

My Reason to Fight Back

by LeAnn Forgrave

Marilyn King, Christine Mitchell,
Willabell Dixon, Lisa Forgrave, Christa Wharton,
Tom VanSickle, Lisa Reber,
Judy Bowers, Eloise Mechling.

You might look at these names and think-ahhhh,
those are men and women who have had cancer.
I look at these names and see courage and strength.
I see men and women who have fought the fight.
Some have lost, some have won, some are still fighting.
They are my heroes.
This is why I walk.



Lisa's 5 nieces-who think she's a GREAT AUNT!!!

Relay For Life of Perry County

2013 event total raised (net - after expenses): \$60,028.02

The primary focus is to fund research. 72% of our money raised supports program services including cancer research, education, detection, treatment and patient support. 28% is used for supporting services such as management compensation, general infrastructure, and the cost of fundraising.

I have attached a couple of flyers that lists the programs and services available to Perry County residents and information on our research. The programs and services is how our money comes back to Perry County.

The goal of the American Cancer Society is to help the most people we can. By funding research we are not only finding cures but finding ways to prevent and provide early detection. Have you ever had a pap test or mammogram? Our money funded the research for these two types of early detection tests. Our money also funded drugs such as Tamoxifen.

Forgrave Nation

Forgrave Nation 2013 final total: \$4693

2014 FUNDRAISING:

SHIRTS

Last year we sold over 100 shirts. In 2014 we have sold 60 shirts to the Middle School, I have ordered 55 shirts for FN followers, and have an order going in Friday that has 20 shirts. They are \$15.00 per shirt and must be paid for in advance.

BRACELETS

\$3.00 per bracelet

LIA SOPHIA NECKLACES

\$30.00

COOZIES

\$3.00

PAMPERED CHEF

Party Thursday at 7:00 pm at Harvest Hall

OTIS SPUNKMEYER

Cookie Dough sales (sold the most in Perry County!!)

HANNAH KING'S PINK RIBBON

\$3.00

SILENT AUCTION (at the Relay)

Gift cards	Longaberger breast cancer basket	various themed baskets
Cliff Cody CD	Keurig machine with assorted K-cups	Silpada necklace
3 hand made scarves	31 bag with 2 accessory pieces	tie-dye t-shirts
3 wooden benches	Masterson's Vet Clinic basket	handmade chainsaw carving
Origami Owl	other items (I don't know what they are!!)	

2014 PERRY COUNTY RELAY FOR LIFE

"HUNTIN' FOR LIFE"

Tentative Schedule

11am-8pm Registration
noon Opening ceremony
12:30 Survivor lunch
1:00 Hoopla-Team Roll Call
2:00 THEME LAP: Quit Tobacco hour lap
2:30 Poster judging
3:00 THEME LAP: Crazy shoes & socks hour
4:00 THEME LAP: Camo hour
 Cake walk
5:00 Outhouse race
5:30 Cake walk
6:00 Purse & Pie Auction
7:00 THEME LAP: Crazy Hat & Gaudy Jewelry hour
 Cake walk
8:00 THEME LAP: Rock n' Roll hour
 Cake walk
9:00 Luminaria ceremony
10:00 Miss Relay contest (Forgrave Nation contestants-Jay & Cort Forgrave)
11:00 THEME LAP: Hawaiian hour
Midnight: THEME LAP: OSU/Michigan hour
 Talent show
 Redneck Karaoke
1:00 THEME LAP: Holiday hour
2:00 THEME LAP: Marshmellow hour
3:00 THEME LAP: Power of Purple hour
 Why I Relay hour
4:00 THEME LAP: Pajama hour
5:00 Luminaria tear down
 2x2 Gospel Group performs
5:30 Church & Closing ceremonies-Rick Glass
6:00 **GOOD MORNING/GOOD NIGHT!!**

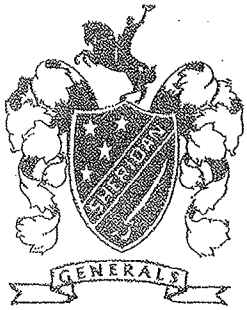


Miss Relay 2013-Cort Austin Forgrave

LUMINARIA

During the Relay for Life Luminaria ceremony, votive candles are lit inside of a personalized classic, white paper bag to shine a light on the fight against cancer. The power of the ceremony lies in providing an opportunity for people to share their grief and find hope. Luminaria bags are transformed and illuminated after dark at every Relay for Life event. A Luminaria can also be dedicated in support of a Relay participant or team. A donation of \$10.00 is required. Each luminaria is personalized with a name, photo, message or drawing in memory or honor of a friend or loved one who has been affected by cancer.





Sheridan Middle School

8660 SHERIDAN ROAD, N.W., THORNVILLE, OH 43076

PHONE: 740-743-1315

FAX: 740-743-3319

Jay Hickman, Principal
Kirk Washburn, Vice Principal
Mandy Fox, Guidance Counselor
Lance Dupler, Athletic Director

March 8, 2014

Dear Parents and Guardians,



As many of you may have heard, two of our teachers, Mrs. Forgrave and Mrs. Wharton, have been courageously battling breast cancer. Mrs. Forgrave and Mrs. Wharton have contributed greatly to the success of our district and are a large part of our Sheridan Family. It is because of passion for their students and dedication to the education of your children that students sought a way to help Mrs. Wharton and Mrs. Forgrave fight through cancer.

After brainstorming with our students, we have collectively decided to organize a fundraiser in support of the American Cancer Society: Relay for Life. The fundraiser will begin next Monday, March 10 and will end Friday, April 18th. Sixth, seventh and eighth grade students will be competing against one another to bring in the largest amount of money. The winning grade level will participate in a kickball game against the staff during the scheduled Field Day at the end of the year. In addition to the student fundraiser, we will also be selling t-shirts, bracelets and other breast cancer awareness items to the students. The final count will be held Friday, April 25th. All proceeds will be donated to the American Cancer Society.

As a way to increase the incentive among our students, Mr. Smith has agreed to shave his head if the students raise \$2,000. If the students then exceed the \$2,000 goal, I have also agreed to shave my head if they are able to reach \$4,000. We both feel that shaving our heads is a symbol of courage and strength, two traits that Mrs. Wharton and Mrs. Forgrave exude.

Both Chris and Lisa are part of the team Forgrave Nation which will participate in the Relay for Life of Perry County. If you are interested in attending the Relay for Life event, it will be held in the Perry County Fairgrounds Coliseum in New Lexington. The event will begin at 12:00 pm on Saturday, April 26th and continue until 6:00 am Sunday, April 27th. We encourage you all to join Forgrave Nation to help us raise money for the American Cancer Society and show your support for those who have battled cancer and the past, those that are battling it now, and those that will battle it in the future.

Sincerely,

Mandy R. Fox
Sheridan Middle School Guidance

Currently @ \$1500.00

hat pass - \$1.00

Pink Out Friday

bracelets

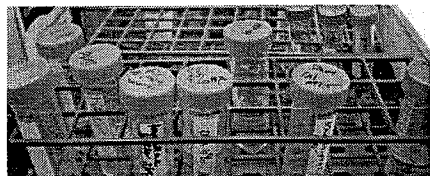
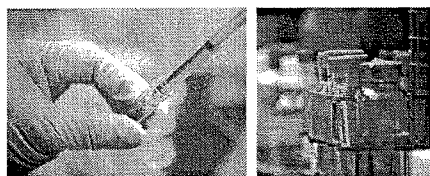
car/locker magnets

"We are here to learn."

Donor necklaces

FINDING CURES

Creating More Birthdays through Cancer Research



CURRENT GRANTS IN THE EAST CENTRAL DIVISION (AS OF 11/30/2013):

84 grants totaling
\$45.6 million

TOTAL NUMBER OF NATIONAL GRANTS:

965 in effect totaling
\$488.3 million

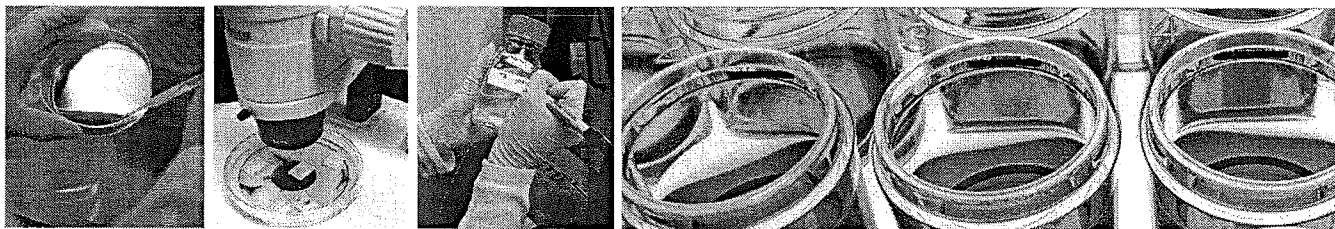


THE OFFICIAL SPONSOR
OF BIRTHDAYS*

How is the American Cancer Society **finding cures** today?

- The American Cancer Society is the largest private, not-for-profit source of funding for cancer research in the US.
- We fund groundbreaking research that helps...better understand cancer causes; determine how best to prevent cancer; and discover new ways to detect and treat cancer.
- Since 1946, the American Cancer Society has invested about \$3.9 billion in cancer research.
- The Society's program is distinguished by its funding of research in all body sites and types of cancer, with the largest allocations going toward cancers causing the greatest harm: breast, colon and lung.
- 47 American Cancer Society researchers have gone on to win the Nobel Prize, the highest accolade of scientific achievement.
- Our research dollars jump start careers. The Society seeks to identify the best and the brightest in order to launch their careers at a formative stage when this type of funding is scarce. Many of those who obtain future funding are likely to say: "I got my first grant from the American Cancer Society."
- Our research dollars bring targeted research to specific populations. Since 1999, the Society has directed up to 10 percent of its research funding to help eliminate disparities in health care for poor and underserved populations.
- A highly-competitive peer review process is used to determine what programs receive Society funding. Included in these panels are stakeholders — individuals who help ensure cancer relevance and patient impact is always considered.
- There are 40 National Cancer Institute-designated comprehensive cancer centers* in the country, 30 of which are headed by scientists who received Society funding at an early stage in their careers. Five centers are located in Ohio and Pennsylvania including:
 - Abramson Cancer Center at the University of Pennsylvania, Philadelphia, PA
 - Case Comprehensive Cancer Center at Case Western Reserve University, Cleveland, OH
 - Fox Chase Cancer Center, Philadelphia, PA
 - The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute, Columbus, OH
 - University of Pittsburgh Cancer Institute, Pittsburgh, PA
- All communities directly benefit from the substantial investment the Society has made in its research and training program. No matter where we live, we all gain from the research that increases our understanding of cancer and transforms how we prevent, detect, and treat cancer.

**refers to a cancer center which has demonstrated depth and breadth of research activities in each of the three major areas: laboratory, population sciences or clinical research, with a substantial transdisciplinary research bridge among these areas.*



The **American Cancer Society** was involved in many of the major cancer research **breakthroughs** of the century, including:

- Discovering BRCA1, a gene for inherited susceptibility to breast cancer
- Establishing the link between cigarette smoking and lung cancer
- Proving the safety and effectiveness of mammograms for the early detection of breast cancer
- Demonstrating the effectiveness of the Pap smear in detecting cervical cancer at its earliest, most treatable stage
- Increasing the survival rate of children with leukemia
- Discovering Velcade, a successful treatment for multiple myeloma
- Developing the prostate specific antigen test (PSA) for the early detection of prostate cancer
- Discovering genes for inherited forms of breast and colon cancer
- Affirming that one-third of all cancer deaths can be prevented through healthy eating and physical activity
- Increasing the survival rate of patients with chronic myelogenous leukemia through the use of Gleevec

For additional information about the Society's research accomplishments, go to cancer.org/research

Society Research **Benefits** Every Community

Every cancer patient and survivor in every community benefits from research the American Cancer Society has funded, from cancer-fighting drugs to screening and early detection methods to such landmark developments as bone marrow transplants. As a result, there are now nearly 14 million cancer survivors in the US alone, and 67 percent of people diagnosed with cancer reach the five-year survival mark. That milestone will rise as scientists work toward finishing the fight against cancer.



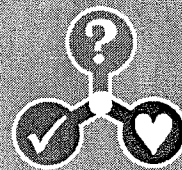
All Society-funded research is dependent on **donor support**.

Scientists with Society grants work hard at finding cancer cures because they know their funding is made possible through hundreds and thousands of small and generous gifts. By providing your support, you can help with a gift of time or money that may unlock answers to cancer prevention or a more effective cancer treatment. Participate in or contribute to one of many Society events such as Relay For Life and Making Strides Against Breast Cancer.

stay well | get well | find cures | fight back | cancer.org | 1.800.227.2345

The American Cancer Society is here to help.

Cancer
Resource
Network



We have programs and services in your community to help people with cancer and their families. We offer information, day-to-day help, and emotional support. And our help is free. Listed below are a few examples of what the American Cancer Society offers. To learn more about our programs and services, call us toll-free, 24 hours a day, seven days a week, at **1-800-227-2345** or visit us online at **cancer.org**.

Help Getting to and from Cancer Treatment Road To Recovery®

Every day, thousands of cancer patients need a ride to treatment, but some may not have a way to get there. If finding a ride is a problem for you, we may be able to help. Our Road To Recovery program provides free rides to and from treatment for people with cancer who do not have a ride or are unable to drive themselves. Volunteer drivers donate their time and the use of their cars so that patients can receive the lifesaving treatments they need.

Breast Cancer Support Reach To Recovery®

Our Reach To Recovery program lets you talk one-on-one with a trained volunteer about breast cancer diagnosis and treatment. The volunteers are breast cancer survivors, so they know the questions and concerns that come with a diagnosis.

Interactive Online Classes

I Can Cope® cancer.org/onlineclasses
Classes provide a quick and convenient way for patients and caregivers to get the answers they need, when they need them. Classes are self-paced and topics include pain, fatigue, nutrition, communication, intimacy, side effects and more.

Help with Lodging During Cancer Treatment

If you need treatment somewhere far from home, we may be able to help you find a free or reduced-cost place to stay near your treatment center.

Information and Resources

1.800.227.2345

Cancer Information Specialists provide the latest science-based cancer information and referrals through our 24-hour, multi-lingual, toll-free number. The Society's Web site provides the latest science-based cancer information, Clinical Trials Matching, event information and more at **cancer.org**.

Help with Appearance-Related Effects of Cancer Treatment Look Good Feel Better®

Look Good Feel Better is a free program that teaches people in active cancer treatment ways to help them with appearance-related side effects. This program is offered jointly by the American Cancer Society, the Personal Care Products Council Foundation, and the Personal Beauty Association.

An Online Community of Cancer Survivors and Caregivers Cancer Survivors NetworkSM csn.cancer.org

The Cancer Survivors Network is a free online community created by and for people with cancer and their families. This online community is a welcoming, safe place for people to find hope and inspiration from others who have "been there." Services include discussion boards, chat rooms, and personal Web space to tell your story, blog, post images, exchange private messages with members, and much more.