



Multi-County Cancer Support Network, Inc.

Bedford, Coffee, Franklin, Grundy, Lincoln,
Marion, Moore, Warren

Volume 30

Number 7

July 2024

OFFICERS

Terry Tucker, President
Carol Davis, Vice President
Dr. Navid Monajjem, Secretary
Linda Goodman, Treasurer

DIRECTORS

Barney O'Keefe - 2026
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Robert Bailey - 2024
Dottie Darnell - 2026
Barbara Lucas - 2026
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Cile Alexander - 2025
Dan Marshall - 2025
Ashley Brock - 2025

REPRESENTATIVES

Brandi Henley - Grundy County
Joan Davis - Marion County

MCCSN is a registered section
501 (c) (3) nonprofit organization

Administrative Director: Tracy Sparks
Office Assistant: Linda Goodman

Office Hours:

8:00 a.m. - 11:30 a.m.
12:30 p.m. - 4:00 p.m.
Tuesday, Thursday, Friday

Mailing Address:

P. O. Box 633, Decherd TN 37324

Office Address:

501 W. Broad Street
Decherd, TN

Contact Numbers:

931-967-0904
Fax: 931-967-0920

Website: www.mccsn.org

E-mail: mccsn501@att.net

Associate Newsletter Volunteer: Open

Newsletter published periodically with
exception of January, also available
on the website.

31st Annual



Friday, September 13, 2024, will be here before we know it. There are ways to begin preparing for this very special event. It is never too soon to get teams organized. We hope you will participate in the tent decorating contest. The theme this year is "Together We Walk." Plaques will be given to the team with the best decorated tent, first team to sign up and pay in full, team with most contributions, and most in fundraising. Make sure to include your team t-shirt size for each member.

Deadline for team names, memorials, and honorariums to be shown in the Walk-A-Thon booklet is August 22nd.

Sponsorship forms are due by August 13th. Sponsorship levels are: Platinum - \$2,000, Gold - \$1,200, Silver - \$700 and Bronze - \$300.

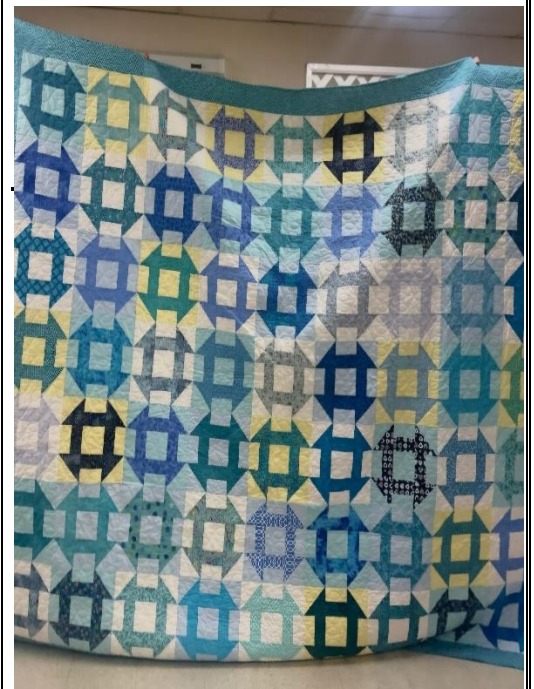
Candle, survivor, and team forms are on our website, www.mccsn.org or can be picked up in our office. Team packets have been mailed. If you did not receive a team packet and want one, please call the office at 931-967-0904.

The Circle of Light candles are given by MCCSN in memory of cancer patients who have passed since the last Walk-A-Thon. If you know of anyone who should be included in the Circle of Light, please contact the office no later than August 16th.

Silent auction items are being collected now. If you have a donation, please call the MCCSN office.

"Dash for a Cure"

The Winchester Material Girls Quilt Guild has constructed a large scrappy churn dash quilt for the MCCSN Walk-A-Thon in September. Colors feature cool blues, turquoise and yellow on a white background. The quilt is bordered by a modern geometric print that updates this timeless churn dash quilt block that would be a beautiful addition to anyone's home. Soft pastel tulips are featured on the backing of this quilt, with edge-to-edge quilting that would be lovely on a king size bed. Quilt size is 115" x 92". Tickets are \$1.00 each. Tickets are available from Material Girls Quilt Guild members, at the MCCSN office, MCCSN Board Members, and at the Walk-A-Thon. In August, the quilt will be displayed in the gift shop of Southern Tennessee Regional Health Systems Hospital in Winchester, where tickets will also be available.



Franklin County High School raises \$15,250 for MCCSN from FCHS Pink-Out fundraiser



Pictured: Top and bottom rows are FCHS students who participated in the Pink-Out fundraiser. Middle row, left to right: FCHS Librarian Rachel Brown, FCHS Principal Roger Alsup, MCCSN Administrative Director Tracy Sparks and MCCSN Treasurer Linda Goodman.

Lakewood Ladies Golf Association donates \$1,295 from Charity Golf Tournament



Pictured left to right: LLGA member Becky Waggoner, MCCSN Vice President Carol Davis, MCCSN Administrative Director Tracy Sparks, LLGA members, Carolyn Niemiller, Betty Hand, Trisha Gordon, Kathy Bierl, Lisa Layton, Wanda Cope, June Brewer, Jennie Duncan and Jamie McNabb.

MCCSN Prayer list: Please pray for each person listed and their families. Names are in bold print when first added. If you have asked to be on the prayer list and your name does not appear below, or you would like to add someone to the prayer list, please email mccsn501@att.net with your request or call MCCSN office (931/967-0904).

<p>Bedford</p> <p>Jacqueline Cantrell Karina Flores Charlotte Garrett Carolyn F. McCroskey Kiana Pendergrass James Price Diana Prince</p> <p>Coffee</p> <p>Madison Barnett Suzanne Boals David Bolt Deborah Clayton Larry Davis Larry Elkins Perry Godfrey Gary Mahaffey Danielle Phillips Teresa Stewart Joyce Thompson</p>	<p>Franklin</p> <p>Herman Acklen Melisa Ballard Gloria Beard Susan Elliott Kristina Farris Brenda Hall Andy Hill Dickie Hollis Mark Hughes James Ingle Bill Keller Rickey Lukehart Carolyn Payne Dwayne Miller Tina K. Robinson Edith Scott Marylyn Short Ellen Steadman Earl Stoutzenberger Jim Tipps Pepply Zeman</p>	<p>Grundy</p> <p>Johnny Bray Ethelene Burnette Kathy Campbell Russell Fountain Rebecca Gibbs D. Jane Hampton Tammy Hargis Vickie Hill Neil James Brenda Layne Wendy Lockhart Norman Meeks Jennifer Parmley Doris Patrick Charles Shrum Dola Shrum Bessie D. Totherow Jeffery Vanderploeg</p>	<p>Lincoln</p> <p>Steven Bailey Jane Bradley Sherry Cagle Anthony Carter Connie Carter Chris Counts Ruby Cowan Roxane Halburg Kimberly Johnson Shirlie Mearse</p> <p>Marion</p> <p>Deborah Christian Alicia Elmore Johnnie Fritts Brittney Griffith Natasha Johnson Gary Kimber Lasenia Ladd Pamela McCune Marty Webster</p>	<p>Moore</p> <p>JL Bunn Jeffery Burton April Charlton Vickie Farrar Amanda Holt Stovall Chip Swann</p> <p>Warren</p> <p>Jeffery Borren Sunshine Clem Kurtis Grubbs Emily Knowles Pam Minton Russell Montandon Gwendolyn Robles Tony Terrell Kellie Thaxton Stephen Weeter</p> <p>Out of State Bobby Clark (Indiana)</p>
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Memorials

William Bean
by Jean Bean

Helen Fry
by Mary Bennett

Helen Latham
by Huntland High School Friends &
Classmates of classes 1960,
1961 and 1962

RB Ray
by Delca Ray & Family

Cancer Survivor Stories

Every cancer survivor has a story – one filled with fear, hope and courage. While survivors have many things in common, no two journeys are the same. Hearing someone else's story can often ease the burden of this disease, and even inspire the passion to keep fighting. MCCSN puts together a Tabloid that does just that. It will come out around Walk-A-Thon time. If you would like to share your story with others, contact Tracy or Linda in the office at 931-967-0904. We look forward to hearing from you.

"Let us be grateful to people
who make us happy.
They are the charming gardeners who
make our souls blossom."
– Marcel Proust

Pack the Park Car Club Donates \$746



Pictured left to right: MCCSN
Administrative Director Tracy Sparks
and Pack the Park Car Club President
Sherrie Sons

Deepest Sympathy

To the families who have lost loved
ones including the families of:

Helen Latham
Franklin "Quinn" Lightfoot



"Be joyful in hope, patient in
affliction, faithful in prayer."
-Romans 12:12 NIV

DONATIONS

David Baldovin
Louis & Lesa Baltz
Russell & Debra Barnett
Dennis & Kathy Bierl
John & June Brewer
Michael & Deborah Clingenpeel
Steve & Wanda Cope
Dechard Presbyterian Church
James & Jennifer Duncan
Darrell & Jean Gibson
Dirk & Patricia Gordon
Betty Hand
Lakewood Ladies Golf Association
Mark & Lisa Layton
Joyce Moore
Stan & Jamie McNabb
Carolyn Niemiller
Pack the Park Car Club
Alice Risner
Lincoln Rogers
James & Susan Sain
Sequachee Valley Electric Cooperative
Smith Chapel United Methodist Church
T & W Sales Company
Guy & Rebecca Waggoner

Thank you for caring and
your generosity!

"Courage doesn't always roar.
Sometimes courage is the little voice
at the end of the day that says
I'll try again tomorrow."
-Mary Anne Radmacher



Notes of Appreciation

Thank you all so much for helping with
bills and gas money when my husband
was going through treatments. We
appreciate everything you guys do!

Much love,
Jennifer & Tony Terrell

Thanks for all you do to support cancer
families. You are an inspiration.
Kathy Bierl

July is
SARCOMA
AWARENESS
MONTH



Sarcoma is a type of cancer that can
occur in various locations of your body.
It is a general term for a broad group of
cancers that begin in the bones and in
the soft tissues. There are more than
70 types of sarcomas.

Treatment varies depending on
sarcoma type, location, and other
factors.

Symptoms are: a lump, bone pain, a
broken bone, abdominal pain or weight
loss.

Risk factors include: inherited
syndromes, radiation therapy for
cancer, chronic swelling
(lymphedema), and exposure to
chemicals or viruses.

Treatment for sarcoma involves:
surgery, radiation therapy,
chemotherapy, targeted therapy,
immunotherapy and ablation therapy.

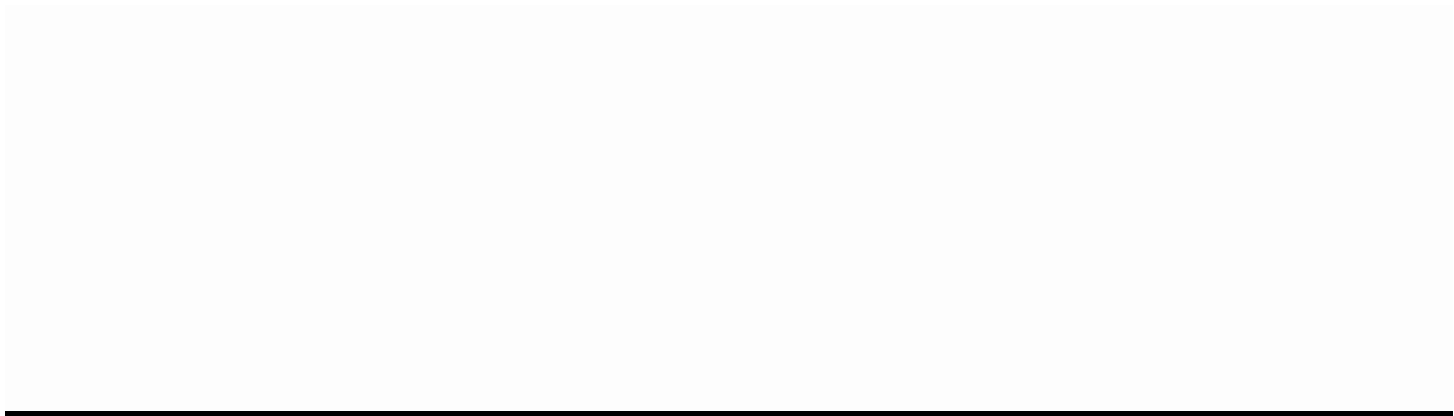
July 12 – Wear Yellow Day

Multi-County Cancer Support Network, Inc.
P. O. Box 633
Decherd, TN 37324

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US Postage
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Winchester, TN
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RETURN SERVICE REQUESTED

MAIL TO:



happy
4TH
OF July

INDEPENDENCE DAY

