



Front royal /Warren County

Highlites



April 2008

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Contact Information

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Beth Mandiak, Co-Chair
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home: 635-1931
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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 2008

Opening Ceremony will begin at 6pm on Saturday, June 7, 2008
Closing Ceremony at 6am Sunday, June 8, 2008
To be held at the Warren County Middle School

April 8, 2008

Relay for Life Team Meeting
At 7pm in the Front Royal Warren Co. Chamber of Commerce
Office Building Located on Main Street

April 12, 2008

Third Annual Womanless Beauty Contest At Warren County High School at 7pm
\$5.00 entry fee to Per-purchase tickets stop by one of the following locations
Debbie's Ivy Garden located on Main Street, Front Royal
A Novel Idea located beside Daily Grind in the Royal Plaza Shopping Center
Rappahannock National Bank located in the Royal Plaza Shopping Center and
Donahoe's Florist located on North Royal Ave, Front Royal
Please call Maria Bolton at 327-2680 or Beth Mandiak at 635-1931

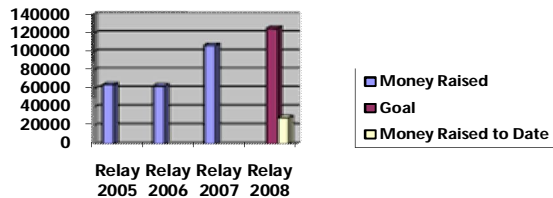
May 6, 2008

Relay for Steering Committee Meeting
At 7pm in the Front Royal Warren Co. Chamber of Commerce
Office Building Located on Main Street

May 13, 2008

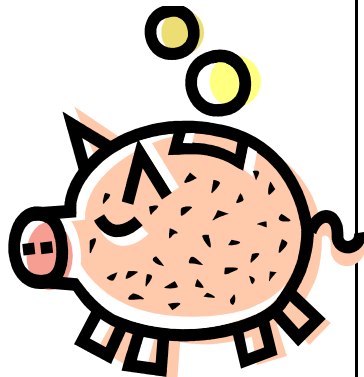
Relay for Life Team Meeting
At 7pm in the Front Royal Warren Co. Chamber of Commerce
Office Building Located on Main Street

Our Goal for Relay for Life 2008 is \$125,000



Money Raised to Date is
\$28,667.00

Bank Night



Do you have \$ to Bank? Cashier will be available to receive donations 15 minutes prior to start of meetings.

Bank Night will be held at each Team Meeting on the following dates:

April 8, 2008

May 13, 2008

April 29, 2008 at 100 Peyton Street, Front Royal

May 27, 2008 at 100 Peyton Street, Front Royal

June 7, 2008 at the Relay Event

Corporate Sponsors

Hope	Purple	Gold	Silver	Bronze
\$2,000+	\$1,000	\$750	\$500	\$250

Purple

- Baugh Northeast Co-Op, Inc
- Jack Evans Chevrolet
- Toray Plastics (America), Inc.
- Warren Memorial Hospital

Silver

- Edward Jones
- Royal Oak Animal Clinic
- Wachovia

Bronze

- AFLAC / Jerry Williams
- North American Housing
- Rappahannock National Bank
- Royal Oak Properties
- Warren County Youth Cheerleading Association



Located at 1202 North Royal Avenue
(beside Arby's)

phone # 540-635-2800.

On April 20, all orders placed between Noon to 9pm the owners of Fox's Pizza Den will donate at least 30% of sales to the American Cancer Society Relay for Life. The \$1 charge for delivery will also be donated. Pens are going to be given out with every order.

Relay Teams

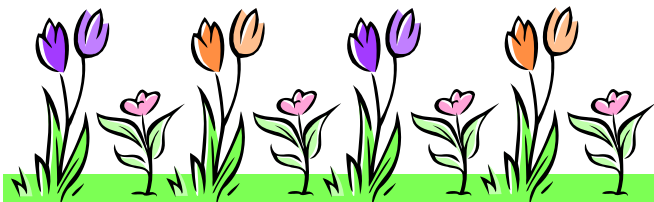
- 1) A Ray of Hope
- 2) A.S. Rhodes "Kaylee's Hope"
- 3) Beating the Odds
- 4) Chester Gap Baptist Church
- 5) Clap if You Believe
- 6) Curves
- 7) Dominion Health and Fitness
- 8) E. Wilson Morrison
- 9) Friends For a Cure Giving Cancer the Boot
- 10) FRUMYS
- 11) H.J.B. Queen Bees
- 12) Hit Cancer Out of the Ball Park
- 13) Jack Evans Chevrolet Racing For a Cure
- 14) Jean's Team – Browntown Baptist Church
- 15) Limeton United Methodist Church
- 16) Rays of Sunshine
- 17) Ressie's All Star 5th Graders
- 18) Steadfast Sisters
- 19) Team Jessica
- 20) The Funky Bunch
- 21) Together For A Cure
- 22) Toray
- 23) Wachovia
- 24) Warren County Middle School
- 25) Warren Memorial Hospital
"Fly for a Cure"
- 26) Weichert Realtors

Wanted

Names of Cancer Survivors And Caregivers.

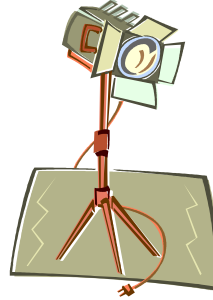
Please contact Mary at
mgrudzin@valleyhealthlink.com

Celebrate. Remember. FIGHT BACK



Spot Light on..... A Relay Team

**By Team Captain
Cathy Santmyers**

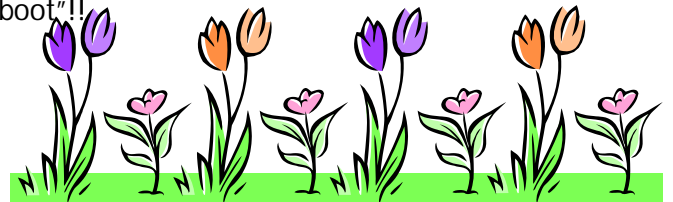


Friends for a cure is "giving cancer the boot!" for this years Relay! This is our second year being a part of Relay, last year we got involved 1 month before the event and we're able to raise over \$1,200 in that short period of time. With last year being our first time, we learned many things and came up with many great ideas to help us which our goal for 2008.

Our team goal is \$5,000 and we are half way there!!! Our team has sold pizza cards, taken pictures with Santa, and sold "The Colors of Cancer" jellybean jars for Easter. Upcoming events that we have planned are a yard sale; bake sale, and BBQ chicken dinner.

Last year after Relay I was honored to be asked to be a part of the steering committee and be involved with kid's events during Relay. This year, we will have the first ever Kids Lap, and a kids area featuring many fun activities the night of Relay. Kids are our future, so we're "Rounding up kids for a cure"! Even if your child is not registered on a team, please bring them the night of Relay to enjoy the great activities we have planned.

Our team relays for many reasons, my co-captain Barbry Deavers relays for her Father, Jim Scott who was diagnosed with prostate cancer a few years ago. Barbry wants everyone to be aware of the proper screenings, to ensure that if detected early, we can have more survivors to honor instead of in memory at this event. Other team members relay for friends or family effected by this terrible disease, but we are all in it to find a cure, and to "give cancer the boot"!!!



Team Events

Steadfast Sisters

Beaded Purple Earrings & Bracelets

Bracelets have purple cats eye and silver beads with a silver ribbon. Earrings have purple cats eye and a clear bead with a purple ribbon inside it. \$8 each. End date to be determined. Place orders with Nanci (540) 660-1926 or oiamme@yahoo.com

Bake Sale!

Saturday May 10th, 10:00 am - 2:00 pm In front of Peeble's Department Store, Royal Plaza Shopping Center, 425 South St., Front Royal. Nanci Lewis 540-660-1926 or oiamme@yahoo.com Fundraiser, Silent Auction, 50/50 Raffle, Food, Music & Fun -



Soda Can and Top Recycling

The team will recycle cans and donate proceeds to relay. The tops will be delivered to Shenandoah Oncology for their program that helps patients receive free treatments. Through Jun. 7th Drop off at steering committee meetings, team meetings, or contact Nanci to make arrangements. Nanci Lewis (540) 660-1926 or oiamme@yahoo.com

Warren Memorial Hospital "Flying for a Cure"

Poker Run!!!! Apr. 12th, 2008, 10:30 am - 3:00 pm Begins at Strasburg Theater, 151 W. King St. (RT. 11), Strasburg. Mary Grudzinski mgrudzin@valleyhealthlink.com

Friends for a Cure "Giving Cancer the Boot"

Old Cell Phone Recycling

A donation will be made to the American Cancer Society for every phone turned in. Through May 1st Drop off at steering committee meetings, team meetings. Cathy Santmyers (540) 636-4883 or catdon6494@yahoo.com

Mary Kay and Avon Product Raffle

Win a great bag filled with Mary Kay and Avon products (value \$60). It would make a great Mother's Day present! \$5.00 for One Chance; \$20.00 for Five Chances



The Funky Bunch

T-Shirt & Bake Sale

Saturday, April 12th from 10am-5pm in front of Peebles Dept. Store located in the Royal Plaza Shopping Center. T-Shirt sizes S-XXXL, \$16 each; cakes; brownies, muffins; and more yummy treats! For more info please contact Tracey Funk @ funky3@shentel.net

Treasures of Front Royal/ Yard & Bake Sale

Saturday, May 24th, 7:00 am - 3:00 pm at 1113 Kesler Road, Front Royal. Tracey Funk funky3@shentel.net

Jack Evans Chevrolet Racing for a Cure

Dairy Barn Model Raffle



Dedicated to Kelly Williams. A wooden, Wisconsin-style dairy barn modeled by craftsman David Schuster, measuring 18 x 20 x 27 inches. Chances are \$1.00 for ONE chance; \$5.00 for THREE chances; \$10.00 for an arm's length. Winner will be awarded at Relay through Jun. 7th Purchase chances at Jack Evans Service Dept., 9 Commerce Ave., Front Royal or contact Janice Allen. Janice Allen allenje55@yahoo.com

Hit Cancer Out of the Ball Park

Yard Sale

Friday, April 25th and Saturday April 26th 7:00 – 1:00pm both days at 46 Colonial Drive, Front Royal. Chrissy Thomas fmlyof4@shentel.net

Car Wash

Saturday, May 31st Noon – 4pm at the Rappahannock National Bank located in the Royal Plaza Shopping Center. Chrissy Thomas at fmlyof4@shentel.net.



Dominion Health & Fitness

Workout Against Cancer Bear Sale

This cute bear is wearing a purple workout suit that has an embroidered ribbon on it. It is 8" tall. \$10 each. Contact Tabitha to purchase at 540-846-2438 or tbart94768@aol.com



PartyLite Catalog Party

During the month of April the Dominion Health Fitness team will be taking orders for PartyLite Candle, if you are interested in placing an order please contact Tabitha at 540-846-2438 or tbart94768@aol.com.

Kids Night Out

Saturday, April 19th 6:00-8:00pm at Dominion Health and Fitness 9816 Winchester Road, Front Royal, VA by McDonalds and Hampton Inn. Drop your children off for a night of FUN! Games, Basketball, Tennis, Wallyball, Arts and Crafts, Tumbling. Face Painting and Pizza!

Cookbook Sale

Our cookbook, "Recipes for Life" will be here by the end of April. We have collected 195 recipes from team members, family and friends. The book is soft cover and spiral bound. Let us know if you would like us to reserve a copy for you! Price \$10.00. Taking Pre-orders now for end of April availability. Contact Tabitha to purchase at 540-846-2438 or tbart94768@aol.com

Consultant Day

Tastefully Simple and Glass by Manda

Sunday, May 18th 2-4pm at Dominion Health & Fitness Center 9816 Winchester Road, Front Royal. Enjoy an afternoon of goodies from Tastefully Simple! They offer a wide variety of gourmet foods and gifts for every day and every occasion. Glass by Manda is unique hand-made glass jewelry at an affordable price Manda offers beautiful pendants and necklaces with earrings to match.

Car Wash

Saturday, May 24th starts at 9:00am at Auto Zone, 201 N. Royal Ave., Front Royal. Cheer Domination of Dominion Health and Fitness is holding a carwash and donating all the proceeds to our relay team. Come out and help support these girls in their effort to do their part in fighting cancer. There will also be a bake sale table with lots of goodies.

Jean's Team-Browntown Baptist Church

Bluegrass Concert & Lasagna Dinner

Sunday, April 13th from 6:00pm – 8:00pm at Browntown Baptist Church Fellowship Hall. Directions: Take Rt. 340 S and turn left at the light onto Browntown Road (Rt. 649). Go approximately 7 miles to Browntown Baptist Church on left. The cost of the dinner is \$6.50 and includes salad, lasagna, garlic bread, and dessert. Contact Carrie Tomechko @ 540-635-5381 or Molly Lockhart 540-622-2823 anovelidea01@embarqmail.com.

Toray

Car Wash & Bake Sale

Saturday, May 10th 9:00am-1:00pm at Advance Auto Parts parking lot, 28 N. Commerce Ave. Front Royal. Contact Mary Lancaster 540-631-2551 or mary.lancaster@hotmail.com

*If you have a team event that you would like to post on the calendar
Please e-mail Maria at nettie@shentel.net*

Advocacy Corner



"I CAN PICTURE A CURE"

Whether you are a survivor, a caregiver, or a supporter you have a story to tell; please tell it. Download a form from our website www.cancer.org/rflwarren, print it, and fill in the box in the center of the paper. This is where your personal experience can make a difference.

These stories will be placed into a 2008 RFL Scrapbook. Two will be made, one to be mailed with the Wall of Hope to Capitol Hill and the other will be kept to view at RFL events in years to come. Each year we will create a new scrapbook. It would be wonderful for you to submit pictures as well. Please note they will not be returned.

Stories are due at the May team meeting.

Please contact Tara Waters with any questions - waters888@yahoo.com (540) 671-6053

Congratulations ...

To Becky and Mark Ramsey on the birth of their daughter Virginia Kate. Virginia was born on Friday, March 28th at 2:30pm weighing 8lbs 8oz. 21 inches long. Both Mommy and baby are doing fine. While Becky is out on maternity leave Julie Overbaugh from the American Cancer Society will be our contact person until Becky returns. Julie can be reached at Julie.Overbaugh.cancer.org or 540-667-2315.



Because We Care

American Cancer Society

April Newsletter

A Ripe Idea: Choosing Local Produce



Do you know where your fruits and vegetables have been? More and more of the produce you see at your supermarket has traveled significantly before finding its place on store shelves. While that may mean you can buy strawberries when they're not in season locally, that convenience could take a toll on your health and on the environment.

It is estimated that most produce travels more than 1,500 miles before it reaches your table. Transporting foods across the country or from abroad increases pollution and could affect your food's nutrient value. Transporting foods such long distances also take a significant amount of fuel and energy, which can be a concern in an ever more "green" society.

So how can you make sure the produce you choose is good for your family and for the environment? The National Resources Defense Council (NRDC) offers these tips.

- Support your local farmer market. Many parts of the country offer year-round markets or weekly events where local growers can show off their wares.
- Check the label on produce at your supermarket and choose local fruit and vegetables when you can

Remember, too, that eating lots of fruits and vegetables is an important way to reduce your risk for serious diseases, including cancer.

For more information and tips on including more fruits and veggies in your diet log onto www.cancer.org

The Light of Hope

For many people who attend Relay For Life, one of the most moving parts of the event is the Ceremony of Hope. As the light dims over campsites and team member's complete laps, the night is brightened by the glow of lighted bags called luminaria, each of which has a special meaning. Some luminaria celebrates the survivorship of people who have battled cancer and lived to tell the tale. Many commemorate the lives of those who have been lost to this disease. All represent 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 Ceremony of Hope? You too can help spread the light of hope and honor or remember those in your life who have been touched by this disease.

You can honor a cancer survivor by placing their name under "In Honor of," or you can remember someone who was lost to cancer by placing the name under "In Memory of." Each individual's name will appear on a luminaria bag and each will be lit at the ceremony to shine as a beacon of hope for others.

Please light a candle in honor of or in memory of a friend or loved one who has had cancer. Your contribution will help save lives, give hope, and empower people through the American Cancer Society and its lifesaving mission.

If you would like to decorate your own luminary bag, please contact Maria Bolton at nettie@shentel.net.