

When Pigs Fly

Survival Talk

Volume 5, Issue 2

Moonlight Cancer Foundation Newsletter

Summer 2005

Moonlight Cancer Foundation
Life Support for Survivors



Curry Spice May Fight Skin Cancer

By [Jennifer Warner](#) WebMD Medical News

Reviewed By [Brunilda Nazario, MD](#)

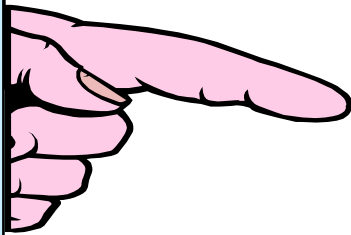
July 11, 2005 -- The essential curry spice that gives Indian curries their characteristic yellow color may also be a potent cancer fighter. A new study shows that curcumin, the yellow pigment found in the spice turmeric, kills and stops the growth of melanoma skin cancer cells in laboratory tests. Melanoma is the deadliest and can be the most difficult-to-treat form of skin cancer. According to the American Cancer Society, melanoma accounts for about 4% of skin cancer cases, but it causes about 79% of skin cancer deaths. It's not the first time that curcumin has been hailed as a potential disease fighter. The spice has both antioxidant and anti-inflammatory effects that may be useful in combating a variety of diseases. But researchers say this is the first study to demonstrate that curcumin works in both high concentrations for short periods of time and at low concentrations for long periods of time to trigger cancer cell death.

From Curry Spice to Cancer Fighter

In the study, which appears in the Aug. 15 issue of the journal *Cancer*, researchers evaluated the effects of curcumin on three different melanoma cell lines in varying doses and duration. The results showed that the curry spice inhibited cancer cell viability and triggered cell death in three different melanoma cell samples. While all doses used were shown to decrease cancer cell lines, higher doses were shown to be more effective. Researchers say curcumin triggered the natural process of cell death, known as apoptosis. The spice suppresses the production of proteins normally found in cancer cells that prevent the cancerous cells from dying off. The bigger the dose of curcumin that was delivered, the more cancer cells died. Although curcumin was effective at altering pathways that lead to cancer cell death, researchers say the curry ingredient had no effect on other pathways associated with cancer cell proliferation. They say further studies to determine the effects of curcumin in animal models of melanoma and human studies are needed before the curry ingredient can be transformed into a potential cancer treatment.

OUR MISSION:

Moonlight Cancer Foundation is a nonprofit organization whose mission is to provide monetary assistance and other forms of support to those experiencing financial challenges as their result of living with cancer. We believe in assisting our local families now through these demanding times.



DONATION INFORMATION:

To make a donation to "Moonlight Cancer Foundation"
Moonlight Cancer Foundation
 P.O. Box 231454
 Encinitas, CA. 92023
www.moonlightcancerfoundation.org

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EAT YOUR BROCCOLI!

Broccoli packs powerful punch to bladder cancer cells *(reprinted EurekAlert.com)*

COLUMBUS, Ohio – Researchers have isolated compounds from the vegetable broccoli that they believe may help prevent or slow the progress of bladder cancer.

The current work builds on a major study conducted six years ago by Harvard and Ohio State universities that found that men who ate two or more half-cup servings of broccoli per week had a 44 percent lower incidence of bladder cancer compared to men who ate less than one serving each week.

"We're starting to look at which compounds in broccoli could inhibit or decrease the growth of cancerous cells," said Steven Schwartz, a study co-author and a professor of food science and technology at Ohio State University. "Knowing that could help us create functional foods that benefit health beyond providing just basic nutrition." Some 63,000 people will be diagnosed with bladder cancer this year, according to the American Cancer Society. And more than 13,000 with the disease will die.

The researchers isolated compounds called glucosinolates from broccoli sprouts. During chopping, chewing and digestion, these phytochemicals morph into nutritional powerhouses called isothiocyanates – compounds that the scientists believed play a role in inhibiting cancer.

Their hunch was right, at least in the laboratory experiments. There, isothiocyanates hindered the growth of bladder cancer cells. And the most profound effect was on the most aggressive form of bladder cancer they studied.

The researchers presented their findings on July 18 in New Orleans at the annual Institute of Food Technologists meeting.

They first extracted and measured the levels of glucosinolates from broccoli sprouts. They then used a process that uses enzymes to convert the glucosinolates to isothiocyanates.

While young sprouts naturally have higher concentrations of these phytochemicals than full-grown broccoli spears, eating the spears also provides health benefits, Schwartz said.

He and his colleagues treated two human bladder cancer cell lines and one mouse cell line with varying amounts of glucosinolates and isothiocyanates. Even though glucosinolates are converted to isothiocyanates, the researchers wanted to know if the former would have any effect on controlling the growth of cancer cells.

It didn't.

However, the isothiocyanates decreased proliferation in all three cell lines. The strongest effect was on the most aggressive of these lines – human invasive transitional cell carcinoma.

The researchers aren't sure what caused this effect, or exactly how these compounds keep cancer cells from proliferating. But they are looking into it.

"There's no reason to believe that this is the only compound in broccoli that has an anti-cancer effect," said Steven Clinton, a study co-author and an associate professor of hematology and oncology at Ohio State. "There are at least a dozen interesting compounds in the vegetable.

"We're now studying more of those compounds to determine if they work together or independently, and what kind of effects they have on cancer cells," he added.

Broccoli isn't the only cruciferous veggie with health benefits, the researchers say. The plant's kin, which include cabbage, cauliflower, Brussels sprouts and kale, may all contain similar disease-fighting phytochemicals.

It's too early to suggest just how much broccoli or other cruciferous vegetables should be eaten to stave off or slow down the progression of bladder cancer. Still, they are an important part of the diet.

"Cruciferous veggies have an effect on other types of cancer, too," Schwartz said. "We already know that they contain compounds that help detoxify carcinogens. We're thinking more along the lines of progression and proliferation, such as once cancer starts, is there a way to slow it down?"

He and Clinton conducted the study with Ohio State colleagues Robin Rosselot, a graduate student in food science and technology and Qingguo Tian, a research associate also in food science and technology.

~ SAVE-THE-DATE ~

Moonlight Cancer Foundation's Annual Fundraiser For The Patients

HARMONY HARVEST
CONCERT & AUCTION

Featuring **Tim Flannery & Friends**

Saturday, November 5th, 7:00 PM

1613 Lake Dr., Cardiff

featuring Tim Flannery, Eve Selis, Berkley Hart, Steve Poltz, Randi Driscoll, Jack Tempchin, Dennis Caplinger, and more!

ALL (760) 635-7820 for tickets ~

Green Tea Doesn't Lower Cancer Risk, U.S. FDA Says *(reprinted from CancerPage.com)*

WASHINGTON JUL 01, 2005 (Reuters) - Contrary to what some studies claim, green tea probably does not help prevent breast, prostate or any other type of cancer, the U.S. Food and Drug Administration said on Thursday. It said studies supporting the assertions are weak.

"Two studies do not show that drinking green tea reduces the risk of breast [cancer](#) in women, but one weaker, more limited study suggests that drinking green tea may reduce this risk," the FDA said in a statement.

"Based on these studies, FDA concludes that it is highly unlikely that green tea reduces the risk of breast cancer."

Likewise, only one "weak and limited" study shows that drinking green tea can reduce the risk of prostate cancer, the FDA said.

"The FDA also concluded that existing evidence does not support qualified health claims for green tea consumption and a reduced risk of any other type of cancer," the agency said.

12 Questions For A Newly Diagnosed Cancer Patient To Ask Their Physician

(reprinted from BlochCancer.org)

The diagnosis of cancer literally knocks an individual off their feet. It is probably the first time in their lives they realized they were mortal - that they might possibly die, and from what we have been brought up to believe, in the not too distant future. They are totally out of control and unable to think logically.

Knowledge is a cancer patient's best friend. Regardless of whether it is good news or bad news, every facet and detail is vital so the patient can make an informed decision. And that is the most important single variable factor - that of making an informed decision. There are treatments for every kind of cancer. Some people are cured from every kind of cancer. But it is vital to try to do everything right in order to have the best chance to succeed.

This list of questions is meant for the new cancer patient to ask their physician on their first or earliest visit to help them assemble all the facts from which to make an informed decision. You are urged to carefully write each answer fully so that you are certain you understand it. Don't accept any fast answers. This is your life that you are betting on these answers.

1. What kind of cancer do I have?
2. What are all the possible treatments for it?
3. What are the advantages and disadvantages of each?
4. What are the expected (not possible) side effects of each treatment?
5. What do you recommend?
6. When will you know if it is working and how?
7. What is there if this doesn't work?
8. What if I have a question or problem?
9. Exactly what is my next step?
10. When am I going to see you again?
11. Are there any supplementary treatments, vitamins or nutritional aids that would help my treatments?
12. Why should I not get an independent second opinion?

If you feel these questions are too complex or detailed, remember, you are betting your life. This is the most important thing you have ever done or will ever have to do in your entire life. Find every detail and option. Knowledge is your best friend. Fight for your life!

REFLECTIONS & ENLIGHTENMENTS

In order to be a realist,
you must believe in miracles.
- **Henry Christopher Bailey**

Where there is great
love, there are
always miracles.
- **Willa Cather**

"I am only one; but still I am one. I cannot do
everything, but still I can do something. I will not
refuse to do the something I can do."
- **Helen Keller**

Service is the rent you pay for room on this planet.
- **Shirley Chisholm**

Yesterday is history, Tomorrow is a mystery,
Today is a gift. That's why it is called the present.
- **Unknown**

What lies behind us and what lies before us are tiny
matters compared to what lies within us.
- **Ralph Waldo Emerson**



Change online shopping for good
*You're going to spend money anyway
~ why not make it count!*

The **iGive** Mall keeps growing-- over 470 stores and counting!
An easy way to make your shopping always count and never
miss out on a donation to **Moonlight Cancer Foundation!**

Buy for *Charity*

Start your online shopping at BuyForCharity.com and buy the
gifts and things you need everyday at over 350 retailers ~
At no extra cost to you, up to **35%** of every purchase you make
automatically goes to the good cause of your choice ~

Easy as 1 2 3

Please select **Moonlight Cancer Foundation** for your cause

UPCOMING EVENTS

Moonlight Cancer Foundation

invites all interested volunteers to our monthly board
meetings the first Wednesday of every month @ 7:00 PM
(*we can always use fresh ideas!*) Call **635-7820** for location

~
Moonlight Cancer Foundation is in need of a photographer
for it's "**2006 Cancer Survivors**" calendar Call **635-7820**

Oktoberfest ~ Sunday, 9/25

"On the Street" 10:00 AM—5:00 PM
@ El Camino Real & Mountain Vista Dr., Encinitas.
German bands, dancers, food, beer, as well as family fun.
Be sure to stop by the *Moonlight Cancer Foundation* booth and
pick up your tickets for our Harmony Harvest event!

"Harmony Harvest Benefit Concert & Auction" Saturday, 11/5 in Encinitas

Our annual fundraiser featuring "**Tim Flannery & Friends**",
For tickets, sponsorships or auction donations call **635-7820**

Poinsettia Street Festival ~ 11/20 9:00 - 4:00

Be sure to stop by the *Moonlight Cancer Foundation* booth!

Relay For Life

A fun-filled overnight event celebrating survivorship and raising money
for research and programs with American Cancer Society. Teams of
people take turns walking or running laps. Relay For Life represents
those lost to cancer will not be forgotten, those who face cancer will be
supported, and one day, cancer will be eliminated.

7/23 Point Loma/Ocean Beach - Lomaland Dr, 10 AM

8/20 Encinitas - 675 Balour Dr. 9 AM

8/20 National City - 12th St. & D Ave, 10 AM

8/27 San Diego - 2221 Morley Field Dr, 10 AM

9/17 San Marcos - 333 S. Twin Oaks Valley Rd, 10 AM

9/17 Fallbrook - 2400 S Stage Coach 10 AM

10/8 Poway - 14644 Lake Poway Rd, 10:00 AM

THANK YOU TO OUR RECENT DONORS

Your support means so much to so many!

Life Support Benefactor (\$1000 or more) ~ ipayOne, Inc. - Carlsbad

Supporting Hands Donors (\$500-\$1000) ~ Ruby's Diner - Carlsbad

**Helping Hands Donors (up to \$500) ~ Focus On Intervention, Jin Shin Jyutsu - Cathy Bacquet,
La Jolla Spa MD, John & Margaret Hokkanen - Century 21 wwwGemHome.com,
Mike & Sandy Ackerman, Randi Driscoll, Jane Larsen, Janis Lenhart,**

Why we do what we do

Elizabeth ~ You have no idea how much that money helped our family. we are indebted to Moonlight Cancer Foundation. Every bit helps us continues in the adversity we face.

Grace ~ Thanks so much for all the big help! May God bless your foundation always. I would like to volunteer too. It is fun and it makes me feel good to help. God wants us to love and help each other. Proverbs 27: The Lord looks deep inside people and searches through their thoughts.

Kathy ~ Thank you so much for the financial support. My kids and my self appreciate it so very much. It has been tough for us lately because I am going through weekly chemotherapy and a divorce. I am so truly grateful for your kindness.

CANCER SUCKS!

Moonlight Cancer Foundation

Life Support for Survivors

Easing the burden of financial challenges for those living with cancer

~

HELP US HELP!

Make A Donation at
moonlightcancerfoundation.org

(760) 635-7820

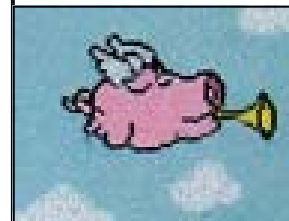


Moonlight Cancer Foundation

Life Support for Survivors

Board Members & Volunteers

Brenda Kakehashi ~ Foundation President
Brisha Cordella ~ Executive Vice President
Cathy Bacquet ~ Board Member/CoFounder
Robert K. Kakehashi, M.D ~ Board Member
Joana Henry ~ Board Member
Sandy Ackerman ~ Volunteer
Annette Allert ~ Volunteer
Sandy Atkinson ~ Volunteer
Lisa Boering ~ Volunteer
Michelle Gray ~ Volunteer
Tom Murnane ~ Volunteer
Stephen Phillips ~ Volunteer



God's Boxes

I have in my hands two boxes,
Which God gave me to hold?
He said,
"Put all your sorrows in the black box,
And all your joys in the gold."

I heeded His words,
and in the two boxes,
Both my joys and sorrows I stored.
But though the gold became heavier each day,
The black was as light as before.

With curiosity, I opened the black,
I wanted to find out why,
And I saw, in the base of the box, a hole,
Which my sorrows had fallen out by.

I showed the hole to God, and mused,
"I wonder where my sorrows could be!"
He smiled a gentle smile and said,
"My child, they're all here with me."

I asked God, why He gave me the boxes,
Why the gold and the black with the hole?
"My child, the gold is for you to count
your blessings,
The black is for you to let go."

~ Author Unknown

HELPFUL WEBSITES

Assn. Of Cancer Online Resources www.acor.org
Behind The Cancer Headlines www.mabcie.com
Breast Cancer Resource Center www.pinkribbon.com
Cancer Care www.cancercare.org
Cancer Facts www.cancerfacts.com
Cancer 411 www.cancer411.org
Cancer Free www.cancer-free.com
Cancer Hope Network www.cancerhopenetwork.org
Cancer Link - seidata.com/~marriage/rcancer.html
Cancer Network www.cancernetwork.com
Cancer Page www.cancerpage.com
Cancer Source www.cancersource.com
Cancer Symptoms www.cancersymptoms.org
Cancer Track www.cancertrack.com
Conquer Cancer www.conquercancer.com
Dave Drevecký's Outreach Of Hope www.outreachofhope.org
Hope For Cancer www.hopeforcancer.org
Lance Armstrong Foundation www.laf.org
Living Beyond Breast Cancer www.lbcc.org
Living With Cancer www.jfssd.org
Living With It www.livingwithit.org
National Comprehensive Cancer Net. www.nccn.org
People Living With Cancer www.plwc.org
OncoLink www.oncolink.com
Oncology Tools www.fda.gov/cder/cancer
Oral Cancer Foundation www.oralcancerfoundation.org
R.A. Bloch Cancer Found www.blochcancer.org
SD County Cancer Navigator www.cancernavigator.org
Steve Dunn's Cancer Guide www.cancerguide.org
WebWhispers www.webwhispers.org
Yul Brynner Head & Neck Cancer Foundation
www.yulbrynnerfoundation.org

Coping Skills Affect Life After Breast Cancer

(reprinted from *CancerPage.com*)

By Alison McCook

NEW YORK JUN 07, 2005 (Reuters Health) - Young women who are less able to cope with breast cancer and feel ill-prepared for the challenge tend to have a lower quality of life after their diagnosis, according to new study findings. U.S. researchers also found that young women in bad relationships fared worse with breast cancer than women in good relationship or without partners. Women who missed more time from work after their diagnosis also tended to have a lower sense of overall well being, the authors note.

"It's how you cope with things in general" that appears to influence how you fare after learning you have breast cancer, study author Dr. Nancy E. Avis told Reuters Health.

For instance, if women believe they will beat cancer, deal well with it, and learn from the experience, they will likely do better, said Avis, who is based at Wake Forest University School of Medicine in Winston-Salem, North Carolina.

Previous research has shown that younger women tend to have a poorer quality of life after breast cancer than older women. Younger women may have a host of unique concerns, Avis and her team write in the *Journal of Clinical Oncology*, such as having young children and premature menopause leading to loss of fertility.

To investigate the influences upon young women's overall quality of life after breast cancer, Avis and her team interviewed 202 women diagnosed with breast cancer at age 50 or younger, and asked them how they felt between 4 and 42 months after learning of their diagnosis.

They found that women with breast cancer had a lower overall quality of life than their counterparts without breast cancer and more than 7 out of 10 women with breast cancer said they experienced aches, pains and general unhappiness after being diagnosed.

Women who missed more work, had relationship problems, struggled with sexual problems, had a negative body image, and were less able to cope after being diagnosed all had a lower overall sense of well being.

In addition, feeling unprepared for living with breast cancer, having vaginal dryness, and continuing to undergo treatment appeared to influence some aspects of women's quality of life.

Avis said that although women's response to cancer is largely an "attitude thing," doctors can help them deal with vaginal dryness and other symptoms of early menopause induced by chemotherapy, which may improve how they cope with cancer. She added that women who stop working after learning they have breast cancer may be depressed, which could explain why not working is associated with a lower sense of well-being.

Avis stressed that there was "huge variety" in how women responded, and some coped quite well, but experts need to concentrate on those who don't. "We need to figure out ways to help the women who have more trouble," Avis noted.

SOURCE:

Journal of Clinical Oncology, May 20, 2005.

Exercise, Weight and Cancer Risk

(reprinted from *Words To Live By* at *CancerPage.com*)

Evidence continues to mount that weight and exercise habits affect breast cancer risk. Couch potatoes with higher BMIs (body mass index) have more than twice the risk of developing breast cancer than women with lower BMIs who exercise 25 to 45 minutes a day (length of time determined by how strenuous the exercise is.) You can read more about this study published in the June issue of *Cancer Epidemiology, Biomarkers & Prevention* at the following URL:

http://www.eurekalert.org/pub_releases/2005-06/vumc-ewc060905.php

The Healing Power of Exercise

(reprinted from *Words To Live By* at *CancerPage.com*)

Regular exercise helps to rebuild an immune system damaged by chemotherapy. Penn state researchers measured infection fighting T-cell activity in breast cancer survivors who either followed a prescribed course of regular exercise or didn't. After 6 months, the exercise group had a more robust recovery of their immune system. Read more about it at this URL (second story down):

http://www.eurekalert.org/pub_releases/2005-06/cwgi-slf060905.php

Tips For Managing Hair Loss

(reprinted from CancerCare.com)

For many people, hair loss is one of the more trying aspects of cancer treatment. When hair falls out, it affects our self-image and our quality of life. Yet, if this is happening to you, don't despair – you can go a long way towards boosting your own self-confidence with an educated attitude and some advance preparation. It's also important to remember that everyone's experience is different, so it pays to become well informed about how your particular treatment affects hair loss. Why Hair Loss Occurs Hair loss from chemotherapy treatment occurs for a very simple reason: hair follicles are weakened by chemotherapy which causes your hair to fall out much more quickly than it would normally. Depending on the type of treatment you receive, hair loss may start anywhere from seven to 21 days after treatment begins. Your hair will start to grow back when you are finished with chemotherapy but it may take six to 12 months to grow back completely. It may even have a different texture – for example, curly hair can grow back straight and dark hair can become lighter. These changes are usually not permanent. Radiation to the head or scalp, however, can cause permanent hair loss. Depending on where radiation is directed, you may also experience hair loss on your legs, arms, underarms, pubic area, chest, eyelashes, and eyebrows. Talk to your doctor, nurse, or social worker about what to expect. Here are some questions you might want to ask:

1. When will my hair begin to fall out?

2. How much hair loss should I expect?

3. Is there any way of delaying hair loss?

4. When can I expect my hair to grow back? What You Should Know About Obtaining, Wearing, and Paying for a Wig Buy a wig before all of your hair falls out so that you will have a good match to your own hair color and will be prepared when hair-loss starts. Keep in mind that there are full-service wig salons that fit and style wigs, some of which specialize in hair loss from chemotherapy. Wig salons also sell turbans and scarves that come in a variety of colors and fabrics so that you can look good even when you're lounging around the house or at bedtime. Wear stickies to keep your wig on. They are so effective that you'll forget you're wearing a wig. If you can't afford a wig, contact CancerCare at 800-813-HOPE (4673), or a local cancer organization or support group for one that is free of charge. Bear in mind that some health insurance plans cover the cost of wigs. Check into this. If you buy a wig, save your receipt. It can be a medical tax deduction.

Getting Emotional Support

Talking to others who have experienced hair loss, or who have professional experience will help you during this difficult period. Here are some suggestions: Join a support group. You'll get plenty of emotional support and feel less alone. Plus, you can share valuable tips for coping and receive helpful guidance. Find a buddy who understands what you are going through and call this person when you're feeling bad or uncertain about what to do. Talk to a counselor who can assist you in finding resources, guide you through difficult decision-making, and help you feel more in control.

Remember that preparing yourself in advance for hair loss can enhance the quality of your life during and after radiation or chemotherapy. Don't be afraid to talk to your doctor, seek emotional support, or think about getting a wig.

Caregivers and the Workplace

The stress of dealing with a loved one's cancer can be overwhelming. It can be difficult to balance caring for a person with cancer, your daily life, and going to work. Under The Family Medical Leave Act of 1993 (FMLA), you are allowed to take some time off from work. The FMLA gives you the right to take time off due to illness or caring for an ill dependent without losing your job. This law:

- Applies to employers with 50 or more employees
- Provides 12 weeks of unpaid leave for serious illness. The 12-week leave does not have to be taken all at once. Time can even be taken in blocks, such as several hours a day
- Requires your employer to continue your benefits during your leave
- Can be used to provide leave for people with illness (medical leave) or caregivers (family leave).
- Allows you to use accrued paid annual leave or possibly accrued sick leave during your family or medical leave.
- Does not require your employer to reinstate you if you take off more than 12 weeks leave in a year.
- Defines family members as your parent, your child (including adult children who are unable to care for themselves) or your spouse
 - In general defines a serious health condition as
 - Being incapacitated for more than three consecutive days
 - Having gone to see a doctor or other health care provider at least once
 - Being under a regimen of continuing treatment (cancer is an example of a condition generally considered serious)
- Allows your employer to request a medical certification by a doctor or other health care provider

To learn more about the FMLA go to <http://www.dol.gov/dol/compliance/comp-fmla.htm>.



FINANCIAL AID APPLICATION

Applicant Name: Address: City/State/Zip: Birthdate: E-Mail: Phone: S.S.#: (for IRS purposes)

Occupation: Work Phone: Employer: Address:

Health Insurance: Yes No Insurance Carrier (1) Policy # Insurance Carrier (2) Policy # Single Married Divorced Widowed Number of dependents living with you: Dependants Name(s): Age(s): *All information is mandatory Physicians will be contacted

Reason for requesting aid, (attach additional sheets if necessary):

How will grant funds be used?:

Current Diagnosis: Date Diagnosed: Physicians Name: Phone: FAX: Address: City/State/Zip:

Income: Source(s) of income: 1) 2) Annual/Monthly Gross: Annual/Monthly Net:

Monthly Expenses: Housing: Utilities: Auto(s): Medications/Treatments: Credit Cards: Child Care: Food: Misc:

References: (not living with you) Relative: Name/Address/Phone Friend: Name/Address/Phone Additional: Name/Address/Phone

APPLICANT ACKNOWLEDGMENT

In consideration of my receipt of a grant by Moonlight Cancer Foundation, Inc., the undersigned applicant (and guardian, if applicable), understands and agrees that:

- ~ The Foundation may disclose and release to the public and government entities the name and likeness of the applicant, the amount of funds received, the use of such funds and any similar relevant information.
~ The Foundation may use applicant's picture and biographical information in its promotional and/or marketing materials.
~ He/She/They shall indemnify and hold harmless the Foundation from any liability with respect to information provided to the Foundation in support of the application and the receipt of funds for which the grant may be used, and
~ All information provided to the Foundation in support of the applicant shall be considered true and accurate.

Applicants Signature: Dated:

FOR OFFICE USE ONLY

Date application received: Method of Information Verification:

Administrator's Recommendations and Comments:

Final Determination:

Administrator's Signature: Dated:

“The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others.”

At Moonlight Cancer Foundation, volunteers play an important role.

Volunteers are encouraged to participate in any area there is always something for everyone!

Fund-Raising Events: Volunteers help organize fund-raising events and assist at those events organized on behalf of the foundation.

Grant Writing: A volunteer grant writer is needed to assist in researching grant opportunities and writing grant proposals.

Speaker's Bureau: Trained volunteers speak to organizations, corporations, support groups, etc.

Marketing/Publicity: Volunteers create press materials, seek pro-bono advertising, design direct mail pieces and help with the annual report.

If interested in volunteering, please contact:

our Volunteer Coordinator

(760) 635-7820

e-mail: moonlightcancer@aol.com

COMMUNITY SUPPORT

We wish to thank the many community donors to our 2004 Harmony Harvest Benefit Concert & Auction ~

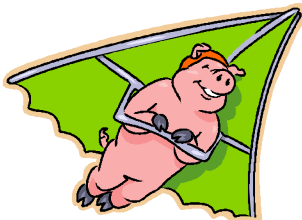
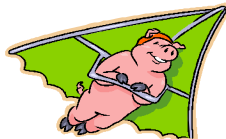
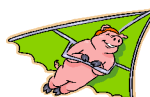
Above and Beyond Travel	Harrah's Rincon Casino & Resort	Riviera Hotel & Casino
Academy of Magical Arts	Harvest Ranch Market	Rosarito Beach Hotel - Rosarito, Mx
Academy of Motion Picture Arts	Hearst Castle	Round Table Pizza
Acapulco Restaurant	Heidi's & Swensen's - Encinitas	Rubio's
AMF Eagle Lanes	Hilton Garden Inn	Ruby's Diner - Carlsbad
Anthony's Seafood Group	Holland America Cruise Line	Savory Restaurant
Aquarium of the Pacific	Hollywood Wax Museum	San Diego Gulls Hockey
Armstrong Garden Centers	House of Blues/Coors Amphitheatre	San Diego Aerospace Museum
Autry National Center	Incredible Edible Delites	San Diego Automotive Museum
Bella D'ora Spa San Diego	I Pay One	San Diego Chargers
Birch Aquarium	Island Brothers Teriyaki	San Diego Coaster Company
Richard M. Black, DMD - Carlsbad	Islands Fine Burgers	San Diego Hall of Champions
Boomers!	K1 Speed - Carlsbad	San Diego Harbor Excursion
By The Slice	LA Fitness	San Diego Historical Society
California Music Studios	La Jolla Spa MD	San Diego Ice Arena
Callaway Vineyard & Winery	Ladeki Restaurant Group	San Diego Model Railroad Museum
Casino Pauma	Lamb's Players Theatre	San Diego Museum of Art
Center Theatre Group	Las Olas	San Diego Natural History Museum
Children's Discovery Museum	Legoland	San Diego Padres
Circus Circus, Las Vegas	Leo Hamel & Co. Fine Jewelry	San Diego Repertory Theatre
Clarity Soap & Candles	Lucia Bella Fine Handbags and Accessories	San Diego Sockers
Coast Brake & Wheel	Maritime Museum	Seaforth Boat Rentals
Coast Hwy Traders	Marky Sparky Toys	See's Candies
Cohn Restaurants	Mulberry Neckwear	James W. Seyfried, DDS - Encinitas
Colorado Belle Hotel/Casino	Museum of Contemporary Art	Shatto & Sons - Encinitas
Cookies in Bloom - Encinitas	Museum of Making Music	Sky Sailing at Warner Springs
Coronado Playhouse	My Gym Children's Fitness Center, Encinitas	Sledgehammer Theatre
Joe Craighead Photography	National Baseball Hall of Fame	Solid Rock Gym
Creative Classics	Old Town Trolley Tours	St. Tropez Bakery & Bistro
Croutons	Olyos Pizza	Stanley Steamer
D&S Narrow Gauge Railroad	Original Pancake House	Stone Brewing Co
Del Mar Thoroughbred Club	Paint and Clay	Souplantation
El Camino Bike Shop	Pat & Oscar's	Synergy Systems Fitness Studio
Encinitas Firefighters Association	Pechanga Resort & Casino	Taylor Guitars
Encinitas Inn & Suites	Pepsi Cola	The Chopra Center @ La Costa
Farrell's Ice Cream Parlor	Photography by Oscar - Encinitas	The Comedy Store
Fidel's Little Mexico	Pick Up Stix	The Cottage - La Jolla
Firenze Trattoria	Pioneer Hotel & Gambling Hall	The Fish Market
Fish House Vera Cruz	Pizza Nova	The Theatre in Old Town
Glen Ivy Hot Springs	Queen Eileen's - Encinitas	UltraZone Laser Tag
Grand Canyon Railway & Resort	Ramada Express, Laughlin	Universal Studios
H & M Landing	Redhawk Golf Club	Vertical Hold Sport Climbing
Harrah's Las Vegas	Reuben H Fleet Science Center	West Coast Designs, Lisa Kelber, Enc.
Harrah's Laughlin	Rio All-Suite Hotel & Casino	Windstar Cruises



Moonlight Cancer Foundation

Life Support for Survivors

PO Box 231454, Encinitas, CA. 92023



*Here is a test to find whether your
mission on earth is finished:
If you're alive, it isn't.
-Richard Bach*

In This Issue...

Eat Your Broccoli ~ Caregivers in the Workplace ~ Coping Skills

RESOURCES

The Medicine Program	(573) 996-7300	
Hope For Others Foundation	(760) 741-3434	
Cancer Care	(800) 813-HOPE	www.cancercare.org
Cancer Community—Living with Cancer	(858) 674-6441	
National Cancer Institute	(800) 4-CANCER	www.ncih.nih.gov
American Cancer Society	(800) ACS-2345	www.cancer.org
The Wellness Community	(858) 467-1065	www.wellness-community.org
Y-Me Hotline	(619) 569-9309	www.y-me.org
Y-Me Local/Women's Task Force	(760) 839-1491	
National Breast Cancer Coalition	(800) 622-2838	www.natlbcc.org
Leukemia Society	(619) 277-1800	www.leukemia.org
National Coalition for Cancer Survivorship	(301) 650-8868	www.cansearch.org
National Chemo Care Hotline	(800) 55-CHEMO	
CARE-A-VAN, Carlsbad	(800) 326-2450	
Care Plus International, Csbdb	(760) 434-0900	
Hair Mates, Encinitas	(760) 942-2994	
Hair Extensions, Del Mar	(858) 481-9631	
The Brighter Side	(858) 481-7565	
Hospice of the North Coast	(760) 431-4100	www.hospiceweb.com
Hospice By the Sea	(858) 794-0195	www.hospicebytheseafl.org
United Way	(760) 943-0997	http://unitedway.org
Breast Cancer Treatment Fund	(800) 487-0492	www.breastcancerfund.org
Scripps Breast Cancer Support	(760) 633-7551	
Susan G. Komen Breast Cancer Found.	(800) I'M AWARE	
Medicaid (medi-cal)	(800) 430-4263	
Health & Human Services	(916) 654-3454	