



Front royal /Warren County

Highlites

April 2010

In This Issue

- ❖ Sponsors and Teams *Page 2*
- ❖ Guns vs Hoses *Page 3*
- ❖ Relay Tips *Page 4*
- ❖ Relay For Life Yard Sale *Page 5*
- ❖ Cheap Beauty Solutions *Page 6*
- ❖ A Sneak Peak *Page 7*
- ❖ In The News *Page 8*

Contact Information

Maria Bolton, Chair
Maria.Bolton08@gmail.com
Cell: 540-327-2680

Cathy Santmyers, Co-Chair
catdon6494@yahoo.com
Cell: 540-974-9879

Barbry Deavers, Co-Chair
barbrydeavers@hotmail.com
Cell: 540-335-5998

For cancer information or to
learn about volunteer
opportunities call
1.800.ACS.2345 or log onto
www.cancer.org.

Mark your Calendars Upcoming Relay Events **Relay for Life 2010**

**Saturday June 5th – Sunday June 6th
At Warren County Middle School**

Monday 4/5 at 6pm

Steering Committee Meeting

OP Center on Commerce Ave.

If you are interested in serving on the committee please contact Maria.

Monday 4/12 at 7pm

Team Meeting

Skyline High School

Lots of information for Relay...everyone welcomed!

Monday 4/5 at 1pm

Second Annual Front Royal/Warren County Golf Tournament

More info on Relay website and March Newsletter

First Person To Make A HOLE IN ONE WINS A CAR From Jack Evans!

Saturday 4/10 at 2pm

Guns N' Hoses Softball Game

2010 Corporate Sponsors

Hope Purple Gold Silver Bronze

\$2,000+ \$1,000 \$750 \$500 \$250

Hope Sponsors:



Baugh Northeast Co-Op, Inc.

Gold Sponsors:

Silver Sponsors:

Edward Jones
MAKING SENSE OF INVESTING



Royal Oak Animal
Clinic

Bronze:



As of March 28:
Dollars Raised: \$24,573.73
Teams: 31
Participants: 221

Relay Teams

- 1) A Ray of Hope
- 2) Alice's Angels
- 3) Angels Among Us
- 4) Baugh Northeast Co-Op, Inc.
- 5) C.U.R.E. Generations
- 6) Connie's Crusaders
- 7) Family Ties
- 8) FBC Dream Team
- 9) Friends for a Cure
- 10) Frumy's
- 11) Helltown Riders
- 12) Hit Cancer Out of the Ball Park
- 13) HJB
- 14) Howellsville Team Ray
- 15) Jesus Freex Youth Ministry
- 16) Kaylee's Hope
- 17) Ressie Renegades
- 18) Ronnie's Warriors
- 19) S.W.A.T. Class of 2015
- 20) Salon Le Petite
- 21) Servant's Heart of Hope
- 22) Steadfast Sisters
- 23) Team Jessica
- 24) Team Walmart
- 25) THE UNTOUCHABLES
- 26) The Boob-A-Loo's
- 27) The Funky Bunch
- 28) Wachovia-Nancy's Troop
- 29) Warren County Middle School
- 30) Warren Memorial Hospital
- 31) Working for a Cure



Saturday April 10, 2010

Spring is here and I think we are all ready for some outdoor fun in the sun! The Front Royal/Warren County Relay For Life is hosting the first ever **Guns N' Hoses Softball Game** to benefit Relay For Life. A **\$5** donation gets you in, concessions, t-shirts for sale and information about our upcoming Relay event.

The game is Saturday, **April 10 at Bing Crosby Stadium at 1:00.**

Relay teams, come out and tailgate from **11am-1pm** to sell fundraisers, opportunity raffles and anything else you have up your sleeve. The parking lot to the left of the stadium will be designated for tailgating.

We hope to see you there!

Please contact Barbry Deavers at barbrydeavers@hotmail.com or 540-335-5998 if you'd like more information.



Got Money?



Please remember these for team meetings and bank nights.

Turn that change into dollars

Please do not put change into your envelopes, this takes extra time to count and if we have a lot of it, Nita will have to roll it before she deposits it.

PLEASE GO GREEN!!

Bank Closes at 7:30pm

Please have all your money collected and envelopes filled out before the team meetings. When you arrive please hand in your money envelopes to Nita, she will not take deposits after 7:30. All money needs to be counted before Nita leaves. Please make sure to turn them in early so that Nita is not out late counting money.

Thanks for you help!

Have a fundraiser coming up?

Be sure to submit the information using the submit form on the Team Events page on www.frwcrealy.org

If you have a flyer for your event I will include it in the monthly newsletter.

Tbart94768@aol.com with FLYER in the subject line.

HAPPY SPRING!

Team Captains

A Team Captain leads their team in fundraisers and Relay night.

Teams can be made up of family, friends, co-workers, companies, churches, social clubs, and offices...just about anyone!

When planning a fundraiser make sure to delegate duties. Get **team members** involved with the planning of an event and pick something fun and that others will enjoy doing.

Invite all team members to the **Team Relay Meetings** that are held every second Monday of the month, 7pm at Skyline High School. Here you will find valuable information about upcoming events, Relay feet to sell and other Relay materials.

Don't forget to plan your own **team meeting!** Getting your team members together to go over fundraising ideals, planning and campsite theme is very helpful.

Answer any **questions** team members may have and if you don't have the answer your steering committee will. They are there to help your team be as successful as possible so don't hesitate to ask for help.

Remember you can't do it all yourself. **Delegate...Delegate...Delegate!**

There is lots of **information** on the web, through team meetings and the local ACS Office in Winchester regarding Relay. Here are some websites to remember:

www.frwcrelay.org

www.cancer.org

www.relayforlife.org

Thank-you for all your hard work!

Fundraising Tips

When planning your fundraiser set your prices "**on the dollar**". This way, you don't have to deal with change.

Also you can choose not to set a price and just ask for **donations**. Most people will end up giving more than what would have been asked.

Fundraise with what you know and have. For example if you have a team member who owns a business or knows of someone who does, use this to your advantage. Plan a fundraiser around that business. For example for a restaurant: donated tips by staff, team members waiting tables or a percentage of sales donated.

Make sure you **set-up your personal Relay page** on the Relay website. Personalize it with a picture and let people know who visit your page, why you Relay. Then send out emails to all your friends and family right through the site to ask for donations. This is the easiest way for them to donate directly to your page.

Don't forget your **employer!** Ask them to donate to Relay for Life. Some have match programs that will match what you donate. This is a tax write off for them so it is a win-win situation.

Planning! The more planning you do before the event the smoother it will go and be more successful the day of. Divide up the responsibilities among team members, so no one person is overwhelmed. The community loves annual events so remember to take notes about what worked and did not so the next event will be bigger and better.

www.relayforlife.org has a list of 10 easy ways to raise \$250. It's under Team Captain Toolkit.

Most people are willing to donate but are never asked!

Relay For Life Yard Sale

May 15th- Front Royal Fire Department
Parking Lot



Each team will have the opportunity to set up a table and sell yard sale items to raise money. We will ask for donations only, please do not price any items. Start collecting those spring cleaning castaways and help raise some money for your team!

International Relay For Life: One World-One Hope!

The American Cancer Society's signature activity has become an international movement. International Relay For Life (IRFL) events are now held in more than 600 communities spanning 21 countries. This unique activity, designed to celebrate survivorship and raise money for life-saving research and programs, unites and mobilizes community members committed to eliminating cancer.

The International Relay For Life Program enables cancer leagues around the world to increase their visibility and generate cancer awareness, outreach, and income while building survivorship, volunteerism, and advocacy efforts in their communities.

In 2009, local volunteers will organize overnight Relay For Life events to support cancer organizations in Australia, Brazil, Canada, Denmark, France, Germany, Guatemala, Honduras, Ireland, Jamaica, Japan, Luxembourg, Malaysia, The Netherlands, New Zealand, the Philippines, Portugal, South Africa, Taiwan, and the United Kingdom.

Through International Relay, survivors are given the spotlight to show that there is life after diagnosis. These "International Heroes of Hope" inspire other community members who have been touched by cancer. They are a testament to the progress that has been made in the fight against cancer and are changing the face of survivorship worldwide

teleflora.



20% of your purchase will benefit American Cancer Society



<http://www.acs.flowerclub.com/>

Spread the word and ask others to help by ordering flowers today.

Check this out

Here are some cheap and easy beauty solutions to get you looking your best for spring.

1. Mash one strawberry with ½ tsp. baking powder and rub it over your teeth. Leave it on for five minutes then brush as you usually would. It is a natural teeth whitener due to the malic acid in the strawberry.

2. Mix one teaspoon with a small amount olive oil to make a great sugar scrub. It will moisturize while being an anti-inflammatory and full of antioxidants.

3. Brew a pot of coffee and be sure to let it cool. Shampoo and towel-dry your hair, then pour the coffee over it being sure to saturate all the way through. Leave on for 20 minutes and rinse. It will deepen and enrich a brunette's color while adding depth and shine.

4. Milk not only does a body good but your face as well. Mix fat-free milk with water in a spray bottle and spritz your face with it. The lactic acid in the milk will soften the skin in turn help prevent wrinkles.

5. Johnson's Baby Shampoo with the NO MORE TEARS formula is a great, gentle way to take off your eye makeup. A big bottle costs less and lasts much longer than tiny bottles of actual eye-makeup remover.

6. You probably have Pepto-Bismol in your medicine cabinet, so you might as well get an extra use out of it. Smooth a layer over your face like a mask, and rinse after it dries. It works like a salicylic acid to tighten your skin and reduce redness.

Luminaria Bags



If you or your team members need Luminaria bags, Angie Marlow will have them available at team meetings. Try to use up any bags you may have leftover from last year.



**Team Spirit Award
EXTRA
(SAE)**

The winner for last month's SEA was Rita Werner.

The answers were

1. Swifter, Higher, Stronger (Olympics)
2. Front Royal

Try this one and email me at tbart94768@aol.com with the answer and EXTRA in the subject

**I can run faster than Mr. Ed and
roar louder than a lion but I have
feathers. Who am I?**

5th Annual Womanless Beauty Contest



Event raised over \$5,000

Ms. Relay 2010 – Arnold Williams
1st Runner-Up – Bill Lawson
2nd Runner-Up – Jason & Justin Bates
3rd Runner-Up – Chaz Knight
People's Choice – Cody Fincham - \$747 raised

Thank you to our MC, Shannon McMackin and our judges, Lee Braithwaite, Jenny Kromfield, and Lonnie Hill.



Show off your Easter Cre-EGG-tivity

[Relay For Life Style](#)

Challenge your team members, family and even yourself to create a one-of-a-kind RELAY FOR LIFE EASTER EGG!

Use anything on your egg to show your Relay Spirit. If your team has chosen your Color of Cancer at the last meeting try using that as a theme. The Steering committee will vote for a Grand Prize Winner. The team of the winner will receive 500 Team Spirit Award Points. Look for the May Newsletter Egg Pictures.

Send egg pictures to: tbart94768@aol.com with EGG in the subject line by April 5th.



Fun Easter Extras

**How does the Easter Bunny stay in Shape?
Hare-robics**

**What do you call a rabbit that has fleas?
A Bugs Bunny**

**Where does the Easter Bunny get his
eggs?
From the Eggplant**

**What does an Easter Bunny use to keep
his ears perky?
Hare-spray**

We will not let Cancer Define Us

This week, I had the privilege of attending the funeral of Mr. Thomas L. NiceWarner. He ended his battle with cancer March 13, 2010. This man was loved and respected by so many people in our community. He worked with the Sheriffs Department and the D.A.R.E program, while also being involved with Little League. An estimated 400 people attended the Family Night at Maddox Funeral Home. At one point during the funeral, all of Mr. NiceWarner's grandchildren stood up together and his granddaughter Emily read a letter she wrote to him. She told him that cancer did not define his life; it was only an obstacle along the way. I will remember this Relay night when my feet hurt from walking and I want to close my eyes, because it is only an obstacle and I will not let cancer define me...

Hot Cross Buns



Ingredients

- 3/4 cup warm water (110 degrees F/45 degrees C)
- 3 tablespoons butter
- 1 tablespoon instant powdered milk
- 1/4 cup white sugar
- 3/8 teaspoon salt
- 1 egg
- 1 egg white
- 3 cups all-purpose flour
- 1 tablespoon active dry yeast
- 3/4 cup dried currants
- 1 teaspoon ground cinnamon
- 1 egg yolk
- 2 tablespoons water
- 1/2 cup confectioners' sugar
- 1/4 teaspoon vanilla extract
- 2 teaspoons milk

Directions

1. Put warm water, butter, skim milk powder, 1/4 cup sugar, salt, egg, egg white, flour, and yeast in bread maker and start on dough program.
2. When 5 minutes of kneading are left, add currants and cinnamon. Leave in machine till double.
3. Punch down on floured surface, cover, and let rest 10 minutes.
4. Shape into 12 balls and place in a greased 9 x 12 inch pan. Cover and let rise in a warm place till double, about 35-40 minutes.
5. Mix egg yolk and 2 tablespoons water. Brush on balls.
6. Bake at 375 degrees F (190 degrees C) for 20 minutes. Remove from pan immediately and cool on wire rack.
7. To make crosses: mix together confectioners' sugar, vanilla, and milk. Brush an X on each cooled bun.

**Bake this traditional spring treat with your
Kids!**



Front Royal Warren County's
First annual
Bark for life

May 22nd, 2010

Warren County Humane Society
Progress Drive
Front Royal

Registration starts at 9:00 am
Opening ceremony 9:30 am
Walk starts at 10:00 am sharp

\$15 pre registration fee
Register before May 7th and save \$5

\$20 Registration fee the day of event

Go to www.frontroyalbarkforlife.org to register...
OR CONTACT Emily at 540-635-1849 /ehenry@vit.org

Bark for Life is a mini relay fundraising event that honors the care giving qualities of ones canine "BEST FRIEND" It honors the life long contribution of our canine caregivers and presents an opportunity for people to be empowered through their canine partnerships and to contribute to cancer cures through the mission of The American Cancer Society



Relay for Life of front royal/warren county
June 5th & 6th
Warren county middle school
www.frwcrelay.org



Relay for Life 2010



1525r-140088 fotosearch.com

The Boob -A-Loo 's *Warren County Karaoke Idol Contest*

Every Friday starting April 9th - May 14th from 9-11PM
At Stonewall Jackson Restaurant

A **\$5** donation will be collected at the door. This will go towards the first place winner's prize (\$ amount to be determined) with the remaining proceeds going to the Warren County Relay for Life team,

The Boob -A-Loo 's

Auditions will be held April 9th & April 16th.

NO new contestants will be accepted after April 16th

Judging will begin on April 23rd - May 14th with the winner being announced that night.

The contest is modeled after American Idol with contestants being voted off by our panel of 4 judges. Judges will consist of 2 Boob-A-Loo team members and 2 guest judges each week.