

Sarah's Soldiers March To Beat Breast Cancer

By Kimberly Laro
Sarah's Soldiers

Each year Concord's Making Strides Against Breast Cancer committee chooses a Survivor Initiative. This year the theme is "Believe." Sarah's Soldiers continues to impact this event as our own Cydney Dodge (Sarah's sister) takes on the responsibility of the Director of Survivorship. The Survivor tent is open to all – survivors and their family and friends that support them. This year's craft project is a giant mobile based upon the theme "Believe." So stop by the tent and share what you believe in.

Did you know ... you are considered a survivor from the day of your diagnosis for the rest of your life?

The Making Strides event is so much more than just a fundraiser. It's a day to come together to encourage, to support, to celebrate, to remember, to believe!

For the past two years, with the volunteer efforts of Fred Keach of McLeod's Florist, a video is made to capture the spirit of the event. The 2006 and 2007 videos can be viewed

on YouTube.com. Just search for "Making Strides Concord New Hampshire."

I had the privilege to participate in recording audio for this year's video. We were asked to speak about why we are inspired to participate, and some of the sentiments captured speak volumes, even though we all have started on this journey for different reasons. It is as if we speak with one voice. Here are a few selections:

"All things are possible if you believe."

"On that day in October, when thousands of people come together united in spirit and hope, it's a feeling that you will never forget."

"So with my friend's memory in my heart and the wonderful people that I've met along the way on my mind, I am committed to Making Strides Against Breast Cancer."

"I believe in the hope of what tomorrow brings."

So please join us in Concord on October 14 to experience the "power of Making Strides."

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was also the Chief of Police for a time after they bought their first home here in 1973. They were active in the community and very involved with the Andover Rescue Squad up until they sold their house in 1986 and moved to nearby Tilton to grow their photography business.

In her current fight against breast cancer, Marg is lucky in that she was diagnosed very early. She has just finished with her radiation treatments and has an excellent prognosis.

I am walking this year to honor my sister and also my aunt Claire, who is a survivor. I am walking in memory of my husband's mother, a woman who never knew her granddaughters because she died shortly before the oldest was born. I am walking in memory of Sarah and her mother Donna. These personal stories that have touched my life and the many more I hear each and every day are what push me to work harder.

My personal fundraising effort this year will be a formal dinner party. "The Black Tie Pink Ribbon Gala" will be held on September 15 at Alan's of Boscawen. It is formal, but black tie optional. If you are interested in tickets, contact me. I am well on my way to selling my 120 ticket goal, so get yours now while they last. There will be raffles, live entertainment, great food and fun.

If you simply wish to make a donation, go to Tinyurl.com/2AMBLK to donate by either finding a specific person you know who is walking or a particular team that you wish to donate to. You can even join a team or start your own team and begin your own personal fundraising efforts. You can also

contact me personally at 848-3447 or kat@concordstrides.com, or write to me at 77 Currier Road, Andover 03216.

We are gearing up for this year's October 14 walk, so remember to mark that on your calendars. The American Cancer Society is hard at work year round fighting cancer on four fronts: research, education, advocacy, and patient services. They are supporting those lives that are directly affected by cancer and helping patients receive whatever it is they need to further their treatment.

Many, many thousands of volunteers started setting the stage for this year's walks all over the country months ago. I am not just someone who is walking to raise money. I am also proud to be a part of the Concord Area Committee for Making Strides Against Breast Cancer. I work with some incredibly talented and dedicated individuals who make it all happen.

When those 4,000-plus walkers come onto Memorial Field in Concord on "walk day" in October, there is a warm and welcoming atmosphere that greets them. This, combined with their own spirit of whatever it is that moves them to be there, fills the crowd with a special power. If you believe you can make a difference, you can!

I believe pink is the new power color, the power to make a difference! It makes for an amazing feeling and an even more amazing day. So come out and spend the day with us or walk with us on October 14! There is something very fulfilling about taking action, because you never know what you can accomplish until you are challenged. Think about it and remember it's not just about surviving, it's about thriving!

"Just For Jill" Team Doubles Its Goal For October Cancer Walk

By Julie Gaudette
Just For Jill

I am the new Director of Special Education and Assistant Principal at AE/MS. I am a Co-captain of a Making Strides Breast Cancer Walk team. Our team is called Just For Jill.

In the spring of 2005, my cousin Jill was diagnosed with Stage 3 breast cancer. She lived in Chicago, away from most of her family, who lives here in New England. It was difficult being far away from her during a time when we knew she needed as much support as possible. Family members sent her care packages that consisted of handmade hats and scarves, her favorite foods, and positive thoughts and prayers.

During a discussion with my daughter Kinley (who was 5 at the time), she and I decided that we would start a team in honor of Jill and her fight. Kinley and I had walked for another team for a few years, so we knew what a great event the Making Strides walk is.

That year, Kinley and I made our own shirts as co-captains and did the walk. Kinley walked most of the five miles herself, hopping into the stroller for just a few minutes here and there.

In 2006, we recruited 13 team members and raised \$1,200. A few of our team members are cancer survivors, which makes the day feel even more



Just For Jill team co-captains Kinley (l) and Julie Gaudette

special!

This year, as Jill and her fiance Steve prepare for their dream wedding, which they won through a Valentine's Day contest through Fox News Chicago, the Just For Jill team hopes to recruit more members, and our team goal is to double last year's goal.

Since the beginning of Just For Jill, my mother-in-law Lucille was diagnosed and went through treatment for breast cancer, and a coworker, Ann, underwent surgery and has a team that was formed in her honor. The Making Strides walk is a great way to work toward educating people about this horrible disease and working toward a cure!

Veteran Walker Joins Sarah's Soldiers

By Linda Varnum
Sarah's Soldiers

Over the past three years I have participated in three two-day walk events in the fight against breast cancer. Although the location of my walk has changed each year – New York City in 2005, Boston in 2006, and Washington DC in 2007 – the reasons why I walk haven't changed. A woman living in the US has a one-in-eight chance of developing invasive breast cancer in her lifetime; an estimated 41,000 women will die from breast cancer this year; a new case of breast cancer will be diagnosed every three minutes. By making the commitment to participate in a walk in the fight against breast cancer, I'm committing to positively affect the lives of the millions of people touched by breast cancer, including me.

On October 14 I will participate in the American Cancer Society's Making Strides Against Breast Cancer, this time in Concord. I'll walk as part of the team Sarah's Soldiers, along with Kimberly Laro and Kat Hitchmoth of Andover. I learned about Sarah's Soldiers from reading Kimberly's article in the *Beacon* last year.

When people ask me why I walk, I say it's simple. I walk with thousands of others because we truly believe that to-

gether, by raising funds and awareness and walking miles for the cure, we will soon find an end to the pain and suffering breast cancer causes. And, I walk so that one day I can say to my granddaughters, "So we turned the tables on it. We all came together and walked for miles to raise the money that funded the cure. Now, *no* woman will ever suffer from it again, especially you!"

To join me in my fight against breast cancer or to learn more about the American Cancer Society's Making Strides Against Breast Cancer events, please visit Tinyurl.com/2F7572.

Live Entertainment
Jaime Taylor

Black Tie Pink Ribbon Gala

September 15th 2007

at
Alan's of Boscawen

go to: <http://www.alansofboscawen.com/directions/> for directions

Tickets \$50.00

Cocktail Hour 6pm to 7pm
Dinner at 7pm

Music & Dancing till 11pm
to the sounds of D & T Productions

Raffles throughout the evening
Contact: kat@concordstrides.com for ticket info!

Proceeds to benefit American Cancer Society's Making Strides Against Breast Cancer