

September 2023

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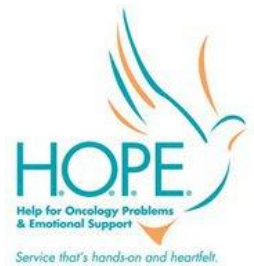
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H.O.P.E. LIFELINE



H.O.P.E. (Help for Oncology Problems & Emotional Support) is an all volunteer cancer support network that provides free assistance to cancer patients and their families facing the challenges of cancer. H.O.P.E. is a 501 (C)(3) non-profit funded through donations. Our office is located at 13275 Blymire Hollow Road, Stewartstown, PA. The official registration and financial information of Help for Oncology Problems and Emotional Support may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

H.O.P.E. does not receive funding and is not affiliated with the American Cancer Society. Funding comes from donations made by private individuals and the civic/business community.

Phone: 717-244-2174 or 717-244-2161.

(E-mail: barb@hopeforcancerfamilies.org www.hopeforcancerfamilies.org)

Ride For HOPE Charity Road Run

Sponsored by Twin Rose

Lady Riders

Saturday, September 23

Registration 10—1

\$15/person

Eisenhauer's York

Harley-Davidson

100 Arsenal Road



Shrimp and Bull Roast

Saturday, September 30

7—11 p.m.



Jarrettsville Gardens,

Jarrettsville Fire Hall

3825 Federal Hill Road

Jarrettsville, MD 21084

All You Can Eat Buffet

Shrimp, Pit Beef, Pit Turkey,

Pasta, Chicken, Sides,

Beer and Wine

Silent Auction * Door Prizes

Sponsored by W. Dale

Brougher Foundation

H.O.P.E.'s Office Hours are Monday through Friday, 9:30—3.

Please call in advance to set up an appointment for:

- Intake
- Wigs/hats/scarves
- Pantry

Please direct all calls to the H.O.P.E. office at **717-244-2174**.

Support Group Mtg.

Date: Wednesday, Sept. 13

Time: 7:00 p.m.

Location: H.O.P.E. Haven

Speaker: Everyone

H.O.P.E.'S NEW ADDRESS

Physical Address:

13275 Blymire Hollow Rd.,
Stewartstown, PA 17363

Mailing Address:

P.O. Box 279,
Stewartstown, PA 17363

Phone: 717-244-2174

Correction: Last month we reported a donation of \$4000 made in memory of Crystal McDermott. Correct name is Crystal George. A long time member of Twin Rose Lady Riders. We apologize for the error.

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FROM THE EDITOR'S DESK

It's a good thing the newsletter didn't have to be done two weeks ago, because there was no office in which to do it. Well, the office was still intact but the power wasn't, thanks to the most recent 'storm of the century.' Barb and Carol had to work from home. (Notice there's no mention of a vacation there, unfortunately.) It's back to normal now, for the time being...

And back to a recap of recent events and previews of things to come. Our **annual golf tournament** took place on a beautiful August Saturday and everyone had a wonderful time. The planners and sponsors are to be thanked for their time and generosity. Coming up later this month are two special events. Saturday, September 23, is the **Ride for Hope sponsored by the Twin Rose Lady Riders**. If Barb were asked to name a group nearest and dearest to her heart she would name these ladies without hesitation. Their contributions alone could fill an issue of the newsletter. The self-guided charity poker run begins and ends at Eisenhower's York Harley-Davison on 100 Arsenal Road (Rt. 30). It's being run rain or shine, and all types of vehicles are invited. A week later you're invited to a favorite event, our annual **Shrimp and Bull Roast**, featuring all-you-can-eat buffet of shrimp, pit beef, turkey, sides, and beer and wine. Converse with friends and listen to the DJ and music, and later join others on the dance floor. There are door prizes and a silent auction. Tables seat 10, so find nine friends and then buy only nine tickets, because if you order a table's worth before September 3, that tenth ticket is free! Tickets are \$50 and may be ordered by calling the office, 717-244-2174. Make sure you order yours today because this is a popular event. **Fall Bingo** is less than two months away, Sunday, November 5, and we're already getting calls for tickets. The cost is \$20 in advance and \$22 at the door, for a great afternoon of bingo, prizes, food, and fun.

If you were anywhere in the vicinity of the **Hope Haven** last month (and this month) you might have heard the sound of laughter and splashing in the inground pool. Five families have taken advantage of our vacation from cancer, their ages ranging from six to well over 60. Our guests have included a couple families with younger children, one with teenagers, and one single woman who returned to her hometown from her current home in Tennessee to touch base with old friends. One father taught his two children how to swim. Another mother was joined by her daughter who flew from St. Louis to spend four days together in our retreat. The adult guests have all been grateful for the opportunity to relax, reflect, and regroup. One visitor had this to say, "Being in nature and healing was a blessing in allowing me to get a break from battling cancer. This place is special because it allowed me to take a pause and reflect on what I'm going through and then refill my cup for what lies ahead." September still has two weekends available for guests: the weekend of the 16th and the 30th. Guests may arrive on Thursday and depart on Monday. See page five for more details about the Haven and application process.

This month we're addressing several topics that have been in the news lately that are associated with cancer. **Aspartame, toxic clothing, and fracking**, would certainly seem unrelated until you start looking at them more closely. We've done just that for you.

H.O.P.E.'S ANGEL CORNER

BY BARB TITANISH, PRESIDENT & CO-FOUNDER H.O.P.E.



After a few weeks of crazy weather, we lucked out and had a gorgeous day for our golf outing. We would like to thank all our sponsors for our event, W. Dale Brougner Foundation, Powerhouse Generators, A Child's Place, CGA Law, Pleasant Valley Golf Course, Gorges & Company, the Cornbrooks, the Hooks, and Alice Simmons. We want to thank all the golf courses that donated foursomes as prizes, Bridges, Honey Run, Sparrows Point Piney ranch, Cool Creek, and Geneva Farms. We can't forget our other donors, Baltimore Golf, She's Got Crabs, Aces Axe Throwing, Cloud 9, Verdure Day Spa, Lori McCormick, Rick Fronzak, Ray Hasener, and Ed Titanish and all our wonderful volunteers and the golfers. Because of all of you we had a very successful day.



"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

~ Lao Tze

If you would prefer to receive our newsletter by email (and help us save postage), please send a note to our Assistant Director Carol Nelson, at assistant@hopeforcancerfamilies.org, and she'll put you on our list. (And it will have color!) Thanks!

Are Your Clothes Making You Sick?

“Clothes make the man,” “Dress for success,” “Dressed to the nines...” Cliches and sayings about what we wear abound. However, what are we really putting on our bodies?

In 2011 Alaska Airlines issued new synthetic uniforms to its flight attendants. A couple years later American Airlines, Delta, and Southwest also introduced new brightly colored polyester uniforms that were layered with anti-wrinkle, stain-resistant, and flame-retardant textile technology in place of the previous wool attire. Soon hundreds of attendants were complaining of blistering rashes, swollen eyelids, hives, rashes, migraines, breathing problems, blurred vision, and allergic reactions. Tests commissioned by Alaska Airlines and the flight attendants’ union turned up tributyl phosphate, lead, arsenic, cobalt, antimony, restricted disperse dyes known to cause allergic reactions, toluene, hexavalent chromium, and dimethyl fumarate, an antifungal that had recently been banned in the European Union. The uniform maker avoided being sued by saying that none of these chemicals on their own were present at high enough levels to cause all of the different reaction. Alaska Airlines got new uniforms in 2013. Delta and American followed suit, but as of 2020, despite complaints by Southwest attendants, the airline has not replaced their toxic attire.

A pediatric nurse in Michigan was battling her toddler son when she tried to dress him in the morning. She finally made the connection between his tantrums and his worsening eczema, especially when open wounds developed on his hands and behind his knees. After switching soaps and cleaning products, she pulled out her grandmother’s sewing machine and made his clothes with non-toxic fabric she bought from an online store. Her son’s eczema went away and she actually began an online clothing store, Crann Apparel, for kids with sensitive skin.

You may recall a few months ago we reported on the presence of PFAS, also called ‘the forever chemical’ because they accumulate in the environment and the human body over time and do not easily degrade. According to the CDC, high levels of PFAS may increase the risk of testicular and kidney cancers. They may lead to high cholesterol and lower birth weights. They may also decrease how effective vaccines are in children. Research has shown that PFAS shed from clothing and can be absorbed into the skin and bloodstream, Firefighters are taking notice and trying to get them taken out of their protective gear.

In the U.S. there are no federal standards for what can be put on clothing and sold to adults. We are slowly addressing the issue of harmful substances found in foods and beauty and cleaning products, because these come with an ingredient list. Because fashion does not, it’s difficult to know what chemicals are used to manufacture, process, weave, dye, finish, and assemble clothing and accessories.

In the meantime, here are some suggestions to consider when you’re buying new clothes.

- Focus on plant-sourced fabric – especially organic. Look for organic cotton, linen, hemp or Tencel (made from eucalyptus) as these typically require the least amount of chemical processing solvents to produce. The organic part is important as conventionally grown cotton is one of the most herbicide-intensive crops.
- Skip anything labeled as wrinkle-resistant, stain-resistant, flame-retardant, cling-free, etc. Well, try to anyway. In addition to all the typical processing detergents and dyes, these fabrics are also treated with extra chemicals that are purposefully left in the end product.
- Look for GOTS-certified, OEKO-TEX, and BlueSign fabrics. Although there isn’t a regulatory group for textile manufacturing, the OEKO-TEX and BlueSign standards focus specifically on eliminating toxic chemicals added during the garment manufacturing process. GOTS takes it a step further by also including the fiber source, making it the most comprehensive certification for clothing.
- Start with workout and sleep clothes. Rather than overhaul your entire wardrobe, start phasing in ‘cleaner’ options by focusing on the clothes you work out or sleep in first. These are the times that the body is in repair and toxin elimination mode so consider switching to organic cotton for pajamas and athletic wear to give your body a break.
- Wash before the first wear, preferably with non-toxic laundry soap.
- Avoid buying cheap, knock-off, or ultra-fast fashion brands.
- Trust your nose – if something stinks, don’t buy it or do send it back.

Fracking—Blessing and Curse

We've been hearing about fracking (hydraulic fracturing) for decades now. It involves drilling down deep into the Earth's crust where there are deposits of shale gas and oil that the more usual methods of extraction have not been able to reach. A vertical well is drilled and encased in steel or cement. Then a horizontal well is drilled in the layer of rock that contains natural gas. After that, fracking fluid is pumped into the well at an extremely high pressure so that it fractures the rock in a way that allows oil and gas to flow through the cracks to the surface.

Fracking has steadily increased oil and natural gas production in the U.S. and thus lowered energy prices. It has also improved air quality due to reduced carbon dioxide emissions and improved the country's energy security.

However ... the process creates vast amounts of wastewater, emits greenhouse gases such as methane, releases toxic air pollutants, and generates noise. Then there are the earthquakes, most of which have occurred in Oklahoma and Texas.

Two Disturbing Health Conclusions

And now, as if that weren't enough, a study begun by Governor Wolf in 2019 and conducted by the University of Pittsburgh has come up with some sobering conclusions. The four-year, \$2.5 million project was commissioned by the governor under pressure from the families of pediatric cancer patients who live amid the nation's most prolific natural gas reservoir in western Pennsylvania. An extremely rare form of bone cancer, Ewing sarcoma, had been diagnosed in dozens of children and young adults in a heavily drilled area outside Pittsburgh, and those families were instrumental in pushing Wolf to commission the study.

Although the researchers said they found no association between gas drilling and childhood leukemia, brain, and bone cancers they did find what they called significant associations between gas industry activity and two ailments: asthma and lymphoma in children. Children who lived within one mile of a well had five to seven times the chance of developing lymphoma compared with children who lived five miles or farther from a well. That equates to 60 to 84 lymphoma cases per million children living near wells, versus 12 per million among kids living farther away. For asthma, the researchers concluded that people with the breathing condition who lived near wells were more likely to have severe reactions while gas was being extracted compared with people who don't live near wells.

A Silver Lining for Some Pennsylvanians

Pennsylvania ranks #5 among states with the highest prevalence of fracking. Currently 255,000 acres among some of the state's vast forests have been leased to private industry to extract natural gas by fracking. The contracts have brought in well over \$1 billion in revenue for the state, which opened 2.2 million acres of state forests to fracking, and \$812 million for the Pennsylvania Game Commission. Although the money has led to benefits for the public and conservation, environmentalists and others point out that clearings for drilling rigs, wastewater holding tanks, and hundreds of miles of access roads and pipelines have fragmented the forests, harmed wildlife, and altered the wild character of beloved forests. And half of the existing leases haven't become active yet. The silver lining to this cloud is a measure that was passed in February 2021 by the Delaware River Basin Commission that voted to permanently ban fracking in two northeastern Pennsylvania counties, Wayne and Pike, that comprise part of the Marcellus Shale, citing evidence of polluted surface, ground, and drinking water.

At a public meeting in Pittsburgh where the results of the study were released, the former director of the Southwest Pennsylvania Environmental Health Project, Raina Rippel, called the findings "the tip of the toxic iceberg, and we are only just beginning to understand what is out there." To which she added, "There is a lot more cancer waiting in the wings."



"The art and science of asking questions is the source of all knowledge."

~ Thomas Berger

Don't Overdo the Diet Coke

Despite a recent announcement by the World Health Organization (WHO) that the artificial sweetener aspartame, which is used in diet sodas, sugar substitutes, and other sugar-free foods, is “possibly carcinogenic to humans,” experts say that if you do consume aspartame, there’s no reason for alarm – at least not yet.

In announcing the reclassification of aspartame, the WHO’s International Agency for Research on Cancer (IARC) is being cautious and calling for more research. Classification of substances inked to cancer are organized as follows:

- Group 1 is for substances that are most certainly linked to cancer, like tobacco smoke.
- Group 2 includes substances likely linked to cancer, like red meat.
- Group 2B, where aspartame now falls, is for products that could possibly cause cancer, but without enough evidence to be conclusive.

Furthermore, studies have found that this applies primarily to people who consume a very high level of aspartame. These people have been shown to be about 15 percent more likely to develop cancer – including stomach, colon, breast, and prostate cancer – than those who consumed no aspartame.

What is considered a very high level? Daily intake recommendation is 40 milligrams per a little more than two pounds of body weight. That means an adult weighing around 150 pounds would have to drink more than 14 cans of Diet Coke a day or consume 75 packets of aspartame sweetener to reach the threshold of exposure to a potential risk. (As for other brand name sweeteners: Equal and Nutrasweet are also 75 packets, Sweet ‘N Low is 45 packets, and Splenda is 23 packets.)

Bottom line? Moderation, as with everything (well, not smoking or drinking). Further bottom line? Artificial sweeteners have their problems, but if it’s a sweet flavor you’re after, they’re better for you than sugar.



If you read our Editor's Desk, you learned a little more about our retreat. It truly is an escape in nature from all that ails you. Green grass surrounded by trees of all kinds; multi-colored flowers blooming everywhere; a veranda overlooking a fountain; an inground swimming pool and patio. Luxury suites and accommodations for families.

We offer this getaway to cancer patients and their families. A typical stay is from Thursday through Monday. With full kitchen facilities and a large, eat-in dining room, guests can prepare their own meals on their own schedules, dine out, or even order in.

We have two open weekends in September, and October and November are wide open. What better place to take in the colorful autumn foliage?! If you're interested in this getaway, go to our web page www.hopeforcancerfamilies.org and click at the top on Our Work where you'll then see "The Dream—Our Retreat." There you will find the application and an instruction to click to open and print. Once you have done that and completed the application, send it and a check for a small application fee to our office, P.O. Box 279, Stewartstown, PA 17363. Give us a call for more information.

ATTENTION SAUBEL'S SHOPPERS

H.O.P.E. is collecting the stamps for the cutlery.
Please save them and send them into H.O.P.E.'s office! Thank you!

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LABOR DAY



“Of all the forces that make for a better world, none is so powerful as hope. With hope, one can think, one can work, one can dream. If you have hope, you have everything.”

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