



## **POSTAGE STAMP PICTURES DONATED**

Carolyn Raines has given two small pictures made completely out of postage stamps by the late Mrs. Helen North. They are being displayed in the glass case at the Edenton Post Office.

## Bows

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will fight cancer sometime in their lives." (ACS) This is a good reason to support "Relay for Life" or any of its fundraisers.

Since ACS's inception, cancer survival rates have risen from 10% to over 50%. ACS researchers have discovered every known method of detecting cancer and every cancer treatment. They have won the

Nobel Prize 28 times in the last 40 years. Free materials are given to patients, families, health providers, schools, and businesses, and there is a 24hour National Call Center (1-800-ACS-2345). Two of the many local ACS programs are Reach to Recovery (support group for women with breast cancer) and Man to Man (support group for men with prostrate cancer). The latest cancer information is available on the Internet at www.cancer. org

All of the teams in Relay for



Life have fund-raisers, and although there is competition between local teams, fund-raisers are generally supported reciprocally. There are awards for teams and individuals that raise the most money, but all proceeds go to the same cause!

The Ruitan Team has been active for a long time. In Frances' first year on the Cancer Board, she was becoming discouraged about trying to get people interested in forming a team; the Ruitan Club "came to the rescue". The fee for joining a team is \$10, and the goal is for each team member to raise \$100. In that first year, the Ruitan Club paid \$10 for each team member, and donated \$100 for each. All of the Team's money that year came from donations (fund-raisers were organized in subsequent years).

The next year, more people were interested, and the Evans Family Team was established. The more teams the better!

The Ruitan Team has 14-15 members walking this year. People from the year before are asked to be on the same team again the next year, but not all are able to participate. New people replace them, so team composition changes slightly each year. Fund-raisers also vary. This year, besides the bow sale, the Ruitan Team held a yard sale. It was a great fund-raiser because, as Frances noted, "nobody gave anything they wanted to keep, and nobody bought anything unless they wanted to!" Suggested team size is 10-15 members, 12 being ideal, since members share the 24-hour Relay's walking. The first lap, the Survivors' Lap, is always walked by cancer survivors (anyone who's had cancer and is still alive). On the Relay's last night, luminaries, each lit in memory of someone who's died from cancer, or for someone fighting the disease, line the track. These can be purchased from Brenda Newbern (426-7373), Claudia Bunch (426-5854), or Donna Peele at Ann & Andy's (482-4777). This year's monetary goal for the joint Chowan-Perquimans Relay for Life is \$100,000. "...I feel like we're going to make it!" exclaims Frances. With all of the fund-raisers and high levels of participation, it may be possible! For Relay information, contact (Co-Chairs) Dawn Hare (482-3218) or Vic Alexander (482-8471).

