

Augusta County Relay



By: Emily Fuerst

The American Cancer Society recommends eating at least 2½ cups of fruits and veggies each day to help prevent cancer, so make sure you snack smarter! Keep dried fruits and vegetable juice boxes in your desk drawer and glove compartment, or look for pre-washed and pre-cut vegetables to keep in the fridge at work or at home. For more healthy eating tips to help you stay well, call your American Cancer Society at 1-800-227-2345 or visit cancer.org.

Upcoming Events

March 8th – March Team Meeting at 6:30 p.m. at Wilson Elementary School

May 19-20th – 2012 Relay for Life at 6pm-6am at Stuarts Draft High School

Congratulations to Beverly Smith who won the Chocolate Extravaganza donations credited to Stuarts Draft Elementary School Caring Cougars!

Congratulationz to Twisted Creationz on their 2011 South Atlantic Divison Top Team Designation. And surpassing it this year with a check for \$27,000!



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**Staunton, Waynesboro &
Augusta County,
Virginia Relay for Life
Monthly Newsletter**

MARCH 2012

The American Cancer Society Relay For Life® is a fun-filled overnight event that mobilizes communities to join together in a common goal to celebrate those who have battled cancer, remember loved ones lost, and fight back against a disease that takes too much. Learn more about how you can help save lives and create a world with less cancer and more birthdays by signing up today at RelayForLife.org or call 1-800-227-2345.

**Connect with Augusta
County Relay for Life
and follow us on
Facebook, Twitter,
YouTube and Flickr**

www.relayforlife.org/augustacountyva



Going Undefeated Against Cancer

When Joe Marelle, former high school athletic director and veteran head basketball coach for multiple state contenders, first heard his cancer diagnosis and prognosis, his coaching instincts kicked in. “I really don’t like this particular game plan,” Marelle told his wife. “Six months to live, 30 pills a day? No, I’m going to seek another coach on this.”

Marelle was no stranger to cancer. Both of his parents died from the disease, and his sister is a breast cancer survivor. It was his turn to fight for his life. And that’s what he did, teaming up with a specialist who offered an alternate strategy. Fortunately, the new doctor’s treatment plan put Marelle’s cancer into remission. Unfortunately, the intensive chemotherapy required to kill the cancer caused him to contract acute leukemia, leading to another dire prognosis: 30 days to find a bone marrow donor.

Not many people defeat two death sentences, just like underdogs rarely hit multiple game-saving shots. Marelle had plenty of fight left in him, but the odds weren’t in his favor. He knew it might be time to put his life in order. Rather than focus his remaining time on himself, however, he did what most great coaches do: He considered how to dedicate his time toward the service of others. He continued coaching, leading a team of players who all shaved their heads in solidarity to several improbable wins and a top-eight ranking in state. He helped with the development of a high school gymnasium, which was then named in his honor. And, as he continued to lead the kids he admired in the sport he loved, his optimism grew. “The athletes I was coaching, I was like a parasite, feeding off their spirit and their support, their emotion, and the caring that they had for me,” he says. “It really kept me energized.”

Marelle hosted a Coaches vs. Cancer fundraiser, auctioning priceless pieces of sports memorabilia, much of which was donated by prominent collegiate and professional basketball players and coaches, and raised more than \$10,000 for the American Cancer Society.

This renewed energy prompted Marelle to fight back against cancer by getting involved in the Coaches vs. Cancer[®] program, a nationwide program that brings coaches, teams, and fans together to raise awareness and funds to help the American Cancer Society save lives and create a world with more birthdays.

Since 1993, more than 2,100 college and high school coaches have participated in the Coaches vs. Cancer program, a collaboration between the American Cancer Society and the National Association of Basketball Coaches. So far, this partnership has helped raise nearly \$75 million to help save lives from cancer, and has empowered countless athletes and community members to step up and join the fight.

The program leverages the personal experiences, community leadership, and professional excellence of basketball coaches nationwide to support the American Cancer Society’s lifesaving mission. Coaches host fundraising events such as tip-off breakfasts, galas, and local golf events; promote healthy lifestyle messages; seek donations from individuals and businesses to benefit the Society’s lifesaving work; meet with lawmakers to advocate for healthier communities; and more. “A lot of times, people have good intentions,” Marelle says, “but we don’t know how to direct those intentions. I was very fortunate to find a way to feel a little better regardless of whatever happened to me.”

Marelle ultimately found a lifesaving bone marrow donor – his oldest son – and the transplant was a success. Upon leaving the hospital, he received a call from a small high school in need of a head basketball coach. They had only won four games over the previous two seasons and were searching for someone who could provide a spark. He took the job, and his youngest son, a promising point guard from another area high school, decided to transfer in order to play for his father. Together, Marelle and his team went 21-1 the following season and won the state title. More importantly, he remains undefeated against cancer.

Everyone can get in the game and help the American Cancer Society save lives from cancer with the Coaches vs. Cancer program. Find out how you can help score points against cancer by visiting coachesvscancer.org or calling 1-800-227-1885.

Basmati Rice and Chickpea Pilaf



The Hindi word “basmati” means fragrant, and refers to the nut-like flavor and aroma of this long grain rice. Cultivated in India and Pakistan for thousands of years, the grains of basmati rice stay firm and separate after cooking instead of getting sticky.

Add fiber and nutrients to basmati rice by adding dried fruit and legumes. To add extra flavor, add 1 teaspoon ground cumin or 1/2 teaspoon ground cinnamon.

Serves 4

Prep Time: 15 minutes or less
Total Time: 45 minutes or less

Ingredients

2 teaspoons olive oil
1/2 cup chopped onion
1 cup basmati rice
2 cups reduced-sodium chicken broth
3/4 cup currants or raisins
3/4 cup chickpeas, rinsed and drained

In a saucepan over medium heat, add oil. Sauté the onion for 5 to 8 minutes, or until softened.

Add rice and sauté for 1 minute.

Add broth and bring to a boil, stirring to combine. Reduce the heat to low, cover, and cook for 20 to 30 minutes (or according to package directions), or until the broth is absorbed and the rice is tender. Stir in currants and chickpeas. Cover and let sit 1 minute.

Per Serving

Calories: 330
Calories from Fat: 30
Total Fat: 3.5 g
Saturated Fat: 0.5 g
Trans Fat: 0.0 g
Polyunsaturated Fat: 0.7 g
Monounsaturated Fat: 2.0 g
Cholesterol: 0 mg
Sodium: 310 mg
Total Carbohydrate: 66 g
Dietary Fiber: 4 g
Sugars: 25 g
Protein: 8 g

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Mom & Dad: We Need to Talk ... about Colon Cancer

Colon cancer is not your typical family dinner topic. However, several groups, including the American Cancer Society, are encouraging families to have a critical conversation about their family history of this disease. That’s because as many as 1 in 5 people who develop colon cancer (formally called colorectal cancer) have other family members who have been affected by the disease.

In fact, people with a history of colon cancer or polyps – small growths on the lining of the colon or rectum – in one or more first-degree relatives (parents, siblings, or children) are at increased risk. Just having one first-degree relative with a history of colon cancer or polyps can double your risk. A simple conversation can raise awareness – and help those you love prevent the disease. To help families break the ice on the topic, the American Cancer Society and the National Colorectal Cancer Roundtable have launched the Family PLZ! campaign at FamilyPLZ.org. The Web site includes quick facts about colon cancer, how family history affects your risk for the disease, and the importance of talking to your doctor about your family history

The American Cancer Society recommends everyone age 50 or older talk to their doctor about getting tested and about which test is right for them, even if there is no family history of the disease. Yet even if you’re several decades away from turning 50, it’s not too early to talk to your family about any relatives who have had colon cancer, because you may need to start getting tested earlier.

Since colon cancer nearly always begins with a polyp, getting tested is crucial. That’s because your doctor can find and remove polyps before they become cancerous. In addition to getting tested, you can take a few simple steps to help stay well and reduce your risk of colon cancer. It’s important to maintain a healthy weight and lifestyle by:

- **Getting active:** With regular physical activity most days of the week
- **Eating right:** Choosing vegetables, fruits, and whole grains; limiting red and processed meat; and limiting the amount of alcohol you drink to no more than two drinks per day for men and one drink per day for women
- **Kicking the habit:** Quitting or avoiding smoking and other tobacco products

Colon cancer is highly treatable if found in its early stages. Since the 1990s, more Americans have been surviving colon cancer than ever before. To learn more about how to reduce your risk or find colon cancer early, call your American Cancer Society anytime, day or night, at 1-800-227-2345 or visit cancer.org/colon.