

Vernonia Local To Participate in Arizona Breast Cancer 3-Day

Oregon Walker Encourages Local Residents to Join the Breast Cancer Movement

Jeana Gump of Vernonia, Oregon, will join thousands of other dedicated women and men at the Arizona Breast Cancer 3-Day, benefiting Susan G. Komen for the Cure and the National Philanthropic Trust Breast Cancer Fund. After months of training and fundraising, participants will walk 60 miles during three days to raise awareness and funds for critical research and community outreach programs.

"This will be my third 3-day walk," said Ms. Gump. "I originally got involved with the 3-day because a friend lost her Aunt to Breast Cancer. I had such an amazing and wonderful time participating in that first walk, that I decided to do it again in 2006, and I did it. This year, I am doing it again and my ultimate goal is to walk in every city that there is a Breast Cancer 3-day event. I can only hope that by the time I finish my goal, a cure will be found."

"As a Breast Cancer 3-Day participant, I have an opportunity to celebrate breast cancer survivorship, honor those who lost their lives to the disease, and ultimately, have an enormous impact on awareness and funding for breast cancer research and community outreach programs. The Breast Cancer 3-Day is challenging, and fun, and the memory of my personal accomplishment will last a lifetime," said Ms. Gump.

The Arizona Breast Cancer 3-Day will start on Friday morning, November 2nd and end with Closing Ceremonies on Sunday afternoon, November 4th. The walkers will cover about 20 miles a day, traveling at their own pace. The walkers will be supported by hundreds of volunteer crew members who will provide meals, liquid and snack stops, gear transport, hot showers, portable restrooms, safety on the streets and 24-hour medical services.

The actual journey starts months in advance when walkers start training and raising the \$2,200 required fundraising minimum. To help prepare for the Breast Cancer 3-Day, each walker is supported by coaches and online assistance that aid in all aspects of training and fundraising, while clinics, meetings, and training walks provide ongoing support. To help Jeana reach her goal call her to make a donation at 503 429-0944 or email her at jandjgump@verizon.net. To learn how to participate or volunteer with the Breast Cancer 3-Day, visit www.The3Day.org or call (800) 996-3DAY. Click on donate

About the Breast Cancer 3-Day

Taking place in 12 cities nationwide, the Breast Cancer 3-Day is a three day, 60-mile walk that provides an opportunity to educate tens of thousands of people about breast health, including the importance of early detection. Breast Cancer 3-Day participants commit to raising a minimum of \$2,200 and walking an average of 20 miles a day during each three-day event. Proceeds from the Breast Cancer 3-Day are used for breast cancer research, education, and community outreach programs. As the primary beneficiary of the Breast Cancer 3-Day, Susan G. Komen for the Cure receives 85 percent of net proceeds and the remaining 15 percent goes to the National Philanthropic Trust Breast Cancer Fund. National sponsors for the 2007 Breast Cancer 3-Day series are New Balance, LaCroix, and THOR-LO, Inc. Please visit www.The3Day.org, or call 1-800-996-3DAY for more information.

About Susan G. Komen for the Cure

Nancy G. Brinker promised her dying sister, Susan G. Komen, she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures. Thanks to events like the Komen Race for the Cure® and the Breast Cancer 3-Days, the organization has invested nearly \$1 billion to fulfill its promise, becoming the largest source of nonprofit funds dedicated to the fight against breast cancer in the world. For more information about Komen for the Cure, breast health or breast cancer, visit komen.org or call 1-800 I'M AWARE.

About the National Philanthropic Trust

National Philanthropic Trust, the event manager, is an independent public charity dedicated to promoting and facilitating charitable giving by individuals, families and organizations while expanding their knowledge in the field of philanthropy. Founded in 1996, NPT is one of the 150 largest charities in the United States with \$625 million in assets under management. Since its inception, NPT has raised over \$1 billion in charitable assets and made more than 19,000 grants to U.S. and international charities totaling \$540 million.

Look, Listen, Learn...

By Jesse Jones

Recent enhancements to the Vernonia Community Learning Center facility greatly improved the learning environment in both sight and sound. Through a large grant from the Ford Family Foundation, acoustic paneling and blinds were installed in September in the two classrooms.

The acoustic paneling was installed by Architextures, a Seattle based company whose clients include Experience Music Project in Seattle and numerous commercial and governmental clients. Architextures was chosen because of the environmentally sound choices of acoustic products offered, one of them being AcoustiCotton.



Composed of reclaimed and recycled cotton fibers, this green product offers excellent sound absorption and a superior noise reduction control in bonded, recyclable sheets. The panels and the recycled covering are also L.E.E.D. (Leadership in Energy and Environmental Design) certified. The difference in the acoustic quality of the two rooms is incredible, considering the learning center had no acoustic paneling until now.

Blinds in the Nehalem room will now allow for the use of visual aids during daylight hours and add privacy for classes, workshops, seminars or other events taking place. In addition to these improvements, The Ford Family Foundation grant will also pay for computer lab upgrades and new furniture. The Vernonia Community Learning Center invites the public to view these improvements any time the center is open and classes are not in session.



Office hours for the VCLC are Monday through Thursday, 9am - 4pm and intermittently on Fridays.