



KEEPING ABREAST

Working to find the causes and stop the epidemic

25 Bellam Boulevard, Suite 145, San Rafael, CA 94901

(415) 256-9011

Summer

MBCW STUDIES ADOLESCENCE WITH \$500,000 GRANT

by Ronnie Cohen

The California Breast Cancer Research Program has awarded Marin Breast Cancer Watch and the University of California \$500,000 to study factors that might contribute to adolescent girls' chances of getting breast cancer as women.

In an unusual collaborative effort between grassroots activists and scientists, a team of breast cancer survivors and epidemiologists will conduct the two and a half year study initiated by Marin Breast Cancer Watch volunteers. The study aims to uncover modifiable adolescent risk factors so we can create a safer environment for girls.

"We really hope to get closer to causes that are modifiable so we can educate and prevent the development of breast cancer in our children," said breast cancer survivor Dr. Georgie Farren, an internist and one of the study's principal investigators. "It would be great, for example, if we found exposure to smoke in adolescence contributes to breast cancer because it's something we could all get on the bandwagon against."

An interviewer will question 600 Marin County adult women, half with breast cancer, about their adolescence. Although little research has been done about adolescent risk factors, researchers believe adolescence may present a window of vulnerability for later development of breast cancer.

The interviewer will travel to participants' homes and ask questions about physical development, hardships, stress, family and social relationships, alcohol use, cigarette smoking, exposure to second-hand smoke, education, places lived and socioeconomic status. To try to determine socioeconomic status, the interviewer will ask study participants how many cars their parents owned, if they owned their homes and if they hired household help. Participants also will be asked about accepted breast cancer risk factors, such as lifetime reproductive history and family history of breast cancer.

The interviewer will provide aids to trigger teen-age memories. Memory aids include an interactive calendar, photographs of pre-adolescent and adolescent girls and a visualization tape to take listeners back to their middle and high schools. The calendar marks news and fads, such as President Kennedy's assassination and poodle skirts, to remind participants of their adolescent worlds.



The Study Team: top, from left, Roni Peskin Mentzer, Flavia Belli, Dr. Georgie Farren; bottom, Dr. Margaret Wrensch and Mary Gould

With help from 50 Marin County women who participated in focus groups and interviews, the study team developed the memory aids and designed the study during a \$75,000 pilot project. The Breast Cancer Research Program at the University of California, San Francisco (UCSF), also funded the pilot.

Much of the \$500,000 grant will pay for staff to perform the study. The study team also plans to pay participants \$50 each.

The Northern California Cancer Center, which receives reports of all diagnosed Marin County cancers, will supply the names of Marin County women diagnosed with breast cancer between July 1997 and now. The breast cancer survivors will be matched with a random sample of Marin County women without breast cancer.

The main study team consists of UCSF epidemiologists Dr. Margaret Wrensch and Dr. Marion Lee, along with five Marin Breast Cancer Watch members – Farren, Flavia Belli, Mary Gould, Roni Peskin Mentzer and Linda Spence. Four of the MBCW members turned their personal grief about their own breast cancer into a quest to learn what caused the disease so they could try to stop it.

When they realized they needed an epidemiologist to help with the study, Mary Gould, a physical therapist who lost a sister to breast cancer before beginning her own battle with the disease, called epidemiologist after epidemiologist until she found Wrensch, the study's other principal investigator.

"Through their extraordinary determination and creativity," Wrensch said of the MBCW team, "we now have the resources to conduct a meaningful study of the role that adolescent experiences, exposures, practices and circumstances might play in the later development of breast cancer." ♦

CALENDAR

July 9, 5:30-9 p.m. and July 14, 9:30 a.m. - 1 p.m., Catherine Abby Rich leads an herb walk down Tennessee Valley, \$25 an outing to benefit Marin Breast Cancer Watch, (415) 924-5961

July 26 through July 31, Second World Conference on Breast Cancer, Ottawa, Canada, brcancerconf.kos.net, toll free (877) 811-9222

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FROM THE PRESIDENT

Too Many Unanswered Questions

by Francine Levien

What's really causing so many Marin County women to have breast cancer? Does anyone know? Are we only an extremely wealthy community, only white, only well educated? Have we mostly had children late in life or not at all? Did we all start menstruation early and menopause late?

These are the reasons authorities cite for Marin County's frightening rate of breast cancer.

Are we older, fatter, more exposed to ionizing radiation, more predisposed to genetic conditions like the BRCA gene? The U.S. Centers for Disease Control also cites these as risk factors for breast cancer. Less clearly established factors, according to the CDC — use of oral contraceptives, use of estrogen replacement hormones, above-average height, alcohol consumption and no history of breast-feeding.

In a report last year to Congress, the CDC listed a host of ways the environment might play a role in cancer. Possible environmental links include DDT, PCBs, electromagnetic fields, excessive exposure to light and hair dyes.

Do Marin women drink more? Are we more exposed to electromagnetic radiation? Do we dye our hair more? Who are we anyhow?

So much of what we think we know about our neighbors and ourselves is conjecture. The big homes stick out like boulders on a hillside, but what of the numerous pebbles? We eagerly look for the famous people we know live here, never noticing all the average middle- and working-class folks in our midst.

Yearly multimillion-dollar incomes of a large handful of residents drive up our median salary. If you go to Kaiser Permanente Medical Center, like I do, you see Marin's other faces: ordinary men and women driving older-model vehicles, wearing clothes more likely to come from Target than from Nordstrom, leading lives no different than those in San Francisco and San Jose, where the breast cancer rates are lower.

And guess what? Not everyone in Marin is white. We have Marin City, an enclave primarily of African-Americans and a sprinkling of Vietnamese. We have the Canal District, where 10,000 people, mostly Latinos, live jammed into one square mile. Do we even have accurate breast cancer statistics for these communities? When Latin women learn they have breast cancer, I've been told they return to their native countries.

The people of Marin City and the Canal District do not fit

the Marin profile of rich, educated and white — the excuse bandied about for causing 163 out of every 100,000 Marin County women to have invasive breast cancer in 1997, the most recent year for which statistics are available.

So why does Marin County have the world's highest rate of breast cancer? We need to know more about our population before we can answer the question of what's causing this epidemic. That's why we are finally formulating plans for a community survey to examine possible causes of breast cancer along with other cancers.

We need your help to do this. To formulate survey questions, we want your input, your questions, your hunches, your concerns. Send them to us by e-mail at mbcw@earthlink.net, by FAX at (415) 256-9773, or by snail mail, Marin Breast Cancer Watch, 25 Bellam Boulevard, Suite 145, San Rafael, 94901.

I also need to say something regarding the latest recommendations for breast cancer prevention. The medical community uses us as guinea pigs when it performs double preventive mastectomies and it suggests tamoxifen for tens of millions of healthy women. Imagine how much money Zeneca Pharmaceuticals stands to make from sales of all that tamoxifen.

Wouldn't it make more sense to try to prevent breast cancer by saying no to drugs that might harm us and by cleaning up our environment? (I'm not really that naïve.) But I have not noticed anyone suggesting healthy men amputate their

prostates and testicles to prevent cancer. So why do they chop off our beautiful breasts and write us prescriptions for toxins, which cause uterine cancer, as insurance against possible breast cancer?

Some in the medical community have accused breast cancer advocates, Marin Breast Cancer Watch included, of unnecessarily alarming

women. Are we alarmists when we present the facts and ask the resulting questions? What's more alarmist, reporting that Marin County's breast cancer rate is higher than anywhere in the world or recent headlines and news reports, such as, "Research suggests prophylactic mastectomies lower breast cancer risks," or "The American Society of Clinical Oncology recommends all women with a 1.7 percent relative risk of getting breast cancer over the next five years — 20 percent of U.S. women or 29 million healthy women — be offered tamoxifen?"

To add insult to injury, a new three-page advertisement for Nolvadex (tamoxifen) appearing in mainstream magazines features a photograph of a slim, white young woman in a black lacy bra and panties under the headline: "If you care about breast cancer, care more about being a 1.7 than a 36B." The ad goes on to say, "Knowing your number gives you power, and knowing about Nolvadex should give you hope. Because even if you are at high risk, Nolvadex has been proven to significantly reduce the incidence of breast cancer in women at high risk."

Now who is acting alarmist?

Let's not be sheep. Join us and help to challenge the status quo. We're talking about our lives and the lives of our children. ♦

"So why does Marin County have the world's highest rate of breast cancer?"

LADYBUGS PROMOTE PESTICIDE-FREE ZONES

by Ginger Souders-Mason

Marin Beyond Pesticides Coalition's pesticide-free zone campaign is off to an exciting start. Ladybug signs, which say "pesticide free zone," are appearing in yards all over Marin County. The round metal signs, available for free at organic garden-supply stores, serve as thought-provoking reminders to all who see them.

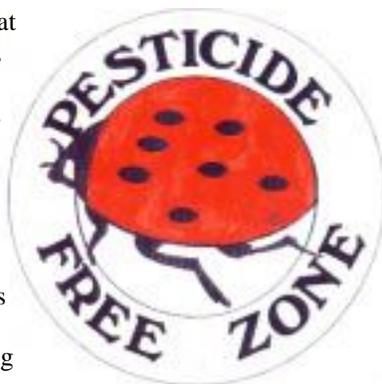
The Marin Stormwater Pollution Prevention Program and the Pesticide Watch Education Fund bought 50 ladybug signs to display in school gardens this fall. Marin Beyond Pesticides Coalition is working on making all Marin County schools pesticide-free zones.

Parents, please ask your school administrators if your children's schools and playgrounds are being sprayed. If so, when, what, for what, and have least toxic alternatives been considered?

Marin Beyond Pesticides Coalition is in a fact-finding stage, and all information gathered about school pesticide and herbicide use can be communicated to Susan Christman at (415) 927-7023. Susan also can supply dates and times of the coalition's schools subcommittee meetings.

In May, Marin Beyond Pesticides Coalition received the "Coalition of the Year Award" from the National Coalition Against the Misuse of Pesticides and the Pesticide Watch Education Fund for our work on Marin County's integrated pest-management ordinance. The ordinance requires the county to reduce its pesticide usage by 75 percent over the next five years.

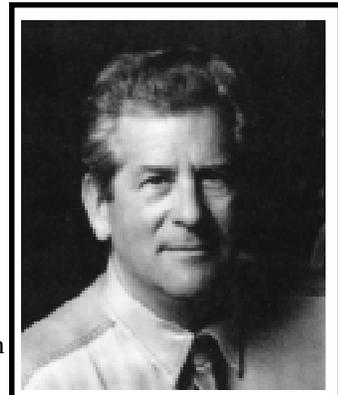
Marin Breast Cancer Watch was a founding member of Marin Beyond Pesticides Coalition. The coalition consists of 35 member groups. For more information about Marin Beyond Pesticides Coalition, call (415) 456-2849. ♦



You can pick up this free sign from organic garden supply stores

TOXICS EXPERT TO SPEAK IN SEPTEMBER

Dr. Marc Lappe, an expert in public policy and toxic substances, will discuss "How Toxic Substances Cause Cancer" on Sept. 23 for Marin Breast Cancer Watch.



Dr. Mark Lappe

Director of the Center for Ethics and Toxics in Gualala, Lappe has written "Against the Grain: Biotechnology and the Corporate Takeover of Your Food" and "Chemical Deception: The Toxic Threat to Health and the Environment."

He served in Jerry Brown's administration, taught at the University of Illinois College of Medicine and serves as an expert toxicology witness in court cases. He worked for the prosecution in the case that resulted in the book and movie, "A Civil Action." Dr. Lappe's training as a pathologist and toxicologist has led him to understand how our polluted environment causes disease.

Come with your questions on Thursday, Sept. 23 at 7 p.m., Marin General Hospital. ♦

HINT FOR HEALTHY LIVING

Don't let yellow jacket wasps ruin your backyard barbecue.

Yellow jackets should not be confused with honeybees. Meat-eating scavengers, yellow jackets can sting, sometimes fatally. So preventing that sharp encounter is best.

Before using my backyard, I hang yellow plastic cone traps with pheromone attractant. If the yellow jackets bother you while eating, you can swat them with a fly swatter. Always move dead wasps away from eating areas. Then watch fellow yellow jackets feast on dead relatives.

Never spray chemicals. If you need to remove a yellow jacket nest, consult an authority, like the Bio Integral Resource Center in Berkeley. ♦

by Ginger Souders-Mason

LUNACEE, YOU'RE WONDERFUL

Thank you seems so insufficient.

Rosa Rivera and Mickey Rosado, owners of San Rafael's Lunacee Club, heard a Channel 7 news clip about Marin Breast Cancer Watch in February, and less than three months later, they organized a golf tournament and a dance that raised more than \$9,000 for us.

"We're committed to giving back to the community," Mickey said. That's for sure.

A good friend of Rosa and Mickey's has breast cancer. So when they heard the news clip about Marin Breast Cancer

Watch's February forum on what's causing Marin County's breast cancer epidemic, they decided to play our fairy godmother.

Rosa, Mickey and a group of friends formed a committee, met Thursdays at the Lunacee Club for almost three months and planned the dance and golf tournament at the Shadow Mountain Golf Club. Committee members reached out to their friends in the gay and lesbian community, who came through with an assortment of gifts for the tournament and raffle.

"You guys get to see the gay and lesbian community in a different way," Mickey said. We think it's a great way. ♦

LIVING WITH BREAST CANCER

Take Care Into Your Own Hands; Question Everything

by Fern Orenstein

When my doctor called me at work on April 1, 1996 and told me I had breast cancer, I thought she was making an April Fools' Day joke.

By then, other doctors had convinced me the lumps in my breast were nothing to worry about. They were wrong. After my mastectomy, I learned a pathologist who called my lumps "fibrocystic" should have diagnosed them as cancerous a year before. Had she done her job properly, I might still have my breast.

I have been a professional health educator since the early 1980s. So I've always been assertive about my medical care. But living with breast cancer has taught me I must be the director, the navigator at every single turn.

My story with breast cancer began when I was 36. I had two lumps in my breast. A mammogram showed nothing. A pathologist working in a San Francisco hospital breast clinic used fine-needle aspiration to take a sample from each of the lumps.

A few weeks later, I returned to the clinic, where a doctor told me the aspirations showed the lumps were benign. He said, "You're low-risk. You have no personal or family history. You had a baby. You breast-fed. You have pain. You're young." All the myths.

Based on the pathology report, the doctor told me I had fibrocystic breast disease, which made me prone to benign lumps. Get another breast exam in six months, the doctor said. Six months later, my father died, my husband was ill, and I was moving and changing jobs. Nine months after the fibrocystic breast disease diagnosis, I went to Marin General Hospital and saw a breast specialist nurse, who could not believe the San Francisco breast clinic failed to surgically biopsy my lumps. The nurse sent me to a surgeon, who said I had tumors.

They might be benign, the surgeon said, but they were definitely tumors.

I was so convinced the tumors were harmless that I put off the biopsy the surgeon recommended. The surgeon agreed to monitor me monthly while I took anti-oxidants commonly used to treat fibrocystic symptoms. Within three months, the masses had shrunk. But they remained hard, and the surgeon remained concerned.

So I agreed to a biopsy. Then I got the April Fools' Day call.

While I was in bed recovering from my mastectomy, I read *Dr. Susan Love's Breast Book*. Love calls fibrocystic disease an unacceptable wastebasket diagnosis. Always question a fibro-

cystic disease diagnosis, she advises, and find out what types of cells are present because some are known precursors to cancer.

I put down Love's book and found my year-old fine-needle aspiration pathology report in a portable cardboard file next to my bed. The report said, "fibrocystic changes." I thought, "Changes, schmanges, what's that?"

I got the telephone and tracked down the pathologist in her lab.

Filled with anger over losing my breast, I vented.

"I'm calling to let you know that I just had my breast removed," I said. "I'm 38 years old. It says right here in *Dr. Susan Love's Breast Book* that fibrocystic disease is a garbage term."

The pathologist asked where I was getting medical care, who did my surgery, if I was OK. "Of course I'm not OK," I replied. "But I'll go on. And maybe you will never look into a microscope the same way again."

There! Then I felt better.

In the meantime, I was trying to decide if I should have radiation in addition to chemotherapy. I talked to a radiation oncologist, a friend of a friend. She asked about my mastectomy margins. I called a Marin General pathologist and asked about the margins. He said he had not examined them.

Because of my prodding, my surgeon insisted the pathologist examine the margins of my amputated breast. The examination revealed a third tumor only 1 millimeter from my chest wall.

The third tumor convinced my doctors that I needed radiation as well as chemotherapy. Had I not had radiation, I might have had a recurrence by now.

While I was still trying to figure out a treatment course, I went to see a San Francisco oncologist. He wanted a tumor board to examine my slides and review my case. I called Marin General and asked for my biopsy and mastectomy slides. They were gone. The pathologist who did the fine-needle aspirations had the slides sent to her.

She had no right to them. Within the hour, I went to get my mastectomy slides. Then I went to the clinic where the aspirations were done to pick up my year-old slides. I was taking Love's advice and hoping the tumor board could identify the type of fibrocystic cells so I would know the kind of cells to be on guard for in my remaining breast.

I took all the slides to the San Francisco oncologist. A few days later, he called. The first thing he told me was the tumor board identified the cells from the year-old fine-needle aspirations as malignant.

Until then, I believed my tumors had been benign at the time the aspirations were done. Now I knew I was the victim of a mistake. If the pathologist had read the slides properly the year before, I might have been able to get away with a lumpectomy. I might have been spared chemotherapy, radiation and the perpet-

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A DAUGHTER HOPES FOR THE CURE

by Salome Donenfeld

Editor's Note: Marin Breast Cancer Watch board member Fern Orenstein's daughter wrote this piece for a sixth-grade class assignment on the next millennium.

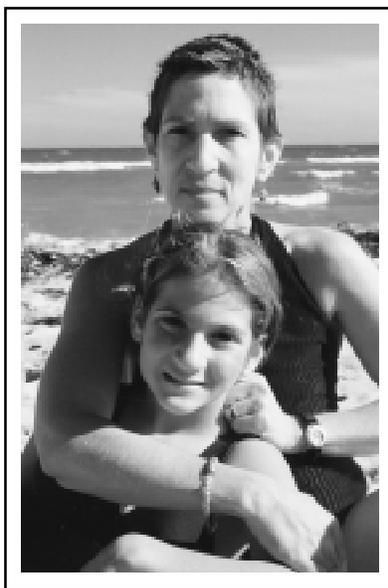
I was almost 9 when my mom told me she had breast cancer. She had surgery called a mastectomy so they could take away the cancer, and it would never come back. Mom also had a whole year of medicine called chemotherapy and radiation.

I had two nicknames for her – “Chemo-brain” because she always forgot where everything was, and “Orgi-Mom” because *everything* she ate had to be organic!

I think my mom was really lucky because she got the treatments she needed early. Other women may not be as lucky.

I am 11 now, and I think a lot about my future and the new millennium. My generation will be facing this epidemic in the 21st century. But I believe the 21st century will bring the cure for breast cancer.

Involved people will work together to find the causes of breast cancer. Improvements in the environment and food will help to prevent breast cancer. Discoveries in medicine will help to find the cure.



Fern Orenstein and daughter Salome

When farmers are educated about the consequences of intense use of pesticides on fruits and vegetables, I would think they would realize that they are poisons that increase the chances of getting breast cancer. We all have to do our part to keep these poisons away from our homes, schools and other places we hang out.

By not polluting the world's water sources with oil and other toxics, the waters will become fresher and cleaner. As a result, people's health will improve, and we will decrease the chances of getting breast cancer.

Stopping air pollution also is a big part of keeping the environment cleaner to prevent breast cancer. People can prevent air pollution by driving vehicles with low toxic emissions and by coming up with new kinds of industrial sites and power plants that give off less toxic chemical waste.

I believe there will be a vaccine to decrease the chances of getting breast cancer. When a baby is born, she will receive the vaccine. A special kind of medical practitioner will vaccinate the baby.

If involved people everywhere – doctors, scientists and lay people like you and me – work together to educate others and find the causes of breast cancer, we can fight this disease and win.

By taking these steps, the world will be a much better environment to live in for my generation and for others to follow. ♦

Living...continued from page 4

ual fear of a recurrence I live with now. After hanging up the telephone, I cried for hours. Tears still fill my eyes every time I think about the pathologist's mistake.

When I completed my treatment, my friends and family convinced me I had to file a medical malpractice lawsuit. We settled out of court. No amount of money could replace my breast. The money gave me minimal satisfaction. The real satis-

“Breast cancer has been one loss after another. Layers of losses. We lose our breasts, our ability to bear children.”

faction is in knowing that this pathologist is never going to look into her microscope in the same way again, and maybe other women will be spared my fate.

Doctors are only people, busy people. They're not gods and goddesses. Don't be afraid to challenge your physician.

Question everything until you're absolutely satisfied with the answer.

Breast cancer has changed not only the way I handle my medical care but the way I take care of myself. I became a vegetarian. I've also become neurotic about what I let my 11-year-old daughter, Salome, eat.

It's been very, very hard on Salome because she was developing her breasts while I was losing mine.

Breast cancer has been one loss after another. Layers of losses. We lose our breasts, our ability to bear children. At 38, chemotherapy pushed me into menopause.

I don't know how I got breast cancer. But when I think about it, I go back to the kitchen of my family's fourth-floor Queens apartment. I sit at the black and white Formica kitchen table and smell the insecticide an exterminator sprayed once a month to kill cockroaches.

We can't just let this disease take lives. As a board member for Marin Breast Cancer Watch, my personal mission is to educate women about the need to continually question our health care and our environment. We need to start reducing toxins and toxic exposures. It could take 10 years or more to see changes, but we must start now. We must find the causes of breast cancer and eliminate the risks for the sake of our children and grandchildren and all living creatures. ♦

CALL FOR FULL DISCLOSURE ON HEALTH RISKS OF CELL PHONES AND TOWERS

by Nancy Evans

Whether you call it “informed consent” or “right to know,” information was the key issue during an April public forum on the health impacts of microwave radiation from cell phones and telecommunications towers and antennas.

During the day-long forum in Tiburon, scientists and community leaders suggested the telecommunications industry may be leading us down the tobacco road again, hyping technology it assures us is safe and holding hostage research that suggests otherwise.

Although the foreign press reports on research about electromagnetic radiation from telecommunication devices, U.S. media have ignored the issue. Last fall’s Vienna Resolution was just one example. This landmark scientific agreement by 16 leading scientists stated that biological effects from low-level electromagnetic radiation are scientifically established. The resolution also called for increased publicly funded research to determine what this means for public health.

Biomedical researchers Neil Cherry of New Zealand and Henry Lai of the University of Washington, Seattle, laid the scientific groundwork for the conference discussions. Cherry reviewed the growing body of evidence showing health effects of non-ionizing electromagnetic radiation (NIEMR). Lai explained his animal studies showing DNA breakage and short-term memory loss after exposure to NIEMR.

Gordon Miller, chairman of the California EMF Stakeholders’ Group, said public oversight and publicly funded research are the keys to ending the controversy over possible health effects of NIEMR.

Speakers also included actor Linda Evans, who is challenging a cell-phone tower near her Ranier, Washington home. “Residential neighborhoods are not an appropriate place for cellular towers,” she said.

Colorado attorney Deb Carney spoke of her community’s struggle against the installation of an omni-directional super tower on Lookout Mountain, already bristling with towers and antennas. If the proposed tower were erected, Lookout Mountain would emit as much as 20 megawatts of radiated power into an area previously identified as having a brain cancer cluster.

“The law entitles us to be free of trespass, assault and battery in our homes,” Carney said. “And that is precisely what these chronic exposures represent. It’s our job to make the invisible (radiation) visible — and our best weapon is the truth.”

Environmental-testing engineer Peter Sierck reported on his recent measurements of NIEMR on Mt. Tamalpais, near San Francisco’s Sutro Tower and in Laguna Beach. He pointed out that “stealth antennas,” innocent looking units mounted on building surfaces, are proliferating and often are powerful sources of radiation, shooting it in every direction.

Environmental consultant Cindy Sage addressed the need to shape public policy in the face of scientific uncertainty and cited 16 research studies indicating health effects of low-level NIEMR. “We don’t have all the answers,” Sage said, “but until we do, people need to know how to take prudent avoidance

FOX ON BOARD

Welcome to new board member Andrea Fox. Andrea was diagnosed with breast cancer in August 1998 at the age of 31. As a Marin Breast Cancer Watch volunteer, she has spoken to Bay Area organizations about breast cancer and about MBCW’s goals, history and objectives. Since 1990, Andrea has been an urban planner with the Marin County Community Development Agency. She runs, bikes and gardens in her spare time. We’re delighted to have her with us.

A TRIAL FOR TIBETAN MEDICINE

by Francine Levien

If you have Stage IV metastatic breast cancer, you may qualify for a clinical trial using Tibetan herbs from Dr. Yeshi Dhonden.

The personal physician to the Dalai Lama for more than two decades, Dr. Dhonden is one of the foremost authorities on Tibetan medicine. He has treated breast cancer in thousands of women, including me, throughout the world for more than 30 years. The survival rate for women treated with Dr. Dhonden’s herbal therapies appears much higher than the survival rate for women receiving western medical treatment alone.

Dr. Dhonden has been treating me with his herbs for more than three years. Until nine months ago, when I had a mastectomy because the tumor remained, I did no conventional western medicine, and my cancer has not metastasized. Recovery from my mastectomy was swift and relatively pain-free.

Researchers at the University of California at San Francisco are conducting a scientific trial to test Dr. Dhonden’s ability to cure breast cancer. Dr. Debu Tripathy, director of clinical research at the Carol Franc Buck Breast Care Center at UCSF, has a \$50,000 grant to enroll 300 women with advanced breast cancer in the trial.

Dr. Dhonden will see patients in September. Candidates for the trial are being interviewed now. If you have questions about the study, call (415) 353-7682. ♦

measures at home, at work and at school.”

Physicist Bill Curry explained his measurements on radiation emissions from cell phones. “The antenna is not the only source,” he said. “The entire device exposes the user to microwave radiation.”

The forum drew nearly 100 people to Tiburon’s Westminster Presbyterian Church, once a proposed site of a cell-phone antenna. Forum organizer Libby Kelley convinced church members to reject allowing the antenna on her church’s cupola.

Now Kelley is one of 55 plaintiffs challenging the Federal Communications Commission’s health and safety rules. The rules fail to allow local governments and homeowner associations to make tower-siting decisions or set radio-frequency monitoring rules. The U.S. Court of Appeals heard oral arguments on the case in April, and a decision is expected this summer.

Co-sponsors of the forum included Marin Breast Cancer Watch, Marin Beyond Pesticides Coalition, California Council on Wireless Technology Impacts, The Breast Cancer Fund, Marin Health Council, Westminster Presbyterian Church and other community-based organizations. ♦

AN HONOR



Ginger Souders-Mason

Ginger Souders-Mason was honored for outstanding community activism at a June dinner sponsored by the Social Justice Center of Marin.

In addition to being on Marin Breast Cancer Watch's board of directors, Ginger chairs the Marin Beyond Pesticides Coalition. She was instrumental in getting the Board of Supervisors to recently adopt an ordinance calling for phasing out the spraying of toxic pesticides on county property. Congratulations, Ginger.

Donations

In memory of
Frances Re
Simone and Emilia DiCaprio

In honor of
Debra Blumenfeld
Janie Friend

In honor of
**Andrea Fox and
Roni Peskin Mentzer**
American Association of
University Women —
Vallejo-Benicia

In honor of
Dona Treanor
Wanden P. Treanor

MARIN BREAST CANCER WATCH

With total community involvement and through an integrated approach of empirical and scientific methods, our mission is to explore, identify and reveal the reasons for Marin County's high incidence rate of breast cancer.

We pledge our energy, expertise, influence and material wealth to identify breast cancer's causes, to work toward its eradication and to create a healthier environment for ourselves, our children and our grandchildren.

Board Members

Francine Levien, President
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Roni Peskin Mentzer,
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Flavia Belli
Andrea Fox
Mary Gould
Anne Hunter
Louise Kuret
Ginger Souders-Mason

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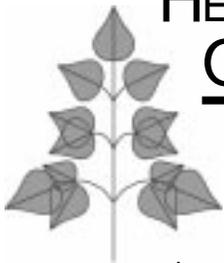
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HERBALIST OFFERS WALKS AND OVERNIGHT



Do you love nature and the outdoors? Have you always wanted to learn about our local herbs? You can do all this and help raise money for Marin Breast Cancer Watch at the same time.

Catherine Abby Rich, Marin County's local treasure and herbalist extraordinaire, will lead two herb walks down Tennessee Valley, one on Friday, July 9 from 5:30 p.m. until 9 p.m., and one on Wednesday, July 14, from 9:30 a.m. until 1 p.m. Each outing costs \$25.

Catherine also is offering an overnight herb camp at Taylor Maid Farm near Bodega. The overnight will start late in the afternoon Friday, Aug. 6 and end after lunch Saturday, Aug. 7.

Come frolic on this organic medicinal and berry farm. Swim in the fresh-water pond, and make herbal oils and salves to take home. Enjoy the camaraderie around the evening bonfire as we share food from home and a barbecue.

Proceeds from the walks and the overnight will help Marin Breast Cancer Watch continue our work of uncovering causes of the high rate of breast cancer in our community.

I've been on both these outings, and I can testify to the satisfaction of learning from Catherine while delighting in her Brooklyn sense of humor.

For more information, call Catherine Abby Rich at (415) 924-5961.

by Francine Levien

YES! I would like to help Marin Breast Cancer Watch find the causes and stop the epidemic.

- Please call me. I'd like to get involved.
- I am proud to make a tax-deductible donation in the amount of: \$25 \$50 \$100 \$250 Other
- Enclosed is an additional gift of \$ _____
- In honor of: In memory of:

Please send acknowledgment to:

Name: _____
Address: _____
City/Zip: _____
Telephone: _____
Email: _____

Thank you. Your contribution is tax-deductible.
Please ask your employer about a matching-gift program.

MARIN BREAST CANCER WATCH JOINS THE HUMAN RACE

by Cheryl Fillinger

Runners, walkers and dancers raised \$2,500 for Marin Breast Cancer Watch in our first year participating in the Human Race.

"I danced to celebrate life," Carol Pratt of San Rafael told the *Marin Independent Journal*. A professional photographer whose friend is living with breast cancer, Pratt raised \$130 for Marin Breast Cancer Watch dancing along the 5-mile route.

Breast cancer survivor Ruth Dell of Kentfield was our biggest fund-raiser. With 15 friends and relatives sponsoring her, she collected \$840 walking the Human Race for Marin Breast Cancer Watch.

Rebecca DeShields of San Rafael raised \$50 for us and won a beanie baby for herself. DeShields took home our first-place prize, the panda "Fortune," because she was Marin Breast Cancer Watch's first to finish the May race. DeShields, who ran the Human Race while training for the Dipsea, was the fifth woman to cross the finish line with a time of 34:14.

More than 1,100 people participated in the Human Race at the Larkspur Landing Ferry Terminal in San Rafael.

Thanks to everyone who got donations, walked, ran and danced in the race and made it such a successful event for Marin Breast Cancer Watch.

Next year we aim to raise at least \$5,000. ♦



Rebecca DeShields finishes first for Marin Breast Cancer Watch

AUTO ANGELS CHANGE OIL FOR MBCW

Mike and Karen Hoffman, proprietors of North Bay Motorsports in San Rafael, volunteered to put together an amazing fund-raiser for Marin Breast Cancer Watch. Mike and Karen proposed to other area mechanics that money from all oil service and safety inspections during the month of August be donated to Marin Breast Cancer Watch. We are overwhelmed with gratitude to these angels. The shops listed below have joined with Mike and Karen to raise funds for our work.

A-1 Imports Autoworks, 256-1949; Dependable Tire and Brake, 456-2311; Easy Automotive, 457-1688; European Auto Repair, 459-3068; Heyneman European, 499-1234; Locke Brothers, 453-7630; Menzio's Auto Repair, 453-6428; Milani's Garage, 453-1138; Mount Tam Motors, 455-9113; North Bay Motorsports, 457-2238; Proshop Inc., 454-2966; Spectrum Automotive, 459-4745; Swedish Auto Service, 883-2349; Ed Wright's British Car Repair, 457-1707. ♦

Calendar...continued from front page

Aug. 6 and Aug. 7, Herb camp overnight near Bodega with Catherine Abby Rich, \$90 with proceeds to benefit Marin Breast Cancer Watch, (415) 924-5961

Aug. 27, 6 p.m. drinks and appetizers, 7:30 p.m. show, Shakespeare at Stinson performs "Scapino," an adaption of a Moliere comedy, Stinson Beach theater, \$35, a Marin Breast Cancer Watch benefit, (415) 868-1115

Sept. 25 and Sept. 26, Cancer as a Turning Point, a free two-day conference for people touched by cancer, sponsored by Healing Journeys and Marin General Hospital, Marin Center, San Rafael, (800) 423-9882

Sept. 23, 7 p.m., Dr. Marc Lappe discusses "How Toxic Substances Cause Cancer;" Marin General Hospital, (415) 256-9011

May 6, 8 p.m., Honor Thy Healer, live music, celebrities, an art and silent auction will all be part of this inspirational fund-raiser for Marin Breast Cancer Watch, Fireman's Fund, Novato, (415) 256-9011



MarinBreastCancerWatch

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