

Relay for Life Durham County



Visit: http://www.geocities.com/durhamrfl/ACS_relay.html

FACT: Thirty years ago, childhood cancer was nearly always fatal. Now, 77% of those diagnosed will survive five years or more, an increase of almost 40% since the 1960s.

CALL FOR ACTION!!

The Durham Relay is just around corner and there is a still lot of work to be done. Volunteers for set-up, clean-up and security are still needed. More importantly we need TEAMS!!! There are slots to be filled so please do your part to make this year's relay the best yet!!! For more information contact Denise Mitchell at (919)294-5194.

Group Spotlight: Clowning for a Cure

By Sarah Batchelor

You remember them. Big wigs. Red noses. Funny shoes. Lots of make-up, and the lingering smell of fried chicken following them as they walked all the way around the track.

These aren't just any clowns. These clowns can cook, and they have been cooking fried chicken and hot dogs at the Durham Relay for Life for the past three years.

The Clowning for a Cure team consists of five adult planners who work nine months out of the year on their fundraising endeavors. For the Relay, their friends and family members join them, and the group grows to fill up three campsites.

Last year they were successful in raising \$5,000. But this year the bar has been raised and they won't settle for anything less than \$7,000.

They have come up with some creative ideas to meet their monetary goals for this year. They have decorated their cubicles at work, sold cancer beanie babies called Fight Beans,

designed T-shirts to sell, and on March 28 they will have a food sale. (contact team-captain Erika Jones to support the food sale — ericajones30@hotmail.com)

For the food sale they will be taking pre-orders for hot, boxed lunches. They will cook the lunches and then deliver them right to the offices of their friends, co-workers and family members.

The group is always thinking up ways to raise more money, and there is no time for slowing down, not even on the day of the Relay. Each year the group provides home-cooked foods for the people participating in the Relay, and as always, all proceeds go to the American Cancer Society to fund cancer research.

This year, their fourth year, they hope to raise more money, and of course, cook more chicken and hot dogs at the Relay. Don't forget to stop by their campsite; get nourished by some good humor and some great hot dogs!



The Survivor's Walk

The Survivor's Walk is a ceremonial lap of honor for cancer survivors and their caregivers. The first lap of every Relay for Life is set-aside especially for the Survivor's Walk.

During the emotional lap, cancer survivors wear a red sash and caregivers wear a green sash. The remaining participants line the track and cheer the survivors and caregivers home.

REAL-LIFE EXPERIENCES

The following was taken from the National Relay for Life Homepage. It occurred in Texas.

Mark Horstman remembers the day his life unraveled in a matter of 15 minutes.

"We had the classic American story where we had taken our five-year-old daughter in to have a cyst drained and after 45 minutes, we were packing... (continued on page 2)

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Cancer Awareness Ribbons

Each type of cancer is represented by a different color ribbon. Below are some of the color designations, as well as a few prevention tips for each cancer type.

Breast Cancer - PINK

Cut down on the amount of alcohol you drink.

Maintain healthy weight.

Eat more vegetables.

Ovarian Cancer - TEAL

If you are under age 50, consider taking birth control pills. Talk with your doctor about the risks and benefits.

Lung Cancer – CLEAR

The single best way to prevent lung cancer is not to smoke. If you smoke, quit for good as soon as possible. Not long after you quit, your risk of lung cancer begins to drop. Eventually, it's about the same as someone who never smoked.

Pancreatic Cancer – PURPLE

Don't smoke.

Eat at least 3 servings of fruits and vegetables every day.

Melanoma - BLACK

Protect your skin from the sun.

Be sure to protect the kids in your life as well. Kids need extra protection from the sun because their skin is more likely to burn. Be an example for them to follow.

Colon Cancer – BROWN

Get regular screening tests beginning at age 50.

Eat less red meat.

Be physically active for at least 30 minutes every day.

Maintain a healthy weight.

Limit the amount of alcohol you drink.

Eat more vegetables.

Prostate Cancer - BLUE

Cut back on food with animal fat (red meat, processed meat, cheese, and other full fat dairy products).

Eat more tomato-based foods (like pasta or pizza with tomato sauce).




LAVENDER is the color for General Cancer Awareness.

REAL-LIFE EXPERIENCES, cont.

the doctor came out and said we were facing cancer.”

“Relay became a way to pay back what the Cancer Society did. I thought, ‘Here’s my opportunity.’”

“I can never repay the ACS, but I’m still trying,” he says. “Five years ago, I didn’t even know Relay existed. Now I’m training thousands of people. Relay has reconnected me with the spirit and heart and the real soul of people. It’s not about the money. It’s about what the money can do.” 

"When you do the common things in life in an uncommon way, you will command the attention of the world."

- George Washington Carver

For more information on getting involved with this year’s Durham Relay, contact:

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Or

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For comments or suggestions for this or future newsletters, please contact Lauren Yoder at lyoder@email.unc.edu.

