



# KEEPING A BREAST

*Working to find the causes and stop the epidemic*

MarinBreastCancerWatch

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Spring 1999

## COMMONWEAL FOUNDER ADVOCATES ENVIRONMENTAL ACTIVISM

by Ronnie Cohen

In a March talk for Marin Breast Cancer Watch, Commonweal founder Michael Lerner urged all who can to become environmental activists and charted a healing course for people living with breast cancer.

Lerner advocated breast cancer groups joining an emerging environmental health movement needed to cure the earth's illness along with our own. He blamed the earth's ill health on climate change, ozone depletion, toxic chemicals and habitat destruction.



*MBCW Pres. Francine Levien and Commonweal Pres. Michael Lerner*

Lerner is one of the country's leading authorities on complementary cancer treatments. He told the crowd of about 100 that various groups concerned about a myriad of health problems are beginning to come together and realize: "Hey, the environment's not about the survival of the spotted owl. The environment is about what's happening to all of us."

"Mother Earth has a life-threatening illness," said Lerner, author of "Choices in Healing: Integrating the Best of Conventional and Complementary Approaches in Cancer." "We have to deal with Mother Earth's illness in order to deal with our own."

Lerner cautioned breast cancer activists not to wait for research to reveal specific environmental causes of breast cancer. "It's the whole soup that is causing different disorders in different people. The only form of prevention for all these conditions is to recognize that we built modern technological society very carelessly after World War II around a petrochemical backbone that needs to be re-examined," he said.

"We can build an advanced technological society with a more carefully understood backbone, where technologies are all reviewed for their health impact."

Lerner predicted groups with health problems would lead

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## JUST THE FACTS: MARIN BREAST CANCER RATES CLIMB

by Ronnie Cohen

Marin County's breast cancer rates jumped 20 percent during the most recent period studied, according to the Northern California Cancer Center's recently released statistics.

The statistics further reveal that Marin County's breast cancer rates continue to soar above rates for the rest of the San Francisco Bay Area.

The statistics show 150 of every 100,000 Marin County women were diagnosed with invasive breast cancer during the five years ending in 1996 – the most recent period for which statistics are available. In comparison, 125 of every 100,000 Marin County women were diagnosed with invasive breast cancer during the five years ending in 1992.

Doctors diagnosed 1,156 Marin County women with new cases of invasive breast cancer from 1992 through 1996. From 1988 until 1992, doctors diagnosed 972 Marin County women with invasive breast cancer.

Despite the rise in new breast cancer cases in Marin

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## DIVEST YOURSELF

by Francine Levien

Marin Breast Cancer Watch member Kit Everts came up with a brilliant strategy to rid herself of unwanted and objectionable stock without paying a huge capital-gains tax. She gave it to Marin Breast Cancer Watch as a gift.

For her generosity, Kit gets an income-tax write-off. We'll immediately sell the stock, initially valued at \$2,500, and use the money in our quest to find the causes of Marin County's high rate of breast cancer.

The stock in question is Monsanto – the pesticide and biotech behemoth "offering you the world."

From PCBs to Roundup, from Bovine Growth Hormone to so-called terminator seeds, Monsanto leaves toxic trails.

Monsanto sold PCBs to use as insulators in electrical transformers decades before Congress outlawed them because they wreaked havoc on wildlife and — some would argue — people.

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## FROM THE PRESIDENT

### Visualize an Unpolluted World

by Francine Levien

**M**any of us living with breast cancer know the power of visualization as a tool in the healing process. Once considered too strange for mainstream medicine, oncologists now prescribe visualization in hospitals along with radiation and chemotherapy. Most alternative caregivers recommend that we visualize destroying our cancer cells. PacMan gobbles up cancer cells. White light protects.

We think of visionaries as special people endowed with the gift of foreseeing the future. Buckminster Fuller, H. G. Wells, Nostradamus, Don Quixote spring to mind. Imagination is the province of a gifted few great artists or writers. So we've been taught.

I would like to suggest that we all are endowed with this ability. We can all visualize. We can all be visionaries.

Recently I attended a day-long conference in Bolinas on sustainable living. The presenter, Anna Edey, lives year-round on Martha's Vineyard, developing and unfolding her vision of sustainability and harmony with the earth. Edey describes ways to reduce pollution and cut resource depletion 80 percent by using her designs for greenhouses and homes and by what she calls solar-dynamic gardening. She shows people ways to live we never thought possible.

We are alive at a time when we must envision a radical shift in reality. While the world we have created has bestowed previously unknown luxuries upon a very small portion of the population, it is at the expense of countless others and the degradation of the planet. Alternative technologies are available to enable us to turn away from petrochemicals — the foremost primary pollutant. We have only to believe in the possibility of change, and our world will begin its transformation.

Envision the future with clean air and water. Envision heat from solar and wind power. Envision organic food for everyone. Once you see this is possible, elect politicians who also are visionaries. This is not a pipe dream. There are places in the world where it is a reality.

Read the book "Gaviotas: A Village To Reinvent The World" by Alan Weisman, a true story of a community that visionary scientists founded more than 25 years ago on the barren savanna of Columbia. They turned the barren land into an economically solvent rain forest. Now they design innova-

tive ecological systems like windmills. Foreign governments buy both the community's designs and products.

Attend the Bioneers conference, Oct. 29 through Oct. 31 in San Rafael's Marin Civic Auditorium. Cutting-edge scientists will present visionary solutions for restoring the earth. It's right in our front yard. I guarantee you'll be inspired.

Envision a world without cancer. Then make it happen. Do it for your children and grandchildren.

With loving kindness,

## AN HONOR

I feel greatly honored that Marin County Grassroots Leadership Network recently nominated me for the 1999 Cesar Chavez Grassroots Leadership Award for outstanding service in grassroots organizing.

The actual award went to Josefa Amanda Mejia Beltran. She came to the United States from El Salvador and lives in the Canal District. She speaks no English. But she has been organizing Canal District residents to fight rent increases in badly deteriorated buildings.

Amanda's own serious personal problems have not deterred her from doing important work for her community.

I consider it a privilege to have been considered for my work with Marin Breast Cancer Watch along with this brave woman and the other dedicated nominees.

by Francine Levien

### MARIN BREAST CANCER WATCH

With total community involvement and through an integrated approach of empirical and scientific methods, our mission is to explore, identify and reveal the reasons for Marin County's high incidence rate of breast cancer.

We pledge our energy, expertise, influence and material wealth to identify breast cancer's causes, to work toward its eradication and to create a healthier environment for ourselves, our children and our grandchildren.

#### Board Members

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## PESTICIDES OUT OF OUR SCHOOLS AND BACKYARDS

by Ginger Souders-Mason

After successfully campaigning for a Marin County pesticide-reduction ordinance, Marin Beyond Pesticides Coalition has turned its attention to ridding our schools and homes of pesticides.

A recent report, "Failing Health: Pesticide Use in California Schools," says the number of childhood cancer cases rose 10 percent between 1974 and 1991. Numerous scientific studies have linked pesticide exposure to cancer and asthma.

In March, the Los Angeles Unified School District followed the San Francisco Board of Education's lead and agreed to phase out the use of pesticides and herbicides over the next three years.

Marin Beyond Pesticides Coalition believes Marin County students also deserve toxic-free schools and playing fields. To that end, we have been working with local school authorities for the past year.

If you are involved in your PTA and would like to help banish pesticides from our schools, please call us at (415) 456-2849.

Marin Beyond Pesticides Coalition also has begun a "pesticide free zone" campaign. For free, or a voluntary donation, you can pick up a round 8-inch metal "pesticide free zone" sign, adorned with a black-spotted red ladybug, from organic garden supply stores.

Proudly display the fact that you do not allow pesticides, herbicides, fungicides or insecticides to be used in your yard or home. When you pick up the sign, you will get a pledge and an order form for toxic-free pest-control information.

By acknowledging our own responsibility to slash our personal use of toxic chemicals, we will begin to reduce the community contamination load. And we hope to spur our neighbors to think about their own back yards and what they are spraying on them.

*If you would like to get involved in our campaign to banish pesticides from our schools, or if you would like "pesticide free zone" signs, please call (415) 456-2849.*

## HINT FOR HEALTHY LIVING

When you see ants marching across your kitchen floor or counter, reach for your vacuum cleaner instead of a toxic spray.

Vacuum up the tiny insects. Then destroy their invisible chemical trails with soapy water. Block their entrance with caulking, Vaseline or duct tape.

Clean up whatever lured them into your home, and the ants will not return.

*by Ginger Souders-Mason*

## PESTICIDE LINKED TO BREAST CANCER

by Ronnie Cohen

A recent Danish study suggests exposure to the estrogen-mimicking pesticide dieldrin increases the risk of breast cancer.

The study, published in a December issue of *The Lancet*, a British medical journal, found women with the highest traces of dieldrin in their blood were twice as likely as women with the lowest levels to develop breast cancer.

Commonweal founder Michael Lerner, during a recent Marin Breast Cancer Watch talk, called the study "an incredible piece of luck" because it allows researchers who have suspected a link between estrogen-mimickers and breast cancer to focus on dieldrin.

Although dieldrin has been banned in the U.S. and Denmark since 1975, the insecticide lingers in the environment and in the body. In addition, another popular chemical, aldrin, which converts to dieldrin in the environment and in the body, remained in use as a termite killer in the U.S. through the 1980s.

Dieldrin imitates estrogen. Some small studies have linked estrogen-mimicking chemicals and breast cancer. But two large studies failed to prove the connection.

The study from the Center for Preventive Medicine in Glostrup, Denmark, sheds new light on the link between estrogen-mimickers and breast cancer. And the Danish study is as large as the large studies bearing negative results.

The Danish researchers followed 7,712 women for 19 years.

In 1976, the researchers took blood samples from the women to check for levels of 48 pesticides. In 1996, the researchers re-tested the blood of 488 women who had not developed breast cancer and 240 women who had.

The women with the highest amounts of dieldrin in their blood had twice the risk of developing breast cancer. The study found no correlation between breast cancer and the pesticides DDT or PCBs.

"These findings support the hypothesis that exposure to (manmade) estrogens may increase the risk of breast cancer," the study said.

"The more exposure, the more the risk," said Dr. Annette Hoyer, lead researcher in the Danish study.

Dieldrin was widely used from the 1950s until the 1970s as a pesticide for agricultural crops, such as corn and cotton, and to control mosquitoes and tsetse flies. Veterinarians used dieldrin as a sheep dip. Manufacturers used dieldrin to moth-proof wool and to treat wood.

Farmers used aldrin to control worms and beetles. Through the 1980s, U.S. homeowners used aldrin to kill termites.

People living in homes treated with aldrin for termite control can expect higher exposure rates, according to the Agency for Toxic Substances and Disease Registry.



*You can pick up this free sign from organic garden supply stores*

## LIVING WITH BREAST CANCER

### Living Well: May the Force Be With Us

by Gaynell Rogers

I like to fantasize that I am a distant cousin of intergalactic warrior Princess Leah. I come from a strong, large family, I love a challenge, have feisty southern DNA and street smarts. I'm up for the battle, whatever it is.

My diagnosis stemmed from instinct. Something wasn't right. After returning from a fabulous trip to London with dear friends, when my period didn't come, I blamed the travel. The longer I waited, the more bloated I became. I began feeling around my swollen, sore breasts and found a grainy area — not a lump, more like a beanbag. Being large-breasted, I had felt many of these before.

My gynecologist suggested a mammogram. We checked with my family practitioner, who informed me it had been three years since my last mammogram. My doctor and I had decided to do mammograms every two years because the jury was still out about the benefit of annual mammograms for women ages 40 through 49.

I was 46. I had not realized three years had passed since my last mammogram. I had no reason to suspect cancer. My dad, a heavy smoker, died of lung cancer. But none of my six sisters and brothers or my mother had cancer.

The mammogram revealed a suspicious-looking calcification. Breast surgeon Dr. Alison Smith recommended a stereotactic needle biopsy, an amazing but scary test. They put the needle where the mammogram shows suspicious tissue.

Two days later, the Friday after Thanksgiving 1997, I got the call. As I took the phone in my hand, I shut my eyes. It was cancer, Dr. Smith said.

A shock surged through my body. When I opened my eyes, everything looked different — my husband Roy, my 10-year-old daughter Jessica, my house. My world appeared clearer. All my senses perked up.

It was the best-case scenario — barely Stage 1, a high-grade ductal carcinoma *in situ*, and it was confined. It covered almost 3 inches.

Dr. Smith urged me to have a mastectomy. Four other doctors concurred. After much discussion and soul-searching, I scheduled the surgery for Dec. 29 so my family and I could have Christmas first.

A believer in just about everything, I invited a shaman, a medical intuitive, an acupuncturist and two Episcopal priests to Marin General Hospital. (You can hear the hospital employees rolling their eyes, can't you?)

I taped healing stones to my legs and prepared jokes. Just

before I went under, I heard the nurses laughing over one of my favorites: "Why don't Southern girls do group sex? Too many thank-you notes."

A few days into 1998, Dr. Smith called again. Bad news. The pathologist found a little invasive cancer. Dr. Smith said she needed to go back in and do a lymph-node dissection.

Go back in? Already? I had a slight cold and was not up to it. I put off the surgery for a week — a long, hard week. What if the cancer spread? What if the cancer was in my nodes?

I never thought I could cry so much. The waiting was difficult for Jessica and Roy.



PHOTO BY JULIE COLT

*Gaynell Rogers, right, with husband, Roy, left, and daughter, Jessica*

Dr. Smith removed 17 nodes. Thank goodness, they were all clear. The doctors pronounced me 99.9 percent cured. In hindsight, I see what a misnomer this is. Cancer does not disappear with the breast tissue. It remains each and every day. Despite all the doctors' assurances that they have done their part, and they have, the fear of recurrence reigns.

I had to decide what to do next. I sent my pathology report to a pathologist friend in Norway. I talked to numerous physician friends. The consensus was that radiation would provide the insurance I wanted.

I have suffered with every possible side effect — lymphedema, eczema, fatigue, headaches, loss of shoulder movement, burning skin — from the surgeries and the radiation. Medical people put all my side effects in the no-big-deal category. After seeing so many women every day I went to radiation who were so much sicker than I was, I concur.

But the side effects, along with three benign lumps in my remaining breast, drained me and showed me that breast cancer lives on well after the mastectomy and radiation.

Being blessed as a born optimist, I see my breast cancer as a gift. I have connected with people on a deeper level. I speak my mind more. I am more present and more playful with my instinct.

Breast cancer thrust me into an intriguing medical world. I've learned about nutrition, environmental health and complementary therapies. Breast cancer called me back to activism.

The hardest part was going to radiation and seeing how cancer knocked down young, vibrant women. Why will 1 in 7 Marin County women get breast cancer? It's simply not OK that so many women must live in fear of this disease, and that many die from it.

At the beginning of this adventure, I called a dozen Bay Area breast cancer groups. Marin Breast Cancer Watch returned my call first. Its philosophy of education, environmental activism and research matched my reborn political activism.

I have come to the clear and ever-present decision to fight for women's health and against breast cancer. I found this anonymous quotation: "Let others know what you stand for, and what you won't stand for," and I will try to do just that.

*Lerner...continued from page 1*

the rebuilding. But he said most breast cancer groups “don’t get this yet” and remain focused on a cure.

“I think one of the most important things for breast cancer activists to do is to work to capture the breast cancer movement itself on behalf of the environmental health movement,” he said. “And the other important thing for breast cancer activists to do is to recognize the power of the fact that it’s not a problem that we don’t know exactly which chemical it is that causes breast cancer. It’s actually a form of power because we don’t know which are responsible for learning disabilities and endometriosis and all the rest.”

On healing, Lerner recommended mixing conventional and complementary cancer treatments and relying on our personal style to choose the best from both.

“Conventional therapies *alone* offer systematic cures for cancer at this time,” Lerner said. But he said complementary treatments can improve our quality of life and help us heal ourselves and live longer. He recommended using our own intuition in plotting treatment paths.

“The starting point is to recognize the difference between curing and healing,” he said. “Curing is what your doctor tries to do with you. But healing the doctor can’t do. Healing is what we bring to the table.”

Complementary treatments employing spirituality, psychological support, nutritional changes and physical approaches like yoga and massage may speed healing by improving quality of life, Lerner said. Use faith, support groups, dietary changes and things like yoga and massage if they work for you, he said.

The same goes for finding a mainstream physician. Look for one who will accommodate your style of risk, Lerner said.

Lerner founded Commonweal, a Bolinas health and environmental-research institute and retreat center, in 1976. One of Commonweal’s programs offers people with cancer a one-week retreat.

*To arrange to watch a videotape of Michael Lerner’s complete talk, call Marin Breast Cancer Watch at (415) 256-9011. For a partial transcript of Lerner’s March talk, look for Marin Breast Cancer Watch’s soon-to-be launched web site. For more from Michael Lerner, or to learn more about Commonweal, visit [www.commonweal.org](http://www.commonweal.org).*

## RETREAT AND REFUEL

Women living with breast cancer and their families can laugh, cry, play and relax together in the serenity of nature during Common Earth adventures. From June through October, Common Earth is offering one- and two-day sojourns in Marin, Sonoma and Mendocino counties. Some retreats focus on hiking, some on herbs. Some include daughters, others entire families.

Full and partial scholarships are available. For more information, call Common Earth at (415) 455-0646 or Catherine Abby Rich at (415) 924-5961.

## QUESTIONING THE CAUSES

by Ronnie Cohen

Anger and frustration punctuated the questions as about 150 people wondered aloud about the culprits of Marin County’s breast cancer epidemic during the county’s first open forum on the subject.

The vast majority of concerns discussed during the February forum, sponsored by Marin Breast Cancer Watch and the Marin County Board of Supervisors, centered on environmental causes. People pointed to everything from chemicals in the water to overhead power lines.

Forum participants, mostly women and many of them living with breast cancer, accused a host of possible environmental suspects, including pesticides; chlorine; fluoride; dioxins; the herbicide 2,4-D; the herbicide 2,4,5-T; cellular telephones; power lines; lead paint.

“There’s a lot of anger and concern out here,” said Jill Engelbrecht of Corte Madera, “because more and more of us are getting sick.”

Joe Nation, president of the Marin Municipal Water District board, tried to assure the crowd that Marin County’s water is safe.

“I am confident there’s nothing that exists in the water,” said Nation, who views breast cancer from a personal perspective because his mother-in-law is living with it. “I think it’s because of the chemical soup we put ourselves in – the plastics, pesticides, endocrine disrupters.”

But so many forum participants expressed fears about contaminated water that the evening’s facilitator, Nicole Shapiro, recommended a future forum devoted to water.

Nancy Rubin, Marin County’s director of Health and Human Services, promised to work to try to uncover the reasons 1 in 7 Marin County women will develop breast cancer.

“This is not an academic subject for me,” Rubin said. “I’ve lost four friends recently to breast cancer. I fear for myself and every other woman in the room.

“We will investigate and look under all the rocks.”

First, Marin County must hire an epidemiologist, Rubin said. Then she hopes to perform a community-wide health survey, including questions about breast cancer.

Nancy Evans, a medical writer, advocated examining the causes of not just breast cancer, but all cancers.

Carol Duke of Kentfield remembered driving across the Golden Gate Bridge as workers sandblasted off orange paint. She wondered about the soil, possibly contaminated with lead-based bridge paint, on both sides of the picturesque span.

None of the state and county representatives could address Duke’s concerns. But Marin Breast Cancer Watch is formulating an action plan based on questions raised in the forum.

“We hope this town meeting will be the beginning of the end of the breast cancer epidemic in Marin,” said Francine Levien, Marin Breast Cancer Watch president.

“Continue to ask the questions and be part of the solution,” Shapiro said.

*Just The Facts...continued from page 1*

County, the Northern California Cancer Center study says breast cancer rates dropped generally in the San Francisco Bay Area from 1988 through 1995.

In comparison with Marin County's count of 150 of every 100,000 women diagnosed with invasive breast cancer between 1992 and 1996 –

- In San Francisco, 101 of every 100,000 women were diagnosed;
- In Alameda County, 106 of every 100,000 women were diagnosed;
- In San Mateo County, 111 of every 100,000 women were diagnosed;
- In Contra Costa County, 122 of every 100,000 women were diagnosed.

Not included in the invasive breast cancer count are cases of carcinoma *in situ*, which literally means "in place." Marin County's rates for *in situ* breast cancer also were higher, although not as much higher as for invasive breast cancer, than other Bay Area counties.

From 1992 through 1996, doctors diagnosed 212 Marin County women with breast cancer *in situ*. Consequently, the Northern California Cancer Center calculated 29 of every 100,000 Marin County women were diagnosed with *in situ* breast cancer during the five years.

In San Mateo County, almost 27 women of every 100,000 were diagnosed with *in situ* during the same five years; in San Francisco, 23 women of every 100,000 were diagnosed with *in situ*; in Contra Costa County, 21 women of every 100,000 were diagnosed with *in situ*; in Alameda County, 19 women of every 100,000 were diagnosed.

The Northern California Cancer Center released its annual statistical report in March.

The center found breast cancer most common among white women, whose rate almost doubled that of Asian/Pacific Islander women. The center concluded that Marin County women have higher breast cancer rates than women in other Bay Area counties because a higher proportion of white women live in Marin County.

Nevertheless, when comparing only white Marin County women with only white women in other Bay Area counties, Marin's rates remain higher than the rates in other counties.

In Marin, 154 of every 100,000 white women were diagnosed with invasive breast cancer from 1992 through 1996; in Alameda County, 123 of every 100,000 white women were diagnosed; in San Mateo County, 125 of every 100,000 white women were diagnosed; in Contra Costa County, 130 of every 100,000 white women were diagnosed; in San Francisco, 132 of every 100,000 white women were diagnosed.

Between 1988 and 1996, throughout the five Bay Area counties, the registry found rates of *in situ* breast cancer increased 42 percent in white women and more than doubled in Asian/Pacific Islander women.

## MBCW LOGO: A BLACK HOLE

by Ronnie Cohen

Since we began using our new Marin Breast Cancer Watch logo last fall, many people have asked, "What is it?"



It is, of course, whatever you see. The logo designer, Academy of Art College student Melanie Halim, created the logo abstractly so we can see in it what we want. Halim also had some specific ideas.

She listened to one woman living with breast cancer who said, "Breast cancer is like a black hole inside my life, which pulls me in."

"The oval shape represents the darkness," Halim said, "and the arrow, which represents your organization, tries to go inside the darkness, find a cure and give them a ray of hope – the white space in the darkness."

Halim, whose grandmother had breast cancer, said she made the logo look scientific because Marin Breast Cancer Watch focuses on research to find the causes of breast cancer. She selected an oval shape to represent community. She created the white line running through the oval in what she describes as the shape of a wave to represent Marin County's place next to the Pacific Ocean. She also saw the oval with the wave inside as an eye, highlighting the "watch" in our name.

Halim designed the logo as an assignment for a graphic-design class.

Last summer, Marin Breast Cancer Watch called Howard York, director of the Academy of Art College in San Francisco, and asked if he could arrange for one of his classes to design a logo. York immediately agreed. His sister, he told us then, died of breast cancer.

Marin Breast Cancer Watch board members Anne Hunter, Roni Peskin Mentzer and Fern Orenstein met with teacher Gregiore Vion and his third-year graphic-design students. Each board member recounted her battle with cancer. Hunter, Mentzer and Orenstein described Marin Breast Cancer Watch and what the group means to them.

The students spent three weeks working on their logo designs. Then our board members returned to the class to watch the students present their work.

"One logo stood out above the rest in expressing what we wanted to say about Marin Breast Cancer Watch," Mentzer said. "Melanie Halim's work had the power, the fluidity and the grace we were looking for. It allows your mind to take you wherever you must go in dealing with this horrible disease.

"You can see the mountains of Marin County, the waves of the water of our shores, an eye looking further, a breast of a woman. It says it all. Yet it can say many other things to each individual so that the logo can grow as we hope our organization will grow."

*Donations In Memory*

In memory of <b>Barbara Belfur, Ricki Dienst, Barbara Gould, Dottie Hight, Ann Nathan</b> Mary Jenkins	In memory of <b>Marcy Ely</b> Barbara Meislin	In memory of <b>Margaret MacDonald</b> Marie and James Townsend
In memory of <b>Peter Bevilacqua</b> Flavia and David Belli	In memory of <b>Kaye Frost</b> Loretta Ferraro	In memory of <b>Marci Mayer</b> The Redwood High School Staff
In memory of <b>James Connor</b> Flavia and David Belli	In memory of <b>Margaret Alice Jadin</b> Mary Jo Ross	In memory of <b>Frances Re</b> The Belli Family
	In memory of <b>Marie Mahan</b> Louise Kuret	In memory of <b>Monica Simmons</b> Nora Jones

*Donations In Honor*

In honor of <b>Flavia Belli</b> William and Bernadette Dowd	In honor of <b>Sandra Eben</b> Sheri Jacobs	In honor of <b>Roni Peskin</b> <b>Mentzer's Birthday</b> Molly E. Mentzer Peter Mentzer Galen and Joanne Williams
In honor of <b>Debra Blumenfeld</b> Ann Blumenfeld Irene Dorit Marcia Fortnoff Abe and Suzanne Froman Elenore and Burt Greenberg	In honor of <b>Gisela Bigden Fisher</b> Richard M. Fisher	In honor of Seven years of marital bliss <b>William Mentzer</b> Roni Peskin Mentzer
Ruth and Jack Lipman Phyllis Rosenberg Rhoda Samuels Nancy Sheftel-Gomes Ray-Jean Taylor	In honor of <b>Wanda Henson</b> Dr. Malcolm D. Jendresen	In honor of <b>Gaynell Rogers</b> Rebecca and David Evert
In honor of <b>Emily Champagne</b> Frederica M. Champagne	In honor of <b>Nancy Knoble</b> Barbara J. Meislin	In honor of <b>Mr. and Mrs.</b> <b>Michael Vanderkarr</b> Sarah Daveler
In honor of <b>Carolyn Costello</b> Claire Costello Vermillion	In honor of <b>Francine Levien</b> David Rose, D.C.	In honor of <b>all women who have had breast cancer</b> Elan Fitness Center
	In honor of <b>Cheryl Lingvall</b> Cheryl Fillinger	
	In honor of <b>Roni Peskin Mentzer</b> Michaela Hardimon	

*Thank You, Thank You*

Thanks **Nora Jones** for selling your beautiful crafts at **Elan Fitness Center** and raising \$400 for Marin Breast Cancer Watch. Thanks **Joyce Brown**, owner of **Elan**, for your moral and financial support. Thanks **Rosa Rivera** and **Mickey Rosado**, owners of the **Lunacee Cocktail Lounge** in San Rafael, and the other women working with you, for organizing an April dance, golf tournament and raffle as a Marin Breast Cancer Watch fund-raiser. No totals as of press time. The wonderful **Lunacee** women volunteered to put on these events after seeing a Channel 7 news clip on our town meeting. Thanks **Doug Nadeau** for your invaluable help in economically buying and setting up our new computer. To volunteer, please call (415) 256-9011.

*Divest Yourself...continued from page 1*

Monsanto manufactures the controversial genetically engineered Bovine Growth Hormone. The government has allowed farmers to give the hormone to cows so they will produce more milk despite public-health fears, including concern that the hormone promotes cancer tumor growth.

Monsanto is perhaps best known for the world's biggest-selling herbicide – Roundup, to insure a weed-free world. The main ingredient, glyphosate, has caused tumors in experimental animals and is known to be acutely toxic to animals, including humans. Glyphosate exposure also has been linked to reproductive problems in people.

Now Monsanto is producing Roundup-ready products for farmers who must sign agreements, or face stiff fines, not to use seeds from other suppliers. Monsanto implants so-called terminator genes in the seeds so they cannot be reused.

To compound matters, the farmers bring their crops grown with terminator genes to market unlabeled and mixed in with the other soybeans, for example. So consumers cannot make wise choices.

Imagine the relief you'll experience when you divest yourself of dangerous stock. So free yourself and help Marin Breast Cancer Watch.

We will keep one share of Monsanto stock so we can monitor what the company is doing and possibly go to their meetings.

Thank you, Kit, for opening a new fund-raising direction.

**CANCER AND THE ENVIRONMENT LINKED**

by Francine Levien

**E**nvironmental health is a human right, Congresswoman Nancy Pelosi emphasized during a well-attended April town hall meeting she hosted in San Francisco.

Major topics discussed were breast cancer and the environment, endocrine disrupters and children's special vulnerabilities. Speakers included Michael Lerner, Commonwealth president; Dick Jackson, director of the Centers for Disease Control's environmental health laboratory; Andrea Martin, the Breast Cancer Fund's executive director; Gina Solomon, senior scientist with the Natural Resources Defense Council; and Linda Richardson, operations director of the Southeast Alliance for Environmental Justice.

No child is born free of contaminants, Lerner said. Richardson talked about the asthma epidemic in her Hunters Point neighborhood. Solomon underscored the need to measure low levels of chemicals.

Martin said there are 70 chemicals on our foods that grow cancer in laboratory tests. She advocated using the "precautionary principle" — when we suspect harm, we should not wait to act until science undeniably verifies the harm.

Pelosi has taken the lead in Washington, D.C. looking at the relationship between the environment, cancer and other diseases.



## Marin Breast Cancer Watch

**YES!** I would like to help Marin Breast Cancer Watch find the causes and stop the epidemic.

- Please call me. I'd like to get involved.  
 I am proud to make a tax-deductible donation in the amount of:  \$25  \$50  \$100  \$250  Other  
 Enclosed is an additional gift of \$ \_\_\_\_\_  
 In honor of:  In memory of:

\_\_\_\_\_  
 Please send acknowledgment to:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Zip: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Email: \_\_\_\_\_

*Thank you. Your contribution is tax-deductible.  
Please ask your employer about a matching-gift program.*

## SAVE THE DATE: MAY 6, 2000

### **Honor Thy Healer**

You won't want to miss this magical evening. So we're giving you a full year's notice of our first Honor Thy Healer celebration on May 6, 2000.

Live music, celebrities, an art and silent auction will add to the inspirational fund-raiser for Marin Breast Cancer Watch.

Honor Thy Healer will celebrate the work of men and women who have helped others in their struggle with breast cancer. Bay Area women living with breast cancer will nominate healers in a variety of categories – from physicians to social workers, practitioners of alternative medicine to researchers. Their work demands intelligence, strength and compassion.

The evening of May 6, 2000 will be filled with fun. Save the date.

## MBCW NEEDS A FEW GOOD WOMEN

Marin Breast Cancer Watch needs volunteers for key positions.

We need people to attend seminars, forums and meetings about breast cancer throughout the Bay Area and report back to Marin Breast Cancer Watch. Even if you can only attend one event a year, we can use your help.

We need people to network with business and nonprofit groups throughout Marin County to educate the community about our work and goals.

We also need a web master to keep Marin Breast Cancer Watch's soon-to-be launched web site current. We desperately need volunteers who know Microsoft Word and Windows and can navigate the web. And we need help training volunteers who are less proficient in their computer skills.

If you would like to volunteer for any of these positions, please call Cheryl Fillinger at (415) 256-9011.



MarinBreastCancerWatch

25 Bellam Boulevard, Suite 145  
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