

Zero Breast Cancer's 2011 Forum Focuses on Informing, Involving Young Women

"How do we get the younger women in the community involved in breast cancer prevention?" was the key question posed during a panel discussion and the overarching focus of the **2011 Forum on Younger Women and Breast Cancer Prevention** on October 15, 2011 at Bakar Auditorium, UCSF Helen Diller Family (HDF)

Comprehensive Cancer Research Building in San Francisco. The panel discussion, facilitated by leaders Veronica Shepard, Gail Bishop and Peggy McGuire, generated numerous strategies for involving young women in a dialogue on breast cancer. The all-day forum attracted more than 55 Bay Area community members, healthcare professionals, women's health advocates, breast cancer organizations, college students, and a faith-based youth group, as well young women with breast cancer and their partners.



Dr. Lori Stachowski, MD,
Director of Women's Imaging
and Dr. Judith Luce, MD,
Director of Oncology Services
at UCSF San Francisco
General Hospital

Co-hosted by Zero Breast Cancer and the San Francisco General Hospital Avon Comprehensive Breast Care Program, the forum featured presentations by UCSF faculty members, who explored breast cancer incidence and risk factors for women under 40, as well as preventive health strategies, and other topics focused on younger women.

UCSF Faculty Presentations

Dr. Judy Luce, UCSF Clinical Professor of Medicine/Oncology and Director of Oncology Services at San Francisco General Hospital, presented an overview on breast cancer risk factors for young women of average and higher risk, observing that while 80% of all women who develop breast cancer fall into the average risk category, younger women at higher risk do differ by ethnicity. Yet there are things you can change that affect breast cancer risk at all ages, including avoiding weight gain and alcohol, exercising regularly beginning in adolescence, and avoiding hormone replacement therapy. She also addressed environmental risks from cumulative exposures, such as radiation to a girl's chest area during childhood. Regarding inherited risk and family history, Dr. Luce observed there are several genes that may pre-dispose younger women to higher risk and many are yet to be discovered, saying, "A positive family history slightly increases your risk and requires closer medical monitoring for some younger women." For women under 40 who have developed breast cancer, she addressed targeted treatment and reproductive issues relevant to their life stage, and medical and health behavior approaches to preventing relapse.



Young Women's Forum
community attendees

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In addition, Dr. Lori Strachowski, UCSF Associate Professor and Director of Women's Imaging at San Francisco General Hospital, described unique factors in younger women who may be at higher risk for breast cancer which warrant specific imaging technologies, such as digital mammography, MRI's, and ultrasound screening and diagnostic procedures. Explaining the options and issues, she noted, "Each of these imaging technologies has potential benefits and controversies, including whether a younger woman's health plan will cover tests other than screening mammography. It is important to know your consumer rights and protections with respect to breast imaging."

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To inspire younger women to think of effecting their environment at the policy level, Dr. Irene Yen, PhD, MPH, and Associate Professor in the UCSF Division of General Internal Medicine, provided success stories of communities working to increase access to healthy food and improve recreation and physical fitness facilities, including safe walking and bicycle pathways, saying, "There are more than 60 studies showing that physical activity, especially active exercise beginning in adolescence, is protective for breast cancer risk." She provided examples of mapping tools and information on government Web sites that can help individuals and communities to improve their neighborhood environments and the public's health.

Community Participation

Additionally, a panel of community experts shared their programs that successfully reach younger women. Rina Olea, Manager of Programs and Outreach at Breast Cancer Connections, described the Gabriella Patser Program for uninsured and medically underserved Bay Area women under 40 who have breast cancer risk concerns. Casandra Aldsworth, MPH, and Zero Breast Cancer Community Outreach and Translation Core Coordinator for the Bay Area Breast Cancer and the Environment Research Program (BCERP), presented the award-winning Breast Biologues, an educational video that explains how exposures to potential cancer-causing chemicals might influence breast cancer risk (see page 5 for viewing details). Representing the Bay Area Disparities Coalition, Veronica Shepard reminded participants of the health and social issues in some communities that may make it difficult for younger women to focus on breast cancer prevention, suggesting the effective use of digital technology to connect with younger women.

Lastly, forum participants gathered in groups to identify and summarize issues related to breast cancer and younger women. UCSF Associate Professor Nancy Burke, PhD, and a medical anthropologist with the UCSF HDF Comprehensive Cancer Center, moderated reports from the groups and identified themes for potential research and community collaboration. Nearly 95% of forum participants agreed that, thanks to the forum, they knew more about risk factors and ways to reduce breast cancer risks.

Access forum topics on University of California Television

All of the four UCSF faculty presentations and the Breast Biologues video can be viewed on the UCTV Web site: WWW.UCTV.TV/ZEROBREASTCANCER

With Appreciation

The 2011 Forum on Younger Women and Breast Cancer Prevention was sponsored with funding from the Avon Foundation and the Safeway Foundation. Community Partners who promoted participation in the forum included the Women's Cancer Resource Center, the Charlotte Maxwell Complementary Clinic, and the Cancer Resource Centers of Mendocino County. Forum planners included Susan Schwartz, Fern Orenstein, Janice Barlow, Dr. Judy Luce, Casandra Aldsworth, and Carolina Bravo. The forum organizers thank all of the participants for their time and dedication to preventing breast cancer in younger women. Special thanks to the forum volunteers, group facilitators, and UCSF Educational Technology Services.

VIEW THE 2011 YOUNG WOMEN'S FORUM ON UCTV



Zero Breast Cancer encourages the public to access the following four videos on the University of California Television Web site channel, featuring all ZBC-UCTV education programs, at [HTTP://UCTV.TV/ZEROBREASTCANCER](http://UCTV.TV/ZEROBREASTCANCER)

"Environmental Exposures, Reproductive Development and Periods of Susceptibility"

Tracey Woodruff, PhD, MPH, Director of the UCSF Program on Reproductive Health and the Environment, illuminates the effects of the environment on reproductive development and cancer susceptibility. (show ID=23067)

"Taking Charge: Physical Activity, Neighborhood Environments, City Planning and Health"

Irene H. Yen, PhD, MPH, Associate Professor in the UCSF Division of General Internal Medicine, explores the relationship of exercise and obesity to breast cancer risk, and how city and neighborhood planning groups can support policies that promote physical activity and public health. (show ID=23068)

"Breast Cancer Incidence, Risk Factors, Prevention and Treatment for Younger Women"

Dr. Judith Luce, M.D., Director of Oncology Services at UCSF San Francisco General Hospital, presents incidence and medical issues for younger women of average and higher risk for breast cancer, including lifestyle factors that potentially reduce risk, and medical treatments and prevention strategies (show ID=22921)

"Breast Imaging Options and Issues for Women under Age 40"

Dr. Lori Strachowski, M.D., Director of Women's Imaging at UCSF San Francisco General Hospital, presents breast imaging techniques, technologies, terminology and guidelines for younger women at increased risk for breast disease, as well as younger women's consumer rights. (show ID=23066)

About University of California Television

(UCTV) broadcasts educational and enrichment programming from the campuses, national laboratories, and affiliated institutions of the University of California, reaching 23 million homes nationwide on satellite (Dish Network, Ch. 9412), cable (WWW.UCTV.TV/CABLE), and worldwide via live stream, video archives and podcasting at [HTTP://WWW.UCTV.TV](http://WWW.UCTV.TV). To date, Zero Breast Cancer's ten educational videos on UCTV have received over 400,000 Web views!

Spotlight: Two Endocrine Disruptors' Effects on Obesity, Development

Endocrine disruptors are external agents – such as chemicals – that may disrupt the endocrine system by interfering in some way with natural hormones in our bodies. Although research studies on these environmental exposures have not found clear effects on human health, concern about endocrine disrupting chemicals is growing because they persist in the environment and may act like, or interfere with, hormones which influence and control many critical physiologic functions, including the reproduction system and growth and development in children.

Currently, two new types of endocrine disrupting chemicals are being researched: **obesogens**, which are chemicals that may act as endocrine disruptors and increase obesity, and **zearalenones**, which are chemicals commonly found in grains, meat and dairy that may affect when girls start puberty.

Obesogens: An Environmental Link to Obesity

Obesity and metabolic syndrome diseases – such as type 2 diabetes and cardiovascular disease – have exploded into an epidemic. Today, over 34% of the U.S. population is clinically obese (with a BMI greater than 30) and 68% are overweight (with a BMI greater than 25). By 2020, the number of overweight people in the U.S. is expected to increase to 86%. Obesity has also been linked to an increased risk of postmenopausal breast cancer. Eating lots of foods, especially high-calorie foods, and not getting enough exercise are generally accepted to be causes of obesity. But could external environmental factors – like endocrine disrupting chemicals – expose genetic differences or worsen the root causes of obesity?

There's evidence that chemicals have effects on the endocrine system, and in 2002, researchers began exploring the role environmental chemicals may play in the obesity epidemic. We know that hormones play an important role in regulating weight by aiding in the control of appetite, metabolism, fat cell development, and fat cell balance distribution. And now scientists are exploring how **obesogens** may disrupt hormones, leading to weight gain and obesity by inappropriately stimulating fat cell production and fat storage, disturbing fat tissue balance in the body, and altering control of appetite/satiety.

Chemicals found to have obesogen-like effects in animal and cell studies include environmental estrogens such as diethylstilbestrol (DES), genistein, bisphenol A (BPA)

and anti-diabetic drugs that increase fat storage and the number of fat cells in humans at all ages. In addition, researchers have found that phthalates found in urine correlate with waist diameter and insulin resistance in humans.

Compounds like phthalates, organotins, BPA, alkylphenols and PFOA may cause fat cells to develop in vitro. The best-studied obesogen is an organotin called tributyltin which is used in wood preservation and marine paints; as a pesticide; and as an anti-fungal agent in textiles, industrial water systems, refrigeration water systems, wood pulp and paper mill systems, and breweries.

Zearalenone May Impact Growth, Development

Zearalenone (ZEA) and zearanol are two estrogen-like chemicals present in grains and other plant foods, due to fungal contamination. ZEA and zearanol are also found in some animal products such as meat, eggs, and dairy through deliberate introduction of zearanol into livestock (to promote growth and improve beef/meat production) and/or by indirect contamination as a result of animals eating contaminated feed.

Zearanol, the synthetic derivative of zearalenone, is a U.S. FDA-approved agent commonly used as growth promoter in beef production. It has been banned in many other countries, including the European Union. Due to its estrogen-like activity, zearalenone has been classified as a phytoestrogen, a mycoestrogen (estrogens produced by fungi) and a growth promoter. However, it is not yet clear what effects zearanol and zearalenone have on human health.

A new study, published just last year by Elisa Bandera, MD, PhD, and Helmut Zarbl, PhD at the Cancer Institute of New Jersey, analyzed these chemicals in urine of girls aged 9 to 10 years old who are participating in the Jersey Girl Study to determine what effect zearanol and zearalenone may have on body size and breast development. These chemicals were found in the urine of nearly 80% of the girls and were associated with eating beef and popcorn. Girls with zearalenone and zearanol in their urine tended to be shorter and less likely to have reached the onset of breast development. This suggests that mycoestrogens like zearalenone and zearanol may act like isoflavones, a naturally occurring compound found in soybeans and soy products, and may require further study of their effects on young girls' development.

Sue Glader: Award-winning Healer with Heart, Humor + “Nowhere Hair”

When Sue Glader, winner of ZBC’s 2012 “Healing Partner Award,” was diagnosed with breast cancer in 1999, the then 33-year-old mother and writer got together with her two sisters-in-law and, armed with margaritas and two boxes of Nice ‘n Easy, attempted to turn her locks blonde. The result was shocking orange.

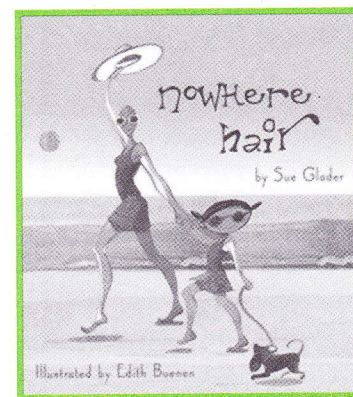
As Sue recalls, “In the end, I didn’t look so great as a blonde, but it didn’t matter – I lost it all, anyway.”

Sue’s Mill Valley life as a wife, writer, and mother of an energetic, one-year-old baby boy changed instantly when she found a lump near her left armpit. “That was a hard day,” she recalls. “Within a week, the tumor was out. Within a month, I had started chemo.” And she lost her hair – every orange strand of it.

In the first year after her treatment, Sue wrote a 16-stanza poem for children talking about her experience with breast cancer and losing her hair. The poem had “the gleam of a book,” but the young mother chose to spend her precious time with her family, putting aside the book idea for nearly a decade. “I wanted to be a mother, instead of worrying about writing a book,” she says.

Fast forward to 2010, when Sue was inspired to share her breast cancer experience with other mothers and their children. As the mother of a now nearly teenage son, Sue decided it was time to write the book, saying, “It’s impossible to explain the ‘What the hell just happened to me?’ feeling that comes when treatment ends. But you are changed. Words are my thing and I had always wanted to write a book – cancer lit the fuse.”

The result was *Nowhere Hair*, an award-winning children’s book that explains a loved one’s cancer to kids ages 3 to 10 in a fresh, honest, and “non-scary” way. Published in September, 2010,



Nowhere Hair has already won the Gold Medal from the Moonbeam Children’s Book Awards (health category), and is recommended by Livestrong and the American School Counselor’s Association. It is used in more than 100 cancer hospitals and oncology practices nationwide.

“A breast cancer diagnosis at age 33 was a shot across the bow,” says Sue. “As a writer, I gravitate toward books for comfort, and when I did, the children’s books I found on this topic were... to put it delicately... frightening. The illustrations made the women look freaky, and the stories were often dreary or super-technical. I vowed to offer something to young women with children that would be upbeat, informative, beautiful, hip and brave. I wanted my book to buoy their spirits.”

Sue delivered: *Nowhere Hair* is uplifting, informative and yes, playful, with engaging pictures by Edith Buenen, an illustrator from the Netherlands whose women figures Sue describes as “powerful, elegant and cool.”

Nowhere Hair begins with a child noticing her mother’s hair is missing. Whimsical illustrations show the little girl looking for her mother’s hair under the bed covers, in the car, everywhere. The child finally asks her mother and learns the truth: “I’m bald because of medicine I take to cure my cancer.”

“I think *Nowhere Hair* is honest... it explains cancer can’t be ‘caught’ and it’s nobody’s fault,” says Sue. “And, just as important, it has enough silly in it to feel like a children’s book.” Above all else, she’s positive about this: Cancer hits home and “You will have to answer the questions.”

Nowhere Hair uses a light touch to help adults answer the tough questions – “Will Mommy ever be the same Mommy?” “Did I cause it?” – and address a child’s fear, sadness and guilt. “It’s hard to talk to kids about things that scare you, and I think a cancer diagnosis is about the scariest thing that you can be faced with.”

The book has become a healing aid and an inspiration to parents, doctors, nurses, and therapists around the world. “Oncology nurses hug me,” notes Sue. “And people whose job it is to offer educational materials tell me that they’ve been waiting a long time for a book like mine. It’s very validating.”

Like her healing book, Sue’s life philosophy is elegantly simple: “Squeeze life. Be brave. Take risks. Amazingness happens when you do.”

“I vowed to offer something to young women with children that would be upbeat, informative, beautiful, hip and brave.”

- Sue Glader, Author of *Nowhere Hair*

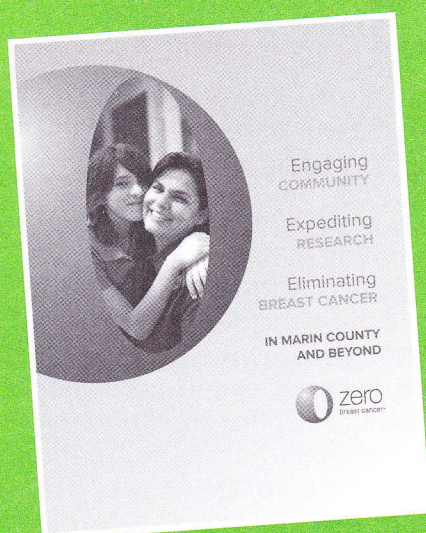
It’s What’s Inside That Counts

The overarching message of *Nowhere Hair* is to be kind, especially to people who look a little different. As the book’s narrator says at the end of the book:

*So if you see her, please be kind.
Don’t snicker and don’t stare.
I’m thinking that’s what you’d prefer
if your own head was bare.*

*It’s hard to see her without hair.
I miss her curls that bounce.
And though I know her hair will grow,
it’s what’s inside that counts.*

Nowhere Hair is available online at NOWHEREHAIR.COM, and also in Mill Valley at the Book Depot, the Mill Valley Hatbox and All Wrapped Up, and at Book Passage in Corte Madera. You can read Sue’s blog, Poking Around Life, at SUEGLADER.WORDPRESS.COM.



ZBC Monograph

Available now – the Zero Breast Cancer monograph: *Engaging Communities, Expediting Research and Eliminating Breast Cancer in Marin and Beyond* a brief history of the organization that details what has been accomplished, what we've learned and how we have applied what we have learned toward fulfilling our vision of a world without breast cancer.

This slim, attractive volume details how ZBC has distinguished itself from other breast cancer organizations through our unique involvement in research. This work has ranged from collaborating with scientists, to designing studies that address our community's concerns, to advocating for more research focused on the environment and breast cancer, to educating our community on the latest research findings.

If you haven't read this volume yet, order a complimentary copy at ZEROBREASTCANCER.ORG/ZBCREPORT

Hats Off: ZBC's Collection Appears in "Mondays at Racine" Film

Zero Breast Cancer's renowned collection of creative hats recently made its film debut in "Mondays at Racine." The film's title was inspired by a real life event: Every third Monday of the month, two benevolent sisters open their Long Island beauty shop, Racine Salon, to women diagnosed with cancer. As their locks of hair fall to the floor, the film documents how the women chat, giggle, weep, face their fears and some tears, and discover unexpected beauty.



A model wearing one of the hats in "Mondays at Racine"

"Mondays at Racine" premiered at several film festivals in April, including the Independent Film Festival in Boston and the Nashville Film Festival. Produced by Cynthia Wade, along with producer Robin Honan (who

worked with Zero Breast Cancer when it was called Marin Breast Cancer) the film will broadcast on HBO early next fall.



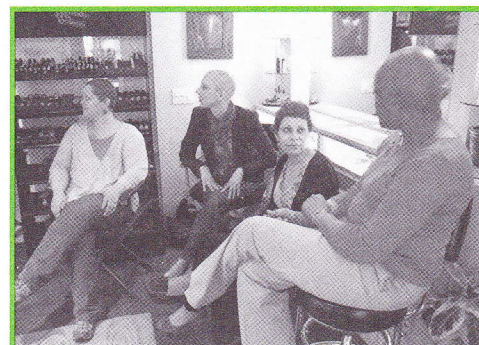
Hats on display at Racine Salon

ZBC's hat collection is a traveling art exhibit of 38 hats hand-crafted by the Plexus Art Group, a San Francisco Bay Area organization of artists who create fine art exhibits to shed light on social issues. In May, 2010, the collection of hats were donated to ZBC. The hats were made in response to the recurrence of breast cancer in one of their fellow Plexus artists and founding ZBC Board member, Roni Peskin Mentzer. When she was re-diagnosed, the art group wanted to do something to support her, and Roni

suggested that they create hats that would be beautiful pieces of art. Each hat is a distinct work of fiber art, embellished with fabric, flowers, feathers, and creative touches.

The traveling hat/art exhibit, which has been on display at several Bay Area organizations, is on permanent display at the Zero Breast Cancer office in San Rafael, CA. The collection is available to be loaned out for shows or exhibits, and friends of ZBC are invited to stop by the office to see these unique works of art.

For more information on the film "Mondays at Racine," as well as future exhibits, visit WWW.FACEBOOK.COM/MONDAYSATRACINE



Participants in the film, "Mondays at Racine"

Pedaling for Prevention: Alex Leason Bikes 3,767 Miles for ZBC

Alex Leason was 16 years old when his mother, who lives in Mill Valley, was diagnosed with breast cancer five years ago. “She went through chemo, and is doing great now,” reports her son. But the experience inspired Alex to do something to help the cause. On August 11, Alex returned home from a 3,767-mile-long “TransAmerica Bike Ride,” to raise awareness and funds for Zero Breast Cancer (ZBC). To date, Alex has raised \$2,600 toward his \$5,000 goal.

“It’s crazy how nice people are.”

–Alex Leason

A biology major and pre-med student at Sonoma State University, Alex says, “Since I’m interested in medicine and research, I wanted to help a prevention and research group. ZBC does both, so it’s a win-win.” To map the trip from San Francisco to Yorktown, Virginia – by way of America’s Heartland – Alex turned to

the Adventure Cycling Association (ACA), which provides cyclists with maps of safe, scenic routes, plus information on camping, food, and other resources.

Broiling hot weather, gas station meals, and a shortage of baths and showers weren’t the only challenges, said Alex, recalling the bike trip’s literally bumpy start. First, one of Alex’s two original cycling partners had to back out of the trip. Then, when Alex and his second cycling buddy, Bryan Rengel, were barely 15 miles into the ride, Bryan crashed, breaking his clavicle in three places. (“Bryan’s OK now, but he was bummed” about withdrawing from the adventure, says Alex.)

After a 10-day delay, through the ACA Alex found a new cycling partner, 23-year-old Arthur Luchowski of Philadelphia. “We met on Saturday, and took off on Sunday, June 3,” says Alex. Alex hauled a Bob Yak trailer and Arthur a rear pannier set-up loaded with camping gear and supplies, weighing about 50 pounds. Alex flew a ZBC flag on his trailer, wore a bike jersey with the ZBC logo, and distributed flyers about his fundraising project.

“We averaged 80 miles a day, and rested one day a week,” says Alex. Team ZBC fell into a routine of cycling all day, stopping to check out the ACA’s recommendations for sightseeing, food, and lodging. The cyclists usually camped overnight or stayed in churches or small hotels. Occasionally, the cyclists were invited into people’s homes to shower or rest overnight – something that surprised Alex.

“In small towns, people who may only have a mobile home or a car that barely gets them to work, offered us dinner and a shower,” says Alex. “That’s the biggest thing I learned – the generosity and hospitality of people. It’s crazy how nice people are. Churches welcome cyclists, so we stayed in a few churches, and at volunteer fire departments. But there were definitely some nights where we’d roll into town and not know where we were spending night.”

Food was less of a problem. “I’m the king of gas station dinners – beef jerky, ice cream bars, nuts, and energy drinks in the morning,” laughs

Alex. “We’d sometimes go to restaurants, where we’d plan our day, but we’d always be very smelly and overstay our welcome.”

The cross-country trip opened Alex’s eyes culturally. “I saw different economies, heard how conversations changed according to the regions, the harvest, and the weather.

Harvest came early because of the drought,” he reports. “In Kentucky and West Virginia, I saw how coal mines were being shut down, and people were getting laid off. You can’t understand different people, in different regions, without going there.” To record his observations, he made notes in a handbook, usually at night in his tent. “Now I have to dictate them into my online blog,” he says. Alex took hundreds of photos, too.

The toughest part of the ride? “Nevada and Eastern Kansas were very monotonous – deserts and hay fields for miles. Kansas was 105 degrees, with hayfields that were dry to the bone. Seeing green in Missouri was something else – just knowing there was water around was a relief. Kentucky had some gnarly hills. Colorado had the highest mountains, but the actual grade was less steep. We had some beautiful cycling in Utah’s national parks – Bryce Canyon, Grand Staircase-Escalante and Capital Reef. But the most beautiful riding was in Colorado, where we rode through the ‘Fourteeners’ – mountains over 14,000 feet. It was just beautiful.”

They met other cyclists along the route, including two brothers who traveled with them from Kentucky to Yorktown, VA, near Williamsburg, where they finished their journey at the Victory Monument, a landmark commemorating the Revolutionary War. Alex shipped his bike home to California and took the Mega Bus to D.C. and New York to see the sights, flying home in early August. And in case you’re wondering: Alex lost only 10 pounds on the trip, noting, “I think all those gas station ice cream bars kept the weight on!”

Despite the heat, hard hills, and endless haystacks, Alex’s Pedaling for Prevention adventure had a life-changing impact. “If you have the time, I highly recommend the trip. Breast cancer, any kind of cancer, affects everyone. And I’m still fundraising for ZBC!”

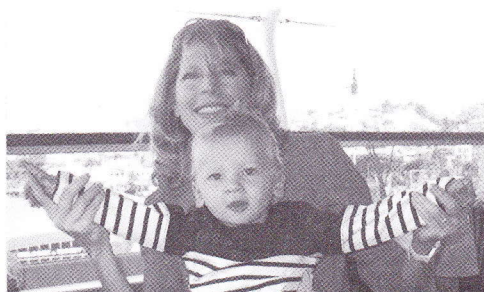


Alex Leason’s cross-country Pedaling for Prevention adventure took two months to complete.

To donate to Pedaling for Prevention, and read Alex’s blog about the trip, visit <http://pedalingforprevention.wordpress.com/>

Matt McGraw
 Laurie Angel McGuinness
 Barbara & John McKinney
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Teri Hollowell: A Zest for Life, a Zeal for Giving



Teri Hollowell
 with son,
 Cody Jackson
 Costopoulos,
 who was 15
 months old
 when this photo
 was taken in
 September, 2011.

Teri Hollowell, friend and supporter of ZBC, combined her passion for world travel and corporate event planning expertise, to create in 2001 a company, One World Partners, formerly a Sausalito-based business that stages international corporate events. "The corporations were often local, but wanted to create international events all over the world," explains Teri. "I would be in 10 or 12 countries a year, coordinating magnificent events in places like Thailand, South Africa, and Istanbul. It was fantastic."

In 2009, Teri sold One World Partners to BCD M&I, a meeting and incentive company headquartered in Chicago, which now operates the former One World Partners out of San Francisco. "It's a good match," says Teri. "They share a lot of my philosophy about giving back to the community."

Building relationships – with employees, corporations, and in the countries where events were staged – has been a central theme in Teri's life, influenced by her travels. Her compassion and concern for the poverty and challenges she witnessed in the world became the foundation for her company's own corporate giving strategy. "We started 'Footprints' and the philosophy was that we would leave every place that we visited a little better than we found it," explains Teri. Footprints succeeded on several levels. First, the One World's staff was encouraged to donate food, supplies, money, and time to agencies, foundations, and people in the countries and communities they visited and worked in. One World also encouraged its clients to support its philanthropic efforts, and would work with the client's team to identify ways they could support local programs and people. "Many times, it was for local children's organizations," says Teri. "In South Africa, we served wines where part of the profits went towards saving the cheetah." Additionally, One World made financial contributions to local non-profits.

"Part of my motivation for giving to ZBC was that almost eight years ago I was diagnosed with Ductal Carcinoma In Situ (DCIS) which is actually a pre-cancerous breast condition. I got a manageable diagnosis, as far as breast cancer goes. I had a lumpectomy and radiation." Teri notes her family has a history of breast cancer; she lost two aunts to the disease and her mother had a mastectomy. "It's definitely something I'm very aware of," she says, but that didn't make her DCIS diagnosis any easier. "I thought I was doing everything right – lots of exercise, a low fat, high fiber diet – and I was actually quite annoyed when I got the diagnosis. I thought, 'Wait a minute, I've done everything right.'"

Teri learned about ZBC in the early stages of her diagnosis. "I was getting information from different sources, trying to find out what I needed to do," she says. "I love that ZBC focuses on the environment and sends out information about environmental exposures to avoid. They are very proactive in determining potential sources for carcinogens, and in working towards identifying why the breast cancer rate in Marin County is so high. I also like that they are local and work with the local community. It feels more personal, and I like supporting an agency that does not let politics influence their methodology and goals. This is really a wonderful organization; what ZBC does is great."

Tamalpais High School Breast
 Cancer Awareness Club
 Matilda Thompson
 Heather Thrower
 Tina Action Programs
 Catherine Tobin
 Ian Tonks
 Tracy & Alan Troxel
 Allison Tryk
 Julia Tryk
 Michael Valderrama
 Saskia Van Bergen
 Christina & John Voyles
 Christine Waldron
 Carol Sweeney Wallace
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