptoms and no family history of the disease, you are at risk for colon cancer.
- \*90% of cases are diagnosed in people older than 50.
- \*Both men and women are at risk.

**YOU HAVE THE POWER TO AVOID COLON CANCER BY GETTING TESTED. AND IF COLON CANCER IS FOUND EARLY, IT CAN BE TREATED SUCCESSFULLY.**

- \*Colon cancer almost always starts with a polyp – a small growth on the lining of the colon and rectum.
- \*Finding and removing polyps before they become cancerous can stop colon cancer before it even starts.
- \*If colon cancer is found in the earliest stages, the survival rate is 90%.
- \*Don't wait for symptoms to occur. Symptoms (i.e., bleeding, cramping) may only appear in later stages when it may be too late for effective treatment.

**IF YOU ARE 50 OR OLDER, TALK TO YOUR DOCTOR ABOUT GETTING TESTED FOR COLON CANCER.**

- \*There are a variety of tests. If you are 50 or older, talk to your doctor about which one is right for you.
- \*Colon cancer tests are as important as your annual Pap test, mammogram, or prostate exam.
- \*Don't be afraid to ask for a test, especially if your doctor doesn't mention it first.
- \*The "Welcome to Medicare" benefit is an initial checkup that gives new Medicare enrollees an opportunity to learn about colon cancer tests that Medicare already covers.
- \*The American Cancer Society can offer more information on colon cancer testing and how to talk about it with your doctor.

**About 30,000 lives a year could be saved if everyone over 50 got screened for colon cancer!**

**STAY TUNED FOR NEXT NEWSLETTER.....We will focus on Patient Services and Programs.**

## Colon Cancer Awareness



2619 Centennial Blvd. Suite 101  
Tallahassee, FL 32308