



## Ten Weeks? Really?

It's hard to believe that we will leave for Phoenix in just 10 weeks! Time flies when you're training and fundraising! We purchased our airfare and made our hotel reservation. That makes it all the more real!

Training has already picked up a bit. We walked 10 miles last Saturday followed by 6 miles on Sunday. It will mostly increase from there, but we will have occasional lighter weeks.

Fundraising is going well. We have a ways to go, but we're hopeful that our Trivia Night Fundraiser on September 24 (details enclosed) and the Vendor Party on October 27 will help us get there. We hope you can join us for those events.

Unfortunately, our Uno's Dough Rai\$er in August wasn't as successful as in past years (damn economy), but we are grateful to Uno Chicago Grill and you for supporting our efforts. It was nice to see some of you there.

It turns out Ruth may be able to join us in Phoenix after all and we're excited about that! A generous friend offered to pay her travel expenses, so unless she gets a job that interferes, she'll be there to support us at the cheering stations.

As always, we thank you all for your generous support of our efforts. We enjoy sharing our journey with you.

## We'd Like Mail!

There's nothing like a message from a loved one to inspire us to keep going. Friends and family can write a note to us, which we'll receive at camp.

Send letters to:

Breast Cancer 3-Day Camp Post Office  
ATTN: (Kathy Ungerer or Kathi Monter)  
P.O. Box 1866  
Gilbert, AZ 85299

Envelopes only, please. No boxes or large packages. Mail must be postmarked no later than November 3rd in order to ensure delivery at the Breast Cancer 3-Day Camp Post Office.

## Profile in Courage—A Stranger

*Contributed by Mark Riggs, 7<sup>th</sup> Grade Math Teacher, Eastgate Middle School*

For the past several years, I've been going to my school district's Convocation Day with an ulterior motive: Get as many people as possible to eat at Uno's and get my sister some money for her Breast Cancer 3-Day Walk!

I'd dream of making nice signs to wear on my shirt—or making a shirt that was itself a sign—to encourage people to ask me how they can help my sister earn money for her walk team. However, more often than not all of the other insanity that comes with getting ready for the start of the school year has made this impossible.



This year I feel I did the best job ever with the signs—and this year turned out to be the most disappointing. Usually I have several people ask me about the sign, and I hand out many of the certificates for the fundraiser. This year, I only had a few curious district employees ask about it.

As I was mulling this over in the "overflow seating" room (which is the best seat in the house, in my opinion) after the speeches and presentations were over, I was approached by a woman asking about the sign. When I explained to her about my sister Lynne's diagnosis in 2005 and my sister Ruth's subsequent fundraising efforts, she told me she herself had been diagnosed, and was at five years "cancer-free".

I don't know why it hit me like it did—I didn't become an emotional wreck, but I was about two quantum jumps away from the reality where I did, and I was working to keep those two quantum jumps between me and that world. She went on to take a certificate, and seemed so happy to be able to help out.

I have no idea who this woman is. She doesn't work in my building, and I'm willing to guess she doesn't teach math in our district. I really have no way of getting in touch with her—and I don't know what I'd say if I did. However, if I needed a reminder of why I help my sister with this event, she would have easily served that purpose.

I saw her and a friend at Uno's when I went there for lunch. While I could say it was a disappointing turnout this year in Liberty, I couldn't say it was a disappointing experience.



In our first newsletter (March 2007) Jordan Leake, then 12, contributed our first Profile in Courage about her Nama, Lynne Riggs (Ruth's sister). Jordan is now 14—soon to be 15—and wrote the poem below. While it isn't about breast cancer, it's about being a girl and thus we thought it appropriate to share it with you here.

### **I'm Just a Girl**

*Contributed by Jordan Leake*

I'm just a girl  
whose hair is never right  
who more than once has fallen on her  
face  
who can't stop laughing at something  
that happened yesterday  
who cries because sometimes nothing  
is right  
but sometimes,  
I'm just a girl  
who can't stop smiling because for that  
moment  
everything is perfect.  
everybody wants happiness  
nobody wants pain,  
and I knew I was loved.

## Trivia Night Fundraiser

Thursday, September 24  
6:30-9:00 pm  
(prompt start)



The Brick  
1727 McGee  
Kansas City, MO

\$10 per person in advance  
\$15 at the door  
(seating limited)

Prizes awarded!

See enclosed flyer and entry form  
for more information.

## *Kathy's Cogitations*

I recently got back from a road trip to Wyoming to see my brother, Larry and his wife, Pat. On the way out I did a side trip to Omaha to see old friends. As always I had a great trip and great hospitality.

While in Wyoming, Pat told me she had recently accomplished one of her items on her "bucket list" by hiking 5 ½ miles to Laramie Peak and back. Laramie Peak is the highest point in the Laramie Mountains at 10,272 feet and an important marker along the Oregon Trail. Way to go girl!

This trip with family, friends, and bucket lists reminded me why I do this 3-Day Breast Cancer Walk, as difficult as it can get sometimes with training and fundraising. My hope is that my little piece, with your help, will make a difference and provide tomorrows without breast cancer so everyone can enjoy family, friends and work on their bucket lists.

God bless!

## *Kathi's Korner*

I have so many good reasons why I will walk in the 3-Day but recently I realized that I have one of the most compelling reasons right under my nose and didn't even realize it.

Michaela (my step-daughter) asked me the other day, "How do you know if you have breast cancer?" I responded that when you become a woman you will not only go to the doctor to be checked on a yearly basis but that you will do self-exams as well and check for lumps. Then she asked me another question which took me by surprise. She asked, "Will I get breast cancer?"

As I thought about the answer I realized, for the first time, that Michaela is at a higher risk for breast cancer as both her grandmother and her aunt have been diagnosed with breast cancer and they both have had double mastectomies. Lu, her grandmother, has been cancer free for over 5 years and is considered a survivor. Deanna, her aunt, has been battling her cancer after almost 10 years—you see, Deanna's breast cancer metastasized to her bone. She has had a very painful battle along with many grueling treatments and her battle gets tougher every day.

So if you ask me why I walk I will tell you now that I walk for Lu in celebration of survival, I walk for Deanna in recognition of her suffering, and I walk for Michaela's future.

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

Breast self-exam (BSE) is a tool that may help you become familiar with the way your breasts normally look and feel. BSE may help you find tumors in the time between your annual mammogram and/or clinical breast exam. It may also help you learn what changes in your breasts should be reported to your health care provider. If you notice any changes such as thickening, lumps, spontaneous nipple discharge or skin changes, such as dimpling or puckering see your health care provider right away.

*This information was pulled directly from the Susan G. Komen for the Cure website. For more information on this topic and many other topics related to breast health, visit <http://www.komen.org>.*

## **Do we have your e-mail address?**

If you are receiving this newsletter via snail mail, you'll notice it's in black and white this year instead of color. That's because we lost our printing sponsor. If you would rather receive the newsletter in full color via e-mail, please let us know your e-mail address by sending it to [kathy ruth3day@yahoo.com](mailto:kathy ruth3day@yahoo.com). Thanks!

## *If you would like to donate*

You can view our personal fundraising pages to make a donation online:

<http://www.the3day.org/goto/kathimonter>  
<http://www.the3day.org/goto/Kathy.Ungerer>

or mail checks to:  
Kathy & Kathi

c/o Kathy Ungerer, 8823 W. 132<sup>nd</sup> Terrace, Overland Park, KS 66213

Your donation is tax deductible.  
Make checks payable to "Breast Cancer 3-Day."