



September 7-9, 2007

Kathy & Ruth *Talk the Walk*

Planes, Boats and Automobiles.



Ruth hates this picture. Can you blame her? Note: this is one of those hot days Kathy references in her Cogitations where we *really* looked forward to the Sonic treat at the end.

A month from today we will be boarding a plane to Seattle. As of right now, we're booked on Midwest Airlines. We're not sure how all this buyout stuff works, but our hope is that even if AirTran is successful in their bid to buy Midwest, all the necessary steps won't be completed before our flights. We're really looking forward to the two-across seating and the chocolate chip cookies...especially on the return flight!

Once we're in Seattle, we will enjoy five and a half days of sightseeing and perhaps venture up into Canada by bus or by boat. (We would prefer not to have to rent a car for our visit.) Then we lace up our shoes. We don't know much about our route, yet. We know we'll be starting at Bellevue Community College and ending at Memorial Stadium at the Seattle Center. Somewhere in between is where we will camp both nights. We haven't finalized our packing list, but you can bet an air mattress will find its way into the bag.

Don't forget you can send us mail at camp! (You can't say we've never sent you anything!) The address is at the bottom of the next page. They won't accept packages, only envelopes, and it must be postmarked by August 24 to ensure delivery.

Profile in Courage—Doris Neuschafer

Contributed by Dawn Neuschafer in honor of her mom.

Last summer my mother Doris had a breast that was discolored and hard. Our family insisted she go to a doctor and she did. She was diagnosed with mastitis. We all thought it was odd but none of us ever had the thought that it could be cancer. Things progressed rapidly. By September she was a stage 4d with IBC— inflammatory breast cancer. After a hard swallow and a deep breath we moved forward very quickly. She endured six chemotherapy treatments once every two weeks, then surgery followed by weeks of radiation.

The first hurdle was hair loss. When it got to the point when Mom said it was time to shave her head, I came over with my electric razor and did the deed. She was pleased. But after I left, I cried for 20 minutes thinking it was the hardest thing I had ever done. Mom had some side effects as most do, but she was faithful to doctor's orders and stayed away from potential germ sites, which for her meant not going to church or helping at the nursing home.

She always welcomed visits, loved the cards and enjoyed the phone calls. She seemed to walk right through cancer with little or no complaint. She would be cancer free for a matter of days.

Two weeks later, she was diagnosed with cancer again— aggressive, the other breast, down her side and it has reached her liver. Chemo began immediately.

Mom's hair had started growing back and she had been thinking about what it would look like for the wedding. Her only granddaughter was getting married June 9th. But when we got the news of her cancer, the question was whether her hair would be gone again and will she be sick from a chemo treatment. Her hair started coming out after the second treatment. I never dreamed I would be shaving Mom's head a second time. Luckily her treatment fell the week before the wedding. She would be



Doris' husband, Tom Neuschafer, granddaughter Jennifer Kluba and Doris in June of 2007.

feeling pretty good for the big day and the wig wouldn't be itchy since the hair was gone. It was a great day.

Mom and Dad have been together 53 years and have three daughters, a granddaughter and a great-grandson. She always seems more concerned about us than herself. That's what moms do.

This time around, we've had four chemo treatments with two more to go. From there, we hope surgery, radiation and once again to be cancer free. Her courage and our battle continue one day at time.

Kathy & Ruth's Uno Dough Raiser

August 15 & 16, 2007

Visit Uno Chicago Grill on the above dates and present the certificate.

Uno will donate up to 20% of your check to the Breast Cancer 3-Day!

More information and certificates can be found on the enclosed flyer.

Spread the Word!

Invite your friends and family!
Heck, invite strangers!

If you need more certificates, you can make copies or download them at kathyruth3day.tripod.com or contact us and we will fax or e-mail additional copies to you.

Dine-in or Take-out!

Ruth's Reflections

I've found myself thinking about Doris (this month's featured Profile in Courage) lately. I grew up with her daughter, Dawn. We spent most of our summers playing softball together. She was our centerfielder and likened herself to Willie McGee. I played about every position—mostly pitcher, catcher or first base. It didn't matter where we played or how badly we were losing, our moms were there cheering for us.

Last September, just before last year's walk, I got a call from my niece telling me about Doris' diagnosis of breast cancer. It was with sadness that I added Doris' name to the back of my shirt.

Dawn wrote the profile in early July and since that time, Doris has gotten worse. Dawn is hopeful that the problems she is having are temporary. I second that.

Doris, please know that I think of you often and I'm here cheering for you, even if from afar. Every step I take on this walk will be with you in mind.

Inflammatory Breast Cancer

If you read the profile in courage about Doris, you may be wondering what inflammatory breast cancer (IBC) is. You don't hear about IBC often, but it is the most aggressive form of breast cancer.

As women, we know to check our breasts for lumps and to have our yearly mammograms. However, IBC often lacks a distinct lump or tumor—instead it grows in nests or sheets that spread through the breast—and thus is not usually detected by mammograms or ultrasounds.

It is called inflammatory breast cancer because its main symptoms are swelling and redness of the breast. It can be hard to diagnose, but because IBC cells spread easily to other parts of the body, it requires prompt diagnosis and treatment.

For more information about IBC and its symptoms, risk factors and treatment information please visit www.komen.org.

Kathy's Cogitations

All is well in this corner. I am enjoying my sabbatical and catching up on various projects on the home front.

Our training walks continue and the miles have steadily increased over the weeks with the longer walks on the weekends (10 – 18 miles per day). Often we will walk on the Mill Creek Streamway Trails that run about 15 miles south of Shawnee Mission Park and extends about the same distance north of the Park. The trails are open to pedestrians, bicyclists, dogs on leashes but no motorized vehicles. The semi-shaded paved trails wind along Mill Creek stream and provide a great way to enjoy a stroll, a jog or bicycle ride. For more details go to: www.jcprd.com/parks_facilities and click on trail guides.

At the end of our long walks we usually treat ourselves to a Sonic treat, a cherry slush for Ruth and a cherry limeade for me. On some of those hot days knowing the treat was the immediate reward was all that kept us going. I think we know where all the Sonics are in town, so if you see us there we will gladly accept your offer to treat us. :)

Till next time – May laughter dance along your path.

Mo' Money Mo' Money

The Uno Dough Raiser is officially scheduled for August 15 & 16. You can visit any of the three Kansas City area Uno Chicago Grill locations on those dates and they will donate up to 20% of your check to the Breast Cancer 3-Day! What an easy way to raise money! Get a group of friends together and grab a bite to eat or celebrate happy hour, all while supporting a great cause!

Once we post everything we should be over our original goals! If for some reason we don't receive some of the checks we are expecting, the Uno Dough Raiser will take us over the top. Thanks again for your help in getting us there!

Ladies, Don't Forget Your Monthly Breast Self-Exam!!!

Training Training Training

We are about 415 miles into our 585 miles of training. Only 170 miles to go! Actually, truth be told, Kathy is ahead of Ruth because Ruth took some time off for her back to heal. However, rumor has it that Ruth is competitive (even though she disputes that) and she will likely be determined to catch up with Kathy. It may be too late for her to catch up on total miles, but she will be working to get back on the same weekly pace! But, seriously, she's NOT competitive.

Send us camp mail!

Save us the embarrassment of showing up at the camp post office asking for our mail only to find out we don't have any!

[Participant Name]
3-Day Camp Post Office
1752 NW Market St #531
Seattle, WA 98107-5224

Letters must be postmarked
by August 24 to ensure delivery at the
3-Day Camp Post Office.