Relay For Life of Millersville now Lancaster, celebrated their 10th anniversary in 2003 with a runner from each of the four Lancaster County events running from the American Cancer Society office on Good Drive to Biemsderfer Millersville University Stadium to start the Relay event. The four runners, flanked by the co-chairs for the event, Kathy Morgan and Bruce Carr are, Jim Schoch, Bob Shoemaker, Mike Deibler and Bob Carr. A review of Relay Years 2000, 2001, 2002 and 2003 appears on pages 14 - 21 of this newsletter.
York Forest #30 - Tall Cedars of Lebanon

Relay 2013

www.brookhillsinvestmentgroup.com

BURNHAM HOLDINGS, INC.
Honorary Chair (Survivor) and Honorary Caregiver Nominations...

We are looking for you, the Relay participants, to help us out.... Each year one Survivor and one Caregiver are honored at the Relay as Honorary Chair and Honorary Caregiver. This is a small recognition compared to the journey that each has been through. We are looking for names of people you think deserve this recognition during the 20th Anniversary of the Relay For Life of Lancaster 2013.

A Survivor is anyone who has ever heard the words “You have cancer.”

A Caregiver is a family member, friend, loved one or other support person who lends physical, emotional, or other support to someone throughout the cancer journey.

If you know someone who has been told they have cancer or someone who has helped another fight the battle against cancer and would be willing to represent the Relay For Life of Lancaster as an Honorary Chair (Survivor) or Honorary Caregiver, please send us their names, a reason why you think they would make a great Honorary Chair (Survivor) or Honorary Caregiver, along with their e-mail address and a phone number to: Terry Ditzler at tditz@aol.com or Melissa Reedy at melissa.reedy@cancer.org

Thank you very much for your help.
20th Anniversary
2013 Relay For Life of Lancaster
Message of Hope Agreement

Contact Name: ____________________________ Phone: ____________________________

Address: ____________________________________________

City: ____________________________ Zip: ____________________________

Email: ____________________________________________

Payment Method __________________ ____________ DATELINE – MAY 15, 2013

____ Payment Enclosed

Signature: ____________________________ Date: ____________________________

Please choose your level

____ $75.00 = 2 x 2 Message of Hope

____ $50.00 = 1 ¾ x 1 Message of Hope

Message of Hope (If additional space is needed please attach separate sheet)

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Message of Hope Examples

Congratulations
Relay For Life of Lancaster
on 20 years of celebrating,
remembering and fighting back.
Let’s make this 20th Anniversary
one to always remember.

Love,
Melissa
($75.00 – 2 x 2)

(10 lines, max. 30 characters
per line)

Congratulations Relay For
Life of Lancaster! Never
lose your fire. Love,
Melissa
($50.00 – 1 ¾ x 1)

(insert Team Name) has
loved the Relay For Life of
Lancaster for 20 years!

(5 lines, max. 25 characters

Please mail completed form to:
American Cancer Society
314 Good Drive, Lancaster, PA 7603
Attn: RFL Lancaster Sponsorship

Office Use ONLY:
Date Rec’d: ____________
Date in TES: ____________
Entered by: ____________
2013 Event Sponsorship Update

Exciting news pertaining to Event Sponsorship for 2013:

- Levels:
  - $150.00 — Business Card Ad in Program, plus mention in newsletter
  - $250.00 — Business Card Ad in Program, mention in newsletter, plus Company Track Sign
  - $500.00 — Business Card Ad in Program, mention in newsletter, Track Sign, recognition on Relay For Life of Lancaster Website

Information on the levels listed below is posted on www.relayforlife.org/palancaster. Bronze through Pacesetter levels include a company logo on 20th Anniversary Event Tee Shirt.

- Bronze — $1,000.00
- Silver — $2,500.00
- Gold — $5,000.00
- Platinum — $7,500.00
- Diamond — $10,000.00
- Pacesetter — $20,000.00

Any team member or team that would secure a sponsor will have the total amount of that sponsorship credited to them.

Another exciting development for 2013 20th Anniversary Program will be the opportunity to sell "Messages of Hope" Ads. Cost will be $50.00 for a 1 ¾" x 1" ad consisting of 5 lines with maximum of 25 characters per line and $75.00 for 2" x 2" ad consisting of 10 lines with a maximum of 50 characters per line. This is a great way to support someone involved with Relay with a special message.

Examples and Event Sponsorship Agreement forms are available on www.relayforlife.org/palancaster.

Please contact Kathy Morgan, Chair, Event Sponsorship for more information:
Email: Kathy@kathymorgan.com, Cell: 717-615-9071
While we were creating the Relay For Life of Millersville take a look at what else was going on in those First 10 years.

1993 US Environmental Protection Agency classifies environmental tobacco smoke as a Group A (known human) carcinogen.

1995 American Cancer Society Cancer launches Behavioral Research Center directed by Frank Baker, PhD.

1996 American Cancer Society Cancer Guidelines on Diet, Nutrition and Cancer affirm that one-third of all cancer deaths can be prevented through healthy eating and physical activity.

1996 CPS 11 Data shows secondhand smoke increases mortality from lung cancer and heart disease.

1996 Passage of the Health Insurance Reform and Accountability Act.

1997 The Society launched 1.800.ACS.2345 and www.cancer.org both offering cancer information 24 hours a day, seven days a week.

1997 The first Making Strides Against Breast Cancer walk in Pennsylvania takes place in Harrisburg

1997 Medicare coverage enacted for cancer screening exams including mammography, Pap smears, colorectal cancer and prostate screenings.

1998 The tobacco industry reaches settlement with Attorneys General in all 50 states in state lawsuits to recover Medicaid costs due to tobacco-related illnesses.

2002 The American Cancer Society’s Road to Recovery provides free Transportation to cancer treatment to nearly 2,000 Pennsylvanians affected by the disease.

2004 The American Cancer Society’s, American Diabetes Association and the American Heart Association launch their joint initiative, “Everyday Choices For A Healthier Life.” This historic collaboration aims to inspire and empower Americans to make healthy lifestyle choices that can significantly reduce their risk for cancer, diabetes, heart disease and stroke.
Advocacy

Things we can do to take action in the fight against cancer:

Congress needs to increase access to colon cancer screenings
When diagnosed early, the five-year survival rate for colon cancer patients is 90 percent. If it’s not caught early, that number plummets to 11 percent. We need Congress to pass a program helping to ensure all Americans have access to colon cancer screening.

No Loopholes for Cigars
Some in Congress want an amendment in the House agriculture funding bill to create a loophole in FDA regulation for many cigars. This means that tobacco companies could do whatever they wanted with these cigars. Tell Congress to oppose cigar loopholes!

U.S.: Fix the Medicare Colon Cancer Glitch
People on Medicare are supposed to be eligible for a free colonoscopy...that is, unless a doctor removes a polyp. If that happens, the person is responsible for hundreds of dollars in medical bills because of an error in Medicare.

U.S.: Let The Kids Smoke Cigars Instead?
More than 150 members of Congress have co-sponsored a bill that could allow tobacco companies to continue selling flavored cigars, which makes them more attractive to children. Tell your members of Congress to oppose this bill.

We Need to Fund Breast Cancer Research
Breast cancer is the most common cancer among women, accounting for one of every four cancers diagnosed in U.S. women. Ask Congress to continue funding the fight against breast cancer.

Protecting Teens from Skin Cancer
Thanks to all of those who took action on a bill to protect Pennsylvania’s teens from skin cancer. The Pennsylvania House of Representatives did not bring Senate Bill 349 up for a vote, which means that no further action will be taken with this bill, and we will have the opportunity to re-introduce legislation next year. This is a victory because we prevented a weak bill from passing and it allows us to continue this fight in the next legislative session. We would like to thank Representative Rosemarie Swanger for helping to protect Pennsylvania’s teens by introducing an amendment that would prohibit tanning bed use among minors. ACS CAN looks forward to working with House members in the new session on a bill that will protect PA’s teens from the harmful effects of tanning beds. Thank-you again for your continued support of ACS CAN and the fight against cancer in Pennsylvania. To learn more go to acscan.org or e-mail Mike Johnstone at mighkey@gmail.com.
The First Ten Years ...

Take a look at the First Ten Years of the Relay For Life of Millersville

Honorary Chairs for the First Ten Years
1994 - Jill Coleman
1995 - Kris Hacker
1996 – Teresa Ruhl
1997 – Lauren Cutler
1998 – Dr. Russ DeSouza
1999 – Ed Goodhart
2000 – Mary Lou Creasy
2001 – Bob Hoover
2002 – Helen Cooper
2003 – Dr. Peter DeGreen

Teams
1994 – 17 Teams
1995 – 36 Teams
1996 – 62 Teams
1997 – 90 Teams
1998 – 123 Teams
1999 – 139 Teams
2000 – 181 Teams
2001 – 201 Teams
2002 – 185 Teams
2003 – 185 Teams

Funds Raised the First Ten Years
1994   $17,552.00
1995   $67,489.00
1996   $128,770.00
1997   $223,055.00
1998   $365,712.00
1999   $565,430.00
2000   $731,649.00
2001   $856,000.00
2002   $714,000.00
2003   $860,071.00

Grand Total for the First Ten Years
$4,529,728.00

Event Chairs
1994 to 1996 – Karen LeQue
1997 to 2001 – Dr. Jamie Byrne
2002 – Bruce Carr
2003 – Bruce Carr and Kathy Morgan

“It is not in the past that the glories of the Relay For Life lie, But in the Possibilities it has Created for the Future!”
Support Lancaster County’s Relay for Life at Cancer Survivor Night!

Come on out to the ballpark on Sunday, April 21st and show your support of Relay for Life, Lancaster County, now in its 20th year! For each ticket purchased, $5 will be donated back to our local Relay for Life!

**Sunday, April 21st • Gates Open 12:30PM, Game Starts 1:30PM**

To order tickets, visit [www.LancasterBarnstormers.com](http://www.LancasterBarnstormers.com)

- Select “fundraisers” from the ticket dropdown menu
- Click on the Relay for Life icon
- Click “buy” and $5 of each ticket sale will go directly to Relay for Life

Questions, contact:
Relay for Life, Lancaster County:
Jean Erb, 587-6438, erbjeanm@yahoo.com

Lancaster Barnstormers:
Tony DeMarco, 358-9863, ademarco@lancasterbarnstormers.com
Relay For Life Day at the Barnstormers

Paint The Stadium Purple
Sunday, April 21, 2013 1:30pm

This year marks the 20th year for the Relay For Life in Lancaster County. To kickoff the year I have organized a Cancer Awareness Day at the Barnstormers. Prior to the start of the game there will be a 15 minute spotlight on the accomplishments of Relay For Life in Lancaster County and survivors will be recognized on the field. Children who are cancer survivors and/or who are children of a cancer survivor can contact me to be on the field standing beside a ballplayer during the national anthem. There are special arrangements for cancer treatment patients who wish to come to the game, please contact me for the information.

There will be pre-game catch on the field & autographs. Kids run the bases after the game and as a special treat Buzz & Woody from Toy Story will be at the game for the children to get a photo with them.

This game has a special ticket purchase price of $11 with a generous portion being donated to Relay.

There are 3 ways to get tickets:
1. Buy online through their website under Fundraising Login (there is a fee to purchase online & these tickets are for Section 5 which is reserved for Relay. I do have reserved seats in Sections 6, 22, & 23 that can be purchased directly from me.

2. Purchase your tickets during business hours at the ticket window but you must mention you want tickets for the Relay Fundraiser.

3. Or you can contact me for tickets: erbjeanm@yahoo.com or call 587-6438.

So mark your calendars and tell your families, friends, co-workers, and fellow relayers to come to Clipper Magazine Stadium on opening weekend, Sunday April 21 to celebrate the accomplishments of Relay in Lancaster County over the last 20 years and to show the POWER OF PURPLE!! Please wear purple to show your support of an organization that is focused on providing for those going through their cancer ordeal and funding research to find the “CURE”.

For more information or questions contact: Jean M Erb at erbjeanm@yahoo.com or 587-6438.

Jean M Erb
Spirit Walkers Team Captain
7-Year Survivor Stage 4 Breast Cancer
2013 Registered Teams

89 Teams have Registered for Relay For Life of Lancaster for 2013. 14 Teams in blue ink are new for 2013.

A-Nita Cure
Absolutely All In
Accounting For A Cure
Amazing Racers
AseraCare A-Team
Bachman Runners
Boobie Brigade
Breakaway Breakdown Gang
Buckskin Battalion
Burnham Holdings Inc
Butch’s Boys
CNH Mountville
Credit Bureau Crab Walkers
Captain Morgan’s Cancer Crusaders
Carissa’s Crusaders
Carol’s Crazii Crew
Circle of Friends
CoreSource Crawlers
Cruisin’ for a Cure
Definition Collective
Dream Walkers
Dublin Chin Cancer Crawlers
Everyday Angels
FOS Cares
For JHW
Four Sisters for Hope
Friends With Hope
Fulton Stride
G-Crew
GMC B’s -n- Buddies
HACC/Phi Theta Kappa - Alpha Nu Omega
HLM Hikers
Hamilton Helpers
Hands of Hope
Hartman Underhill & Brubaker (HUB)
Head Cases
High Hopes
IU 13 Wellness Team
Jenn’s Gems
Johnson & Johnson - Lititz
Josie’s Jewels
Julie B. Good
Just Cure it Crew
K & K BeLiEvErS

Ken's Cancer Fighters
LGH Breast Friends
Lancaster Hematology Oncology Care
Lancaster Marriott
Lodge 43 Free and Accepted Masons
MCEA
Marticville Marathoners
Martin Life Savers
Mary Kay Bee-lievers
Michelle's Journey
Monkey Bunch
Mountville Elementary School
Murray Securus
Our Squad
Our Flock Rocks
PPL Walking Watts
Purple Crusaders
Q-TIPS
RETTEW Runners
Reach Together For Hope
Redneck Walkers
Rowdy Rankins
Shamrockers
Soles for Souls
St Philip the Apostle Spirit Walkers
St. John's United Against Cancer
Susquehanna Bank
Team Connersaurus
Team H.E.A.R.T.
Team Hall 2
Team Make A Difference 1-4
Team Make a Difference 2
Team Make a Difference 3
Team Make a Difference 4
Team Make a Difference 5
Team Orange
Team Oz
The Bob Squad
The Zigglerts
The Ziggy Zone
WEBstaurant Warriors
Woge's Warriors
Wohlsen Crusaders
Wolf Pack
Zion’s Angels
It was brought to our attention that there may have been a slight misunderstanding around Relay Nation vs. relayforlife.org vs. personal Relay fundraising sites and we wanted to take this opportunity to clarify:

- Relay Nation ([www.relaynation.org](http://www.relaynation.org)) is the new location for resources and engagement opportunities for Relay volunteers.
  - Currently, [www.relayforlife.org/eastcentral](http://www.relayforlife.org/eastcentral) houses the specific resources pertaining to our East Central Division, and in time, those will all be moved to Relay Nation and our East Central relayforlife.org page will be phased out. Eventually, all tip sheets, guidebooks, etc. will be available on Relay Nation.

- Relay Nation is a wonderful forum for open discussion with Relayers across the nation.

- Local fundraising sites are not going away, nor does the new Relay Nation affect their data/fundraising capabilities

It is wonderful that we have so many great resources and it is easy for us to get them confused, if you have further questions please reach out! Do take the opportunity to explore Relay Nation and the great opportunities it allows for further engagement with Relayers around the country!
TOP 10 REASONS TO...

RELAY

10 - We listen to great music.
9 - We crown a new “Miss Relay”.
8 - We get to sleep under the stars.
7 - We are funding lifesaving research.
6 - We give and get many hugs.
5 - We learn how to Fight Back!
4 - We Remember those who lost the battle.
3 - We Celebrate our survivors and caregivers.
2 - We are eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer.
1 - We are creating a world with MORE BIRTHDAYS!
Relay For Life of Millersville 2000

Date was June 9th and 10th 2000
Honorary Chair ~ Mary Lou Creasy
Teams ~ 181
Funds raised ~ $731,649.00
Event Chair ~ Jamie Byrne

The heat was on that year and so was the determination at the 7th annual Relay For Life of Millersville. It was so hot that volunteers could hardly keep the water coolers around the track filled. Walkers from the 181 teams slowed their pace around the track and shortened their time from hour long walks to 20 minute walks. People passed on the free cake celebrating the birthday party for the new Ephrata/Cocalico Relay For Life and went instead for the Ice Cold “Dipping Dots” Ice Cream being sold.

“My goal” said Mike Hershberger, from Ephrata, “started out to be running under six-minute miles, now it’s not to fall over.” Walkers such as Peggy Davis-Hoffman and Angela Ryder-Sheesley carried a big umbrella around the track to keep the sun off of them. The need for a cure was on everyone’s mind as they walked lap after lap. “We’ve all been touched by cancer in some way,” said Deidre Brown of Team Brown’s Bags. “My grandmother died of cancer. Each of our ten members comes out for personal reasons.” Roxanne Quinn is also from the Brown Bagger, running her race as she has in the past years, in honor of the late Dona Eshelman. Roxanne’s next door neighbor, Dona died of breast cancer six years ago at the age of 52. Each year, Roxanne attempts to run a number of miles equal to the age her friend would be today.

It may have been hot that year but you couldn’t slow them down. Members from each team took their turns on the track to walk for loved ones, friends and co-workers. Each lap walked in honor or in memory of someone special to them. “It may be Hot this year but it’s nothing compared to a cancer patient’s journey with cancer. If we can help
Twenty years of Hope!
1994 ~ 2013

Relay For Life of Millersville 2000

Our 2000 Honorary Chairperson
Mary Lou Creasy

I
n July of 1996, Mary Lou Creasy was diagnosed with cancer and underwent chemotherapy, radiation and surgery. She remains grateful for the tremendous amount of support she has received from her family and friends during this difficult time in her life.

She is now in remission and doing well. “Cancer can take your life and so often you don’t even know it’s there,” said Mary Lou. “That’s why early detection is so important.” To Mary Lou, this was an experience that made her take a closer look at the priorities in her life.

While trying to solve the dilemma of how she could give something back, she heard about Relay. She and her family pulled together to form Team Stayin’ Alive. “The Relay was a way to give something back and support other cancer survivors,” said Mary Lou. “It’s about loving, caring and sharing. The Relay offers hope.” She has been a Relay For Life Participant for the past five years.

Mary Lou was honored as the State’s top fundraiser, and received the award on behalf of her team as the top team fundraiser. Both were honored at the American Cancer Society’s State Convention in 1998 and 1999. She also received the Lancaster Red Rose Award in June 1999 for her work with the American Cancer Society.

We are extremely proud to have Mary Lou Creasy as our Honorary Chairperson for our 2000 event. She has served as a true inspiration for many of us over the years for her incredible commitment to find a cure and her ability to always lend a hand to those in need.
Twenty Years of Hope!
1994 ~ 2013

Relay For Life of Millersville 2001

Date was June 15th and 16th 2001
Honorary Chair ~ Bob Hoover
Teams ~ 201
Funds Raised ~ $856,000.00
Event Chair ~ Jamie Byrne

Last year they braved the Heat and this year they had both Heat and Rain. But the weather elements didn’t dampen the lively spirit. “It’s the best event in town,” enthused Carol Rineer of Mountville. She was a member of the B.C. Babes. “It’s emotional from beginning to end. I hope I’m around to do it, even when I have to walk it with a walker.” Carol had a mastectomy in 1990 and was recently told that it has metastasized to her liver. Carol still turned out for her sixth year as a Relay Participant. “Life goes on,” she said. “I am just happy to be here.”

The Rain that began falling, on and off, around 11:00 am Saturday, increased to a downpour by early afternoon. Lightning and thunder temporarily cleared the track, but mostly the big purple Relay For Life umbrellas, an incentive prize given to each person raising $150 or more this year, continued to slog around the track.

“Rain doesn’t scare these people off,” Byrne said. “This Relay is symbolic of something much larger. There are ups and downs with cancer, and there are ups and downs to this Relay, but you hang in there. You just take it as it comes.” Dr. Jamie Byrne is in her fifth year as event chair for the local Relay. “I’ve lost three folks in my family due to cancer. It’s a passion with me.” The MU Communications Professor added that “There are 5000 people here for this event this weekend but you’ll never meet a stranger. We are all here together as a Relay Family.”

Bob Hoover the Honorary Chair was on hand at the event. He shared that, “The Relay For Life is for cancer survivors and their families to join together, to
Celebrate - Remember - Fight Back

Twenty Years of Hope!
1994 ~ 2013

Relay For Life of Millersville 2001

Our 2001 Honorary Chairperson
Bob Hoover

In 1994, cancer of the larynx forced Bob Hoover to lose his voice box. Today Bob dedicates his life to helping others. Bob sees each day as a gift and opportunity.

In 1996 Bob received the Lancaster County Unit of the American Cancer Society’s Cancer Awareness & Prevention Award for his work in promoting cancer awareness education programs within Lancaster County. In 1998 he received the Commonwealth of Pennsylvania Governors Award for his work in D.A.R.E. with the Manor Township Police Department. Many people of all ages have heard his motivational cancer prevention lectures.

Besides being a motivational speaker, Bob is also the President of Red Rose Nu-Voice club, a support group for people who have had their voice box removed due to cancer. He is a member of the Lancaster Unit of the American Cancer Society’s Tobacco Control Team, International Association of Laryngectomies and Lancaster Unit Teens Against Tobacco program. His incredible dedication to the fight against cancer has made Bob one of the most admired crusaders of the American Cancer Society. He has touched the lives of thousands of children in Lancaster County with his anti-smoking message, and judging by the hundreds of letters of thanks he has truly made a difference. And although Bob no longer has a voice box, his message has been loud and powerful, we are extremely proud to have Bob Hoover as our Honorary Chairperson for the 2001 Relay For Life.

~ We are sad to report that Bob Hoover has since passed away. Bob you will never be forgotten!
(All Honorary Chair Bios were taken from the Event Program from that year)

Share inspirational stories and to honor those who lost their life. This is what it is all about – good times and good memories.”

The year 2001 was also very special to Teresa Ruhl. She has participated in the event for six years, and this year she reached her seven year goal. She personally has raised more than $100,000.00 for Cancer Research. “Mind-set is 90 percent of what it takes to survive. Being diagnosed with cancer doesn’t mean you are going to die.” Teresa admits that when she was told in 1995 that she had breast cancer that she was devastated. But she wouldn’t let it take her life!

Top Team for Funds Raised for the 2001 Event was Wesley Walkers with $27,099.00 Top Individual fundraiser was Teresa Ruhl with $18,310.00.
Celebrate - Remember - Fight Back

Twenty Years of Hope!
1994 ~ 2013

Relay For Life of Millersville 2002

Date was June 14th and June 15th 2002
Honorary Chair ~ Helen Cooper
Teams ~ 185
Funds Raised ~ $714,000.00
Event Chair ~ Bruce Carr

The year was 2002, we gathered again for the 9th annual Relay For Life of Millersville. Walkers from 185 teams came out to Millersville Biemesderfer Stadium and set up camp for another wonderful weekend. This year, we have to mention, was the post 9/11/01 event in NYC. As Relayers we vow never to forget those we lost to cancer and 9/11 is the same – “Never Forget” the ones we lost that day too. Some of the teams that year wore Red, White and Blue in remembrance of that national tragedy.

The Deb Goodhart Connection
Deb Goodhart teaches 7th grade English at Marticville Middle School. She urged all her students to form teams and participate in the Relay For Life. As a result, the Preps and the Mighty Magnificent Marticville Men signed on, holding dances and collecting donations to raise thousands of dollars for cancer research. Deb also put together the Marticville Marathoners, consisting of 15 teachers of everything from math to technology education who raised an impressive $17,127.52 for this year’s event. So that makes Deb’s team, her two student teams and then there is Mom and Dad’s team, The Wesley Walkers, composed of adults from a Methodist Church in Millersville. The captain of that team is the one and only Ed Goodhart, Deb’s Dad. See the family pattern here?

“The thing about Relay is that nobody gives up. We have team members who came out six years ago with parents who have since died of cancer. But they don’t decide they don’t care about this cause anymore. They come back stronger.” We Thank You Deb for all you do for this event!

Bruce Carr, this year’s Event Chair, also shared his personal journal of Relay. Bruce first heard about Relay 9 years ago from a client from the bank he worked at. Each year he became more involved with his family and his dad, Robert Carr. Then his world was rocked with cancer. His dad was diagnosed with lung cancer in February last year and died in May. Bruce is doing his part in the fight against cancer. He himself raised $6,476.00 this year for the event.

We can never give up the hope of finding a cure!

Helen Cooper brought out the best in people. She was an elementary school teacher for 20 years in the local area. She reached many children with her positive outlook on life. “She didn’t see her class as a bunch of students she saw them as individuals and was able to connect with each one.” This is only one of the many reasons that Helen was named the 2002 Relay For Life’s event Honorary Chairperson.

Her legacy of Hope continues despite her death in November. Her team, Hope acted in behalf of Helen for the 2002 Relay Event. Speaking for Team Hope was Don Graham. He became involved when he heard about Helen’s cancer. He has been an active participant ever since. Don was a student of Helen’s. She was his sixth grade teacher. He has nothing but wonderful things to say about Helen. “This was a woman who lost her kidney and had to take chemotherapy and lost her hair; underwent a hysterectomy; and then lost her ability to walk with crutches and had to use a wheelchair. She completed the Survivors Lap in a
Helen Cooper ~ Honorary Chair 2002

Helen of Hope best describes the nature of this year’s honorary chairperson, Helen Cooper. Her fight against cancer began in 1993 when she was diagnosed with Stage 4 uterine cancer; a few years later a kidney tumor was found. The radiation damaged her vertebra to the extent that she needed to re-learn how to walk. More recently she was diagnosed with metastasized cancer in her rib and lung areas. In spite of her own terminal condition, she never relinquished her crusade to spread hope and encouragement to others. The Concert of Hope was born out of Helen’s desire and passion to bring a vision of Hope to others who were fighting against cancer. Helen found music about her faith in God soothing to her body, mind, and soul.

Helen was a schoolteacher most of her working career; she also owned and operated several small businesses. Whether she was in a classroom or conducting a business transaction, she was always sensitive and caring to those around her. Her spirit of helping and encouraging others earned her the distinction of being a recipient of the New Era Red Rose.

Helen would say, “I’ve always believed it’s not what happens to you that counts; it’s how you handle what happens to you.” One of the keys to Helen’s positive attitude was, “I focus on what the cancer cannot do: it cannot destroy life, take away your faith or destroy your eternity.” Helen’s strong faith and trust in God was the reason she could maintain an optimistic outlook regardless of her own circumstances. Her favorite Bible verse was Philippians 4:13: “I can do all things through Christ who strengthens me.”

On November 22, 2001 Helen passed into the arms of her heavenly Father, to a place of no more pain. The members of Team Hope are left with the legacy and memories of a special friend that God brought into our lives. Someone who shared a good laugh when we felt joy, congratulated us on our accomplishments, encouraged us during our troubles. She had always been a compassionate friend who gave herself to others, believed the best about others and wanted others to experience the faith, joy, love, peace, and hope she had found in her life.

The honor and privilege of being selected as the Honorary Chair was truly a special event in Helen’s life. She was deeply moved by the appointment, not because of the personal recognition, but because of the opportunity it provided to help reach others with her vision of hope. Her final public remarks were made at the October Relay Kick-off meeting, words of encouragement, motivation and a resolve to never, never, never give up.

Because of her vision, steadfast prayers, courage, effort, and encouragement, the flame of hope, love, and peace will continue. We, her Team Hope family, are grateful for the special way she has touched and enriched our lives. Each of us, though in different ways, will always carry the vision and passion that Helen instilled in our lives.

(All Honorary Chair Bios were taken from the Event Program from that year)
Celebrate - Remember - Fight Back

Twenty Years of Hope!
1994 ~ 2013

Relay For Life of Millersville 2003

A look back to 2003…
Relay For Life of Millersville ~
The Tenth Year Anniversary!
Date was June 13th and June 14th 2003
Honorary Chair ~ Dr. H. Peter DeGreen
Teams ~ 185
Funds raised ~ $860,071.00
Event Chairs ~ Bruce Carr and Kathy Morgan

It was a Celebration of Life and a decade of Hope!
This year marked the 10th Anniversary of the Relay For Life of Millersville. The Relay in Millersville was born in 1994 with 17 teams and a few dedicated board members. To look around and see how far we have come is just amazing. This community has just exploded with love and generosity. Lancaster County has truly embraced this event and they have made it what it is today. The “all volunteer” Relay committee worked hard all year to plan out a Huge Celebration for everyone attending this year. To kick off the event they had planned a very special opening ceremony. In recognition of the decade of existence, four “torchbearers”, one from all 4 events in Lancaster County ran 4 miles from the American Cancer Society office on Good Drive to the Biemesderfer Stadium in Millersville. The four runners concluded their journey by completing two laps around the track and then lighting a candle on the main stage. This candle would represent the unity of Lancaster County in its fight against cancer and would remain lit the entire 24 hours.

Arriving next were the golf carts! Ten decorated “Relay Style” golf carts entered the stadium carrying each one of our past 9 Honorary Chairs. Jill Coleman, Kris Hacker, Teresa Ruhl, Lauren Culter, Dr. Russ DeSouza, Mary Lou Creasy, Ed Goodhart, Bob Hoover and Helen Cooper, Dr. DeSouza and Helen Cooper had passed away since serving as chairperson so family and friends represented them. The Tenth golf cart carried the current 2003 Honorary Event Chair Dr. Peter DeGreen. After opening remarks from event leaders Bruce Carr and Kathy Morgan and a special message from current honorary chair Dr. DeGreen the Survivors Laps was official kicked off. Thousands of team members and community participants cheered and clapped as the 400 plus Survivors walked the First Lap at the 10th annual Relay For Life of Millersville. The Survivor Lap also known previously as the Victory Lap is a show of strength. “That reality show on TV – ‘Survivor’ is only about money,” Sharon Barrett noted, “This is the real ‘Survivor.’ It’s about Life.”

The next 24 hours were filled with excitement and fun. Wacky Laps included the June Bride Lap where one team even went all out and had team members dressed up as a bridal party. The Bride was beautiful in ‘his’ short sleeve and backless wedding gown. A “Flintstone” style car race was held on Saturday afternoon. Teams had to build cars out of cardboard boxes and rush a patient (a hardboiled egg) to the finish line which of course represented the “hospital.” We heard all patients arrived intact and were cured of cancer! Another celebration during the event was a four by eight foot Birthday Cake to celebrate the 10th Anniversary. Everyone was honored and the cake was cut by participants that had been with the event for the entire ten years. Relayers that were honored were Larry Bishop, Mariann Bishop, Sandy Boose, Denny Coleman, Jill Coleman, Lori Cooper, Matt Delfert, Madolin Heisey, Paulette Kuhns, Rachael Wywadis, Diane Woge, and Deb Young. Also a Huge Heartfelt Thank-You went to our very Special Sponsor that had been with us for the entire 10 years….Core Source, Inc.

This year had it all….the schedule of events was packed every hour with something for everyone. Relay Bingo, Movies, Scavenger Hunts, Water Balloon Toss, Limbo Contest, Bad Hair Contest, Midnight Madness, Road to Recovery Race, Wacky Laps, “Polyp Man”, The Rhino Band, Back Street Trash, The Bob Troxell Big Jazz Band, Tent Decorating and Team Tee shirt Contest and so much more. “It’s so much fun,” said Ron Diehl. “It’s a party-like atmosphere.” Ron Diehl has been affiliated with the event for the past six years. While he hasn’t personally been affected with cancer himself he is cancer conscious and a concerned resident of Lancaster County. “It was something that I felt that I could help by contributing time and money to this very good organization that gives hope and works for a cure for all cancer patients”, said Ron. “I feel the need to serve.”

While Ron may not have been personally touched by cancer at the time, Kathy Morgan had been. Kathy Morgan’s father died of cancer in 1990. Then in 1998 Kathy herself was diagnosed with breast cancer. “I remember saying to God (when I was diagnosed), ‘Get me through this,’ and I promise I’ll give back.” And give back she did. The next year after her diagnosis she participated in her first Relay For Life. She hasn’t missed
Twenty Years of Hope!
1994 ~ 2013

Relay For Life of Millersville 2003

Meet our Chairperson for 2003....
Easier Done Than Said.....or Is It?

I am certainly no stranger to cancer, for I have devoted my professional life to the care of oncology patients for thirty years. It has been an honor to do so. Nine years ago the reality of cancer hit home. My wife was diagnosed with breast cancer. She is a survivor and has not only offered inspiration to others, but to me over these ensuing years. However, the diagnosis still remained somewhat in the abstract until I was diagnosed with bladder cancer one year ago. Being an oncologist made it all too real...I knew too much.

I experienced firsthand the unsettling ride of the emotional roller coaster I had witnessed in others for so many years. I also viewed the resulting stress for others who cared about me. Would I find the strength to survive? Would I be as strong as my wife? Would I follow the same encouraging advice I've given to patients over the years?

My initial medical therapy failed, and I moved on to "Plan B," radical surgery. I was scared. Would all be the same following surgery? Did these folks know what they were doing? Did they know that I was otherwise fairly healthy and wanted to be so again....soon? I needed to turn my inner-self, explore my spirituality, and relinquish control. I placed faith in my doctors and ultimately in God's benevolence. Things would work out as they were meant to.

I am truly blessed with the love of family and friends. The strength of my wife and children was there without asking. They sensed my fear and were there to guide me through with humor and love. It has always been evident to me that the support of loved ones is valuable when dealing with this frightening disease, but now I am even more convinced of its significance.

It is a privilege to serve as the Honorary Chairperson for the tenth annual Relay For Life. It is I who should honor you, those participants who put your heart and soul into this grand event. What better way to show your respect and love for those who have battled the disease. We will march forward together to “Take up the Fight” against cancer.

H. Peter DeGreen, M.D.

The 2003 event raised $860,071.00
Top Team Fund Raiser was Rowdy Rankins with $26,506.44
Top Individual Fund Raiser was Jeff Wiker of Bushwackers Hair Salon with $6, 801.19

Special Thanks goes to our Four Runners that kicked off our 2003 event ~ Jim Schoch, Bob Shoemaker, Mike Deihler and Bob Carr. Each person represented all four events in Lancaster County – Ephrata/Cocalico, Elizabethtown, Millersville and Quarryville.

a Relay since. “And here I am co-chair of the event. He really called me on that.” said Kathy.

Cindy Morrison from the Rowdy Rankins team shared some of her story of being here. Her cousin Bob Rankin is a 21-year Cancer Survivor. “I saw him in the hospital when he was sick, and I thought he’d never walk out. Now, when I see him jogging around this track in 85 degree heat, looking great, I know this is what it’s all about. It’s about the miracle that is Bob. It’s about having a passion for life and the courage to fight for it. Anyone can get cancer. You or I could have it right now and not even know it. You might tell yourself you’re here to help others, but really, this is exactly what ALL of us needs to be doing.”

The Relay brings together businesses, schools, churches and families for camaraderie, food, fun music and entertainment. It certainly is a community that has come together to take up the Fight Against Cancer!

While this was the 10th Anniversary of the Millersville Relay it was also the last time the Relay would be held at Millersville University. “Construction on campus has us looking for a new location for the next year,” said Jane Boyce, Staff Partner with the American Cancer Society. “Maybe a college, like Franklin & Marshall or a high school like Conestoga Valley will be our new home.” Little did Jane know that years later Conestoga Valley High School would become our new Relay home. Millersville ended its 10 year run with record highest grand total ever.

Easier Done Than Said...or Is It?

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H. Peter DeGreen, M.D.
Luminaria

Help us Illuminate HOPE by dedicating a luminaria

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Your donation to remember or honor a loved one will provide hope to all those facing cancer and all the families affected by the disease. All proceeds go directly to help the American Cancer Society save lives and create a world with less cancer and more birthdays by helping people stay well and get well, by finding cures, and by fighting back.

Luminaria bags transform and illuminate the night at every local Relay For Life event in more than 5,200 communities nationwide. Each luminaria is personalized with a name, photo, message, or drawing in memory or in support of a friend or loved one who has been affected by cancer. Each luminaria candle represents a person—a mother, father, sister, brother, aunt, uncle, niece, nephew, friend or co-worker—who has been touched by cancer.

The Luminaria Ceremony is a gathering of the community and loved ones to support and remember those lost to cancer and to honor those whose fight continues. As the sun sets, luminaria lining the track light up the night, reminding us all why we fight back against this disease.

The team that submits the most luminaria sales by April 1, 2013 will get one of the top tent site picking slots for this year! Make sure that you get your forms in to the American Cancer Society by April 1st to be in the running. It’s an easy fundraiser for your team!

Of course we will accept orders after this date—but if you would like your luminaria donations to be in the program, please make sure that your orders are submitted to the ACS by May 24, 2013.

If you have any questions or need order forms, please contact Tracy Topper at tltopper@gmail.com or 717-587-6650.
Thank you for participating in Relay For Life in your community. Your commitment to raise money is not a small one and we appreciate your efforts in asking your friends, family, co-workers and community for donations in the fight against cancer. When you registered you were asked to raise a minimum of $100 - but don’t stop there! The Individual Fundraising Club program was developed to motivate and reward volunteers for fundraising excellence. You can review the list of levels and award gifts below and work towards your favorite prize! Most items are branded with the Relay For Life logo which helps promote our mission within your community every time you use or wear the item. Good luck and happy fundraising!

RISING STAR $100
As a registered Relay For Life participant you will be awarded a 2013 Commemorative Event T-shirt for having raised a minimum of $100. If you raise $250 or more and reach another Club level, you will receive both an event T-shirt and the prize you select. To redeem your incentive prize, please follow the easy instructions listed on the bottom of page 2.

GRAND CLUB $1000
As a registered Relay For Life participant you will receive a Grand Club Logo if your fundraising efforts reach or exceed $1,000 in recognition of your fundraising milestone. This recognition is in addition to your 2013 Commemorative T-shirt and the appropriate incentive prize selected from the level attained after your event.

Bronze Level - $250 - $349
- 28 oz. Water Bottle
- Insulated Lunch Bag
- Captain’s Boat Bag

Silver Level - $350 - $499
- Navy Long Sleeve Tee
- Neoprene Tablet Stand
- Six Can Beverage Cooler

Gold Level - $500 - $749
- Sports Duffel
- Grill Master Apron Kit
- Sport Shirt

Platinum Level - $750 - $999
- Reversible Bag
- Hooded Sweatshirt
- Rolling Cooler

Jade Level - $1,000 - $1,499
- Hooded Blanket
- Men’s or Women’s Fleece Vest
- Folding Chair

Sapphire Level - $1,500 - $2,499
- Sun Shelter
- Ladies Cardigan or Men’s V-Neck Sweater
- Collapsible Cooler
Celebrate - Remember - Fight Back

2013 Nationwide Individual Fundraising Club

**Emerald Level - $2,500 - $3,499**
- Reclining Camp Chair
- Road Trip Grill
- Sport Bottle, Yoga Mat, & Sport Bag
- Picnic Table w/Umbrella
- Lounge Chair
- Fossil Watch - Mens or Ladies

**Topaz Level - $3,500 - $4,999**

**Ruby Level - $5,000 - $7,499**
- Nook Color
- All American Tailgater
- Folding Wagon
- 9’ Arc Patio Umbrella
- Ventura Seat and Buccaneer Grill Set
- Speaker only, iPod not included.

**Diamond Level - $7,500 - $9,999**
- Brookstone Outdoor Wireless Speaker and Single Chair w/Umbrella

**Purple Level - $10,000 and up**
- Getaway Camping Package includes a 19"x7" tent, lantern, two folding chairs, two sleeping bags, a 48-can cooler, a 2-burner propane camp stove, and waterproof playing cards.
- iPod Touch & Bose Headphones
- 10x10 Pop Up Tent w/4 Folding Chairs

How to Redeem Your Incentive Prize:
Thank you for your fundraising efforts! Approximately 2-3 weeks after your Relay For Life event you will receive an email with the following in the subject line - Your 2013 Relay For Life Fundraising Club Certificate is here! If for any reason you have changed your email address or do not receive a certificate, please contact your local ACS staff partner or RFL event chair after 4 weeks.

Incentive prizes are subject to change due to manufacturer availability. Redemption website will reflect current incentive choices should they change.

For additional information, please visit RelayForLife.org/fundraisingclubs
RELAY NUMBERS AND OTHER IMPORTANT STUFF

The Relay For Life of Lancaster is labeled a successful event for the American Cancer Society. The yard stick that is used to measure that success and our global ranking is dollars raised. When looking at the dollar scale we are very good. In 2012 we raised over $660,000.00 for the fight against cancer. We funded Road to Recovery, Reach to Recovery, Look Good Feel Better, the wig bank and we supported the research scientist that will eventually find the cure. No money, no mission, is a phrase that we have all heard. The necessary positive bottom line is how we are compared because it is an easy and understandable measurable that fuels mission delivery.

Another way to measure the success of the Relay For Life of Lancaster is of a different nature. There are numbers here too. In 2012 we celebrated and honored 702 survivors and 635 caregivers. That’s 1337 people who show the world that Lancaster has exceptional cancer fighters who can save lives and give hope simultaneously.

The Survivor and Caregiver laps starting the Relay kick off our celebration and remembrance with numbers well. How many hugs? I can’t begin to count that high. How many tears? I can’t imagine a number that high. How much love? You do the math.

The Relay For Life and the 24 hours we spend together symbolizes the 24 hour struggle of a cancer patient. The track also has symbolism. With every lap we come full circle, but not back to the beginning. As we start each lap we show our constant and persistent efforts are who we are. We show that we won’t quit and we will be here for another lap and as many more laps as necessary to win the fight.

Mother Teresa once said, “Even though our efforts seem like a drop in the ocean, without us the ocean would be less because of that missing drop.” We only walk laps, give hugs, shed tears and remember loved ones, but when we put it all together we are fighting back against cancer. Put it all together and we are The Relay For Life of Lancaster and together WE ARE WINNING!

Thank you Relayers!

Terry Ditzler

Chris Miller

Dawn Ziegler

Tri-Chairs, Relay For Life of Lancaster
Teams Fundraisers

Fund-raising with Isaac’s Famous Grilled Sandwiches
1. We host Community Night fund-raisers Sunday – Thursday, 5:00 – 9:00pm.
2. You receive 25% of the sales YOU bring to us simply by inviting team members, family, friends, co-workers, neighbors, etc. to come out and eat.
3. We send a check to ACS, along with a letter, asking them to credit their team’s account!
   http://www.isaacsdeli.com/fundraising.asp

Breakaway Breakdown Gang is raffling 2 Relay T-Shirt Quilts. Raffle Tickets are $1 each or 6 tickets for $5. Tickets can be purchased in advance and will also be available at the 2013 Relay For Life event June 7 - 8, 2013. Call 717-330-7702 or 717-330-7704 for more information.

Wohlson Crusaders is hosting a Chicken BBQ Saturday April 20, 2013 11:00am - until Sold Out! Wohlson Construction Co - 1295 Manheim Pike. Cost:$9.00 - Includes 1/2 Chicken, Baked Potato, Applesauce, Roll, and 16 oz Turkey Hill Drink. Contact: Julie Boyd at 717-299-2500 (pre-orders accepted!).

Join the fight for a cure and support our Relay For Life Team G-Crew, through the purchase of a special designed T-shirt. These short sleeve shirts sport the Lavender Cancer Awareness Ribbon draped over the company logo on the front and team slogan “Joining Together For A Cure” on the back. All shirts are pre-shrunk cotton with the exception of the men’s athletic shirt which is Dri-Fit. Contact Justin Townsend at Goodhart Sons, Inc. 2515 Horseshoe Road Lancaster, Pa 17601.

Soles for Souls is hosting a Bus Trip to New York!!! When: Saturday June 1, 2013. Where: 7:00am pick-up at Hempfield High School. Depart NYC at 7:00pm. Cost:$25.00 per person. Contact: Kelly Swayne at fundraiser_ks@yahoo.com or call Mandy Hilgert at 717-587-0139.

Team OZ is hosting a Bowling Party! Sunday April 7, 2013 1:00 pm at Leisure Lanes Columbia Avenue. Cost: $15 per bowler (includes shoes!). Contact: Cheryl Campbell at 468-7996.

Team OZ is hosting a Bus Trip to Atlantic City, NJ!!! Saturday April 20, 2013. Cost: $50.00 per person. Contact: Cheryl Campbell at 468-7996.

Josie’s Jewels is hosting a Spring Fling Vendor & Craft Show Saturday April 20, 2013 from 9am – 4pm to benefit ACS Relay For Life of Lancaster. The Spring Fling will take place at Grace Baptist Church of Lancaster 1899 Marietta Avenue Lancaster 17603. There will be a wide variety of vendors present for you to enjoy One Stop Shopping! There will also be a raffle, concessions, and door prizes! Event is FREE for the public! Visit www.facebook.com/Team Josies Jewels, or contact Kim @ 717.903.3883 or gekim@mail.com for more details.

Captain Morgan's Cancer Crusaders Relay For Life Team is "teaming" up with Yankee Candle to offer a spectacular Spring Candle Sale. Includes most scents available at regular Yankee Candle stores (does not include outlet candles which are discontinued items). Large Jars and 2 Wick Tumblers are selling for $20.00 each (regular $ 27.99) and Diffusers are $ 15.00 (regular $ 21.99). Plus, Yankee is donating a portion of the sale of each candle to the American Cancer Society's Relay For Life. Contact Kathy Morgan with your order!!!! Orders and money must be received by Friday, April 26, 2013. Delivery will be the following week after Wednesday, April 1, 2013 (No fooling!!!). Spring/Summer is in the air - WHY NOT have it in your home too!!!! E-mail: kathy@kathymorgan.com or call: 717-615-9071.

Come join us for our 12th silent auction to benefit The American Cancer Society's Relay For Life. Captain Morgan's Cancer Crusaders and Shank's Tavern will be holding the auction on Saturday April 13th. Doors open at 6:30pm with a $5.00 donation. Music will be provided by John and Amy Chapman. A special appearance by Bob the Rod Man Shank is also scheduled. Shank's kitchen will be open with the regular menu. The auction closes at 10:00pm So come out and have an enjoyable evening while helping to continue the fight against cancer. If you have any questions please contact Rick at (717) 951-4084. Shank's address is 36 South Waterford Ave., Marietta, Pa

Relay For Life.org/palancaster