

Upper Keys Relay for Life May Top \$100,000

Story & Photos by Rachel R. Peine

The field at Founders Park became a vortex of hope and triumph on Friday night, April 27, as teams gathered for the Cancer Society Relay for Life. The evening began with a lap around the track by purple-shirted survivors (see bottom photo), followed by the Key Largo School band (see photo right).

As dusk fell, luminarias were lit all around the track in memory of family and friends who are with us in spirit.

Barbara Mungovan, mother of 7, who lost a son to cancer, read a poem and played a CD from her daughter in Texas singing, "You light up my life".

The walking teams started their laps that would continue throughout the night, and people visited the booths lining the track, sampling cheeseburgers, popcorn, coffee, and barbecue.

According to Christi Allen, Event Chair, "This year was even more special to me than last year. This year there was much more help, with close to 30 teams working on the relay. The main goal was working toward a community of awareness and support. Our mission this year was to help people understand that it is completely

possible to eradicate cancer through education and prevention. Last year there was a tremendous amount of community support in terms of raising money, but there wasn't a lot of attendance. This year there was a lot of community involvement, as well as support, so it made the whole thing very special."

The Relay itself was the culmination of activities that have been going on for months to raise funds - yard sales, bake sales, and car washes, with all the proceeds targeted to cancer research. We should be very proud of the team captains who met for months and planned this event under the direction of Christi and her co-chair, Michele Beach. Funds are still coming in, and the total is expected to reach \$100,000.

The community came together as a family to demonstrate solidarity and spirit in celebration. The feeling of togetherness and love that filled Founders' Park shows what our community can do when we come together with one purpose and goal. Kudos to all who participated!

Luminaries
by Barbara Mungovan

Key Largo, Florida
Cancer survivors your dreams
have come true
we walk and sing and rejoice
with you.
We weep for those who did not
survive
and we dedicate... Relay for
Life...
to keep alive...
new treatments that now have
come a long way
and we walk and we pray for
miracles each day.

And the luminaries are lit
in honor and in memory for you
we stand here in awe knowing
all you've been through.

Some of us have to accept
what will be will be

but there is hope in the future
with each Luminary.
We remember your loved ones...
we weep for your loss
many walking in this Relay are
carrying a cross.

Those who suffered... those
who lived
those who did not survive,
we walk and we walk to keep
hope alive...
and that... Relay for Life...will
never give up the fight
we have hope... we believe... as
we stand by each light.

And the Luminaries are lit
in honor and in memory for you
we are bonded in perseverance
to make your dreams
come true.



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As Good As Your Word, Promises

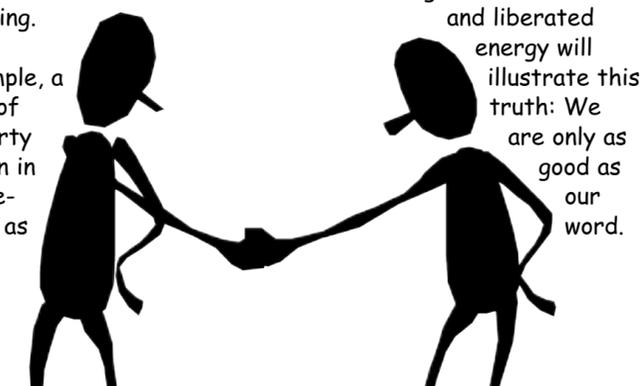
Ever since human beings could speak to one another, they have been making promises and keeping them or not keeping them. Those who keep their promises are regarded as people of integrity, while those who don't keep their promises are regarded as people who at best can't be taken seriously and at worst can't be trusted. Sometimes we forget how powerful our words are, and we use them haphazardly or unconsciously, creating expectations that are never fulfilled, leaving disappointment and distrust in our wake.

On an even deeper level, there are promises we may have made to ourselves that we don't remember because they have slipped into our unconscious. An early heart-ache may have been followed by a promisenever to trust love again. Without realizing it, we may be fulfilling that promise and wondering why our love life looks so grim. At an even deeper level, many people who recall past lives become aware that they made a promise lifetimes ago that they are still keeping.

For example, a vow of poverty taken in a lifetime as

a monk may be holding someone back from fulfilling his earning potential now. Upon realizing that we have made a promise we no longer wish to be beholden to, we can perform a ritual of requesting release from that bond. In doing so, we clear ourselves of outmoded connections and patterns, returning ourselves to a clean slate. Then we can resolve to remember that our word is sacred and to be very conscious of any promises we make to ourselves or to others.

We may ask to be released from any promises made to ourselves or others in our present, past, or future lives, consciously or unconsciously, that are holding us back from fulfilling our greatest good. We may ask that love, light, and healing be sent to any souls who have suffered from our inability to be true to our word, including ourselves. We can ask for the wisdom to do our best and from this point forward to be true to our word, promising only what we truly intend to deliver. The resulting clear conscience and liberated energy will



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