

### Preventive medicine made easy

Are you 50 and up-to-date with your screenings?

Here are the screenings you should do after turning 50:

- Colon Cancer
- Immunizations





### Cancer survivor brings comfort to UCSF pediatric oncology patients

#### Submitted by Elizabeth Dietsch

Suppiger, a Life Scout and Oakland. rank in Troop 224, is a cancer survivor who chose to give was to make 100 blankets, July. "However the doctors, over \$1,000 he needed to back a "whole big bunch" but thanks to special addi- my family and my friends make his target of 100 blanand then some, working tire- tional contributors, that goal lessly on his Eagle Scout was far surpassed. project, which took over his

calanes senior Colby hospital in San Francisco worst six months of my weekend making the blan-

Suppiger's original goal

When he was in the seventire garage and house, and enth grade, Suppiger was thing that I will never forget Lafayette. Cary Schirmer is involved over 45 people and diagnosed with lymphoma, a is my orange blanket I al- the CEO of Walnut Creek-165 hours to make 250 blan- blood cancer that was located kets for children who will be in his bone marrow. "Those undergoing chemotherapy six months were probably at UCSF Benioff Children's and will probably be the



## **10 FREE DAYS**

now offered. Wed 12:30-1:30 PM. Seniors especially

920 Country Club Drive, Moraga (925)732-9114

helped me get through the kets. Then, there was a very chemotherapy and I can't generous donation from thank them enough. Some- Cary and Stacy Schirmer of ways carried with me to the hospital. It sounds simple but my blanket gave me the feeling of safety and hope that I would be home and feel better soon."

blanket with him everywhere he went for the six months he was going through treatment – and he still has the blanket today. "I want every kid who has to go through what I went through to have their own blanket," he said. "That feeling of safety and security goes a long way."

Organized and supervised by Suppiger, Boy Scout Troop 224, Girl Scout Troops 33132 and 32913, and many parents worked closely together over one

life," Suppiger said in an an- kets. Over the past year Supnouncement to his Troop in piger successfully raised based HPG International, who felt the contribution to pediatric oncology was an invaluable cause to support. UCSF Hematology/On-

cology Department of Pedi-Suppiger said he took the atrics is "particularly known for work in childhood cancers such as leukemia, lymphoma, brain tumors, neuroblastoma, sarcomas and retinoblastoma."

One of Cary Schirmer's main suppliers of materials is Polartec. His supplier from Polartec had survived breast cancer and was also very sympathetic toward the cause.

Together, HPG and Polartec donated approximately 350 liner yards – which is over 400 pounds of very



Colby Suppiger during chemotherapy treatment in the sev-Photo provided enth grade with his orange blanket.

high quality fleece. This cancer. At the large tables was in addition to the 200 throughout the house and yards of material Suppiger garage, one could hear sumpurchased.

in full force both Saturday and Sunday, Aug. 25-26, cut ing of gratitude by Suppiger, the material and wove the blankets.

kets, people quietly gathered ahead of time and said Matthew Raffel, Troop 224, a quiet prayer for someone Girl Scout Troops 33132 and they knew who had sur- 32913 and Ms. June Jung, vived or had not survived his Eagle Scout mentor.

mer stories and fall plans. The Troop came together There was laughter and joy and most of all a great feelwho extend special gratitude for the incredible support he While making the blan- received from his family, Mikaela Truong, Justin Lee,

How to Lose Fat FAST Without Surgery, **Painful Procedures or** Side-effects?



Say "goodbye" to fat, cellulite and fine wrinkles and Say "Hi" to a leaner, slimmer and fitter YOU!



If are you frustrated of the stubborn fat in your stomach, love handles, back, legs, arms, butt, neck, chin, and face, then we've got some exciting news for you...

Introducing CRYOSKIN - A non-invasive treatment for slimming, cellulite reduction, and toning.

Stubborn fat - Gone. Aging skin - Reversed. Cellulite - Eliminated. Sagging skin - Toned and Tightened. **Pre-baby body - Returned!** 

We guarantee you'll lose at least 1/2 inch per session at a minimum. Some people lose up to 2 inches in a single session!

Book a 30 minutes FREE Cryoskin consultation and receive \$100 credit towards your first Cryoskin session. Hurry, we've only 50 of these credits left!

**To Book Your FREE Cryoskin** Consultation Call: 925.275.5595



We're giving away 5 Day/4 Night Cruise Certificate for Two to the Bahamas, Mexico, or the Western Caribbean. To Qualify for your the Cruise Certificate, schedule a free Cryoskin consultation before September 30th!

# PHYSICAL THERAPY

Get back to the things you love. **Prevent future issues** or injury.



**Our Physical Therapy**, Massage, and Wellness services can help you get there.

Call our office today for a **Complimentary Consultation!** 

925-284-6150

3468 Mt. Diablo Blvd. Suite B110, Lafayette, CA 94549 www.lafayettept.com