

Welcome to Monday Morning Coffee 02/09/2009



Your WV Susan G Komen for the Cure news and update

We are about to get back into the weekly schedule of things as winter comes to a close and spring opens up more activities to report. So get that hot cup of joe or a marshmallowed chocolate and let's see what is going on in the fight to end breast cancer in West Virginia and beyond.

- Race Update
- News From Around the State
- Upcoming Events
- Attention Survivors
- Resolution Central
- News in Breast Cancer Research

Race Update:

- WV Race for the Cure is off and running with registration and Team building heating up!

We now have 18 Teams registered and the fundraising is underway,

Top 5 Fundraising Teams as of Friday:

- 1)Care for the Cure=Tonya Kyle Capt. 9 members \$865.00 raised
- 2)In Honor of Dee= Ella Hurst Capt. 4 members \$315.00 raised
- 3)Nurses for the Cure= Tonja Parsons Capt. 2 members \$180.00 raised
- 4)Team Stamm= Tina Beckett Capt.1 member \$75.00 raised
- 5)Tennis Chicks for a Cure= Nora Lantz Capt. 2 members \$70.00 raised

Top 5 Fundraiser Individuals as of Friday:

- 1)Tonya Kyle = \$505.00
- 2)Ella Hurst = \$150.00
- 3)Kristen Ocheltree = \$120.00
- 4)Tina Reed = \$100.00
- 5)Tonja Parsons = \$90.00

Race registration forms and Posters are available for distribution NOW at the office- if you would like to help place these in public venues please contact our office 556-4808 or email president@komenwv.org

We are on schedule for March warehouse activities such as folding and bag stuffing= if interested please contact racechair@komenwv.org or tonjaparsons7@aol.com

Team Captain meetings will get underway by first week of March- packets are going out to prior year captains. If you are interested in starting a Team please contact mcalister425@suddenlink.net

We have some exciting Race tie in events coming up so stay tuned for more information= if you are interested in Race Cars be on the look out for the Pink Hood- more to follow.

Next Race Meeting is at 303 W. Washington St. 6pm on February 23rd please feel free to join us, as we count on all our volunteers and everyones ideas to make this event the best it can be.

News from Around the State:

- **Thinking pink: Students start first W.Va. school-based breast cancer club**

<http://wvgazette.com/News/200901230586> Morgan Richards is proof that breast cancer touches more people than those afflicted with the disease. Richards, a student at South Charleston High School, formed the Pink Ribbon Club last fall to help find a cure.

By [Davin White](#)

Staff writer

CHARLESTON, W.Va. -- Morgan Richards is proof that breast cancer touches more people than those afflicted with the disease.

Richards, a student at South Charleston High School, formed the Pink Ribbon Club last fall to help find a cure.

Her aunt, Sandy Epling, was diagnosed six years ago. A couple of years back, South Charleston Assistant Principal Trecia Peterson also discovered she had breast cancer.

Both inspired Richards to start the club, the first school-based club of its kind in West Virginia. Rebecca Newhouse, president of the West Virginia affiliate of the breast cancer awareness group Susan G. Komen for the Cure, told Richards about similar clubs that have been popular in California.

"We're going to try and get it at a lot of [West Virginia] schools," Richards said. "It's a real neat club."

This fall, 206 South Charleston students signed up to join. Richards and others collected money at football games, where they raised about \$500.

Next, the club's officers want to sponsor a Lawyer Challenge, where they'll encourage attorneys in the area to compete against one another and see who the highest bidder is.

"We're all new at this," Richards said. "Hopefully at the Race for the Cure, we want to have a booth." Race for the Cure is an annual event held by the Komen Foundation. Richards has been involved in the race for several years, as has Kim McClung, an assistant at South Charleston.

In the past two races, McClung gathered people involved with South Charleston High to race in the event as a single team.

"We walk as staff members," McClung said. "We walk as students together."

In 2007, the team won a trophy that recognized them as the most enthusiastic. Last year, they were honored as the largest school-based team and the one with the most creative T-shirt design.

In 2006, McClung walked in the race with Peterson, the school's assistant principal. In the months after that race, Peterson was diagnosed with breast cancer. She remembers that she told McClung, "Last year we walked in the race. This year I am the race."

"The sense of support here from the parents and students has been wonderful," Peterson said. She still has a difficult time talking about her battle with breast cancer.

Morgan's mom, Kathi Richards, has also stayed involved with the Race for the Cure and the Pink Ribbon Club.

She pointed out that there's a diverse mix of students in the club, and among its six officers.

"There are three boys, three girls on it," she said. "And that's just awesome."

Reach Davin White at davinwh...@wvgazette.com or 304-348-1254.

• **Bonnie's Bus for breast cancer screening ready to roll**

**By Karilynn Galiotos,
WVU**

[Listen Now \(3:23\)](#)

December 1, 2008 ·

West Virginia University's Cancer Center recently unveiled a bus that is equipped to provide mammograms in the field. The bus hits the road this spring. Its first stops will be in the state's most rural counties where access to health care is limited.

West Virginia has the 5th highest death rate from breast cancer in the nation. West Virginia University's Cancer Center hopes to fight that statistic with a new tool. WVU recently unveiled a bus that is equipped to provide mammograms in the field. The bus hits the road this spring. Its first stops will be in the state's most rural counties where access to health care is limited.

Bonnie's Bus was made possible thanks to a \$2.5M donation from WVU grads Ben and Jo Statler. Bonnie's Bus is named after Jo Statler's mother who died of breast cancer. Jo Statler was at the recent dedication ceremony.

“Early detection is the best preventative measure because if they are diagnosed and it is an early cancer, they are going to live a long life,” said Statler. “Otherwise with no mammogram, they may find a lump and it is already stage four. So this is a very positive way for these women in these areas that aren’t easily accessible for health care to get this mammogram.”

The 40-ft. bus is fully equipped with a digital mammography machine. With digital mammograms, results are processed more quickly and patients are exposed to less radiation than with previous screening methods. A typical screening visit could take as little as fifteen minutes. The bus also has a patient education area, a small kitchen, a restroom and a waiting area.

“I like it because it’s very feminine, very colorful, and I think it’s going to be very inviting for a woman to see this,” Statler said. “And I think she might even lose her fear of going in and having this mammogram taken. It’s even better than I expected it. It really has turned out very well.”

The mammograms are not free, but Statler says no woman will be turned down. Women who don’t have insurance will be matched to government programs or nonprofit charities. Those who need further diagnosis and treatment will be referred to a local doctor or hospital.

Rebecca Newhouse is President of the Board of Directors for West Virginia’s Susan G. Komen for the Cure. She says health care providers, non profit agencies and government officials worked together to make the project possible.

“This bus is a symbol of that collaboration. It’s going to open doors not only to greater awareness in rural areas, greater screening in rural areas, but also the future of treatment, the answer to treatment, because now you will have a base to get the information right there to where the next step is,” Newhouse said.

Newhouse says the bus could help decrease the death rate from breast cancer in the state.

“I would expect at least in the first year you will have numbers on maybe people seeking mammography for the first time, people having a repeat mammography in a timely fashion, as necessary. So those will be easy numbers to find. It will probably take longer to see an actual drop in the number of mortality, but I’m sure in a matter of a few years we should see that.”

Bonnie’s Bus will make its first stop in counties with higher death rates from breast cancer. This includes McDowell County where death rates are actually increasing.

Other counties with death rates higher than the national average include Taylor, Marion, Wayne, Mason, Logan, Mineral, Greenbrier, Cabell, Berkeley, Fayette and Jefferson.

Mercer and Mingo Counties may also be one of the first stops because screening is limited in these rural areas.

- As part of our partnership with WVU, journalism student, Karilynn Galitos, brought us this report.

Upcoming Events:

- February 28, 2009

1st WV Susan G. Komen Ski for a Cure

The WV Susan G. Komen Ski for a Cure event takes place on Saturday, February 28. Supporters are invited to come out to the event and help battle breast cancer.

Tickets for the event are \$100 and include an all-day ticket to Snowshoe. Proceeds will go to support the WV Susan G. Komen Foundation. For those looking to ski for an additional day, tickets for February 27 & March 1 are available for \$45. In addition, ski and snowboard rentals are available for \$18 per day with your Ski for the Cure ticket.

Tickets and rentals can be purchased by calling 877-441-4FUN or by visiting any on-mountain sales location on the day of the event.

Event Schedule:

Friday, February 27, 2009

7p - 9p Welcome Party - Moonshine - entertainment Kyle Samples

Saturday, February 28, 2009

8a - 9a Meet for first run of the day and receive your pink boa - Moonshine

9a Head to the slope for the first run - Skidder Slope

9a - 9p Slopes open for skiing

4p - 7p Happy Hour - Moonshine entertainment by Cranberry Rock complete with pink drinks

8p - 11p Pink Party in the Big Top - DJ, pink drinks, fun and games for the whole family

Sunday, March 1, 2009

9a - 9p Slopes open for skiing

- **Ski for the Cure**- weekend February 28th-Snowshoe- Mention WV Susan G Komen contact -304-572-1000 www.snowshoemtn.com

- Lock in your reservation before end of April and secure those new rates!

WV Pink Cruise to Pink Beaches of Bermuda- Oct. 31st- Nov. 5th- out of Baltimore Md \$100. Deposit now locks in your special Pink Ribbon pricing to benefit WV Affiliate

Contact Fox Valley Travel 1-800-288-5066 www.fvtravel.com

- **Quaker Steak & Lube** Race Night-April 30th Mountaineer Blvd S. Chas.- last chance registration for WV Race for the Cure www.quakersteakandlube.com

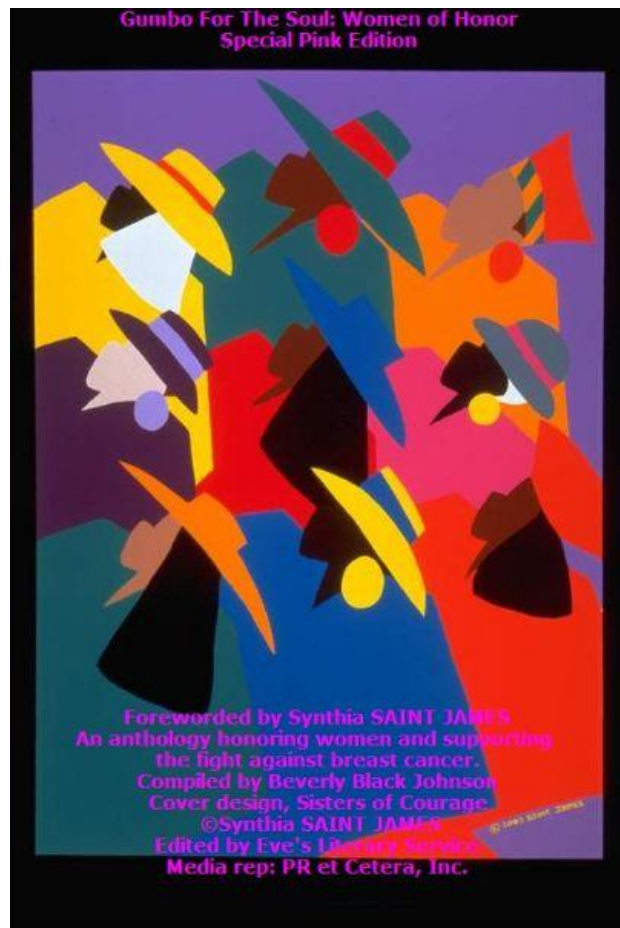
- **Packet Pick Up Party**- May 1st- First Bank of Charleston 201 Penn. Av- last chance reg. party w/ V100, food and fun.

- **WV Race for the Cure**- May 2nd- Capitol Complex on the Boulevard- contact -556-4808 register at <http://racewv.kintera.org>
- **Mother's Day Class VI dinner special**- May 10th -On the Gorge- contact 1-800-252-7784 www.class-vi.com
- **Raft for the Cure**-August 15th -Class VI Mountain River contact 1-800-252-7784 www.class-vi.com
- **K9's for the Cure**- Oct.10th- Shawnee Park Dunbar- contact Carrie-347-6615 president@komenwv.org
- **WV Pink Cruise to Pink Beaches** of Bermuda- Oct. 31st- Nov. 5th- out of Baltimore Md \$100. Deposit now locks in your special Pink Ribbon pricing to benefit WV Affiliate Contact Fox Valley Travel 1-800-288-5066 www.fvtravel.com

Attention Survivors:

Gumbo For The Soul: Women of Honor-Special Pink Edition

Due out October 2009~Breast Cancer Awareness Month



FOREWORDED BY SYNTHIA SAINT JAMES
AN ANTHOLOGY HONORING WOMEN AND SUPPORTING
THE FIGHT AGAINST BREAST CANCER.
COMPILED BY BEVERLY BLACK JOHNSON
COVER DESIGN, SISTERS OF COURAGE
©SYNTHIA SAINT JAMES
EDITED BY EVE'S LITERARY SERVICE
MEDIA REP: PR ET CETERA, INC.

INSPIRED BY THE CO-FOUNDER OF DEF POETRY JAM, VISIONARY, [BRUCE GEORGE](#).

[SYNTHIA SAINT JAMES](#) WAS RECENTLY COMMISSIONED BY THE SUSAN G. KOMEN FOUNDATION TO CREATE

[CIRCLE OF PROMISE](#). WE ARE SO HONORED TO HAVE MS. SAINT JAMES' INPUT AND TO SUPPORT SUCH A WORTHY

CAUSE THAT HAS SUCH A TREMENDOUS IMPACT ON OUR COMMUNITY.

20% OF THE BOOKS' PROCEEDS TO BENEFIT THE SUSAN G. KOMEN FOUNDATION.

SUSAN G. KOMEN FOR THE CURE LAUNCHED THE CIRCLE OF PROMISE CAMPAIGN TO ENGAGE AFRICAN-AMERICANS IN ITS MISSION TO END BREAST CANCER FOREVER BY FOSTERING INCREASED AWARENESS, SUPPORT, EMPOWERMENT AND ACTION. AFRICAN-AMERICAN WOMEN HAVE THE HIGHEST DEATH RATE AND POOREST SURVIVAL RATE OF ANY OTHER RACIAL OR ETHNIC GROUP FOR BREAST CANCER. LET'S INSPIRE EACH OTHER TO GET ANNUAL MAMMOGRAMS AND PERFORM SELF EXAMS. LET'S INSPIRE OUR MOTHERS, SISTERS, FRIENDS AND DAUGHTERS TO BEAT THE ODDS!

DEADLINE EXTENDED TO MAY 31, 2009

WE ARE SPECIFICALLY SEEKING SUBMISSIONS FROM PEOPLE DIRECTLY EFFECTED THEMSELVES, OR AS THEIR LIVES RELATE TO, FALLEN FIGHTERS OR SURVIVORS OF BREAST CANCER TO PARTAKE IN THIS SAVORY BLEND OF ESSAYS, QUOTES, INSPIRATIONS AND POETRY AS WE ACKNOWLEDGE WOMEN WE HONOR WHO HAVE MADE A DIFFERENCE IN OUR LIVES. JOIN US AND SHARE THE JOY AND *SOMETIMES* THE PAIN EMCOMPASSED THROUGH THE BATTLE TO SURVIVE WITH WORDS OF COURAGE, LOVE, WISDOM AND THE EXPERIENCE AS IT RELATES TO SUPPORTING A LOVED ONE, NEEDING SUPPORT OR BEATING THE ODDS OF BREAST CANCER. IF YOU'RE SOMEONE WHO LOST A LOVED ONE WE ENCOURAGE YOU TO SHARE WHAT KEEPS YOU STRONG AND HELPS YOU TO DEAL WITH YOUR LOSS. YOU WILL DEFINITELY BE AN INSPIRATION TO OTHERS.

CREATOR BEVERLY BLACK JOHNSON LOST HER MOTHER TO CANCER IN JULY 2008. SHE HAD BATTLED BREAST CANCER IN THE EARLY 80'S

Submission guidelines must be strictly adhered for consideration:All submissions must be 1500 words or less in Times Roman Size 12 regular typeface in the form of essays, poetry, inspirational or quote on wisdom, love, courage, life experiences. All submissions must be formatted with the title and author at the header of the document and a brief bio at the footer. Bios are also factored in the submission word count. Also attach a jpeg picture of yourself for our yahoo-group, Contributor Photo Album.(photo optional)

A signed Contributor Agreement must be received prior to publication and is available via our yahoo group upon joining.

Email: [Mothers and Women of Honor-subscribe@yahoogroups.com](mailto:Mothers_and_Women_of_Honor-subscribe@yahoogroups.com)

The deadline is extended to May 31, 2009. We will publish the updates via the yahoo group.

Compensation: Contributors will receive an honorable mention on the website and in the anthology which may include links to email and website of choice.

Pre-ordering will not be available for this special edition.

Email submissions to Gumbo for The Soul at: gumboforthesoul@yahoo.com with Women of Honor in the subject field.

Contributor agreement hardcopy must be mailed to : GFTS P.O. Box 5193 San Jose, CA 95150

ELECTRONIC

SIGNATURES FOR THE CONTRIBUTOR AGREEMENTS NOT ACCEPTED

Include a self-addressed, stamped envelope to obtain receipt confirmation.

Byline: A short bio will be included for each contributing author.

Rights: Authors retain all rights and copyright to their individual works. Gumbo for the Soul will obtain the copyright and ISBN for the entire compilation (anthology).

Editing: We reserve the right to edit selected submissions for grammar, punctuation, spelling, and appropriate content

- **Compassionate Communications Seeking Recipients**

Attention breast cancer survivors! Compassionate Communications is looking for volunteers to sign up to receive Hallmark cards from supporters who want to make a personal difference in the fight against breast cancer. Volunteers need only to visit <http://www.compassionatecommunications.com/> and create a survivor profile. Supporters of the program chose from an assortment of cards which are addressed, stamped and sent to them to sign and mail. For more information on the program, contact Cause Marketing Specialist Brittney Dellinger at bdellinger@komen.org or 972.701.2094.

Resolution Central: K I S S

(keep it simple sister) As we continue to help you keep those slipping resolutions- let's reflect.

Small changes make big impact over the course of the year= whether it was in diet, exercise or community service.

Have you given up on the water already? Did the October yogurt go into history? Are salads only part of your summer menu? Since we are finding out more about the benefits of vitamin D and healthy choices in our diet, lowering breast cancer (and other Cancers) risks- what little change are you using to improve your 2009. Kroger had an incredible sale on Yoplait Yogurt- hope you took advantage- not only is it the best yogurt choice for added vitamin D but it adds that calcium necessary to lose inches from our waistlines. Not all yogurt is created equal. Yoplait has a variety of products to choose from but all maintain a high level of vit. D. Look for healthy salad choices to add extra vitamin D as well, not to mention other necessary nutrients. There have never been so many leafy choices so readily available. Add some nuts or seeds for healthy omegas and fiber, some blend of olive oil and flavor for even more nutrient enhancement and the next thing you know you may actually like salads all year long. And next year this time "it will have done your body good".

Try consuming some small portion of a healthy choice every few hours for a continuous flow of healthy energy. If it's hard to get those servings of fruits and vegetables- and yes I know it is- take some easy things to keep in your desk or purse. During this newsletter, I took a break for a small snack of Cinnamon Apple Sauce. Okay an apple would have been optimal but the cinnamon tricks my taste buds by enhancing the sweet flavor and it was a serving of fruit- eases pease. It is one of those things you can store in the fridge at work or bring in your purse and soothe the crave for sweets.

Did you find the stairs? Have you parked just a little further away from the main gate or elevator? Did you try parking up the street instead of in front of the building? Any added steps will add up. When you have had a week or two like these last two, I am with you in the self protective, 'but it is too cold to think walk'. Well, wrap that Ford Warrior Scarf around your face and know that the cold helps burn more calories, so you get an added boost to braving the walk. And congratulations to my running friends that I see on hill sides maintaining their training. In case the rest of you haven't noticed they don't need tanning beds to hold great skin color all year long. Extra bonus points if you had to shovel out. I added a quarter mile to my daily since I had to walk my snowed in driveway. Okay so sometimes it isn't voluntary, I consider it a universal push in the right direction.

Now you know on the Community Service front I was open to anything last letter- but we are getting into our Race Season so all I can say this time is - **THINK WV SUSAN G KOMEN RACE FOR THE CURE**= start a team- join a team- hang posters- hand out registration forms- volunteer to fold shirts or stuff bags- make phone calls to community groups to enlist their support- contact racechair@komenwv.org today and tell her you want to help end breast cancer in West Virginia and the World by racing for the cure.

News in Breast Cancer Research:

• **Healthy Diet Can't Hurt, May Help Breast Cancer Patients**

Women diagnosed with early-stage breast cancer might benefit from a healthier diet that includes foods such as fruits, vegetables, and whole grains, and minimizes refined foods and red meat, according to the results of a study published in the *Journal of Clinical Oncology*.^[1] Although this diet was not shown to impact breast cancer-related outcomes, it was associated with a decreased risk of overall death and death from causes other than breast cancer.

Breast cancer is the second leading cause of cancer death in women in the United States, with approximately 180,000 cases diagnosed each year. Researchers continue to evaluate environmental factors, such as diet, that influence the development of breast cancer. Numerous studies have provided a wealth of often-contradictory information about the detrimental and protective factors of different foods. High fruit and vegetable consumption has been associated with a reduced risk for developing at least 10 different cancers. Studies evaluating the influence of diet on breast cancer prognosis have produced inconsistent results.

Researchers from California and Utah assessed a cohort of 1,901 women from the Life After Cancer Epidemiology (LACE) Study who were diagnosed with early-stage breast cancer between 1997 and 2000. Upon entering the study, the women completed a food frequency questionnaire (FFQ). The researchers used the data from the FFQs to identify two dietary patterns among the women: a *prudent* diet included high intakes of fruits, vegetables, whole grains, and poultry, whereas a *Western* diet included high intakes of red and processed meats and refined grains. The researchers then evaluated the rates of recurrence, overall death, death from breast cancer, and death from causes other than breast cancer. As of May 2008, there were 268 breast cancer recurrences and 226 deaths, 128 of which were attributed to breast cancer.

After analyzing the data, the researchers found that women who followed the prudent diet had a statistically significant decreased risk of overall death and death from non-breast cancer causes, whereas those who followed the Western diet had an increased risk of overall death and death from non-breast cancer causes. Neither dietary pattern was associated with a risk of breast cancer recurrence or death from breast cancer. Because the prudent diet was associated with a decreased risk of overall death, the researchers concluded that “women diagnosed with early-stage breast cancer may benefit from dietary patterns that include healthier foods such as fruits, vegetables, whole grains, and poultry and less consumption of red meat and refined foods.”

Reference:

[1] Kwan ML, Weltzien E, Kushi LH, et al. Dietary patterns and breast cancer recurrence and survival among women with early-stage breast cancer. *Journal of Clinical Oncology*. Early online publication December 29, 2008.

Copyright [Breast Cancer Information Center](#) on [CancerConsultants.com](#)

• **Breast Cancer Update from the 2008 Meeting of the American Society of Clinical Oncology**

Breast Cancer Update from the 2008 Meeting of the American Society of Clinical Oncology

While there was no overriding theme to breast cancer presentations at the American Society of Clinical Oncology's (ASCO) annual meeting in 2008, it is clear that progress continues to be steadily made in defining optimal chemotherapeutic regimens in the adjuvant setting, extending our knowledge of biological therapy, and improving HER2-directed therapy in metastatic breast cancer (MBC). Provocative results were presented regarding use of bisphosphonate therapy for improvement in breast cancer-specific endpoints, changes in phenotype during the course of the disease, and linking breast cancer outcome to nutritional status. Visit Komen > [Breast Cancer News](#) to read the full report.

- *Volunteer positions needed by the Affiliate and specific contact info;*

Survivor Liason- contact Carrie Mallory= cmallory@suddenlink.net

Carrie is our contact for Survivors to coordinate information and volunteers. This is the heart of our organization and community contact. We hope to be a source of information, resources, and a way to link survivors to support groups or individuals. As with many communities we hold an annual luncheon for survivors and a special set of activities on Race Day.

Speakers Bureau (not race related)-contact Angela McKeone= angela.mckeone@yahoo.com

Angela is looking for people comfortable with public speaking and ready to take the Komen message to schools and community organizations.

Year round Volunteers-contact Tonja Parsons = tonjaparsons7@aol.com

Tonja is organizing our volunteer contact info and arranging volunteers into categories of preferences. This will also allow for some training activities in the future, so you can feel more comfortable in whatever activities you perform.

And with the new year already in full swing I am looking for a person to work in the office either as a volunteer- or for community service hours for school- or as an internship- one day a week or a couple days every few weeks- very flexible- no more than an hour or two and preferably no evenings. Please contact 556-4808 or email president@komenwv.org .

As always - We are here to support WV and the race to end breast cancer- thank all of your for your ongoing support.

Please visit the National site www.komen.org frequently for the latest information and coolest products.



rebecca

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