

Breast Cancer Help

FALL 2005
ISSUE 10



Organic Weed Control Studied



LEFT TO RIGHT: Tamson Yeh, Cornell Cooperative Extension; Babylon Town Councilman Wayne Horsley; Alex Fezza, Senior Vice President, Breast Cancer Help, Inc.; Lindenhurst Village Deputy Mayor Carol Tanner and Trustee Michael Lavorata; Tom Williams, Executive Director, Cornell Cooperative Extension; Lorraine Pace, Co-President of Breast Cancer Help, Inc. with granddaughters Victoria Pace and Emma Pace; County Legislator David Bishop; and Lynda Distler, Executive Director of Breast Cancer Help.

In the Spring of 2005, Breast Cancer Help, Inc. joined with Cornell Cooperative Extension Suffolk County and the Village of Lindenhurst to kick-off an environmentally-friendly weed management study.

The demonstration project continued through September on Village-maintained property along the right-of-way for the Babylon branch of the Long Island Rail Road.

The project involved the use of all natural products in side-by-side comparisons with a low-toxicity chemical product used currently by the Village, as well as many other municipalities across Long Island. There was also a

control area, which was not treated with either natural substances or chemicals. During the course of the study, comparisons were made and the results will be made available for the purpose of encouraging government entities and other

property owners to use non-toxic, natural alternatives to chemical agents.

"As our name suggests, our organization has long-supported efforts at identifying potential environmental factors in the fight against breast cancer and other cancers on Long Island. This project is a continuation in those efforts. We are optimistic and hopeful that the results of the demonstration

CONTINUED ON PAGE 15

'Our organization has long-supported efforts at identifying potential environmental factors in the fight against breast cancer and other cancers on Long Island.'
Lorraine Pace,
co-founder

Inside This Issue

Long Island Cancer Help and Wellness Center 2

Fire Island Artist Brings Charm to Cancer Fight 3

Legislative Update 4

Thermography Studied For Use in Detection 5

Special Effects Gives Cut to Cancer Fight 6

Survivors Honored at 2004 Annual Gala 7

In The Community 8-11

Accomplishments 12-13

Ride for a Friend 14

How You Can Help 16

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Life Lesson: Healthy Lifestyle Includes



Wellness Center Learns Reiki

BELOW: Maureen Dowd, a licensed acupuncturist and Reiki master, spoke at the Long Island Cancer Help & Wellness Center on April 20. Dowd, who is unrelated to the columnist for The New York Times of the same name, gave a presentation titled "The Benefits of Reiki" and spoke about the practice, its history, theory and use as a holistic therapy.



Lecture: New Directions In Women's Health Care

ABOVE: Doris R. Weisman, a nurse practitioner specializing in Inpatient Gynecology/Cytology at Stony Brook University Hospital, is thanked after her presentation entitled "The New Directions in Women's Health Care," at Breast Cancer Help's Long Island Cancer Help and Wellness Center.



Water Quality Discussed

ABOVE: Adrienne Esposito, executive director of the Citizens Campaign for the Environment, discussed water quality and its effect on Long Island, at the Long Island Cancer Help Wellness Center this past Spring.



Benefits of Meditation and Aromatherapy Discussed

BELOW: Drusilla Burrough and Michele Scotto Rosenblatt discussed meditation and aromatherapy at the Long Island Cancer Help and Wellness Center on March 16. Both techniques can be used in reducing stress, maintaining general wellness and in assisting individuals who are in treatment for various diseases.

Meditation is one of the proven alternative therapies, often utilized as a method to lower blood pressure.



Bazyte Speaks About Sugar

ABOVE: Jolanta Bazyte, a Holistic Health Counselor, spoke about "the sugar blues" during a lecture last spring at the Long Island Cancer Help & Wellness Center. Bazyte spoke in detail about the role of sugar in diet and the effect of sugar on the body, mind, emotion and overall well-being.

ONGOING PROGRAMS

Cancer Patient Survivor Support Group – Meets 7-8 p.m. on Thursdays. Next meeting: October 27.

Massage Therapy – Meets 6 p.m. on Wednesdays. Next meeting: October 12. Call for reservations.

Art Therapy – Meets 6:30-8:30 p.m. on Tuesdays. Next meeting: October 11. Call for reservations.

Yoga – Meets from 4-5:15 p.m. and from 6-7:15 p.m. on Mondays. Next meetings October 17 and October 24.

Schedule subject to change.

Groups meet at the Long Island Cancer Help and Wellness Center, Linenhurst Village Rainbow Center 293 Buffalo Avenue, Lindenhurst

ON THE WEB: UPDATED SCHEDULE

Go online to the Breast Cancer Help website (www.breastcancerhelpinc.org) for an updated schedule of programs and events.

Diet Choices

When Breast Cancer Help opened its Long Island Cancer Help and Wellness Center in March of 2003, its board envisioned a resource center with goals of increasing cancer awareness to promote early detection and providing patients and survivors with needed support. Since then, activities and services have focused on alternative, integrative and complementary modalities designed to meet the psychosocial needs of cancer patients and survivors. Lectures have explored various health and wellness issues including those relating to diet, nutrition and healthy lifestyle choices.

On several occasions, the Long Island Cancer Help & Wellness Center has had the privilege of presenting Barbara Chivvis, RN and Licensed Acupuncturist whose lectures have enlightened the Center's audiences on a myriad of subjects including colon hydrotherapy, acupuncture, the relationship between diet and disease, how to select and prepare healthy food and the role a balanced pH plays in our diets and overall health. Ms. Chivvis is also the founder and former director of the ABC Wellness Center and the founder of the School of Colon Hydrotherapy. She is also a Certified Colon Hydrotherapy Instructor and Registered Yoga Teacher.

Newly elected Breast Cancer Help Board Member and former Long Island Cancer Help & Wellness Center Executive Director Lynda Distler recently sat down with Ms. Chivvis to discuss diet and the body's pH balance and their effect on overall health and wellbeing.

What role does diet play in health and well-being?

Diet affects our health and well-

CONTINUED ON PAGE 14

Fire Island Artist Brings Charm To Cancer Fight



Sue Muscarello of Manorville, artist Kenny Goodman, the owner of Kenny Goodman Jewelry in Fire Island; and Lorraine Pace, co-president and co-founder of Breast Cancer Help, Inc. show off new silver ribbons that were designed by Goodman to help raise awareness and funds to battle breast cancer.

A silver charm ribbon designed by Fire Island artist and jeweler Kenny Goodman is being sold to promote breast cancer awareness and raise funds to fight the deadly disease.

Goodman has pledged 18%, or \$6.30, from the sale of each \$35.00 ribbon to Breast Cancer Help.

Recently, Breast Cancer Help co-founder Lorraine Pace, a breast-cancer survivor, helped Goodman unveil the ribbon at his shop on Fire Island. The ribbon was inspired by the personal fight against breast cancer that has been led by Pace and millions of other afflicted women across Long Island and around the world. The solid metal design resembles the familiar pink ribbon worn by millions to raise awareness and is

available for purchase as a pendant, earrings, pin and tie tack for men. The tie tack is especially significant to Goodman, because it helps to symbolize men's awareness of the struggle of women against the disease.

"I am pleased to have designed this ribbon with the women who have visited my shop over the years who have fought breast cancer in mind. My donation of 18% is based on the 18th letter of the Hebrew alphabet, "chai" meaning "to life".

The charm can be purchased by telephone (1-888-898-6789) or through Breast Cancer Help's website (www.breastcancerhelpinc.org). The funds raised will be used to support Breast Cancer Help's programs in the fight against breast cancer.



Support Favors Law For Patients

Suffolk County Legislator John M. Kennedy recently announced approval of Sense Resolution 23 requesting that the U.S. Congress enact the Breast Cancer Patient Protection Act to put critical health care decisions back in the hands of the breast cancer patients and their physicians.

The act, reintroduced in April, would guarantee a minimum hospital stay for patients recovering from a mastectomy or lymph node removal.

"It is simply unacceptable that breast cancer patients, especially women, are rushed through significant surgical procedures such as mastectomies and lumpectomies on an out-patient basis," said Kennedy.

The Breast Cancer Patient Protection Act would guarantee a minimum hospital stay of 48 hours for a woman having a mastectomy, and 24 hours for a woman undergoing a lymph node removal. The bill does not mandate a 48-hour hospital stay, but simply ensures that the patient and her doctor will make any decision in favor of a shorter or longer hospital



Kennedy



Alden

stay. According to the House sponsor, Congresswoman Rosa DeLauro (D-Connecticut), this bipartisan bill is modeled after the carefully crafted and widely supported legislation that ended "drive-through" deliveries. DeLauro is a survivor of ovarian cancer.

Suffolk County Legislator Cameron Alden, a breast cancer survivor, expressed his total support for the resolution: "This is long overdue," Alden said. "I compliment Legislator Kennedy on his initiative to get local elected officials involved to petition Congress. There has been federal jurisdiction, but no passage, regarding this measure for years."

"It's almost inhuman to send

women home immediately after a mastectomy," Alden added. "It's a decision for patients and their doctors. I applaud this important effort to influence the federal government to get this done."

Lorraine Pace, founder and president of Breast Cancer Help, Inc. offered the following praise for the initiative: "In 1997, due in large part to the diligence of breast cancer advocates like myself and other elected officials, Governor George Pataki signed legislation into law ensuring that women undergoing breast and lymph node surgeries and their doctors -- not their insurance companies -- make decisions relating to the length of hospital stay necessary after such surgeries effectively ending the practice known as drive thru mastectomies. Since then, we the women of New York State have been afforded protection from drive thru mastectomies and have had such decisions as they relate to our health care placed in our hands and the hands of our doctors, where it belongs."

Congressman King Promotes Awareness

Lorraine Pace (LEFT), the co-founder of Breast Cancer Help Inc., and Lynda Distler (RIGHT), the former Executive Director of Breast Cancer Help, Inc., recently discussed breast cancer issues with Congressman Peter King.

King who represents the 3rd district of Long Island and serves as the chairman of the House Committee on Homeland Security, has long been an advocate of cancer awareness and early detection.

Throughout his career, King has given time and procured appropriations for the fight against breast cancer and other cancers. He has secured grants to further awareness and detection efforts, including an effort in which he joined with Breast Cancer Help to garner approval of the first ever Breast Cancer Awareness Stamp.



Thermography Under Study For Use In Cancer Detection

DOIRS WEISSMAN, NP, MS, a nurse practitioner at Stony Brook University Hospital, recently interviewed Dr. Paul Fisher, M.D. about the development of thermography as a means of breast cancer detection. Weissman specializes in Inpatient Gynecology and Cytology. Dr. Fisher is an Associate Professor of Radiology and Surgery at Stony Brook University Hospital and is Chief of Breast Imaging at the Carol M. Baldwin Breast Care Center.

What is a Breast Thermogram

A Thermogram is a number of different tests under the title Thermogram, from very experimental types to one being advertised as available to women on Long Island.

How is it performed?

In general, the woman sits in front of a special infrared camera which will measure the temperature of the breast skin. The theory is a breast cancer cell is warmer than a normal cell and may show up in the breast skin. Thermograms were tested in the 70's and 80's and discredited as a diagnostic tool. It is now being offered as an adjunct to established diagnostic mammograms.

When should it be performed?

The newer versions are experimental and should only be performed under experimental conditions.

How does breast thermography compare with currently used mammograms?

The mammogram has been through every test hurdle and works very well. The thermogram is a research tool and it is premature to know if it works. It does not, at the present time compare with the mammogram's ability to detect cancer.

Is breast thermography an FDA approved process?

The FDA has a 2-step approval



process. The thermogram available has completed step 1: it is not dangerous, has no radiation, does not hurt. It doesn't mean it works only that it does no harm.

Are there side effects?

Thermography has no radiation, no compression or direct side effects. The problem is if it finds something this may lead to many unnecessary biopsies because it is not accurately diagnostic.

What type of facilities are offering breast thermograms?

Breast centers in the United States of America provide experimental thermograms with consent. However, private practice radiology groups on Long Island are selling thermograms. It is premature to assume the validity of the test. Insurance companies do not pay for it because it is not a proven diagnostic tool, only experimental.

Do you see a role for breast thermography in early detection of breast cancer?

In the future there may be a role if it works but we are a long way - approximately 5 to 10 years, from establishing thermography utility and place in diagnostics.

'Sons of Italy' Grant Helps Fund Hospital's Stereotactic System

A recent grant worth \$10,000 from New York State Sons of Italy chapters has allowed Breast Cancer Help to continue funding a Stereotactic Radiosurgery system at Stony Brook University Hospital. The Sons of Italy funds furthered Breast Cancer Help's goal of obtaining equipment to provide enhanced diagnosis and treatment.

In 2001, Breast Cancer Help donated \$100,000 and procured an additional \$250,000 for to the hospital's Department of Radiation Oncology to purchase the first two modules of the Novalis Radio Surgery system.

Special Effects Gives Cut to Cancer Fight

Elaine Hayes, owner of Special Effects Hair Salon in East Hampton, has again dedicated part of her summer to raising funds for breast cancer research and awareness.

Hayes joined Lynda Distler and Adriane Toscano Ballard of Breast Cancer Help, Inc. at the salon in July to kickoff the fundraising campaign for the third consecutive year.

The effort was scheduled to end with a Cut-a-Thon on October 2nd.

Hayes became involved with the fundraiser as a way to honor her beloved sister-in-law Sally Schuerlein, who succumbed to the disease.

Over the past two years, Special Effects has raised over \$25,000 on behalf of Breast Cancer Help, Inc.

In April, Breast Cancer Help, Inc. and Special Effects presented a check for \$20,000 to Cold Spring

Owner Elaine Hayes Continues Efforts in Memory of Sister-In-Law



In its first two years, Special Effects Hair Salon raised over \$25,000 for Breast Cancer Help. This year's fundraising campaign and Cut-A-Thon concluded on October 2nd.

Harbor Laboratory.

"Thanks to the efforts of our hard working staff who will be coming to work on their day off, we will be able to raise funds to support such an important organization in the fight against breast cancer on Long Island," Hayes said.

"Over the years, many of our customers have faced this dreaded disease. We are holding this campaign and Cut-A-Thon in their memory."

Between the launch of the effort and its October conclusion, Special Effects provided customers with

awareness information about breast and other cancers and asked patrons to purchase raffle tickets and make donations to Breast Cancer Help.

On October 2nd, the staff of Special Effects will provide its expert salon services to those who attend the Cut-A-Thon. All proceeds will benefit Breast Cancer Help Inc. Throughout the day, refreshments will be served and prizes donated by devoted members of the East Hampton merchant community will be raffled off.

Appointments can be made by contacting Special Effects Hair Salon at 631-324-5996. Walk-ins are also welcome.

Those unable to attend the Cut-A-Thon can send donations to: *Special Effects, 1 Osborne Lane, East Hampton, NY 11937.* Checks should be made to: *Breast Cancer Help, Inc.*



Staff, family and friends of Special Effects Hair Salon located in East Hampton, including (IN THE FRONT, CENTER) Elaine Hayes, owner of Special Effects Hair Salon and (IN THE BACKGROUND) Lynda Distler, and Lorraine Pace of Breast Cancer Help, Inc.



LEFT TO RIGHT: Nancy Braun and Elaine Hayes of Special Effects Hair Salon; Lynda Distler, Lorraine Pace and Dotti Survilla of Breast Cancer Help; Jeffrey Picarello, Director of Public Affairs, Cold Spring Harbor Laboratory; Alex Fezza and John Pace, Esq. of Breast Cancer Help.



Lorraine Pace, Co-President of Breast Cancer Help stands with breast cancer survivors as they are honored during Breast Cancer Help's 2004 Annual Gala.



Richard and Donna Cirincione, the Co-Chairpersons of the 2004 Gala.

Survivors Recognized at Annual Gala

September 9, 2004



Father Tom Arnao accepts the Ballard Award on behalf of James O'Donnell.

Survivors of breast cancer were among the guests of honor at Breast Cancer Help's annual gala — held on September 9, 2004 at the Watermill catering hall in Smithtown.

The gala featured a cocktail hour, dinner and dancing. The oldies band *Risky Business* provided musical entertainment.

James O'Donnell received the 2nd Annual Harry Ballard Humanitarian Award. The late Ballard was a long-time supporter of Breast Cancer Help and founder of its successful Clothing Bin program.

Reverend Thomas V. Arnao, the co-president of Breast Cancer Help, accepted the award on behalf of O'Donnell.



Janet Rogers and her husband Tom enjoy a dance at the Annual Gala.



Lillian Morales, Linda Dunn and Dr. Allen Meek at the gala.



Francine Berger with Lorraine Pace. Francine has since lost her gallant fight against breast cancer.



Lynda Distler (left), former Executive Director, with husband Bob Distler.

Senators Trunzo, Johnson Procure Grant Money

New York State Senators Caesar Trunzo and Owen Johnson each procured grants to help fund Breast Cancer Help services and programs, last October. Trunzo (BELOW LEFT WITH PACE AND DISTLER) secured a grant in

the amount of \$15,000. The grant follows an earlier effort by Trunzo to provide a \$250,000 to be used for half of lease payments for the digital mammography system at Stony Brook University Hospital. Johnson (BELOW RIGHT WITH PACE AND DISTLER) procured a \$25,000 grant. Johnson has been a long-time champion of the fight

against breast cancer. He supported the breast cancer mapping project and has helped elicit funding for past programs run by Breast Cancer Help. Both the Trunzo and Johnson grant were designated to fund awareness and support programs at Breast Cancer Help's Long Island Cancer Help and Wellness Center in Lindenhurst.



Local Businesses, Organizations Support Clothing Bin Program



ABOVE: Karen Clemens, parent member of COMPACT, Jon Rothfeld, Principal of William Rall Elementary School; Lorraine Pace, Co-President of Breast Cancer Help, Inc.; and Lynda Distler, former Executive Director of Breast Cancer Help. Stand in front of a Breast Cancer Help Clothing Bin at the school on Wellwood Avenue in Lindenhurst, last September. Pace and Distler thanked Clemens, Rothfeld and the school, for their participation in the Clothing Recycling Program.

BELOW: Lynda Distler thanks Sal Petrozzino, CEO and President of Worldwide Capital Mortgage in Bay Shore for his firm's participation in the Clothing Bin program. Visit the website, breastcancerhelpinc.org, for a list of clothing bin locations.



RIGHT: Lorraine Pace (right) and Babylon Supervisor Steve Bellone, who has supported the Clothing Bin donation program.



ABOVE: Employees at Lee Myles auto repair shop in Bohemia were honored for their participation in the clothing bin program, which offers a simple way for residents to join the fight against breast cancer.





Curves of Sayville Contributes to Fight Against Breast Cancer

ABOVE: Donna Grunder and Krystine Brennan of Curves of Sayville present Lorraine Pace and Lynda Distler of Breast Cancer Help, Inc. with a check for \$1,900 raised with a Chinese Auction held in conjunction with Breast Cancer Awareness Month, last October.



Hollywood Salon Shares a Cut With Breast Cancer Help

ABOVE: Lorraine Pace and Lynda Distler of Breast Cancer Help and Maryann Saccocio, owner of Hollywood Salon and Day Spa in Miller Place and staff celebrate their efforts to raise funds to fight breast cancer, last October. In conjunction with Breast Cancer Awareness Month, Hollywood Salon raised over \$3,000. The salon hosted a Cut-A-Thon that included makeovers from Academy Award-winning make-up artist John Caglione, Jr.

Curves' Marathon Benefits Breast Cancer Help Causes

Breast Cancer Help, Inc. and local area Curves locations joined together on New Year's Day 2005 to launch an innovative fundraising and wellness program: a six-week weight and inch loss marathon.

From January 1 through February 11, members of at least 14 Long Island area Curves locations participated in a weight/inch loss marathon where members received pledges and raised funds based on the amount of weight and/or inches they lost during the six-week period.

During the time period, members were also provided with information about breast cancer awareness and early detection information.

In the two years that the weight/inch loss program has been held, over \$30,000 has been raised.

WBLI's Steve and Maria Help Long Islanders 'Think Pink'

BELOW: Lorraine Pace and Lynda Distler of Breast Cancer Help are flanked by Steve Harper and Maria Garcia, co-hosts of the morning show on 106.1 WBLI-FM. Pace and Distler thank Harper and Garcia while accepting a check in the amount of \$1,438.67, representing the funds raised through the Morning Show's Think Pink program.





North Fork Check

ABOVE: Joseph Roberto, the Divisional Senior Vice President at North Fork Bank and Sandy Buttacy, the Lindenhurst Branch Manager, present a check in the amount of \$3,639.65 to Lorraine Pace and Lynda Distler of Breast Cancer Help, earlier this year. The check represented funds raised through the sale of donation cards to North Fork Bank customers during Breast Cancer Awareness Month.

Wholesalers Support Effort

BELOW: Members of the Long Island Plumbing and Heating Wholesalers Association present a check in the amount of \$1,000 to members of Breast Cancer Help, Inc. Included in the photo are Robert Reeves, Treasurer and Past President of the Association and of Clinton A. Hommel, Inc. Plumbing & Heating Supply. Pictured (SECOND FROM LEFT) is Ken Lindsay, President of the Association, also of Babylon Plumbing Supply, Inc. From right: Alex Fezza and Lorraine Pace of Breast Cancer Help.



Breast Cancer Help Issues Support for Levy's Call to Expedite State Health Study

Breast Cancer Help's Lynda Distler; Suffolk County Executive Steve Levy; Legislator Brian Foley and members of the County Cancer Awareness Task Force stand together during a press conference on February 9 and ask the New York State Department of Health to expedite the release of its findings on breast cancer clusters in the Coram, Mount Sinai and Port Jefferson areas of Suffolk County. Distler and Breast Cancer Help co-president Lorraine Pace serve as members of the Task Force.

Legislator Mystal Thanked For Funding Cancer Fight

ABOVE: Lorraine Pace and Lynda Distler of Breast Cancer Help thank Suffolk County Legislator Elie Mystal for his efforts at securing a grant in the amount of \$500.00 to fund programs at Breast Cancer Help's Long Island Cancer Help and Wellness Center.

Game Farm Raises Funds

RIGHT: Melinda and Diane Novak, the co-owners of the Long Island Game Farm, present a check for \$739 to Lynda Distler, of Breast Cancer Help. The check represented the funds raised during the Game Farm's 2004 Breast Cancer Awareness Day.





Self Image Hair Salon Tallies Cut-A-Thon Fundraising Effort

ABOVE: Tom Urraro, the owner of Self Image Hair Salon in Amityville; Jamie Hogan, the manager; and the staff, present a check in the amount of \$5,105 to Adriane Toscano Ballard and Lynda Distler of Breast Cancer Help. The check represents funds raised during Self Image's 2004 Tri-angle of Love Fundraiser in the Fight Against Breast Cancer.



DiBenedetto Foundation Funds Breast Cancer Fight

Russ DiBenedetto and Claudia DiBenedetto, representatives of the DiBenedetto Family Foundation, present a \$5,000 check to Lorraine Pace, John Pace and Alex Fezza of Breast Cancer Help, last February. The donation helped fund Breast Cancer Help's programs and services.

Ladies Workout Express Contributes for Mother's Day

BELOW: Representatives of Breast Cancer Help accepted a \$655 donation from local area Ladies Workout Express franchises. Members from the Medford, West Islip, Smithtown, Bayport and Hauppauge locations participated by providing awareness information, while selling donation cards and t-shirts to raise funds.

The fundraiser ended with a check presentation on May 6, in time for Mother's Day. As part of the effort, participating members made the Mother's Day Pledge, "I pledge with Ladies to Workout and Express my commitment to fight breast cancer."



World Tile and Floors Direct Contributes Nearly, \$3,000 to Breast Cancer Help

ABOVE: Lynda Distler accepts a donation check from representatives of World Tile and Floors Direct Inc., which raised \$2,979.33 in contributions for Breast Cancer Help and the fight against breast cancer. The funds were raised from August to October 2004, in conjunction with Breast Cancer Awareness Month, which is October. During the three months, World Tile donated 50 cents from each yard of carpeting sold at its local area locations: Riverhead, Smithtown and Copiague.

Breast Cancer Help, Inc. Accomplishments

■●Originated the ever-expanding breast cancer mapping project in 1992. This original mapping project spearheaded the breast cancer environmental movement.

■●Helped more than 25 breast cancer coalitions form and map locally, nationally and abroad, including minority coalitions at Sisters for Sisters with Beth El AME Church in Copiague and another in Coram. These included the Marin County Breast Cancer Watch in 1995 with Chris Mason, Francine Levien and Dr. Roger Grimson.



Lorraine Pace at Beth El AME Church, helping to form Sisters for Sisters.

■●The mapping project also led to the first rally in Suffolk on the steps of the H. Lee Dennison Building in 1993. This resulted in the formation of Suffolk County Breast Health Partnership, of which Lorraine Pace is a charter member.

■●Through the West Islip Breast Cancer Coalition, initiated a breast cancer centers at Good Samaritan Hospital and another at Stony Brook University Hospital through Breast Cancer Help, Inc.

■●Initiated the Walk for Beauty in a Beautiful Place held annually in Stony Brook, resulting in the Unique Boutique.

■●Initiated the move to establish the toll-free Cancer HELPLINE at Stony Brook University Hospital and Medical Center.

■●Supporting the petition resulting in President Clinton's full commitment to a National Action Plan to fight breast cancer and a \$250 million increase in federal funding for breast cancer research.

■●Helped change federal regulations to provide insurance coverage for stem-cell infusion therapy for federal employees.

■●Supported passage of the NYS law that

ends the practice of drive-through mastectomies by ensuring that HMOs and insurance companies offer hospital coverage to mastectomy patients until each patient and her physician have determined they are ready for discharge. The law also mandates insurers to cover mastectomy patients choosing reconstructive surgery.

■●Spearheaded the first-ever Breast Cancer Awareness Stamp through the efforts of Congressman Peter King, former Senator Alfonse D'Amato and Congressman Mike Forbes.

■●Supported the second Breast Cancer Research Stamp, which donates funds to breast cancer research.

■●Initiated the move to update and expand the NYS Breast Cancer Registry and to require, through the efforts of NYS Senator Kemp Hannon, hospital registrar certification for medical records to ensure the completeness and accuracy of the Breast Cancer Registry. These efforts helped the NYS Cancer Registry receive the top ranking gold certificate from the North American Association of Central Cancer Registries. For more information on the zip code registries go to www.health.state.ny.us.

■●Lead the movement, along with then Breast Cancer Help Vice President, Diane Nannery, to create the "Give a Gift to Breast Cancer" check-off on the NYS income tax form, enabling taxpayers to make a contribution to the NYS Breast Cancer Research and Education Fund,



Former Senator Alfonse D'Amato with Lorraine Pace at the dedication of the D'Amato Federal Courthouse. Pace's brother-in-law, Anthony Pace, was an early supporter of D'Amato's 1980 campaign for Senate.



Governor Pataki signs a bill to provide matching funds for 'Give a Gift to Breast Cancer' Income Tax Check-off program.

and supporting the subsequent legislation, introduced by NYS Assemblyman Steve Englebright, authorizing the state to provide a dollar-for-dollar match for each contribution made to the Breast Cancer Research and Education Fund.

■●Advocated the establishment of a toll-free hotline for the latest clinical trials for breast cancer and other life-threatening diseases.

■●Testified at hearings on the environment and its link to breast cancer and petitioning the CDC to explore the breast cancer epidemic on Long Island and helping to launch the five-year Long Island Breast Cancer Study.

■●Supported passage of the NYS Adoption law, introduced by NYS Assemblyman Robert Sweeney, allowing breast cancer patients to adopt children.

■●Obtained \$80,000 in 1994 from NYS Assemblyman Paul Harenberg to improve prostate and breast cancer care in the Dept. of Radiation Oncology at Stony Brook University Hospital.

■●Initiated the NYS breast/testicular education law, introduced by NYS Senator Ken LaValle.

■●Successfully supported DOD surplus funds for breast cancer research.

■●Supported passage of the NYS Neighborhood Notification law that requires 48-hour notice to immediate neighbors before the spraying of any pesticide. Supporting the bill to create the NYS Pesticide Registry signed into law by Governor Pataki and supporting the Suffolk law that bans pesticide use on new golf courses.

■●Helped form the Carol M. Baldwin Breast Cancer Research Fund with Joan

Accomplishments

Hudson, Dr. Michael Maffetone, Dr. Allen Meek, serving as Treasurer, and John Pace performing the legal work, pro bono. Initiated the naming of the Carol M. Baldwin Breast Care Center at Stony Brook.

■●In 2001, contributed \$100,000 and procured an additional \$250,000 through the help of Suffolk County Executive Robert Gaffney and Legislator Cameron Alden to allow Stony Brook University Hospital to purchase the first two of three modules for the Novalis Radio Surgery system.

■●Beginning in 2001, guaranteed a 63-month lease for the GE Digital Mammog-



Pictured (left - right) are NYS Senator Dean Skelos; NYS Assemblyman Harvey Weisenberg; Lorraine Pace; NYS Assemblyman Robert Sweeney; NYS Senator Owen Johnson; Governor Pataki; and Geri Barish of 1 in 9. Pataki is seen handing Pace a pen used to sign legislation requiring that physicians perform a breast examination when a woman receives a mammography.



County Legislator Cameron Alden and County Executive Robert Gaffney present Dr. Allen Meek a check for \$ 250,000 towards the purchase of the second of three Novalis Radiosurgery systems.

raphy System and began making lease payments exceeding \$7,000 per month.

■●In March of 2003, opened the Long Island Cancer Help and Wellness Center in Lindenhurst to provide increased awareness and promote early detection, while providing cancer patients and survivors with support.

■●Contributed half of the funds to purchase a new CADstream MRI reader for Stony Brook University Hospital.

■●Procured \$5 million for the L.I. Cancer Center at Stony Brook through former U.S. Congressman Michael Forbes.

■●Successfully obtained \$1 million with the assistance of former U.S. Congressman Felix Grucci for the Long Island Cancer Database Project at Stony Brook University Hospital.

■●Supporting legislation signed into law

in 2003 by Governor Pataki requiring clinical breast exams by a physician when a mammography is performed.

■●In 2003, introduced Doctor Jack Kovach to Babylon Town Supervisor Steve Bel-lone, Babylon Town Councilman Wayne Horsley, and Connie Davis, Human Rights, Town of Babylon, which launched the start of the WITNESS Project through Beth El AME Church to provide early detection and support to African American women with breast cancer. Supported the first WITNESS Walk held on May 1, 2004.

■●With the help of the Sons of Italy, raised \$25,000 for breast cancer research at the Cold Spring Harbor Laboratory in Cold Spring Harbor.

■●In 2005, teamed with the Sons of Italy to donate \$10,000 to Stony Brook University Hospital, allowing the purchase of a frameless head immobilizer to be used with stereotactic radiotherapy.

■●Launched a "Cut-A-Thon" fundraising campaign with Special Effects Hair Salon of East Hampton, raising over \$25,000 in two years, including \$20,000 for the Cold Spring Harbor Laboratory.

■●Launched a study of organic pesticide and herbicide usage in the Village of Lindenhurst, in conjunction with the Village and Cornell Cooperative Extension of Suffolk County. The study, launched in the Summer of 2005, compared the use of potentially harmful chemical weed and pest killers and those composed of relatively benign organic materials.

Resources

LONG ISLAND COMMUNITY

Breast Cancer Help's Long Island Cancer Help and Wellness Center
Lindenhurst Village Rainbow Center
(631) 226-1772 or 661-7223
www.breastcancerhelpinc.org

New York State Breast Cancer Hotline
Stony Brook University
(800) 877-8077

Suffolk County Department of Health Services
(631) 853-3013

Carol M. Baldwin Breast Care Center
(631) 444-4550

WITNESS Project
(631) 444-7789

Hewlett House
(516) 374-3190
www.hewletthouse.org

SPECIAL NEEDS BOUTIQUES

Jodee Post-Mastectomy Fashions Catalogue
(800) 932-4115

Tender Loving Care Catalog
American Cancer Society
(800) 850-9445
www.tlccatalogue.org

Unique Boutique
631-751-2244

ORGANIZATIONS/WEB SITES

American Cancer Society
(800) 227-2345 www.cancer.org

National Cancer Institute
(800) 4-CANCER nabco.org

National Cancer Institute Information Services
(800) 4-CANCER www.cancer.gov

Susan G. Komen Breast Cancer Foundation
(800) 462-9273 www.komen.org

UCLA Breast Center
(800) 825-2144
www.cancer.mednet.ucla.edu

Y-ME Hotline
(800) 221-2141 www.y-me.org
Spanish - (800) 986-9595

Women's Health Partnership (Cancer Society)
(631) 436-5262

New York Cancer Mapping
www.health.state.ny.us

National Cancer Institute
www.nci.nih.gov

State University at Stony Brook Cancer Registry
www.stonybrookhospital.com/Cancerregistry/index.html

OTHER GOOD CONNECTIONS

Breast Cancer Action
San Francisco (415) 243-9301

Breast Cancer Fund
(415) 543-2979

Marin Breast Cancer Watch
(415) 458-3200

Women's Environment and Development Organizatio
New York, NY (212) 973-0325

BREAST CANCER NEWS
www.breastcancer.net

Healthy Food Choices Can Help Reduce Risks

CONTINUED FROM PAGE 3

being and unbalanced diets can play a role in disease and chronic illness. The proliferation of fast food, processed food and foods that are high in fat, salt and characterized as acidic can have long term, detrimental effects on an individual's health.

Explain what is meant by "characterized as acidic"?

To promote healing in the body, we need to create an alkaline environment. All ingested substances and all situations we experience that affect the body, leave either an alkaline or acid ash residue in the body. The core cause of disease in the body is too much tissue acid waste build-up.

What are the detrimental effects?

Waste acids that are not eliminated are reabsorbed from the colon into the liver and put back into general circulation. This is then deposited into the body's tissues. It is the level of these acid tissue residues that determines our sickness or our health. The alkaline reserves in the body provide energy whereas the acid build-up depletes the body's ability to energize its systems. Polluted air and water, inorganically grown fruits and vegetables, all meats and dairy products are acid-forming and throw off your body's natural pH balance. An acid/alkaline imbalance towards too much acidity allows yeast, viruses, rogue cancer cells and numerous parasites to thrive. Acidity can also exacerbate conditions such as cancer, chronic fatigue, AIDS, arthritis, osteoporosis and allergies. Further, your body is constantly calling on your stored reserves of alkaline minerals; sodium, calcium, potassium and magnesium. Over time a severe mineral deficiency is created if one continues to consume highly acid-forming foods.

What dietary choices can we make to improve health?

An 80:20 diet helps eliminate acid waste residue and simultaneously helps build our alkaline reserve. Eighty percent of your foods should be alkaline producing and twenty percent should be acid forming. Eating this way will build the great alkaline reserve in the body which is our body's bank account for greater health. It is primarily fruits and vegetables that are alkaline forming foods and animal and grain products that are high acid forming foods. Current research shows that an increase in consumption of fresh, organic fruits and vegetables leads to greater health and less risk of disease.



Nearly 300 motorcyclists made the trek from Bald Hill in Farmingville to Lindenhurst, raising over \$8,000.

'Ride For a Friend' Inaugural Motorcycle Run Supports Efforts of Breast Cancer Help, Inc.

Nearly 300 motorcyclists rode from Farmingville to Lindenhurst to help support the efforts of Breast Cancer Help, Inc., this summer.

Breast Cancer Help raised over \$8,000 at the first annual "Ride for a Friend" motorcycle run, which was held on June 26.

The run commenced at the Brookhaven Amphitheater on South Bicycle Path in Farmingville at 11 a.m. and concluded about an hour later at Babylon Town Hall on Sunrise Highway in Lindenhurst.

"Hundreds of motorcycle riders, their families, and their friends joined us for

this fun and exciting event," Lorraine Pace, co-president of Breast Cancer Help, Inc. said. "What better way is there to come together, show support, and raise funds in the fight against breast cancer."

Riders were greeted at Babylon Town Hall with live music, food, refreshments, entertainment, vendors, contest raffles and door prizes.

Riders held a candle-lighting ceremony at the reflection pond at Babylon Town Hall to honor and remember those affected by breast cancer.

Each rider donated \$15 to Breast Cancer Help, Inc. Each ride-along passenger contributed \$10.

The event would not have been successful without the support of the organizing committee and the sponsors, including major sponsors: South Bay Diner, Full Throttle Magazine, Chateau Le Mar, All Town Collision, O.J. Medtech, Snapple, Brookhaven Amphitheater, and the Town of Babylon.



Some motorcycle riders paired up to raise money for Breast Cancer Help.

Organic Weed Control Methods Are Studied

CONTINUED FROM PAGE 1
will encourage others to seek environmentally friendly alternatives in weed-control. On Long Island, we love to maintain our lawns and property. But we have a responsibility to our children and future generations to do so in an environmentally-friendly way," said Lorraine Pace, Co-President of Breast Cancer Help, Inc.

The project is the product of research and work conducted by Cornell Cooperative Extension of Suffolk County with a goal to reduce pesticide use countywide.

Cornell Cooperative Extension of Suffolk County is a non-profit educational agency dedicated to strengthening families and communities, enhancing and protecting the environment, and fostering countywide economic development. Affiliated with Cornell University, Cornell Cooperative Extension of Suffolk County is part of the state and national extension system that includes the land-grant universities and the U.S. Department of Agriculture. The program areas of the Cornell Cooperative Ex-



LEFT TO RIGHT: Lorraine Pace, Co-Founder of Breast Cancer Help; Owen Johnson, member of the New York State Senate and Lynda Distler, Executive Director of Breast Cancer Help watch as Tamson Yeh, of Cornell Cooperative Extension prepares an organic weed treatment.

tension include Agriculture, Marine, 4-H Youth Development, and Family and Consumer Sciences.

"We are pleased to join with Breast Cancer Help and the Village to launch this project. Only through awareness and education

can we show the public that there are effective environmentally-friendly alternatives to many of the chemically based products used today in weed control, pest-control and fertilization," said Tom Williams, Executive Director of Cor-

nell Cooperative Extension at the project kickoff.

Like many other municipalities on Long Island, the Village of Lindenhurst is responsible for maintaining property adjacent to roads and relies on low-toxicity chemicals to provide weed control.

"We are always working to ensure that our actions as a municipal government are accomplished in a way that is going to have a positive impact on the quality of life of our residents," Village of Lindenhurst Mayor Tom Brennan said at the announcement of the weed-control study.

"If we can accomplish the same objectives in an environmentally-friendly way, then it is our obligation to the community and its environment to implement effective alternatives. We eagerly await the results of the study and look forward to working with Breast Cancer Help and Cornell Cooperative Extension on this worthwhile project."

The demonstration project took place between South Delaware Avenue and Park Avenue along the Long Island Rail Road right of way in Lindenhurst.

Breast Cancer Help is Always a Click Away

Visit our website, anytime
www.breastcancerhelpinc.org



HOW YOU CAN HELP: JOIN US TODAY!

Your Membership and support help bring us closer to understanding the possible causes of breast cancer and closer to seeing a Healthy Environment for a Living Planet. All members receive:

■ Our Newsletter

■ Information on opportunities to learn more and get more involved in projects regarding breast cancer and related environmental issues.



Published by Breast Cancer Help, Inc.

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This newsletter is dedicated to the memory of Breast Cancer Help members Francine Berger, Maureen DePalma, Mary Fezza, Carmen Imbo, Harry Ballard and Diane Nannery. It is also dedicated to the men and women of the United States Armed Forces, whose sacrifices on behalf of our country make it possible for us to work towards finding a cure for breast cancer and other cancers.



Breast Cancer Help, Inc.

400 Montauk Highway, Suite 100

West Islip New York 11795-4476



☐ Yes, I want to join Breast Cancer Help and increase my awareness about breast cancer and related environmental issues. Here is my (tax deductible) contribution.

☐ \$15 for Annual Membership

☐ Additional Donation: \$10 \$20 \$50 \$100
\$500 \$1000 Other Amount \$ _____

Breast Cancer Help, Inc.
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