



www.ulmanfund.org

reaching out

A bi-annual newsletter for friends and supporters of The Ulman Cancer Fund • Fall 2003

winners across america – our 2003 scholarship finalists demonstrate the spirit of survivorship!

Each year The Ulman Cancer Fund for Young Adults sponsors scholarships for young adults whose lives have been impacted by cancer. This year we received over 300 applications from all over the United States. While we can only award nine scholarships, all of the applicants deserve recognition for their courageous efforts in facing adversity.

Below are excerpts from essays submitted by some of this year's winners:

Lindsay Brown courageously shared with us her experiences growing up after losing her father to cancer as a young child and more recently her mother: "With summer of 2002 just beginning and college only a year away, I was extremely excited about my senior year. However, my excitement turned to confusion and disbelief when my mother was diagnosed with pancreatic cancer, which is incurable. My mother was especially encouraging about my interests in drama, which is now one of my main focuses in school, and something I plan to pursue in college."

Gina Darby remembers her mother's words of wisdom, "Be strong, whatever comes your way you will get through it." But it wasn't until her mother was diagnosed with cancer that she would understand the full impact of those words. (continued on page 3)



Columbia support group members and friends gather for a smile!

*Back Row: Felix Sherzinger, Becca Wechsler, Dennis Peacock, Sean Grantham, Stephanie Kirchner, Eden Stotsky
Front Row: Sheri Cohen, Jeannine Abbinanti*

our mission...

To provide support programs, education and resources, free of charge, to benefit young adults, their families and friends, who are affected by cancer, and to promote awareness and prevention of cancer.

ucf programs featured at center for disease control 2003 conference

"Survivorship was such an important topic of this conference. It's great to see an organization like The Ulman Cancer Fund for Young Adults playing such a vital role in this movement and supporting the needs of the growing population of young adult cancer survivors," remarked Karen Parker, special assistant to the President's Cancer Panel, National Institute of Health, during the recent 2003 CDC conference in Atlanta.

UCF staff presented three seminars:

- Comprehensive Support Programs for young adults affected by cancer,
- "Bearing Witness to Cancer" college course sponsored by UCF,
- Documentary Film project - raising awareness about the psychological issues faced by young adult cancer survivors.

(continued on page 3)

inthisissue...

**Cancer in the Workplace
Our 2003 Scholarship Winners
Coast-to-Coast for Cancer
Lance Armstrong Foundation Grants
2004 annual campaign
Join Us
All About Us**

highlights from brock

This edition of **reaching out**, our Fall 2003 Newsletter, marks the culmination of an exciting year for the UCF. Among other achievements, I presented an abstract at the Center for Disease Control's 2003 Cancer Conference in late September. I felt an overwhelming sense of pride and happiness knowing that details of the UCF support programs (championed by so many of you over the years) were being heard by a distinguished audience of health care and medical professionals from all over the country.

I am grateful for your continued support and thank you on behalf of all young adults affected by cancer. With your help, we remain in the forefront, serving the needs of young adult survivors and their families.

As the UCF begins a new year, I must stress the importance of your financial support. With the number of cancer survivors in the U.S. on the rise, funding for our services is more important than ever. As you enjoy this newsletter, please consider making a contribution that will ensure the continuance of our many programs. A contribution envelope is enclosed for your convenience.



**June 12, 2004
SummerFest 2004...
Mark Your Calendar Now!**

Don't miss guest speaker Sally Jenkins, sports writer for the Washington Post and co-author of Lance Armstrong's It's Not About the Bike and the recently released Every Second Counts. Plus, great food, drink, music, and auction.

cancer in the workplace

Cancer has become so prevalent that studies show 1 out of 4 employees will be diagnosed with cancer. Therefore no office, big or small is immune from the disease. Educating employers and employees is quickly becoming imperative. Proper preparation and planning are crucial for turning a devastating experience into a combatible obstacle.

As an employer, there are several steps you should take beforehand:

- Create a plan of action and make employees aware of such a plan so they know who to approach first with such a sensitive topic and the different support organizations and services available.
- Provide ongoing educational activities relating to prevention, early detection, and available services (e.g., brown bag lunch seminars, sponsorship programs, local events).
- Review your employee benefits program and make sure it is sufficient.
- Understand the Americans with Disabilities Act and the Family Medical Leave Act.
- Consult with local and national organizations for feedback and guidance.

When cancer strikes your office as an employer or co-worker:

- Remember, every person and situation is different and has different needs, so ask the employee faced with cancer what they need from you, what accommodations need to be made, who they want to know about their diagnosis, etc. Communication is essential.
- Be understanding and flexible, but don't underestimate your employee's capacity as a professional and their desire to continue with their normal duties as much as possible.
- Provide sensitivity training about cancer and education.
- Stay in tune with what the patient is working on so someone else can pick up the work any given day of the week.
- Utilize available resources to learn what the person with cancer may need from you.

Confronting your employer and colleagues after you've been diagnosed with cancer:

- Communicate exactly what you need as best you can. If you want to keep everything private, then try and find at least one person in whom you can confide so you have an advocate for you when communicating your needs.
- Choose a point person to help with updating co-workers or send out mass emails or memos letting them know how you are doing and expressing what kind of support you would like from them – This way you won't exhaust your energy reserves by repeatedly explaining your progress.
- Complete a calendar for your supervisor listing treatment and doctor appointments.
- Listen to your body.
- Encourage your co-workers to come and talk to you and not to be afraid.
- Seek the help of service organizations for guidance. These organizations can often match you up with someone who has been in a similar situation who then can give you insight and advice they have learned along the way.

If you or someone you know would like to learn more about the challenges of cancer, The Ulman Cancer Fund for Young Adults regularly offers education and awareness seminars and has access to a multitude of organizations and resources both locally and nationally.

by Erin Longenecker and Brock Yetso

cdc seminars (continued)

The Comprehensive Support Program for Young Adults Affected by Cancer (CSP) offers a support network addressing the exclusive needs of young adults including Support/Networking Groups, Survivors/Loved Ones Network, Patient Advocate Program, College Scholarships, A Guidebook, and Speaker's Bureau. The goal of the initiative is to help participants deal with the emotional and practical implications of living with, through and beyond cancer.

Margaret Wool, PhD. of Brown University, UCF, and the Lance Armstrong Foundation are sponsoring an undergraduate course entitled "Bearing Witness to Cancer". The course assists pre-medical students in learning about the cancer experience, including biological, cell epidemiological, and psycho-social aspects. This course aims to increase awareness, sensitivity, and coping skills of patients, families, and medical practitioners dealing with cancer, and ultimately influence students toward positive health behavior.

Felix Scherzinger presented the Documentary Film Project. In partnership with UCF, Felix is creating a documentary film highlighting the psycho-social issues faced by young adult cancer survivors. It is hoped that this film will help raise awareness among young adults, medical practitioners, and the general public. This project is Felix' masters thesis at Temple University School of Public Health.

scholarship winners (continued)

Roxanne Cowan: "Cancer is a blessing in disguise."

Glory Hom: "With this new sense of purpose, I began encouraging others to have a positive attitude toward life. I saw that when we dwell on our sufferings, we lose sight of the goal. Instead, if we use that pain as a form of motivation, our attention is no longer on the agony, but on the imminent joy and victory. Don't lose hope."

James Hill: "Make sure that you look back to how you overcame your fight with cancer and remember that if you could beat cancer, you can beat whatever else is to come."

Lauren Matthews: "I persevere for the love of all those who support me."

Starr Schuster: "I think that people dwell on how cancer is affecting us, and we don't realize that cancer doesn't affect our love, faith, hope, friendship with others, our memories, and much more" (referencing the "What Cancer Cannot Do" poem).

Congratulations to all of our 2003 scholarship winners: Lindsay Brown, Gina Darby, Roxanne Cowan, Kent Hildebrandt, Glory Hom, James Hill, Carrie Lamm, Lauren Matthews, and Starr Schuster.

The 2003 Marilyn Yetso Memorial Scholarship is awarded to a young adult who has a parent or has lost a parent to cancer and displays not only the financial need, but the spirit, energy and determination Marilyn Yetso demonstrated throughout her life and battle with cancer.

The 2003 Matt Stauffer Memorial Scholarship recognizes young adults who demonstrate a financial need as well as the spirit and courage Matt displayed during his battle with cancer.

lance armstrong foundation grants

The Lance Armstrong Foundation recently awarded the UCF two grants, totalling over \$31,000, that will be used to support implementation of community impact programs. One grant will contribute to the UCF's "**Bearing Witness to Cancer**" undergraduate course held at Brown University and the other grant will enable the UCF to produce nearly 20,000 copies of "**No Way! It Can't Be**": **A Guidebook for Young Adults Facing Cancer**. The "Bearing Witness to Cancer" program was presented at the 2003 CDC Conference (see CDC article). The guidebook is currently available online through our website, but this grant will facilitate the necessary distribution of hard copies to hospitals and cancer centers across the country.

check it out program ucf partners with hadassah

The Ulman Cancer Fund is partnering with Hadassah and Howard County General Hospital to provide the *Check It Out* Program to senior students at all eleven Howard County High Schools. *Check It Out* is a national program providing breast health information to high school young women and testicular health information to young men. The initial program presented at River Hill HS was a huge success. This program will be presented at Wilde Lake HS in February with the other school presentations to follow. The Program includes information from a health educator about symptoms, risks, early prevention and early detection relating to testicular cancer and breast cancer. Also included are talks from testicular and breast cancer survivors and a question and answer period.

going coast to coast

Many of us have taken, or at least considered, the traditional road trip across country, but Stephen Sroka, a 21-year-old Baltimore native, has his own definition of adventure. On June 21, 2003 Steve began riding his bike across the United States to raise money for cancer awareness and prevention.

Steve and The Ulman Cancer Fund for Young Adults teamed up for "Coast to Coast for Cancer", which was conceived in honor of John Majoros, the brother of Steve's classmate Matthew at Mount St. Joseph High School. John Majoros died of testicular cancer in February 2002 at the age of 22, just 10 months after his diagnosis. "As I learned about what the family was going through, I felt helpless," said Steve.

Less than a month later Steve learned that Matt Majoros had been diagnosed with both Hodgkin's and testicular cancer. After extensive treatment, Matt is currently cancer free. To combat his feelings of helplessness, Steve is pedaling from coast to coast in hopes of raising \$100,000 to establish scholarships in the Majoros family name.

As of October 13, Steve has reached as far as Idaho, raising contributions in excess of \$22,000. He has many great stories to tell and welcomes all offers of help (food, shelter, company, and donations). You can track Steve's progress and support his efforts through his website, www.bikecoasttocoastforcancer.com. Contributions can be made on the website or through the UCF.



Steve Sroka, Lance Armstrong, and Doug Ulman share highlights of Steve's Bike Coast to Coast for Cancer fundraiser at the President's Cancer Panel Town Hall Meeting in Denver, CO.

aloha aspen



left to right: Aloha Aspen organizers Andrea Stiassni, Sarah Gercke, Missy Spencer, and Oliver Sharpe

On August 26, 2003 supporters gathered in 39 degree weather at the Sky Hotel in Aspen, Colorado, for a night of appetizers, drinks, and a silent auction. Aloha Aspen, masterminded by a group of dedicated volunteers, Oliver Sharpe, Sarah Gercke, Missy Spencer, and Andrea Stiassni, was a wonderful event benefiting The Ulman Cancer Fund for Young Adults. The evening was an undeniable success; in excess of \$5,000 was raised and over 75 people gathered to support the cause and learn more about the UCF. A special thank you goes out to the Aloha Aspen organizers and all of our new friends in Aspen, Colorado for supporting this first time event.

host your own ucf event

If you are interested in organizing a fundraising event in your community to help support young adults affected by cancer, contact our office at 410.964.0202 or info@ulmanfund.org.

Host a happy hour, put on a 5K, run a marathon...We'll give you the ideas and support to make it successful.

summerfest 2003 — a huge success

Marking the sixth anniversary of our first *SUMMERFEST* event, The Ulman Cancer Fund for Young Adults hosted *SUMMERFEST 2003* on July 19 at the Howard County Central Library. Thanks to many long-time supporters, countless new friends, and all the dedicated sponsors and volunteers, the event attracted over 200 attendees and raised in excess of \$40,000. During the evening, guests were inspired by guest speaker Michael Samuelson, a breast cancer survivor and nationally recognized author. They also enjoyed live music, scrumptious food and drink donated by local restaurants and caterers, and a silent and live auction (including autographed items by Lance Armstrong and Michael Jordan). In addition to supporting the activities of The Ulman Cancer Fund, proceeds from the hugely successful event will contribute to the establishment of a cancer resource center at Howard County Library. Starting with \$2,000 and over 30 donated cancer resource books, we look forward to working with the library in providing educational materials for the many families in the community who are affected by cancer. Thank you to all of our vendors and volunteers. Special recognition to all of our sponsors: Hodes, Ulman, Pessin and Katz, P.A., Bon Ton Stores, Inc., Stewart Greenebaum, The Rouse Company, Don & Pat Kirk, The Majestic Salon & Spa, Metzman & Associates, Hunt Mitchell (Legg Mason), The Ryland Group, and Doug & Dana Ulman.

Mark your calendar for next year's Summerfest on June 12, 2004 featuring keynote speaker Sally Jenkins, sports writer for the Washington Post and co-author with Lance Armstrong of It's Not About the Bike and Every Second Counts.

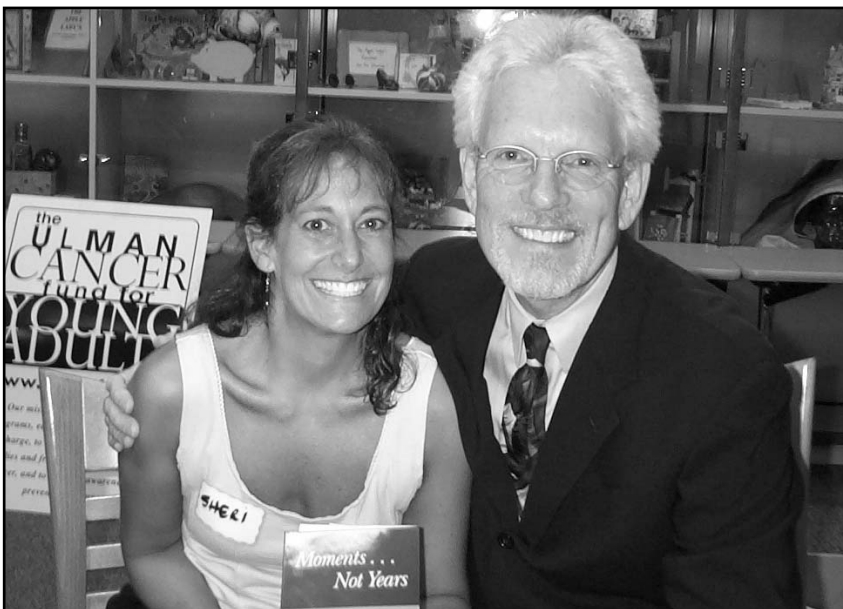
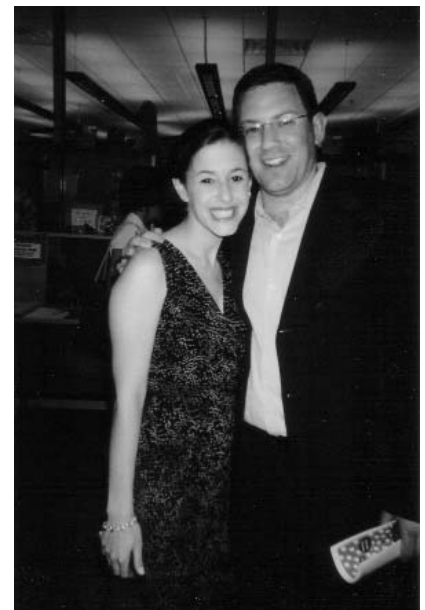


photo above: UCF Board Member Sheri Cohen with keynote speaker Michael Samuelson.

photos on right: (from top to bottom) emcee Andy Barth with UCF Board Chair Diana Ulman; Carmina Valle, Karen Parker, and Nicole Vennell of the President's Cancer Panel; Len Herbst, Diana Ulman, and Roberta Herbst, Director of the Coalition for Skin Cancer Prevention in Maryland; UCF Board Treasurer Jaki Ulman and UCF Board Secretary Ken Ulman



thanks from our friends

Until I found The Ulman Cancer Fund for Young Adults - I felt like I was all alone. Through UCF I have met and connected with numerous young adult cancer survivors. I finally felt like there was someone to hold my hand and say, " It's



left to right: Lance Armstrong, Tamika Felder (UCF Speaker's Bureau), Margaret L. Kripke, PhD (Member PCP), and LaSalle D. Leffall, Jr., M.D. (Member PCP) at President's Cancer Panel meeting in Austin, Texas.

OK...I've been there and you can get through it." It was the first time through my journey with the Big "C" that I felt like I would survive after seeing other young adult cancer survivors; with similar cancer journeys who've made it. Not only did they see me through my journey with cancer - but I gained valuable friendships that will last a lifetime. – **Tamika**

Many, many thanks for providing so many young survivors with a place to go to connect with others who share their experience. Being diagnosed with cancer as a young adult can make you feel so alone and singled out. I am a 5+ year melanoma survivor – first diagnosed when I was 28 and currently being treated for a recurrence which was discovered when I was 20 weeks pregnant. Cancer at any age is a tough blow, but when you are faced with mortal illness at a young age, you feel like you have been robbed. That being said, you also realize what an opportunity you have to make the very best of what you've been given. My prayers and support go to everyone in this unique survivor community, and my thanks go to Doug for bringing us together. – **Sarah**

Thank you for the attention you are giving to young survivors. At age 27 I have won my battle against three forms of cancer since age 18. I am doing great now! It is wonderful you are giving this disease the attention it needs in regards to younger people. Keep up the wonderful work! – **Heather**

we're counting on you –

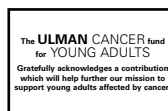
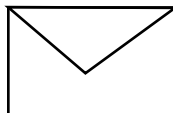
our 5th annual year-end campaign

With your support, we are leading the way nationally to providing support programs, education and resources for young adults, their families and friends, who are affected by cancer. Please help us continue to accomplish our goals and realize our mission. Here are ways you can help:

- **memorial/joy gift:** Please use the attached envelope to support our cause. Your contribution can be a great way to commemorate a special person, day, or occasion or memorialize someone.
- **united way campaign:** You can designate The Ulman Cancer Fund for Young Adults for your United Way Payroll Deductions — in Maryland Agency/PGM: **95888112.**

Deductions in other states can be designated by writing in UCF name and address.

- **donate on-line:** Visit our web-site at www.ulmanfund.org and make your donation using any major credit cards or call 1-888-393-FUND.
- **tribute greeting cards:** A great way to say Thank You, Happy Birthday, honor or memorialize someone or commemorate a special event. Cards are sold in packages of five for \$25.00 and are available by contacting our office or on the website.



We're depending on your support to continue our services and to help raise awareness of the issues facing young adult cancer survivors. Please use the enclosed envelope to send in your donation. Contributions postmarked by December 31, 2003 are tax deductible in the 2003 tax year.

Consider contributions to UCF in lieu of gifts for the holiday season. We will send out lovely acknowledgement cards for you.

join our leadership circle

The Ulman Cancer Fund for Young Adults invites you to join the Leadership Circle. This group of dedicated friends and advisors will guide the organization forward with a renewed sense of purpose.

leadership circle requirements:

- Under 35 years of age
\$500/yr. for 5 years, or
\$2,000 up front
- Over 35 years of age
\$1,500/yr. for 5 years, or
\$6,000 up front

leadership circle members:

- Will be recognized in UCF bi-annual newsletter and website
- And will serve as a friend/advisor to the UCF

add your name to our growing list of leadership circle members:

Douglas & Dana Ulman

Lou & Diana Ulman

The Law Office of Kenneth Ulman

Hanock Phillip John

Mark & Susan Kolman

Douglas P. McCormack

Brock Yetso

Arthur & Irit Waldbaum

The Kirk Family Foundation

Todd & Heidi McDonald

where we've been...

- **center for disease control (cdc) cancer conference:** september 2003 in atlanta, ga – abstract presenter
- **cdc & lance armstrong foundation workshop - building partnerships to advance cancer survivorship and public health:** june 2003 in austin, tx – invited participant
- **the senate cancer caucus hearing:** april 2003 in washington, d.c. – doug ulman testified on the significant issues facing young adults affected by cancer.
- **presidents cancer panel town hall meeting – living beyond cancer, challenges for adolescent and young adult survivors:** september 2003 in austin,tx – testimony
- **national youth leadership conference:** august 2003 in washington, d.c. – keynote address
- **national youth leadership forum on medicine:** august 2003 at georgetown university – keynote address and panel discussion
- **mit, young adult survivors conference:** april 2003 in boston, ma
- **memorial sloane kettering cancer center, young adult survivorship conference:** october 2003 in new york, ny

what we've done...

- awarded nine college scholarships
- funded support groups in 8 cities
- corresponded with and touched young adults and families in all 50 states
- received over \$30K in grants from the lance armstrong foundation
- presented three oral abstracts at the cdc cancer conference
- partnered with howard county central library in howard county, maryland to establish cancer resource center
- partnered with hadassah to present high school seniors with educational programs on breast and testicular cancer awareness and prevention
- served as chairs of the maryland cancer plan survivorship committee writing chapter on patient issues for the new plan



Ken Ulman and Brock Yetso present Valerie Gross, Director, Howard County Library with a \$2,000 check to support establishment of a cancer resource center at the Howard County Library.



Terrific new additions to the UCF staff: Volunteer Coordinator, Becca Wechsler, and Phyllis Mason, volunteer staff assistant.

new networking groups

In June the UCF inaugurated a new networking group in Boston, MA. This group is a restaurant social club serving young adults affected by cancer. It was established in partnership with the American Cancer Society.

lots of volunteer choices...

ambassadors program

**community educator
(speaker's bureau)**

facilitator – networking group

patient advocate

or...

If these programs are not appealing to you, the UCF has many more volunteer opportunities available. Some of the tasks we need help with include fundraising, data entry, mailings, event planning, and much more!

call us at 410.964.0202 or send us an email at info@ulmanfund.org

resource network up and running

In December the UCF will launch its Resource Network Database with the help of Phil John and Doug Hillman from *Solenity*. This database will provide a list of over 400 links to credible cancer organizations around the country. The Resource Network Database will be a valuable resource allowing users to search for a particular service or specialty. A special thank you to *Solenity* for providing the web database, sites and hosting, and to Mary Howard, Debra DeRuyer, and Autumn Bergling for their dedication and help with this project.

welcome new ucf staff...

We are delighted to announce additions to our growing staff. Phil John switched hats recently to take on new challenges as our Program Director. Becca Wechsler steps into Phil's previous role as Volunteer Coordinator. Additionally, Phyllis Mason joins us as a volunteer staff assistant filling the void created by Katie Lancelotta's departure to pursue a teaching career.

Meet Becca Wechsler: "I first became involved with the UCF when I was diagnosed with cancer three and a half years ago. Since that time I have volunteered with the UCF whenever my schedule allowed. I joined Volunteer Maryland so that I could dedicate more time to The Ulman Cancer Fund. I started my year of service in October 2003. This is going to be a very busy year for the UCF. I look forward to working with you as this organization continues to grow. Contact me by phone at 410.964.0202 or by email at becca@ulmanfund.org".

When UCF advertised for a volunteer staff assistant, Phyllis Mason answered the call. Phyllis helps the staff with administration, program planning, and fundraising. "I retired after 32 years as a staff member of the American Cancer Society. The impact of cancer on so many people's lives has always made it a major concern and reason for working to help alleviate suffering where possible, educating people about the disease, and hoping to find a cure. Working together will make that possible. Having lost my husband to pancreatic cancer I can attest first-hand to the needs and impact on the lives of those touched by this disease".

spotlight on... daniel maletz

The Oakland Mills High School Life Skills Program provides students with special needs an individualized program reflecting the student's strengths and needs while preparing them to attain their life goals. Daniel Maletz, a participant in the Life Skills program, has served the UCF by updating the volunteer database, helping out with the Resource Network, and other volunteer tasks. "I like working with computers....I learned how to enter data for people who want to volunteer," says Daniel.

The experience has been rewarding for both Daniel and the UCF, "He has touched everyone in his dedication to the Fund," says UCF Program Director Phil John about working with Daniel.

A special thank you goes out to Daniel's class for helping us with all of our mailings, building information packets, and other volunteer opportunities.



Covance Laboratories staff team up with UCF Executive Director Brock Yetso and Volunteer Coordinator Becca Wechsler for fun and fundraising.

a little fun in fundraising

On May 22nd, the Covance Cares Committee along with the UCF held its 2nd annual "Fun"-Raiser. The event provided awareness of the Covance Cares program, the UCF partnership, and of course, some fun!

Last year, Covance Laboratories teamed up with the UCF through its Covance Cancer Cares Committee. Covance Cares was established to raise awareness for non-profit organizations that are in need of volunteers, donations and community support and to encourage Covance employees to get involved in their community. As the Covance Cares charity of choice, the UCF is honored by this valuable partnership. Together we make numerous contributions to the community and also raise funds to make a difference in the lives of people who have been touched by cancer.

A special thank you to our former Covance Cares committee liaison, Tracey Labadie, and welcome to our new contact, Kristen O'Hara.

5th annual golf classic

On August 11, 2003 we hosted our 5th Annual Golf Classic. Ulman Cancer Fund supporters gathered at Waverly Woods Golf Course to enjoy the organizations best tournament yet! Although challenged by mother nature with heavy rains about half way through the day, the event well surpassed last year's figures by raising in excess of \$25,000 and gathering over 140 golfers. Thank you to our \$10,000 Platinum Sponsor, Covance Laboratories, and the 30 Covance employees who came out to enjoy the day. We look forward to hitting the links again with everyone next year!

san diego marathon

Lori de Brun completed her first marathon on June 1, 2003 with an outstanding performance in the San Diego Marathon. Even more impressive, de Brun not only finished this daunting 26.2 mile event, but she did so while fulfilling a passion to support those affected by cancer. De Brun recalls, "It was on one of my long runs that I decided to run for The Ulman Cancer Fund for Young Adults. Cancer has touched all of our lives, in one way or the other. I often wonder, 'How can I help? What can I do?'" The young adult population affected by cancer has been, historically, a forgotten group, however it is the fastest growing population of cancer survivors in our country. I believe that the UCF is making a meaningful contribution in the fight against cancer and in the support of survivorship." Lori de Brun raised in excess of \$3,500 for the UCF. Thank you to Lori and all those who supported her efforts.

other news

Congratulations to **Doug Ulman** and **Dana Waldbaum** on their recent marriage which took place November 1, 2003 in Denver, Colorado. Best wishes!

Welcome new Board Members: **Richard Lindstrom** - Attorney, Gordon, Feinblatt, Rothman, Hoffberger, & Hollander, LLC; **Rocky Brown** - General Manager, Champps; **John Abosch** - CPA, Katz, Abosch, Windesheim, Gershman & Freedman, P.A.

Best wishes to **Katie Lancelotta** as she pursues a career in elementary education. As administrator for UCF, Katie's hard work and enthusiasm helped build our programs and keep things running smoothly. Thanks Katie for all that you have done for us and for the many young adults affected by cancer whose lives you have touched.

5% Days — Whole Foods Market helps to support the community through its 5% Days. At least four times a year, each store contributes 5% of one day's sales to a non-profit group working to make the community better. On June 24th, Whole Foods Rockville, MD and Kentlands, MD donated 5% of its sales to the UCF. Thanks to everyone who supported Whole Foods and UCF!

Thank you to **Mt. Hebron High School's Cross Country Team and Coach John Sunderdick** for raising \$2,000.00 for UCF in the Mile-A-Thon.

Wood Street, a marketing and Web development firm based in Frederick, MD is donating its time and services to re-design the UCF website. This will add to the solid functionality and platform currently offered by Columbia Connexion. A special thank you to **Jon Bailey and friends at Wood Street**. We look forward to launching the new site early next year.

spreading the word on survivorship - one mile at a time

Steve Friedman, a testicular cancer survivor and a member of The Ulman Cancer Fund Speakers Bureau participated in the **Tour Of Hope**. Sponsored by Bristol-Meyers Squibb the 26 cyclists rode across the U.S. starting in Los Angeles on October 11, 2003 and finishing in Washington, D.C. on October 18. Lance Armstrong joined the team along the way to help heighten awareness of survivorship and the importance of cancer research.



Tour of Hope teammates carry their message across the U.S.

Steve describes his experience on the team:

The Tour of Hope had a spectacular conclusion on the Ellipse this Saturday morning. It was bittersweet to ride up to the Ellipse as the entire week has been amazing but we knew at the end that we did our job. Riding across country in one week, covering 3,200 miles to raise awareness for cancer research has become a defining event for everyone involved. This was the ultimate team event from the riders to the support staff - we all did this together.

Of course some moments stand out over others:

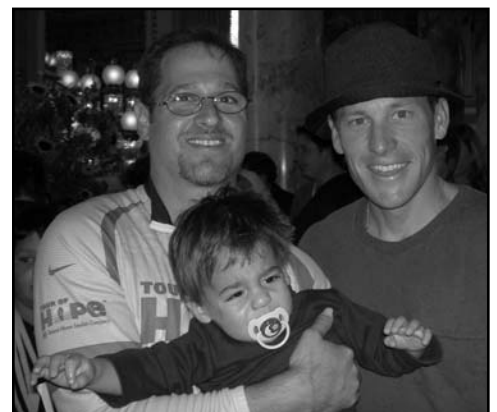
The first stage of the Tour of Hope for my team was the third stage overall. We were nervous about the first stage, a rough mountain climb in the California desert in 95 degree heat. Add Lance Armstrong and Peter Dolman (CEO of BMS) to the mix and you have one anxious group of riders. Riding with Lance is an athletic highlight.

Texas provided two cycling highlights. During the day on Tuesday, our team covered it's stage (a mostly flat 57 mile ride) in 2 hours flat. We averaged more than 28 miles an hour. That night was a different story. Around 3 a.m. we go out and start to ride in 35 mph cross winds. For that stage, I only rode part of the way as the big engines took it across the rest of Texas.

The most memorable moment of the Tour for me was off the bike. As a testicular cancer survivor, I was asked to join my teammate, Wendy, at Indiana University to speak with Lance at Conseco Aren (home of the Pacers). As we arrived in the arena, 400 men took their seats. All are testicular cancer survivors treated at IU. Lance was treated at IU by Dr. Larry Einhorn, who developed the cisplatin therapy used by most TC patients. Also present was John Cleland, the first patient to undergo the cisplatin therapy and now a 29 year survivor. Wendy and I joined Lance at a press conference and gave some interviews. Then back to the arena floor. After some opening remarks, I spoke to the entire group (total was 3,500 people) for a few minutes about the Tour, my story and the need for continuing cancer research. Then Lance came out for his remarks. After he was done, Reggie Miller of the Pacers came out and they exchanged jerseys. We all signed the Cancer Promise on stage and took some pictures. After the conclusion dozens of people came to us to talk with us about the tour but more importantly, about their survivorship. It was so inspiring to be a part of this.

Thanks to all for your support.

Steve



Steve with son Zach and UCF national advisory panel member, Lance Armstrong.

For more information about the Tour of Hope visit www.tourofhope.com. While visiting the site, be sure to sign the Cancer Promise and forward it to family and friends. Help spread hope and support cancer research.

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Arthur McGreevy
Lisa Olivieri
Gayle Sternheim
Eden Stotsky

Brock Yetso, Executive Director
Hanock Philip John, Program Director
Becca Wechsler, Volunteer Coordinator

national advisory panel

Lance Armstrong, World Class Cyclist
Kathleen Kennedy Townsend
E. Gordon Gee, PhD., Chacellor,
Vanderbilt University
Samer Tahboub,
Ferris, Baker, Watts, Inc.
David Chichester, Senior, VP Starbucks
John Brown, Chairman,
MD Stadium Authority
Barrett Hazeltine, Professor,
Brown University
Victor Broccolino, President,
Howard County General Hospital

medical advisory panel

Alan Levine, MD, Director,
Cancer Institute, Sinai Hospital,
Baltimore, MD
Susan Jacobson, MMH, LCSW-C
Susan Koch, MD, Dermatology
Gary Milles, MD, Internal Medicine
Margaret Wool, PhD, BCD,
Brown Univ. Medical School

survivors/loved ones network: We connect survivors, parents, and other young adults affected by cancer with one another for peer support and information exchange. Register at www.ulmanfund.org **survivors network**.

support groups: We provide free, professionally facilitated support groups in Columbia, MD; New York, NY, Detroit, MI, Baltimore, MD, San Francisco, CA, Hackensack, NJ, Westchester, NY, and Grand Rapids, MI. Also in Columbia, MD, we now offer a support group for young adults who have or have lost a loved one to cancer. For more information, call 410.964.0202.

survival guide: "No Way! It Can't Be", A Young Adult Faces Cancer was written by Doug and Diana Ulman after many struggles and triumphs by the Ulman family. The information will ease the path of young adults and their families dealing with the issues surrounding a cancer diagnosis. This book was made possible, in part, by a community grant from the Lance Armstrong Foundation. Call now to request a free copy. Check it out on our website.

discussion forum: Our website offers an opportunity for young survivors, as well as friends and family to discuss issues of concern to them in an On-line forum. Just click on *Discussion Forum* to participate.

education: Our Sunguard Your Skin, Skin Cancer Prevention Curriculum is currently being used by 9th Grade Health Classes in Howard County, MD Public Schools. Call now for a free copy! Additionally, we are expanding this curriculum to cover other young adult specific cancers and the psychosocial issues surrounding a cancer diagnosis.

prevention tips: Learn about prevention and self-examination for skin cancer, testicular cancer, colorectal cancer, and breast cancer. Also check your knowledge of skin cancer by taking the interactive quiz at www.ulmanfund.org.

college scholarships: Applications for our scholarships can be downloaded from our website or obtained by calling our office. Application deadline is April 1, 2004. The 2003 winner's are highlighted in this issue.

Matt Stauffer Memorial Scholarships: Established to support college students who are battling, or have overcome cancer and who display financial need.

Marilyn Yetso Memorial Scholarships: Established to support college students who have a parent with cancer or have lost a parent to cancer and who display a financial need.

cancer profiler: The Cancer Profiler at Cancerfacts.com (Operated by NexCura, Inc.) located on our website at www.ulmanfund.org, is an interactive tool that guides patients in making educated decisions, with their physicians, about treatments.

clearinghouse: We encourage you to contact us directly with specific questions or concerns. Our knowledgeable staff and volunteers can act as a clearinghouse and referral service to ensure that you are connected with available services and resources.

resource network: Coming in December, 2003.

calendar of events

december 31, 2003 new year's eve party

Time: 9:00 p.m.

Location: Tiki Bob's Cantina at 2B Market Place,
Power Plant Live in Baltimore City, MD

Attire: Cocktail

Cost: \$100/person (a percentage of your ticket is
tax deductible).

Join us for a night of friends, drinks, food, and fun at Tiki Bob's Cantina in Baltimore City. Proceeds from this event benefit The Ulman Cancer Fund for Young Adults. Tickets cover: Admission, tons of great food, and open bar! Premium Liquor! There will be a DJ and lots of room to party! Last years event sold out fast!

february 27, 2004 beat the odds

Time: 8 PM - 12 AM

Location: Richlin Ballroom, 1700 Van Bibber Road,
Edgewood, MD 21040

Cost: \$50/person

A Casino Fundraiser Night, silent auction, dinner, & full open bar with proceeds benefiting The Ulman Cancer Fund for Young Adults. Tickets cover: Admission, full-course buffet dinner with desert bar, open bar, dancing, and a silent auction!

march 28, 2004 4th annual columbia's cure run & ride

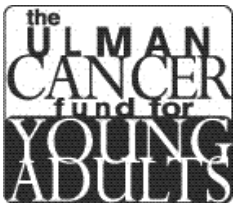
Time: 9 AM

Location: Centennial Park in Ellicott City, MD

Cost: \$25

With a 5K run/walk, a 25K bike, or a 1 Mile Kid's Fun Run, accompanied by a Health, Fitness, and Nutrition Expo, Columbia's Cure is a community event you can't miss.

call the UCF office for more details and to reserve your space at these events, 410.964.0202 or email us at info@ulmanfund.org



The Ulman Cancer Fund
For Young Adults
PMB #505
4725 Dorsey Hall Dr., Suite A
Ellicott City, MD 21042
phone: 410.964.0202
toll-free: 1.888.393.FUND (3863)

Visit us on the web!
www.ulmanfund.org
email: info@ulmanfund.org

The Ulman Cancer Fund for Young Adults, Inc. is a not for profit 501(c) (3). A copy of the current financial statement of The Ulman Cancer Fund for Young Adults is available by writing or calling us. Documents and information submitted under the Maryland Charitable Solicitations Act are also available, for the cost of postage and copies, from the Maryland Secretary of State, State House, Annapolis, MD 21401, 410.974.5534.

Has your email changed?? Please let us know. Help us save more than a dollar in mailing cost and staff time by sending an email with your most current email address. Email to: info@ulmanfund.org. It will be like making a donation!