



NEWSLETTER

FOR LIFE · FOR HOPE · FOR CHANGE · FOR THE FUTURE

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IN THIS ISSUE:

A Word from the Board	1	2007 BBCC Scholarship Winners	7
BBCC Board of Directors	2	10 Ways to Improve Indoor Air Quality	8
In the Spotlight	3	Talking to Your Kids About Cancer	8
Thanks, Glittergirls	4	In Loving Memory	9
Long Island 2-Day Breast Cancer Walk	4	Study Finds Diet Does Not Play a Major Role in Breast Cancer	10
Cancer Care Free Phone Workshops.....	4	Volunteer Come in All Shapes and Sizes	10
Pampered Chef Fundraiser	5	Board Member Updates	10
Dad Can Pass Down Hidden Breast Cancer	5	Walk FM Radio Fundraiser	10
Many Thanks	6	Vision of Hope Garden	11
Abortion Not Linked to Breast Cancer.....	6	Dedicate a Brick	11
Make Your Special Event Extraordinary	7	Dates to Remember	12

A WORD FROM THE BOARD

– TESS HELFMAN

Being one of the newest board members, I was somewhat unsure what I might share when I was asked to write for this piece. So many things came to mind; people to thank, issues on the forefront, but I kept coming back to something much more personal ... Five years ago today I was still doing the courtship dance with cancer, the X-rays, the tests, the biopsy... and of course the dreaded waiting game.

How ironic that this issue of the BBCC Newsletter will come out just as I am approaching my "five-year" survivor mark and how ironic that writing actually played a big part throughout my entire journey.

Most of you reading here have had your own experience with a cancer journey, either your own or that of a loved one. Each journey and the deci-

sions that a cancer patient has to make are uniquely personal, and one of the first and most difficult decisions is how to share the news.

The writing started the night I shared my biopsy results with my husband, Barry. We knew the exact day the results were coming, and when he came home from work he knew as soon as he saw me. We wrapped our arms around each other, cried, prayed, bonded in a way I never knew existed, and then we wrapped our hearts around the reality that we had to share this awful news with family and friends. The thought of

this actually gave us some of our first laughs ... to appreciate this you would have had to have seen the movie "Death Becomes Her" with Goldie Hawn, but here goes ... Of course, like most families we knew that the news would

spread fast and by the time it got around to the tail end of our circle of family and friends, I would have a hole in my body from front to back. Even if you didn't see the movie, I am sure you can see the humor here. Then of course we knew the phone calls and the e-mails would be relentless. This did not seem so funny! We were already drained and had so much ahead. Then the idea came of writing everyone a letter so that they would all get the news at the same time with the same information. Not as personal as I'm sure most would have liked, but it seemed easier for us and that had to be the priority, so November 4, 2002, the "Pink Letters" came to be.

Writing that first letter was a quite a cathartic experience on many levels, and it gave me the opportunity to take back a little control the "big" c had already started to take away from me.

(continued on page 2)

VOLUNTEERS
are not paid for their work - not because it is worthless, but because it is PRICELESS!

A WORD FROM THE BOARD

(CONTINUED FROM COVER)

On reading back my first draft, I realized I had capitalized the B and C in those dreaded words, and so I went back and changed all those BCS into lowercase bc's... simple but powerful. While writing I already knew just how carefully I would have to word things for those I love. I had already gone through many weeks of sharing test and biopsy results with Barry, awful awful awful! I reworded and reworded the first draft as I thought of each loving person who would be reading this "Pink Letter." I typed away into the wee hours of the morning until I finally had what I thought worked best for everyone... except my mother.

I mailed the letters and made lunch plans with my mother for the next day. That day is still one of the most vivid horrors of the journey. What would I say to the most precious woman in my world? I was an absolute mess. I got in the car but by the time I was only three blocks from my house, blinding tears were streaming down my cheeks falling hard into my lap. So I pulled over and prayed. Knowing the "Pink Letters"

were on their way to everyone else forced me to forge ahead; more evidence of the power of the written word. I had to pull myself together and get to her. God did give me the strength and the right words to say to my mother and then I gave her the letter to read. It was oddly easy because my mother, as mothers do, already knew something was seriously wrong.

Very positive, upbeat "Thanksgiving Pink Letters" went out (I had my surgery the day before Thanksgiving), but for the next two years it was a roller coaster of what seemed to be impossible bad news when I kept falling into the very smallest of percentages. "This only occurs in 12% of cases" came to mean... be prepared! "Pink Letters" continued to go out, serving their purpose of giving updates but also at the same time the "Pink Letters" were serving me, giving me greater hope and strength as I would try and find the most hopeful words to use to update my loved ones.

Now that I finally have a clean bill of health, "Pink Letters" still go out with updates of good news and fund raising

requests, but for me, they will always be the vehicle that changed my journey on so many levels. I am blessed with the gift of understanding of just how difficult it is to have a thief come in and steal your world away, when all you want to do is to be able to think of "normal" things but cannot. When I speak to someone who is in some stage of the cancer journey, I know their "normal" will never be the same again, and I am always reminded of all the lessons the "Pink Letters" have taught me and how far I have come in five years as a human being. So as I am reflecting on this mark in time, I am reflecting on what a wonderful a place I am in life right now, and how blessed I am to be here, blessed to be able to be involved with an organization as great as the BBCC, blessed to go forward and to always know the power of both spoken and written words.

What is written throughout this newsletter has the power to change untold moments in the lives of many, and I am blessed and thankful to be even a small part of that.

BBCC BOARD OF DIRECTORS:

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IN THE SPOTLIGHT:

The Sullo Family

Losing their mother, Kay, to cancer in November 2006 was an overwhelming heartache for the Sullo Family. Shortly after her death, Kay's daughters, Kathleen Lutz and Christine Centrone, and her daughter-in-law, Frances Sullo, were hatching ideas about how to pay tribute to Kay. With the loving support of Kay's husband, Roy, along with their respective spouses, children, friends and neighbors, the three women decided to designate their annual North Babylon Fourth of July block party as a BBCC fundraiser in memory of Kay. With less than a month to plan, the women worked hard to advertise the event, gather raffle prizes for a Chinese auction, have T-shirts printed, coordinate a luminary service and other activities that would make the day a success.

Rainy weather did nothing to dampen the spirit of the block party, which resulted in raising an outstanding \$10,200! The funding will be used to support our many programs, including but not limited to Lend a Helping Hand and Pink Ribbon.

Kathleen, Christine and Frances all say Kay's dedication as a BBCC volunteer was the deciding factor in creating the fundraiser. All three agree the BBCC programs and supportive volunteers help ease cancer's difficult journey. Kathleen, a Women's Health Nurse Practitioner at NYU Medical Center, is especially thrilled the BBCC has expanded its Lend a Helping Hand program to include women in treatment for gynecological cancers.

The three women are involved with a variety of causes: Kathleen with the Gynecologic Cancer Foundation and Ovarian Cancer Research; Christine, a recreational therapist at Our Lady of Consolation Nursing and Rehab Center



in West Islip, has supported various cancer-related causes, including St. Baldrick's Foundation and For the Love of Jackie. The girls soccer team she coaches has also raised funds for a young cancer patient in West Babylon. Frances, a teacher's assistant, is a PTA co-president and has organized a Relay for Life with the American Cancer Society at Kings Park High School.

When meeting Kay's family, it is immediately apparent at how close and loving this big family is and how they've never strayed far from each other, even in adulthood. Christine and her husband, Dominic, live in North Babylon with their two young daughters. Kathleen and Kurt reside in Babylon with 5-year old Andrew and 2-year old Natalia. Brother Roy, Jr. and Frances are nearby in Kings Park with Amanda, 16; Allison, 7; and 5-year old April. Roy, Sr. still resides in

the North Babylon home he shared with Kay and his children. All enjoy spending time outdoors with the family and Roy, Sr., a part-time bus driver, makes every effort to find time to be with the his grandchildren.

The Fourth of July fundraiser, the hard work by so many that made it such an outstanding success and the obvious affection the family has for one another are wonderful testaments to both Kay and Roy Sullo, as parents, neighbors and friends. Kay would have been proud.

THANKS TO THE SULLO FAMILY

Kay Sullo was the ideal BBCC volunteer – warm, funny and caring. Her passing in November 2006 devastated her family and friends. In memory of Kay, the Sullo Family turned its annual July 4th block party into a BBCC fundraiser. Through donations, T-shirt sales and a Chinese auction, the block party garnered more than \$10,000 in support of the many BBCC programs including but not limited to Lend a Helping Hand and Pink Ribbon programs. What an amazing tribute to an amazing woman. Thanks to the Sullo Family and all their friends and neighbors who worked so hard to create such a special fundraiser.

THANKS, GLITTERGIRLS

Robyn Carney, owner of Glitter Girls Jewelry, together with Johanna and Brett Chester, hosted a July 15th BBCC fundraiser at Chester's Restaurant and Lounge in Amityville. Owner Johanna and Brett provided finger foods at their lovely eatery, while Robyn and her staff showcased a wide variety of jewelry, handbags and other accessories. The evening was a pleasant mix of shopping and socializing, with lots of Robyn's friends and customers coming out to support the BBCC. A total of \$1,500 was raised during the night through sales and raffles. Thanks to everyone who helped make this a successful and fun event.



Pictured left to right:
Johanna Chester,
Robyn Carney, and
Brett Chester.



Pictured front row:
Nicole Cannizzarro,
and Robyn Carney.
Back row: Jamie
Kruse, Victoria
Pelly, Kristin

CANCERCARE FREE PHONE WORKSHOPS

CancerCare offers free telephone education workshops for women living with breast cancer, their families, friends and health care professionals. These workshops are a great way for people to learn about cancer-related issues from the convenience of their home or office. Leading experts in oncology provide the most up-to-date information on the telephone.

Participation in the workshops is free and no phone charges apply. Call CancerCare to register at 1-800-813-HOPE (4673) or register online at HYPERLINK "<http://www.cancercare.org>" www.cancercare.org After you have registered, you will receive additional information.

October's two workshops are:

**CARING FOR YOUR BONES WHEN YOU HAVE BREAST
CANCER** • Friday, October 26th • 1:30 p.m. – 2:30.p.m.

UNDERSTANDING PERIPHERAL NEUROPATHY
Tuesday, October 30th • 1:30.p.m. – 2:30.p.m.

LONG ISLAND 2-DAY BREAST CANCER WALK

The Babylon Breast Cancer Coalition is proud to be a beneficiary, to the tune of \$29,000, of the Long Island 2-Day Breast Cancer Walk.

It was our pleasure to be part of the effort by securing all the food for the meals, rest stops and the beverages (water, etc.) throughout the weekend. This collaborative effort was a labor of love and an experience that we will never forget. It was a pleasure working alongside so many breast health organizations that have the same goal.

The walkers ... what can we say? Their determination and dedication can be a model for us all. Bravo!

As a 2-Day Walk beneficiary, we are proud to direct the funding to our free Gift of Health and Inspiration tote bag program to those newly diagnosed with breast cancer, no matter where they live, before they have their initial surgery. Distributed by the Good Samaritan Breast Health Center and Memorial Sloan Kettering Cancer Center in Commack, the bag includes a mastectomy pillow, books, a spa gift certificate for a facial or reflexology session, United Artists movie tickets, thank you note cards, journal, pen, bracelet, Chapstick®, mints and more. Recipients of the Gift of Health and Inspiration repeatedly report that the bag is very comforting during a scary time in their lives and makes them feel supported and positive.

Be on the lookout for next year's event. You'll love that you got involved whether it be as a walker, volunteer, crew or supporter.

Information for the walk can be obtained by going to the Web site at www.li2daywalk.org.

DAD CAN PASS DOWN HIDDEN BREAST CANCER

A deadly gene's path can hide in a family tree when a woman has few aunts and older sisters, making it appear that her breast cancer struck out of nowhere when it really came from Dad.

A new study suggests thousands of young women with breast cancer – an estimated 8,000 a year in the U.S. – aren't offered testing to identify faulty genes and clarify their medical decisions.

Guidelines used by insurance companies to decide coverage for genetic testing should change to reflect the findings, said study co-author Dr. Jeffrey Weitzel of City of Hope Cancer Center in Duarte, California. Testing can cost more than \$3,000.

"Interestingly, it's about Dad," Weitzel said. "Half of genetic breast cancers are inherited from a woman's father, not her mother. But unless Dad has female relatives with breast cancer, the faulty gene may have been passed down silently without causing cancer." Men can get genetic breast cancer, too, but it is not common.

RISK OFTEN OVERLOOKED

Weitzel said doctors often overlook the genetic risk from the father's side of the family.

The study, which appeared in a June issue of the journal of the American Medical Association, looked at the genetic test results from 306 women diagnosed with breast cancer before age 50.

None of the cancer patients in the study had a family history of breast cancer or ovarian cancer.

Among the women with plenty of female relatives, about 5 percent had BRCA gene mutations. But among those with few sisters and aunts older than 45 (when breast cancer would be likely to appear), almost 14 percent had mutations of the genes BRCA1 and BRCA2. That suggests that these cancer patients were unaware of their genetic mutations because there were so few women in the family to signal a cancer risk.

The researchers defined few female relatives as fewer than two on either the father or mother's side of the family.

Women who were adopted and don't know their family history should be aware of the findings, Weitzel said. Women whose female relatives died young before breast cancer had time to show up also are affected.

ARGUMENT TO INSURANCE CARRIERS

When such a woman gets breast cancer before age 50, she should get a genetic test, said Dr. Noah Kauff, a cancer geneticist at Memorial Sloan Kettering Cancer Center in New York. That would help her decide whether to have the unaffected breast or her ovaries removed to prevent more cancer. Kauff was not involved in the research, but wrote the accompanying editorial.

"The study allows physicians and



patients to make an argument to insurance carriers that, although there's not a family history of breast cancer, it's still reasonable to test and it should be a covered benefit," Kauff said.

Genetic testing helps a woman choose her next medical steps. A woman with breast cancer who has a BRCA gene mutation has a four times greater risk of developing cancer in the other breast and a 10 times greater risk of ovarian cancer than does a woman with breast cancer who has no BRCA gene mutation.

Some women with a family history of breast cancer choose to have a BRCA genetic test so they can decide whether to reduce their cancer risk by removing their ovaries and breasts before any cancer appears. Drug therapy and monitoring with annual MRI tests offer alternatives.

Testing the genes of more women would cost more money, but Weitzel said that won't add significantly to health care costs and will prevent cancer in some of the women.

The study also showed that three commonly used predictive models don't accurately estimate the genetic breast cancer risk for women without a family history of cancer. The American Cancer Society recently based its recommendation for annual MRIs on risk assessments from the predictive models.

PAMPERED CHEF FUNDRAISER

Many thanks to West Babylon resident and Southside Hospital employee Judy Awill-Bergnes for hosting a fundraiser at the hospital featuring Pampered Chef products. In addition to raising money for the BBCC, all Pampered Chef parties booked at Judy's fundraiser will also donate proceeds to the Coalition.

ABORTION NOT LINKED TO BREAST CANCER

Neither induced abortion nor spontaneous abortion (miscarriage) appears to be associated with breast cancer risk in premenopausal women, according to a report in the April 23 issue of *Archives of Internal Medicine*, one of the *JAMA/Archives* journals.

Women younger than age 35 who carry a pregnancy to term appear to have a reduced lifetime risk of breast cancer, according to background information in the article. Pregnancy may accelerate breast cell differentiation, the process by which cells take on specialized roles. "An incomplete pregnancy may not result in sufficient differentiation to counter the high levels of pregnancy hormones that may foster proliferation," the rapid growth and division typical of cancer cells, the authors write. "However, these biological mechanisms are uncertain, and a prematurely terminated pregnancy may not affect breast cancer risk at all."

Karin B. Michels, Sc.D., Ph.D., and colleagues at Brigham and Women's Hospital, Harvard Medical School and Harvard School of Public Health, Boston, examined the association between abortion and breast cancer in 105,716 women who were part of the Nurses' Health Study II (NHSII). The women were between age 29 and 46 at the beginning of the study in 1993. At that time, and again every two years through 2003, they answered questions about whether and at what age they had had miscarriages or induced abortions and provided information about breast cancer risk factors and diagnoses.

A total of 16,118 participants (15 percent) reported having a history of

induced abortion and 21,753 (21 percent) had a history of spontaneous abortion. Between 1993 and 2003, 1,458 new cases of breast cancer occurred among the women. "In this cohort study of young women, we found no association between induced abortion and breast cancer incidence and a suggestion of an inverse association between spontaneous abortion and breast cancer incidence during 10 years of follow-up," the authors write.

"We observed associations in two subgroups, an association between induced abortion and progesterone receptor-negative breast cancer (cancer that does not respond to the hormone progesterone) and an inverse association between spontaneous abortion before the age of 20 years and breast cancer incidence," they continue. However, they caution that these secondary analyses are based on small numbers of women. "No obvious mechanisms can be provided for these subgroup findings; thus, chance has to be considered as a

possible explanation."

A 2003 international expert panel convened by the National Cancer Institute reviewed and assessed research regarding reproductive events and the risk of breast cancer, and concluded that based on existing evidence, induced abortion is not associated with an increased risk of breast cancer. "The data from the NHSII provide further evidence of a lack of an important overall association between induced or spontaneous abortions and risk of breast cancer," the authors conclude. "Among this predominantly premenopausal population, neither induced nor spontaneous abortion was associated with the incidence of breast cancer."

The NHSII is supported by a Public Health Service grant from the National Cancer Institute, National Institutes of Health, U.S. Department of Health and Human Services.

Note: *This story has been adapted from a news release issued by JAMA and Archives Journals.*

MANY THANKS

Babylon Pilot Club
Rosario and Dina Bono

Catholic Daughters
of the Americas

Annamarie and Steven Citarella

Maureen and John A. Conroy

Fortunoff

Katy Kennedy

Michele Schwartz

Tribune New York Foundation

UPS

Renee Urbinati

Elizabeth Dietz

Newsletter:

Catherine Bracco,

Christopher Chevallier,

Tess Helfman, Emily Letteriello,

Eileen Molloy, Suzanne Schettino,

Camille Smith, Diane Wolffer

MAKE YOUR SPECIAL EVENT EXTRAORDINARY

Make a donation to the Babylon Breast Cancer Coalition in lieu of favors at your next special event, i.e., wedding, anniversary, birthday or retirement party, bar/bas mitzvah, etc.

Let your guests know that you've made a contribution to an exceptional organization that annually "lends a helping hand" to hundreds of women and their families during a time of crisis. That's a real party "favor" that everyone will feel good about taking home.

Choose from a special note card or bookmark that states, "A contribution

has been made in your honor in lieu of favors to the Babylon Breast Cancer Coalition," which you'll distribute to your guests.

For further information, call the BBCC at (631) 893-4110.



2007 BBCC SCHOLARSHIP WINNERS

The Babylon Breast Cancer Coalition is pleased to announce the winners of its 2007 scholarships. Awarded to graduating high school seniors with plans for further education, the BBCC has awarded more than \$40,000 in scholarships since 2004. Eligibility requires that recipients live in the Town of Babylon and have a parent or legal guardian with a personal breast cancer history. Essays are required from applicants explaining how breast cancer has personally affected their lives. A scholarship committee composed of BBCC board members selects winners.

2007 scholarship winners are Lindenhurst seniors Alexandra Cardello and Nicholas Sweeney, Bryan Ferrentino from St. John the Baptist, Danielle Hellyer from West Babylon High School,] and Alanna Weisberg and



Allyse Della Fave from Babylon High School.

The BBCC board wishes all our 2007 scholarship winners the best of luck as they begin a new and exciting phase of their lives.



Many thanks to Suffolk County Legislator Wayne Horsley for the funding that offset the cost of printing our Summer 2007 newsletter. Pictured here are



Senator Owen Johnson views new promotional materials that were made possible through a state grant sponsored by his office. Pictured left to right Debbie Basile, Donna Jurasits and Senator

10 WAYS TO IMPROVE INDOOR AIR QUALITY

If you don't use a toxic chemical in the first place, then you don't have to contain it, clean it up or be exposed to it – which is what preventing pollution is all about. Here's a list of the top 10 things you can do to reduce your exposure to toxic chemicals to create a safer indoor living environment for you and your family.

HOUSEHOLD CLEANERS

Look for labels that divulge ALL of the cleaner's chemicals. Be sure to avoid using cleaners that contain these suspect hormone disrupter chemicals: Nonyl- and octylphenols are used to make alkyphenol ethoxylate (APE) detergents.

DISINFECTANTS

Limit the use of disinfecting products in your home. They contain chemical agents that are capable of destroying or inhibiting the growth of microorganisms. Overuse could lead to the growth of "super bugs." The Environmental Protection Agency (EPA) classifies disinfectants and antimicrobials as pesticides.

LAWN CARE AND PESTS

Children and pets in particular are exposed to pesticides tracked inside homes from lawn treatments. Pesticide exposure also occurs from using off-the-shelf pest repellents.

Use organic lawn care methods like mowing high and adding topsoil. To get rid of pests, remove food sources, use boric acid and traps.

VINYL FLOOR AND WALL COVERINGS

Flexible vinyl household products like flooring and wallpaper are manufactured using PVC that may have toxic chemical additives including phthalate plasticizers and lead. As these products are used, they create dusts that accumulate these chemicals. Choose non-PVC wall and floor coverings to minimize potential exposure to these toxins.

BUILDING MATERIALS

Plywood, oriented strand board, kitchen cabinets and home insulation are all products that can contain formaldehyde, a known human cancer-causing chemical. Choose solid woods and formaldehyde-free insulations when constructing or renovating your home.

PERSONAL CARE AND BEAUTY PRODUCTS

Choose products that are fragrance free and reduce your use of nail polish and acetone nail polish remover. If you do use these products, be sure to open your windows.

DRY CLEANING

Ask your dry cleaner if he or she offers safer alternatives, such as liquid carbon dioxide or "wet cleaning," rather than the commonly used cleaner perchloroethylene, a suspected cancer-causing chemical.

GOT MOTHS?

Eliminate the use of mothballs since they contain naphthalene or paradichlorobenzene. Instead, clean and seal wool clothes, use cedar blocks, shavings or oil.

MOLD

Dry is the operative word. Prevent mold and the overuse of bleach by preventing moisture buildup in the first place. Fix leaky pipes and faucets immediately. Make sure that water slopes away from the foundation of your home.

BASEMENT

Do not leave a car running even with the garage door open, especially if the garage is under the living room. Carbon monoxide can easily seep through walls and floors. When your oil company calls during the slow summer months to clean your boiler, don't delay. And test your house for radon.

This information is provided as a public service from the Massachusetts Toxics Use Reduction Institute (TURI) at the University of Massachusetts Lowell, www.turi.org

TALKING TO YOUR KIDS ABOUT CANCER

One of the most difficult decisions parents face when a family member is diagnosed with cancer is, "How do I tell my children" or "How much information should I give them?"

CancerCare has published a free new booklet, *Helping*

Children When a Family Member Has Cancer. This informative booklet provides age-appropriate suggestions from the oncology social workers at CancerCare for Kids.

Call 1-800-813-HOPE or e-mail info@cancercare.org

IN LOVING MEMORY:

Donations have been made in memory of:

Paula Dunn by:

Myrna & Marty Herskowitz,
Gail & Harold, Sharon & Lennie,
Wilma & Louie

Keith Innes by:

Al-Anon, Mary Jane Dahringer,
Pat Farrell, Anthony Fico, The
Harty Family, William Herbold,
D.V.M., Keith and Gwen Jordan,
Walter and Josephine Joseph,
Thomas Innes and Laurie Kuhn,
Cheryl Lekousi, Newsday Classified
Matching Gift, Michele and
Raymond Ryder, Raymond
and Louise Seagren,
Debra and Richard Scafuri,
Charles and Mary Schmidt

Maureen Giuliano by:

Bay Shore Middle School
Sunshine Club, Susan Carman,
Philip M. Carpenter, Jr.,
The Dahringers, Laura and
Alec Duncan, Lois Fallon,
Thomas & Frances Gaines, Maria
Grace & Family, Caroline Hock,
Patrice Jackson & Family,
William and Lorraine Keller,
Alfred and Louise LaRocca,
Ronald and Karen Mincio,
James and Margaret O'Brien,
LaQuita Outlaw, Maria J. Mucaria-
Stankowski, Steve Stankowski

Paula Goldhamer by:

Janet Schiavo

Barbara Muney,

**sister of Marty Borenstein
of L&B Lincoln by:**

Vincent C. Caruso, Crest Lincoln
Mercury, Inc., Ford Motor Credit,
Ford Motor Central, George Wall
Lincoln Mercury, Hassett Lincoln
Mercury, Hempstead Lincoln
Mercury & Island Acura, Malouf
Ford, Inc., Tri-State Lincoln
Mercury Dealers

Andrea Osarczuk by:

Joel and Toby Sikowitz

Alice Ryan by:

Edward and Janine Augustine

Marilyn Boskin by:

Robert and Angela Marx
Joel and Toby Sikowitz

IN HONOR:

Elizabeth Innes by:

William Herbold D.V.M.

The Life of Keith Innes by:

Steven and Cheryl Lekousi

**Laura Ribando
50th Birthday by:**

Christina Ambrosino
Susan Ardolino and Barbara Jemty
Valerie and Anthony Arma
Tony Augusto
Maryann, Andrew & Sean Becker
Jeanne Bowles
Thomas and Regina Braun
Rita Ardolino Comerford

Robert and Susan Constantine

Jennifer Cowhey-Moore

John and Jeanne Cowhey

Anthony and Tara D'Agostino

Catherine and Robert Donnelly

Rossella and Paul Donnelly

John and Donna Ercolano

Kerry and Antoinette Fleming

Antoinette Goode

Joseph and Lisa Granieri

Patricia and Stephen Hadjiyane

Eileen and Robert Magnavito

Lori and William Mazzilli

Harvey and Roslyn Mendelsohn

Sharon and Robert Murray

David and Jean Marie Parker

Kathleen Reynolds

Jason and Emily Ribando

Brian and Deidre Rude

Augusta Sanfilippo

Richard Security, Inc.

Mark and Rosemarie Steele

Tammy Troyano

Barbara M. Matzerath and

Ed Reinhardt

Joan Sickle

Kenneth and Lillian Scholl

Artie and Arlene Soto

Jessica and Brian Sztabnik

Terry and Patrick Tracy

STUDY FINDS DIET DOES NOT PLAY A MAJOR ROLE IN BREAST CANCER

A recent National Cancer Institute study found that a diet high in vegetables, fruit, fiber and low in fat had no effect on whether women with breast cancer will have a recurrence.

The seven-year study, published in the *Journal of the American Medical Association*, studied more than 3,000 women, all of whom had been treated for early stage breast cancer. Half of the group ate a diet high in vegeta-

bles, fruit, fiber and low in fat, the other half was assigned to get educational materials about the importance of eating five servings of fruits and vegetables a day. The study found there was no difference in the number of recurrences of breast cancer or deaths from the disease between the two groups.

In a news release issued the day the study was published, Breast Cancer

Action Director Barbara Brenner said, "It's past time to let women know they are not to blame if they get breast cancer or a recurrence."

Although this study did not find that eating additional fruits and vegetables reduced the risk of breast cancer recurrence, these foods do provide many other health benefits and should remain part of a balanced diet.

BOARD MEMBER UPDATES

Recently, the Babylon Breast Cancer Coalition sadly said, "Goodbye and Good Luck" to long-time board member Annamae Flaim. Annamae was the BBCC's outreach coordinator and played a significant role in the development of the Coalition and its programs for over a decade. She was a tremendous asset to the organization and will be missed.

On a brighter note, the BBCC welcomes new board members Tess Helfman and Steve Fellman. Tess is a real estate agent with Prudential Douglas Elliman and has been an active coalition volunteer for the past several years. Steve, an architect with his own firm in Amityville, is also the Babylon Village building inspector and has been active in numerous charities and whose wife is a two-year survivor.

The BBCC is happy to welcome both Tess and Steve to the Board of Directors, confident they will provide new insight and ideas as the Coalition continues to evolve.

WALK FM RADIO FUNDRAISER

WALK 97.5's WALK for Women Breast Cancer Fund raises funds through various venues for Long Island breast cancer organizations. Proceeds from its popular annual CD Yesterday & Today have benefited the BBCC's Lend a Helping Hand program over the years, as well as provided help to agencies offering referral, education, advocacy and other services to breast cancer patients.

This year's CD features music from Daniel Powter, K.T. Tunstall, Gnarl Barkley, Billy Joel, Goo Goo Dolls and more. The CD sells for \$9.97 and is available at various retailers on Long Island. For locations that sell the CD, log onto walkradio.com.



VOLUNTEERS COME IN ALL SHAPES & SIZES...

The BBCC would like to offer its thanks and congratulations to 11-year-old Katy Kennedy of Brightwaters for her kindness and entrepreneurship. Katy set up a lemonade stand outside her home and donated the \$35 proceeds to the Babylon Breast Cancer Coalition. We applaud Katy's generous spirit and wish her well in her future business endeavors.

VISION OF HOPE GARDEN

The BBCC thanks master gardener Margot Denza for her time and expertise in beginning the process of putting a new face on our Vision of Hope Garden. The garden, located on the grounds of Babylon Town Hall in Lindenhurst, is a lovely setting that incorporates a walkway of inscribed bricks in honor and memory of those who've battled breast cancer. The garden was first designed and set up in 1994 by Babylon Town's Human Resource Department employees Myrna Taylor and Donna Swain, along with BBCC staff and volunteers. After more than a decade of growth, it was in need of a facelift. Margot has already dedicated many long hours redesigning, weeding, planting, etc. with the help of several BBCC volunteers including Camille Smith, Elizabeth Karoly, Marietta Menchini and Kristin Mazzie. The renovation should be ready by spring 2008.



DEDICATE A BRICK

Our Vision of Hope Garden, besides the beautiful plantings, has a walkway created with bricks in the shape of the breast cancer awareness ribbon. BBCC is now offering for purchase an engraved brick, either in memory of or in honor of a loved one who's been diagnosed with breast cancer, for \$35 each. After engraving, these bricks will be positioned throughout the walkway.

We extend our thanks to **Anthony Spadolini of Wellwood Memorials** for donating the engraving charges on all of the bricks and to Jon Mason for installing the bricks at the garden.

Here are the specifics: three lines with no more than 10 characters on each line. You can choose whatever

you'd like on those lines as long as the sentiments don't exceed the 10 characters. If you have an extremely long first or middle name, consider using an initial.

Examples:

**VIRGINIA A.
MASON
1943-1994**

**HONORING
EILEEN P.
MOLLOY**

DEDICATE A BRICK

I would like _____ bricks at \$35 each. Total check \$ _____

Please make checks payable to: Babylon Breast Cancer Coalition

15 South Carll Avenue, Babylon, NY 11702

Please include your name _____

Phone number (for any questions) _____

*Note: We will notify you when your brick has been placed in the garden.

Line 1 _____

Line 2 _____

Line 3 _____ (Please print clearly)

DATES TO REMEMBER:

OCTOBER 11, 2007: BBCC Golf Outing – Mill Pond Golf Course

OCTOBER 13, 2007: Babylon Village Merchant Fair

Knowledge is POWER

Babylon Breast Cancer Coalition:

631.893.4110

Adelphi Hotline & Support Program:

1.800.877.8077

American Cancer Society: 1.800.ACS.2345

Huntington Breast Cancer Action

Coalition: 631.547.1518

Cancer Information Service:

1.800.4CANCER

Cure Mommy's Breast Cancer:

516.967.1148

Brentwood/Bay Shore Breast Cancer

Coalition: 631.273.4074

West Islip Breast Cancer Coalition:

631.666.2026

North Shore Neighbors Breast Cancer

Coalition: 631.255.2401

Islip Breast Cancer Coalition:

631.968.7424

Long Island Lesbian Cancer Initiative:

516.641.8776

Maurer Foundation for Breast Health

Education: 516.883.6304



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