Support for others with cancer comes in all shapes and sizes.

How does it feel to have your head shaved for a good cause? “Perfect!” said Abby Bartholomay, an eighth-grader at Rush-Henrietta’s Roth Middle School.

Abby took Goin’ Bald for Bucks very personally raising a whopping $1,001 and bringing her school’s total contribution to over $8,500!

Roth is one of ten schools in the Rochester area that has already committed to organizing a Bald for Bucks event in support of our programs and cutting-edge research at Roswell Park Cancer Institute.

Now in its fourth year in Rochester, Goin’ Bald for Bucks has raised nearly $200,000 for these vital programs and services.

Because every dollar stays right here in Western New York, the program’s impact is very meaningful and hits close to home for everyone who participates.

When new schools sign up, invariably the first question is, “What should we do?” The answer, quite simply, is "Whatever you want to do!” Each event is as unique as the people planning it.

The Roth event in February, led by the school’s physical education teachers Kelly Hatch and Dawn Finewood, was literally and figuratively very well choreographed.

Principal Denise Zeh was brought to tears when the entire school body broke out in song and dance to Rachel Platten’s “Fight Song.”

--- cont. on page 6
Hello Friends,

March Madness is in full force right now in Rochester – and I’m not talking about basketball! In the last 36 hours, over two feet of snow have fallen, all of which is drifted on the roof outside my window completely blocking the view!

This late season Nor’easter has crippled travel, closed schools and businesses, and presented untold hazards to many less fortunate than I without a warm house for shelter. All of this on the heels of last week’s devastating windstorm that caused power lines and trees to topple like matchsticks. Thousands were without power for days, with temperatures dipping to single digits and hearty repair crews working day and night.

But Spring will come. Tender bulbs just starting to peek above the ground will survive, trees will blossom and tiny birds arriving from warmer climes will endure despite the cold. What resilience, this natural world of ours. I see the same fierce determination in our teens and young adults who every day withstand the forces of cancer that batter and bruise but don’t defeat. I want to be like them when I grow up!

As we begin 2017, we are excited about several new initiatives: an interactive podcast series to expand our reach beyond our physical walls, new collaborations to better leverage resources, and expanded advocacy efforts to secure much needed resources for our teens and young adults.

I invite you to visit our website – 13thirty.org – to review our 2016 Annual Report and see how carefully we managed your generous donations. I always joke that I can really stretch a dollar and am very grateful for every single one that comes our way! As always, we promise to be good stewards of your trust.

Please stop by one day and see our Center, if you’ve never visited. The coffee is always on and we love to tell you about the amazing kids we get to serve.

With thanks, as always,

Lauren
• The race series that we initiated last year is **BIGGER AND BETTER**! The Rochester Melanoma Action Group has joined 13thirty Cancer Connect, Anna’s Wish and Christopher’s Challenge to present the **2017 Kick Cancer 20K Race Series**.

• The Series will start in May and feature a race each month through August. Participants who sign up to run or walk in all 4 races will receive a 10% registration discount.

• All Series runners will receive a commemorative pint class with our new Series logo designed by Lyndsay Faulkner who generously donated her time and talent. Thanks, Lyndsay!

**Sign up for all 4 Races. Registration form on back page. Online at: 13thirty.org/bandanabolt or call (585) 563-6221**

Hope to see you at the **5th Annual Bandana Bolt** to support our teens and young adults with cancer! Register as a fundraiser and make an even bigger difference! Raise $100 and get the 2017 Bandana Bolt t-shirt. Raise $250 and get a cool tech-shirt. Of course, everyone gets this year’s awesome bandana designed by Melissa’s brother, New York City artist Mark Sengbusch. Ask your family, friends, co-workers, to sponsor your efforts. Use this form to collect cash or checks made out to: 13thirty Cancer Connect. Set up an on-line fundraising page to make it even easier: 13thirty.org/bandanabolt.

### Sponsor’s Name

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**Participant’s Name**

**Total Amt. Enclosed:**
1. Airigami!
Larry Moss and Kelly Cheatle of Airigami taught us the “art of folding air.” Together, we built a balloon bridge symbolizing all the connections made at 13thirty.

2. Community Service Fair
Steve connected with several students about how to get involved at RIT’s Community Service Fair last month. We’re spreading the word!

3. Mercy Cancer Concert
Lauren Pike (2nd from rt.), a senior at Our Lady of Mercy High School, organized the “Coulter Cancer Awareness Concert” for her motto project. Live music and poetry captured everybody in attendance.

4. Celebrating Together
Our teens, young adults, and staff pose for a picture at the Holiday Party. The snow came down at Black Creek Park but we were cozy inside by the fire!

5. Holiday Party Fun!
How well can you draw a snowman on your head? Josh and the rest of our guests were concentrating hard while Steve gave instructions. Silly fun!
6. MCC Cancer Awareness Gala
Sabrina, Cat, Lauren and Michelle were all guest speakers at the Student Music Association’s Cancer Awareness Gala. A great night with awesome live music!

7. Giving Back
Our “Home Cooked Meals to Help Hearts Heal” program launched in January. 13thirty parents did a great job cooking for families at the Ronald McDonald House!

8. Making A Difference
We are grateful to Woods, Oviatt, Gilman, LLP for their kind donation. Lori and Jim presented us with this wonderful check for $2,500. What a nice holiday surprise!

9. All Relaxing Together!
Our first 13thirty A.R.T. (All Relaxing Together) program was an absolute success! Lisa Nichols guided our young adults to express their feelings with paint. A new use for refrigerator boxes!

10. Minute to Win It!
We teamed up with Scott Liolia and Rose Ann Bovenzi from Double H Ranch for some fun Minute to Win It games. Team “In It To Win It” edged out “The Lobsters” in a fun-filled, Oreo-eating evening!

Happy Spring!
Without her knowing, every gym class had rehearsed the routine for weeks to surprise the much loved administrator who, ironically, was one of Melissa's teachers. The energy was palpable and a fitting tribute to all fighting cancer.

Other novel ideas have included competitive team games, marching bands, sports announcers and hair dying.

Three years ago, Brighton High School teased the audience during intermission of their Spring play with a preview of the big event to follow. Over $30,000 was raised! This year's event is May 26th!

Even if you don't want to go completely bald, you can still help. Donating just eight inches of hair can help a child with cancer feel beautiful again with a new wig thanks to you!

Heads are not the only thing that can be shaved. The second annual Beard-Off is scheduled on April 26 at Lovin' Cup Bistro & Brews where our very own Josh Symer and Steve Esposito will shave not only their heads but their beards.

There's a big price on those heads - and beards!

And speaking of beards, the Rochester Police Department will soon join the ranks of newly shorn. For one month this fall, officers will be allowed to grow beards and then shave them off at the inaugural RPD Beards for Bucks! Stay tuned for more on that!

All fun and games aside, Goin' Bald for Bucks is a way to honor those both living with cancer and those who have died. On page 7, you'll read about Michelle Justice who kept a promise made twenty years ago. Her story is sure to inspire you.

Unfortunately, we have all been touched by cancer in one way or another. Some of us personally. Others indirectly. Regardless, we can all do something to help. No effort is too small or too large. Each in our own way can make a difference, just as Melissa asked.

Can we count on you?

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**Getting Strong Together! 13thirty Fit - Parents**

We are proud to collaborate with CURE Childhood Cancer Association on a 12-month wellness program for parents of children, teens and young adults with cancer and chronic blood disorders. The program starts May 3 and space is limited, so reserve your space now!

The program will focus on:

**Physical Fitness:** In our 8-week fitness program and quarterly QuikFit sessions, we’ll improve our strength, endurance and general conditioning.

**Nutrition:** We’ll learn new ways to keep ourselves and our families healthy and energized through all the challenging times.

**Stress Management:** Gentle yoga with emphasis on mindfulness and massages by appointment will offer respite from the many responsibilities and tasks we juggle daily.

For more information, call Lauren at (585) 563-6221
We sat down with Michelle Justice, a Registered Nurse at Highland Hospital and mother of Sky, 10, and Ivy, 8. This winter she went Bald for Bucks with family and friend, Tori. Her story is a touching one.

“When I was a senior in high school, my friend Brad Waters was diagnosed with Non-Hodgkin’s lymphoma. Brad was quiet, kind, really smart, and we had several classes and activities in common. A small group of us met in the school office every morning to do the daily announcements and one morning Brad shared his diagnosis with us.

I was shocked and knew nothing about this illness or what he was going through because he never complained. He received inpatient chemotherapy at Roswell Park and I went there with a few friends to take Brad's homework to him and help him get caught up on school work.

Since Brad was nervous about the effects of chemo, a couple friends and I agreed that we would shave our head when Brad lost his hair. He was grateful for the sentiment but also recognized it as a big commitment and made it OK for us to not do it.

One of Brad’s best buddies went through with it but as a 17-year-old girl approaching high school graduation, I was eventually dissuaded from the idea. Brad recovered, graduated as Royalton-Hartland Class of ’95 Valedictorian and we went on to different schools.

But his cancer came back, aggressively, and he passed away the following year. Part of me always regretted not shaving my head, not showing him that support while he was with us.

Fast forward to the first reunion for the Class of ’95 - our 20 year! It was great to see so many familiar faces, but some were missing and we honored their memory. My old promise resurfaced and it was then that I became obsessed with the idea of shaving my head.

But I also wanted it to make an impact, really make it count. I knew there were fundraisers out there where I could shave my head to raise awareness and funds. I started learning about them and what they support. That’s when I discovered that Goin’ Bald for Bucks supports exactly the kind of local programs that would have been a great resource to Brad and his family.”

A Young Man Continues to Inspire Thanks to a Powerful Gift

When asked how it was going, our friend, Louis D’Amanda, would frequently say, “I’m going to knock out my cancer!”

A family friend anonymously sent him a pair of boxing gloves signed by Mohammed Ali as a powerful, visual symbol of his courage.

After Louis died in December 2015 at age 24, his wife, Celeste, and parents, John and Kathy, very generously gave us Louis’ gloves.

Words are inadequate to express our love and deep gratitude.

Thanks to the Nichols Construction Team, this precious gift was recently installed at our Center above Louis’ picture.

Now, every visitor to 13thirty is invited to hear Louis’ story, stand in front of his gloves, and absorb a bit of his determination and resolve to live life fully.

Thank you, Louis, for teaching us how to understand - and use - our personal power.
I am proud to donate.
I wish to help teens and young adults with cancer live their very best lives...TODAY!

I know that running a 5K run or fitness walk is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I (and any minor I am signing as guardian for) am medically able to perform this event, and in good health, and properly trained. I agree to abide by all applicable rules of this race and by the decision of the race officials as to my ability to safely complete the event. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other runners, the effects of the weather, including high heat and/or humidity and the conditions of the course, all such risks being known and appreciated by me. I grant permission to the organizing groups to use any photograph, motion pictures, or recording of my taking part in this event. having read this waiver acknowledging these facts and in consideration of you accepting my entry, I, for myself, and everyone entitled to act on my behalf, waive and release 13thirty Cancer Connect, race officials, event organizers, sponsors and their respective affiliates, subsidiaries, principals, directors, agents, officers, employees or contractors of and from any claims liabilities of any kind arising out of my participation in this event. I understand that all entry fees are nonrefundable. I have read this waiver and certify my compliance and agreement with its content with my signature.

Make A Difference for Teens & Young Adults like Melissa

"If you’ve learned anything from me through all of this, do something with it to make a difference, to make things better."

Melissa Marie Sengbusch
1981-2000

Make the Difference - Donate Today!

Name: __________________________
Address: _________________________
City: ___________________ State ______ Zip ______
Phone: _________________________
Email: _________________________

Please make your check payable to:
13thirty Cancer Connect
1000 Elmwood Avenue, Rochester NY 14620
Donate online at: 13thirty.org/donate

YOUR SUPPORT WILL MATTER!