



# Capitol Correspondent

 @LansingJaycees

 Lansing Jaycees



THE MONTHLY NEWSLETTER OF THE LANSING JUNIOR CHAMBER OF COMMERCE | MAY 2013

Lansing Jaycees  
P.O. Box 16150  
Lansing, MI 48901

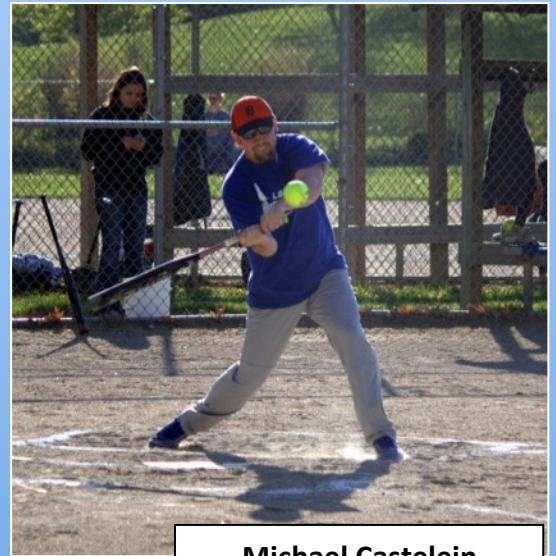
[www.lansingjaycees.org](http://www.lansingjaycees.org)

District 4  
Population Division 6  
Base Membership: 79

## SEEN IN ACTION!



The Bowl For Kids Sake team, one of the top fundraisers for Big Brothers/Big Sisters.



Michael Castelein swings for the fences for Lansing Jaycees softball!



Members of the Lansing Jaycees "Jaguars" softball team.

## THE JAYCEE CREED

BY C. WILLIAM BROWNFIELD

WE BELIEVE THAT FAITH IN GOD GIVES  
MEANING AND PURPOSE TO HUMAN LIFE;  
THAT THE BROTHERHOOD OF MAN TRANSCENDS  
THE SOVEREIGNTY OF NATIONS;  
THAT ECONOMIC JUSTICE CAN BEST BE WON BY  
FREE MEN THROUGH FREE ENTERPRISE;  
THAT GOVERNMENT SHOULD BE OF LAWS  
RATHER THAN OF MEN;  
THAT EARTH'S GREAT TREASURE  
LIES IN HUMAN PERSONALITY; AND THAT  
SERVICE TO HUMANITY IS  
THE BEST WORK OF LIFE

The Lansing Jaycees is an organization of people ages 21-40 which promotes leadership training through community service. We meet the first Tuesday of each month at 7 p.m. (social hour from 6-7 p.m.) at Tripper's Bar and Grill in the Frandor shopping plaza. Visit our website, [www.lansingjaycees.org](http://www.lansingjaycees.org) for more information.



## Your 2013 Board of Directors

The BOD meets on the last Monday of each month at 6 p.m. at Spartan Printing, 15551 S. US Highway 27, Lansing. All members are welcome.

### President:

Abby Siegel [queenpetunia@hotmail.com](mailto:queenpetunia@hotmail.com)

### Chair of the Board:

Lauren Leeds [lleeds823@gmail.com](mailto:lleeds823@gmail.com)

### Membership VP:

Charlie Root [croot80@gmail.com](mailto:croot80@gmail.com)

### Individual Development VP:

Ilona Hajdar [ihajdar@gmail.com](mailto:ihajdar@gmail.com)

### Community Development VP:

Ruthi Dake [ruthilovesyou87@gmail.com](mailto:ruthilovesyou87@gmail.com)

### Management VP:

Kris Dezelski [dezelskik@gmail.com](mailto:dezelskik@gmail.com)

### Management Director:

Jessi Wortley Adler [jessicawortley@gmail.com](mailto:jessicawortley@gmail.com)

### Treasurer:

Sheryl Soczek [soczek@msu.edu](mailto:soczek@msu.edu)

### Secretary:

Eric Richmond [edr@thelastbyte.com](mailto:edr@thelastbyte.com)

### Director-at-Large:

Nick Horstman [nhorstma@msufcu.org](mailto:nhorstma@msufcu.org)

A note from the Capitol Correspondent Editor:

Thanks to the contributors of this newsletter:

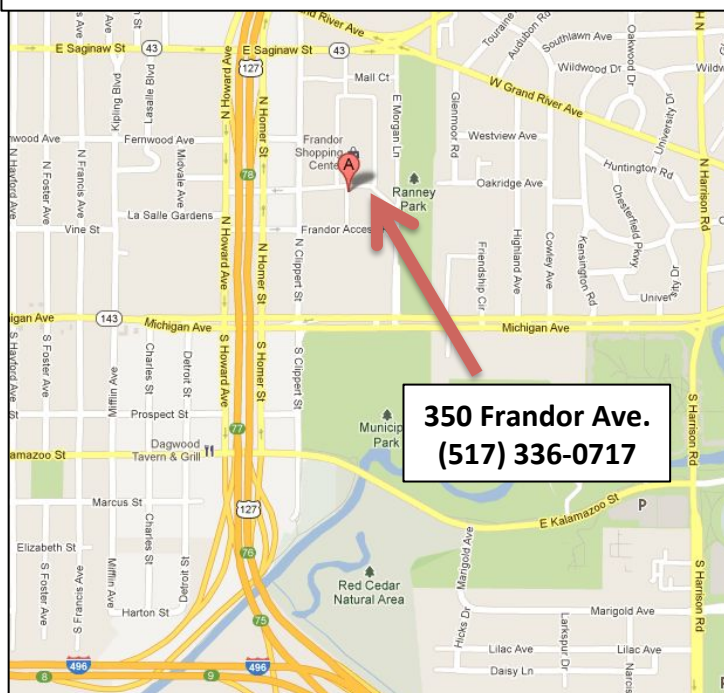
Abby Siegel, Nick Horstman, Charlie Root, Lauren Leeds, Ruthi Dake, Sheryl Soczek, Kris Dezelski, and Carrie May

**ANYONE CAN BE AN AUTHOR!**

Please submit your articles, photos, or ideas for future newsletters to: Eric Richmond

[edr@thelastbyte.com](mailto:edr@thelastbyte.com)

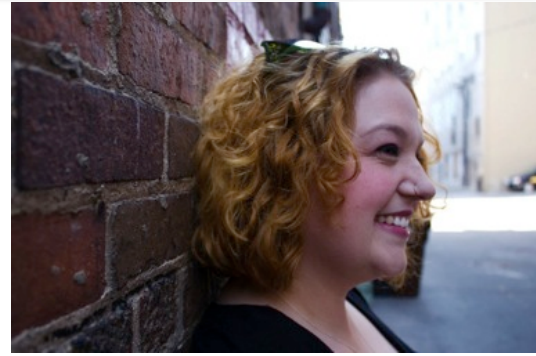
**Join us for our monthly membership meeting at Trippers! Every first Tuesday of the Month at 7 p.m.**



## PRESIDENT'S REPORT

### Learning Without Success

Last month, my friend Dana Martinez and I took a little trip to a place called Go Ape in Indianapolis. It was an adventure course that included five zip lines and scores of obstacles through the trees in the Eagle Creek Park.



Abby Siegel [queenpetunia@hotmail.com](mailto:queenpetunia@hotmail.com)

The most nerve-wracking part as we were getting ready to get on the course was knowing I was going to jump (or fall, more likely) out of a perfectly good tree! What I wasn't prepared for was the incredibly strenuous climb up the rope ladders - plural. After all, in the frequently asked questions on the Go Ape website, it mentioned having the ability to climb up a rope ladder - singular. We didn't know there were five rope ladders on the course, separated by paths through the treetops, concluding in a zip line ride down to the ground. Each one of the ladders was about 15 or 20 feet high. The first stage's ladder put us up on a platform with one wooden bridge to cross, one Tarzan swing and a net to walk through. Then the zip line. The lesson learned there was "Gravity takes care of it." It was fast and it was fun.

Stage Two's rope ladder took off two of my nails, one right down to the quick. I was unbalanced going up and I ended up falling off. The obstacles were more challenging, but I felt safe, and was having fun. And once again, gravity took over on an awesome zip line.

By Stage Three, I was tired and hot. I am not in the best of shape, I'll be the first to admit, and this was taking a lot out of me. But I made it to this stage, and I felt more confident about myself. I was getting the method down of always having myself hooked in to either the platform's tree, or the cables running above my head on an obstacle. I was feeling like, even though I'm not in great shape, I was learning about moving my body in what is certainly not my natural habitat. (We Siegels are not tree dwellers).

It was Stage Four when I had to call it quits. My legs were getting weak and shaky, my back really started to scream as I was on my way up that rope ladder. I ended up climbing down the ladder and walking underneath watching and cheering Dana on as she finished up the remaining Stages.

This is where the lesson comes in. Any project or adventure may not end up the way you think. As long as there is something you have learned from the experience, nothing is ever lost by trying something new. My take-away from Go Ape is a challenge to get myself healthy and go back and show those rope ladders who's boss!



## WELCOME NICK HORSTMAN TO THE 2013 BOARD OF DIRECTORS AS A DIRECTOR-AT-LARGE!



Nick Horstman

[nhorstma@msufcu.org](mailto:nhorstma@msufcu.org)

Attending a Lansing Jaycee Board Meeting can be an enlightening experience. It is a good way to learn what goes on behind the scenes and the process of how decisions are made that affect the entire group. I was fortunate enough to attend a few of these meetings as a non-voting member and was shocked at how open the format was. At any point I was able to interject or ask questions for clarification along with adding my own personal input. I would encourage anyone

interested in learning more about the Jaycees or curious about the decisions being made to attend these monthly meetings, after all they only take a few hours a month. These few hours are easily worth it for a better understanding of upcoming events and opportunities, to get involved, and to boost your own personal resume. Also, if you feel like you would like to join the board, it is encouraged to attend as a way to familiarize yourself with what work goes into the position. So if you are looking to become more involved with Jaycees, look to attend a board meeting in the coming months!



### Meet Your Director-at-Large, Nick Horstman!

Occupation: Business Service Specialist 1, MSUFCU

Relationship Status: Dating

Dream Job: Financial Planner

Favorite Movie and/or book: The Dark Knight Rises and Skyfall / Onward

Do you have any pets? A cat named Nala

Favorite Food: Italian

Favorite Game or Sport: Baseball

First car: Red Blazer

Why I joined the Jaycees: To meet new people

Random Fact: Broke nose in two directions

### May Birthdays

Michael Castelein

Ruthi Dake

Melissa Horste

Samantha Keeney

Michael Leeds

Angela Mills

Adrienne Woodward

### May Membership Anniversaries

Lauren Kenczyk

Ashley Meyers

Laura de la Rambelje

Karin Root

Zachary Taylor

## UPCOMING EVENTS

### Management

#### Newsletter Submissions:

Contact Eric Richmond <edr@thelastbyte.com>

June deadline – Mon, June 10

July deadline – Mon, July 15

#### Board of Directors Meetings: Abby Siegel

<queenpetunia@hotmail.com> – *Mon, June 24, July 29,*

*August 26, 6:00 p.m. – Spartan Printing, 15551 S. US Highway 27, Lansing.*

#### Bylaws Review Committee: Carrie May

<carriemay@aol.com> - *Wed, May 29, 6:30-8:45 p.m. –*

*Carrie May's place, 1804 Peppertree Ln., Lansing.*

Help us refine our chapter bylaws for future generations.

#### Texas Hold'Em: Kris Dezelski <dezelskik@gmail.com> -

*June 10, 11, & 12, 11:30 a.m. – 2:15 a.m. – Trippers, 350 Frandor Ave., Lansing.*

Help the chapter out with our largest fundraiser by signing up for a shift! No poker knowledge necessary, this is to handle chips and cash only.

### Individual Development

#### Knitting Circle: Melissa Horste

<melissa.emily.horste@gmail.com> – *Tues, May 28, June 11, June 25 – The Avenue Café, 2021 E. Michigan, Lansing.*

The knitting circle will meet every second and forth Tuesday evening. Project Committee members will provide instruction, assistance, and materials to new knitters. Come join us!

### Membership

#### General Membership Meeting (GMM): Abby Siegel

<queenpetunia@hotmail.com> – *Tues, June 4, 6:00-8:30 p.m. – Trippers, 350 Frandor Ave, Lansing.*

#### Softball Games: Charlie Root <croot80@gmail.com> –

*Mon, June 3, 10, 17, 24, July 8 – Nancy Moore Park, 1960 Gaylord C. Smith Ct, Okemos.*

Come out and cheer on the Lansing Jaycees Softball team! Or if you're interested in playing, just let Charlie know. Game times vary, check our website for specifics.

#### Impression 5 Visit: Charlie Root <croot80@gmail.com> –

*Sat, June 15, 11 a.m. – 1 p.m. – Impression 5 Science Center, 200 Museum Drive, Lansing.*

We will be taking a little time to visit the Impression 5 Science Center. There are all kinds of fun science exhibits for children of all ages.

#### Lansing Lugnuts: Charlie Root <croot80@gmail.com> –

*Thurs, June 27, 7:00 – 10:00 p.m. – Cooley Law School Stadium, 505 E. Michigan Ave., Lansing.*

Root, root, root for the home team as the Lansing Lugnuts take on the Fort Wayne Tin Caps!

### Community Development

#### 7<sup>th</sup> Annual Hawk Island Triathlon: Ruthi Dake

<ruthilovesyou87@gmail.com> – *Sun, June 2, 5:30 a.m. – 3:00 p.m. – Hawk Island Park, 1601 E. Cavanaugh, Lansing.*

The Hawk Island Triathlon provides an outstanding experience for 800 triathletes of all skill levels as they swim, bike, and run through our community. We are gathering volunteers to help with this event.

#### Relay For Life: Ruthi Dake <ruthilovesyou87@gmail.com>

– *Fri, June 7, to Sat, June 8, 2:00 p.m. to 2:00 p.m. – Lansing Catholic High School, 501 Marshall St., Lansing.*

Our chapter is once again participating in the American Cancer Society's 24-hour walk-a-thon. Please join us for some or all of this great event!

# WE CAN'T WAIT TO SEE YOU OUT THERE!

## CHAIR OF THE BOARD REPORT



Lauren Leeds  
[lleeds823@gmail.com](mailto:lleeds823@gmail.com)

### Why I Relay

My father died on the third day of my sophomore year in college – nearly 18 years ago. Come Aug. 31, 2014 he will have been dead the same number of years of my life that he was alive. It was really hard to not have him there for my college graduation, my wedding and if I am ever lucky enough to have children – to meet his grandchildren.

When I met my husband Michael and things starting looking serious, I was really excited about the prospect of his dad being my father-in-law. At that point in my life, I had been without a father for 11 years and Doug Leeds is a really easy-going, unflappable guy. I looked forward to him being my “dad.”

A little more than a year after Michael and I became husband and wife, we got the news that Doug had been diagnosed with stage four lung cancer. For those of you who may not be up-to-date on the survival statistics of patients diagnosed with stage four lung cancer, at five years the survival rate is 50 percent. Half the patients diagnosed with stage four will still be alive and half have lost their battle against this terrible disease.

I was instantly afraid of losing him too. Afraid of having to watch my husband lose his father, of thinking of our possible future children having to grow up like I did – not having ever known either of my grandfathers because they passed away before I was born. While I was scared of what I would learn, one of the first things I did after we learned about his diagnosis was to visit the American Cancer Society (ACS) website to learn everything I could about the disease my father-in-law and his entire family would fight.

I’m happy to report that with treatment, six years later Doug is still with us – still making me smile at all the family holiday get togethers, still there for Michael to call when he has a home repair question, still there for me to look up to as a surrogate father.

I’m not sure what I would have done without the tremendous resource that is ACS’ website: [www.cancer.org](http://www.cancer.org). That website was a wealth of information for me during a very scary and difficult time.

If you’re wondering why I participate in Relay for Life, I relay because of my “dad” Doug and for all the other cancer patients and their family members who need information to fight back against cancer. I believe that knowledge is power and I want to make sure that the ACS can fund research to learn more about cancer and one day find a cure, but I also want to make sure its website is there for others like it was there for me.

I hope you consider participating in or donating (or both!) to the Lansing Jaycees’ Relay for Life Team. By joining together we can feel empowered and we can work toward the goal of creating a world where people like Doug have more birthdays.

## MEMBERSHIP REPORT



### US Jaycees Renewal Policies



Charlie Root [croot80@gmail.com](mailto:croot80@gmail.com)

Hello again everybody. Many of you may have already received some renewal notices this year, and some of you may have wondered at the due date being a month before your join month. So, I'd like to explain a little bit about the US Jaycees' renewal policies.

All member dues payments are due to the US Jaycees by the final day of the month before each member's join month. So, if you joined the Lansing Jaycees in May, your payment is actually due by April 30th. It's done this way so the month is started off with dues paid in full. Any dues payments that come in after the due date are charged a \$5 late fee. The Lansing Jaycees do not pass that charge on to their members, but please keep that in mind as you are preparing to renew.

If a payment is not made by the end of a member's join month, then that member will be dropped from the US Jaycees roster. You may not necessarily be dropped from the Lansing Jaycees or the Michigan Jaycees rosters, but the US Jaycees will automatically drop you. If this happens you will get an exit survey from the US Jaycees, but this still does not necessarily mean that you have been dropped from our roster.

I would be happy to answer any questions that you may have. So, feel free to contact me if you would like to discuss this in greater detail.



# COMMUNITY DEVELOPMENT REPORT



Community VP Ruthi Dake  
[ruthilovesyou87@gmail.com](mailto:ruthilovesyou87@gmail.com)



The Lansing Jaycees formed a team to raise money for the Big Brothers, Big Sisters program through "Bowling for Kids Sake." The team joined other Lansing Area organizations and bowled for a cause! All proceeds went to Big Brothers, Big Sisters, and benefits the great mentoring program that has helped so many children in need.

Each time Big Brothers Big Sisters pairs a child with a role model, they start something incredible: a one-to-one relationship built on trust and friendship that can blossom into a future of unlimited potential.

Researchers found that after 18 months of spending time with their bigs, the Little Brothers and Little Sisters, compared to those children not in the program, were: 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol, 52% less likely to skip school, 37% less likely to skip a class, and 33% less likely to hit someone. They also found that the Littles were more confident of their performance in schoolwork and getting along better with their families.

I am very proud of our chapter for making a difference in the lives of our troubled youth, and helping our community take the needed steps to their successful future by supporting such a great organization!

The Noodles and Company fundraiser was a great success! The Lansing Jaycees Relay for Life team was able to raise an awesome amount of money for the American Cancer Society! Great job team! Also thank you to Jill Blust for stepping up as co-chair for this amazing event! Thanks Jill!

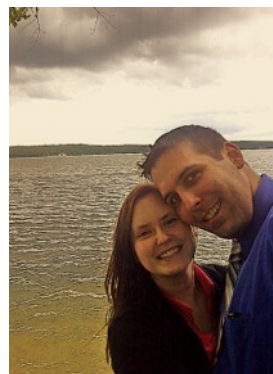
During the May GMM a 50/50 raffle was not conducted, instead there was a luminaria sale. Luminarias are a part of a very awesome ceremony at Relay for Life. During Relay, the walking areas are lined with Luminaria bags, and the words Hope and Cure are written out on the school bleachers with them. Each bag is dedicated to a person, a group of people, or just decorated however one likes, and when you purchase a luminaria you get to choose who that bag is dedicated to or how it is decorated. The entire ceremony is extremely tear jerking, and makes you have warm fuzzies all over! Purchasing a luminaria is easy. All you have to do is contact Ruthi Dake at [ruthilovesyou87@gmail.com](mailto:ruthilovesyou87@gmail.com) or Jill Blust at [hellokittyjilly@aol.com](mailto:hellokittyjilly@aol.com). We are asking for a donation of at least \$5.00 per bag. Trust me, it is worth it. If you have never seen a luminaria ceremony, this year could be your first! Remember, Relay for Life is June 7<sup>th</sup> and 8<sup>th</sup>! I hope to see you there!





## RUTHI'S 24 HOUR MISSION (PAGE 1 OF 3)

Everyone has a reason they spend 24 hours walking around a track, 12 months lobbying for funds, and scheming awesome fundraisers to raise money for the American Cancer Society. Cancer is so widespread that almost everyone has been touched or has seen the effects. That's where this article comes in. I am raising money for the American Cancer Society by doing a 24 hour walk-a-thon at the Relay for Life event. People ask me all the time why I relay, and I always say for a cure. It is because I myself have felt the hand of cancer, and every day I sat in chemotherapy, all I prayed for was a cure.



Ruthi Dake & Nick Alt

In February of 2011 I was diagnosed with stage 2B cervical cancer, which means that the cancer had spread beyond my cervix to the outer tissues of my uterus wall. During my treatments I didn't have a car. My main form of transportation was the city bus, and with a weak immune system, taking the bus isn't always a good idea. Did you know that the American Cancer Society has a program called "Road to Recovery?" They transport patients to and from appointments and treatments. Yeah, and they have several other programs as well such as:

- **Man To Man** – an educational and support program that helps men and their families cope with prostate cancer.
- **I Can Cope** – a series of educational classes for people with cancer, their families and friends. I Can Cope provides support in learning to cope with cancer.
- **Look Good...Feel Better** – helps to restore the emotional balance of cancer patients who may have experienced the physical changes that can occur as a result of cancer treatments. Professional cosmetologists and hair stylists offer advice and tips for coping with hair loss and skin changes.
- **Reach to Recovery** – provides support for women dealing with the emotional and physical effects of breast cancer.

The American Cancer Society also has many facilities called Hope Lodges. These are homes away from homes for people going through treatments and are located near major and top medical treatment facilities. The mission of these homes are to cut the cost of transportation and lodging while going through treatments that are not near your home, similar to the Ronald McDonald House, and there is one in Grand Rapids!

With that being said, when you donate to the American Cancer Society, you aren't just funding cancer research, you are funding all the patient services they offer, and continue the process of hope. You give someone the chance to celebrate another birthday by helping cut the major costs associated with treatments, and you give someone the opportunity to feel beautiful when the world feels like it is crashing all around them.

What can you do to help? I thought you would never ask! All you have to do is sponsor me in my walk-a-thon! With a sponsorship, you also will have your name printed on my walker t-shirt, recorded on my relay page for all to see, mentioned in the July Lansing Jaycees Newsletter, and could win some pretty fun prizes. All sponsorship registrations are required to be turned in before the event. All prize hour winners will receive their prize at their choice of time and day. All record keeping will be verified. All guesses will not be seen until after the event.

## RUTHI'S 24 HOUR MISSION (PAGE 2 OF 3)

Hour	Sponsorship
1	Penny Walk. Sponsor me by the penny for each step I take. Steps will be recorded by a pedometer courtesy of Walgreens Pharmacy.
2	Strength Walk. I will do a pushup after every lap around the track. Sponsorship for this hour is \$10.00. For \$10.00 you guess how many pushups I will do, and the person who guesses closest to the correct number will win two dozen homemade cupcakes valued at \$19.99.
3	Lap Happy. For \$10.00 you guess how many laps you think I will make, and the person who guesses closest to the correct number will win two dozen cookies with ingredients of your choice valued at \$19.99. Laps will be recorded by lap beads.
4	Basket Case. For \$10.00 you guess how many times I will bounce a basketball during my first lap. The person who guesses closest to the amount of bounces wins the basketball used at the event signed by the entire Relay for Life Team, valued at \$29.99.
5	Skip for Science. For \$5.00 you guess how many times I will skip on a jumping rope during my first and last lap of the hour combined. The person who guesses closes to the amount of skips, wins two free passes to the Impressions 5 Science Museum valued at \$10.00.
6	Ring Around the Rosie. During this hour you can sponsor me by the lap, monetary value of your choice (i.e., penny per lap, nickel per lap, dime per lap).
7	Caffeine Addict. For \$5.00, you guess how many cups of coffee I will drink during the entire event. The person who guesses closest to the number will win a \$10.00 gift card for Biggby Coffee.
8	Tweet and Greet. Sponsorship for this hour is \$5.00. During this lap I will tweet you for an entire hour and answer embarrassing questions, post silly pictures, give relay updates, and more. You name it and I will do it... within reason of course, and PG-13 rated. @ruthilovsyou
9	Lap Time. For \$5.00 you can guess how long you think it will take me to make one lap. The person who guesses closest to the correct first lap time wins a Hello Kitty watch valued at \$10.00.
10	The Art of Walking. Sponsorship for this hour is \$20.00. Anyone who sponsors this hour will receive a custom painting from yours truly =) Valued at \$50.00 or more.
11	Soul Searching. Sponsorship for this hour is \$10.00. I will write a song for anyone who sponsors this hour. Valued at priceless!
12	Letters from a Friend. Sponsorship for this hour is 10.00. Anyone who sponsors this hour will receive a letter from me every week for a year.

To register to be a sponsor for any of these hours, all you have to do is contact Ruthi Dake at [ruthilovesyou87@gmail.com](mailto:ruthilovesyou87@gmail.com). Thank you so much for your help!

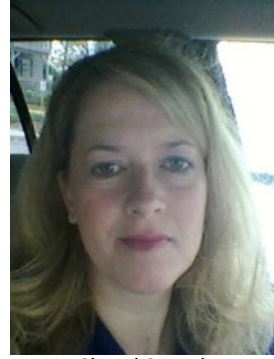
# RUTHI'S 24 HOUR MISSION (PAGE 3 OF 3)

Hour	Sponsorship
13	Run Away with Me. Sponsorship for this hour is \$15.00. I will run a 5K with anyone who sponsors this hour.
14	A Pocket Full of Posies. Sponsorship for this hour is \$10.00. I will plant flowers for anyone who sponsors this hour.
15	Penny Walk Take 2 – You can sponsor me by the penny for every step during this hour. Steps will be recorded by a pedometer courtesy of Walgreens Pharmacy.
16	Spider Crawl. Sponsorship for this hour is \$5.00. Anyone who sponsors this hour will receive a baby spider plant. Valued at \$9.99.
17	A Piece of Cake. Sponsorship for this hour is \$15.00. Anyone who sponsors this hour will have a cake baked for them, flavor of their choice! Valued at \$19.99.
18	It's in the Books! Sponsorship for this hour is \$5.00. No strings attached.
19	Cupcakes without Guessing. Sponsorship for this hour is \$15.00. Anyone who sponsors this hour will have cupcakes of their choice baked for them. Valued at \$19.99.
20	Wrapped in Love. Sponsorship for this hour is \$15.00. Anyone who sponsors this hour will receive a hand painted fleece scarf.
21	How Far? Sponsorship for the last lap is \$10.00. For \$10.00 you can guess how many steps were taken over the 24 hour period of time. The person who guesses the closest number will receive a \$25.00 gift card to the store or restaurant of their choice.
22	Hours 22, 23, and 24 are considered to be the "Celebrate, Remember and Fight Back" Laps. Out of respect, I will not fundraise during these laps, but steps will still be counted.
23	
24	

To register to be a sponsor for any of these hours, all you have to do is contact Ruthi Dake at [ruthilovesyou87@gmail.com](mailto:ruthilovesyou87@gmail.com). Thank you so much for your help!



## TREASURER REPORT



Sheryl Soczek  
[soczek@msu.edu](mailto:soczek@msu.edu)

**WARNING** – This article may make your skin crawl!

*Continued from the April 2013 Capitol Correspondent.*

Thank you to the February 22, 2013 issue of “All You” magazine for this wonderful information on what you should clean but maybe don’t. Follow the helpful hints to fix the problem areas below.

**Computers:** Computer keyboards harbor five times the bacteria found on the typical toilet seat. They are washed less and germs such as E. coli can live on the hard surface for weeks. Recommendations are to unplug your computer and or devises when you clean them, but why not live dangerously? Try the following to keep them clean:

- Remove dust and debris by bushing the keyboard with a soft-bristled paint brush or similar brush. Compressed air may also do the trick but it is more expensive.
- Suck up the dirt and other objects (food crumbs) with a vacuum.
- Pour a small amount of rubbing alcohol onto a rag and whip down the keys and mouse. A Q-Tip can help with those hard to reach places.
- Your computer could be just as bad so make sure to wipe that down too.
- On a daily basis you can use a disinfecting wipe every day.

**Sinks & Drains:** The kitchen sink has the second-highest concentration of microorganisms in the home and should be cleaned at least once per day.

- Nightly wipe down the entire sink, drain and every other item that is part of your kitchen sink setup with a disinfecting wipe.
- Items that are able to be placed in the dish washer like the strainer should be washed each week in the dishwasher.
- Once a month to keep your sink clean you should pour 1 cup of bleach down the drain and flush with hot water.
- Those with a septic system should pour ½ cup of baking soda down the drain followed by a 1 cup of vinegar (remember the volcanos you made in elementary school?) and finally rinse with a pot of boiling water.

**Purses:** Can contain various germs and bacteria (typically on the bottom of them) to include E.coli and coliform. The best way to avoid this is not to put your purse on the floor, kitchen counters, tables or beds (not sure what else is left). However if you must, follow the next few tips to keep your purse healthy.

- Wipe away germs on vinyl or plastic bags with a disinfecting wipe.
- For cotton bags, machine or hand-wash I hot water and air dry.
- Use alcohol-free baby wipes on leather bags (make sure to test spot first).



Happy cleaning!

## Why I Relay – by Kris Dezelski, Management VP

I relay because of my mother in law, Sharon Larner. Sharon first suffered from cancer back in 1996. Sharon had Liposarcoma, a rare form of cancer. Sharon had successful surgery to remove the tumor but lost one of her kidneys due to the mass having engulfed the organ.

The cause of Liposarcoma is unknown. Liposarcoma can occur in almost any part of the body, but more than half of liposarcoma cases involve the thigh, and up to a third involve the abdominal cavity. Liposarcoma tends to affect adults between the ages of 40 and 60.

Sharon was free of cancer for 11 years until 2007 when she had another occurrence of Liposarcoma. Once again Sharon had successful surgery to remove the tumor. Following the surgery she endured months of Chemotherapy and Radiation therapy, as well as multiple CT scans checking for reoccurrence.

In 2010 Sharon once again was diagnosed with another tumor. This time she had a tumor that was close to her heart, the family traveled to MD Anderson Cancer Center in Houston, Texas. MD Anderson is one of the finest cancer centers in the country and one that specializes in sarcomas including liposarcoma.

Sharon's final battle with liposarcoma began in 2012. She once again went to Texas for surgery as the tumor was close to her other and only remaining kidney. In August she had surgery in attempt to remove the tumor. The surgery was unsuccessful, the tumor had engulfed the kidney, making removal impossible.

Right before Christmas, Sharon went into the hospital due to complications with cancer. She spent the next two months in and out of the hospital dealing with these complications before realizing that that there was nothing additional that could be done for her medically. Sharon and family decided it was time for the final step, and Sharon was admitted to hospice. Sharon spent over 5 weeks in hospice before circling to cancer on April 21, 2013.

During the final 5 weeks one of her family members was at her side for every minute possible. Family members took shifts, spending day in and day out by her side. We shared many great memories during this time.

During her time at hospice, Sharon was able to work with a ghostwriter to compile final letters to each of her family members and in one of those letter she summed it up very beautifully when she

said, "You know, when you look at your tombstone, its not just about the day you were born and the day you died, or how many letters were in your name. It is what is between the first name and second name that really counts, that really matters. That is where your life story is written. What did you do with your life? How did you spend your time? Did you make your life better? Were you selfish? So when you think about your name when all said and done, what do you want those letters in the middle to say about you?"

That is why I relay. I love you Sharon.

Sharon Larner and Nikki Dezelski



## ***DID SOMEONE SAY BEER BUS?!?***



The rumors are true! The Lansing Jaycees are planning a Beer Bus. So please save the date – **Saturday, September 28.**

Buying a ticket to the Beer Bus gives you the opportunity to travel in style in a chartered bus as we travel to several Michigan microbreweries. You can bring food and beverages on the bus, and there will be on-board entertainment provided. We often arrange tours at the breweries so that you can learn about the brewing process or ask questions of the business owners. The Beer Bus also gives you the opportunity to sample local beer! This is the perfect event for the connoisseur as well as those new to the craft beer experience.

We are still in the planning process, so if you are interested in helping out, watch for an invite to the next planning committee. Or, contact Carrie May ([carriemmay@yahoo.com](mailto:carriemmay@yahoo.com)), Chair of the Board Lauren Leeds ([lleeds823@gmail.com](mailto:lleeds823@gmail.com)), or your Membership Development Vice President Charlie Root ([croot80@gmail.com](mailto:croot80@gmail.com)).

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