

ABA Law Student Division
2005 Work-A-Day Community Service Program

“Law Students Think Pink”

National Breast Cancer Awareness Month



ABA Law Student Division
Work-A-Day Community Service Program
October 2005

ABA Law Student Division
Public Interest Committee

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A Message from the Committee

Dear ABA Law Student Division Member

This year the theme for work-a-day is “**Law “Law Students Think Pink”**.” The Law Student Division is very excited about this year’s theme and eager to help law schools implement programs accordingly. October is Breast Cancer Awareness Month, and together with law student’s involvement we have the ability to make people aware of a disease that affects so many individuals and their families.

Work-A-Day is an event that encourages law students to get involved in the community where they live and go to school. It is an opportunity for students to give back and to help the community. That is why this year we selected breast cancer awareness as our theme.

If you have any questions or you would like to get more involved, please contact your circuit governor or me.

Sincerely,

Melissa Haas

Melissa Haas
2005-2006 Chair
Public Interest Committee
gov5thcircuit@yahoo.com

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Table of Contents

What is Work-A-Day	1
Introduction to the Tool-Kit	2
Working Together to Make a Difference	3
Getting Started	4
Tips for Success	5
Avoiding the Pitfalls	6
Suggestions for Your 2005 Work-A-Day Program	7
Statistics	8
Helpful Websites and Resources	9

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Law Student Division
2005 Work-A-Day Community Service Program**

***“Law Students Think Pink”
National Breast Cancer Awareness Month***

What Is Work-A-Day?

Each year, the ABA Law Student Division Public Interest Committee, in cooperation with the Division Chair, chooses to adopt a subject of community interest as its theme for Work-A-Day. That theme is then communicated to ABA-approved law schools throughout the country and Puerto Rico as the central objective for the program that year.

Although students organize individual and independent activities and events on their campuses, the Committee provides tools, suggestions and information related to the theme to assist law schools in their endeavors. These materials are designed to help students find creative ways to incorporate the theme of Work-A-Day into their curriculum, while reaching out to the communities that surround their law school.

The last weekend of October has been officially designated for Work-A-Day however, activities may be organized at any time during the month of October. The Law Student Division also encourages student organizations to provide opportunities for the law student body to participate in such programs at any time throughout the year.

Because October is also Breast Cancer Awareness month, the Division considered this theme to be appropriate for the 2005 Work-A-Day. With this theme at the forefront of your activities, students will learn first-hand the many issues affecting the daily lives of those in their community affected by breast cancer, a disease that affects both men and women. As future lawyers, the legal community has played an integral part in the treatment of victims who are impacted by government and legislation that regulate research, care, and medicines for breast cancer patients. By incorporating the issues surrounding how victims and their families receive assistance to actually meeting those affected by this disease, we hope that the students in your school will feel a passionate connection to defeating this killer of so many parents and grandparents, uncles and aunts. By working together, we as law students can help to influence changes in the laws by encouraging state and federal law-makers to consider legislation with the best interest of breast cancer victims and their families in mind.

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Introduction to the Tool-Kit

Work-A-Day, a program sponsored by the ABA Law Student Division, provides the students in your law school with an opportunity to get involved in the community. Through acts of public service, you can advance the goals of the legal profession and make a difference in your neighborhood. The traditional date for Work-A-Day is the last weekend in October, but students at many schools organize activities at different times during the month or throughout the year.

Because October has been recognized as National Breast Cancer Awareness Month, the Law Student Division Public Interest Committee has chosen this year’s theme, “***“Law Students Think Pink”***” for the 2005 Work-A-Day program. By organizing Work-A-Day activities and events at your campus, the students at your law school will join others across the country in making a difference in the lives of countless victims of breast cancer and their families.

About the Issues

Work-A-Day affords students the chance to learn more about the issues that affect our communities on a daily basis. Breast Cancer, a disease that affects both men and women, is one in which the legal community has played an integral part. With this theme at the forefront of Work-A-Day 2005, we hope that students will develop an understanding of how the treatment these individuals receive is impacted by the law and help to influence changes that will improve the quality of life of the victims and families of this disease.

How To Make A Difference

Examples of Work-A-Day 2005 projects incorporating the theme, “***“Law Students Think Pink”***,” include fund raising for research, dissemination of truthful information to victims and their families, participating in local breast cancer events such as walk-a-thons or hosting a panel of survivors at your school. For more information, you can contact a breast cancer organization in your area to inquire about assistance with your school’s participation.

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Law Student Division
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Working Together to Make A Difference

Together, law students around the country can work toward a common goal to make a difference in the lives of breast cancer patients and their families.

As October approaches, the Law Student Division Public Interest Committee will continue to provide student leaders and organizers with resources to assist in sponsoring an event that will help with their Work-A-Day endeavors. There are many opportunities to get involved in the fight against breast cancer. Many cities will be sponsoring events in which students in your school can participate. We encourage you to research these opportunities and rally the students in your school to get involved.

What Is Breast Cancer?

(The following information obtained from BioLife Dynamics.com — http://www.biolifedynamics.com/breast_cancer.html)

Cells in the body normally divide (reproduce) only when new cells are needed. Sometimes, cells in a part of the body grow and divide out of control, which creates a mass of tissue called a tumor. If the cells that are growing out of control are normal cells, the tumor is called benign (not cancerous.) If however, the cells that are growing out of control are abnormal and don't function like the body's normal cells, the tumor is called malignant (cancerous).

Cancers are named after the part of the body from which they originate. Breast cancer originates in the breast tissue. Like other cancers, breast cancer can invade and grow into the tissue surrounding the breast. It can also travel to other parts of the body and form new tumors, a process called metastasis.

What Causes Breast Cancer?

We do not know what causes breast cancer, although we do know that certain risk factors may put you at higher risk of developing it. A risk factor is anything that puts you at higher risk of developing a particular disease. A person's age, genetic factors, personal health history and diet all contribute to breast cancer risk.

Who Gets Breast Cancer?

Breast cancer is the most common cancer among women other than skin cancer. Breast cancer is the second-leading cause of cancer death in women after lung cancer — and is the leading cause of cancer death among women ages 35 to 54. In 2001, 192,200 women will be diagnosed with breast cancer and approximately 40,600 will die. Although these numbers may sound frightening, research reveals that the mortality rate could decrease by 30% if all women age 50 and older who need a mammogram had one.

Only 5-10% of breast cancers occur in women with a clearly defined genetic predisposition for the disease. The majority of breast cancer cases are “sporadic,” meaning there is no direct family history of the disease. The risk for developing breast cancer increases as a woman ages.

What Are The Warning Signs Of Breast Cancer?

- Lump or thickening in or near the breast or in the underarm that persists through the menstrual cycle
- A mass or lump, which may feel as small as a pea
- A change in the size, shape or contour of the breast
- A blood-stained or clear fluid discharge from the nipple
- A change in the feel or appearance of the skin on the breast or nipple (dimpled, puckered, scaly or inflamed)
- Redness of the skin on the breast or nipple
- An area which is distinctly different from any other area on either breast
- A marble-like hardened area under the skin

These changes may be found when performing monthly breast self-exams. By performing breast self-exams, you can become familiar with the normal monthly changes in your breasts.

Breast self-examination should be performed at the same time each month, three to five days after your menstrual period ends. If you have stopped menstruating, perform the exam on the same day of each month.

If ever you need assistance while organizing your Work-A-Day program, the members of the ABA Law Student Division Public Interest Committee join me in inviting you or other student leaders to contact us for support.

**American Bar Association
Law Student Division
2005 Work-A-Day Community Service Program**

**“Law Students Think Pink”
National Breast Cancer Awareness Month**

Getting Started

The first step in developing a successful Work-A-Day initiative is to create a planning committee, comprised of faculty, staff, and students which is charged by your school organization or administration with developing and implementing a plan for a successful “**Law Students Think Pink**” campaign. Here are some steps to begin that process at your law school.

- First of all, determine that public service is part of the overall strategic plan for your law school, as well as the university as a whole. It is important that the individuals on your Public Interest Committee include a diverse array of individuals who share a common vision for the success of your initiatives and goals.
- For a public interest plan to be successful it must have two components; it must be measurable and there must be accountability. Committees help create accountability. The committee should develop a scorecard that helps track their progress and aids in reporting to school administrators. The committee might also want to use personnel evaluations to reflect and refine the school’s future short and long-term public interest goals.
- If your goal is to incorporate public service at your law school on a long-term basis, the length of your committee’s plan will be critical. Although it is important to develop a plan that will provide long-term sustainable change, it is also important to have some short-term accomplishment to create momentum. In this case, a plan could be designed for 12 to 18 months. You could then create quarterly checkpoints for consistent follow-up.
- If your objective is to create a campaign for only the short term, then your plan should include those goals that you decide are most important for Work-A-Day 2005. Again, developing a plan that will include achievable goals is important to entice momentum for future campaigns. Create a time line to include checkpoints for reviewing your progress throughout the planning process.
- It is important that you put together a diversity team, council, or committee of the proper size. Some experts say that more than 10 or 15 members can be counterproductive. Remember that inclusion is better than exclusion. Find a way for willing individuals to participate. It is important to create a broad base of participation. This should include students from all classes, faculty, staff, administration, and even members of the community.
- The committee should define its overall objective. Do you want to reach out to the students in your school, the community, victims of breast cancer or a combination of all three? Consider whether your main objective is to disseminate information, fund-raising or hands on contact through an organization that manages the care of cancer patients. It could be a combination of all these things or something we haven’t even mentioned.
- Support for your public interest initiatives from all levels of the law school is important, but administration support is critical. If you are interested in accomplishing multiple tasks, consider creating teams co-chaired by members of the administration. This allows the committee to have authority and legitimacy while serving as an advisory role for the administration.

- For the success of your plan, it is important to create an overall plan, as well as plans for each subcommittee with clear and specific role. The committee leadership should indicate specific roles and tasks for each member. As an example, one subcommittee may research activities already being planned in your area by the American Cancer Society. Likewise, another subcommittee may be responsible for contacting the law school's cafeteria to allow you the use their facilities and to sponsor a catered luncheon highlighting the legislative issues confronting cancer victims and their families. During this presentation, another subcommittee could be asked to develop displays and organize presentations introducing students to those directly involved in the fight against breast cancer.
- Education is critical for the success of any initiative. The committee might want to develop a "Breast Cancer Handbook" for faculty, staff, and students to review. Resources may also be available from a local or national breast cancer awareness organization or hospital. You may also want to consider obtaining a short informational video on breast cancer that can be viewed during your first committee meeting followed by a 15-minute open discussion.
- For any Public Interest Committee to be successful, its champions must be recognized. Give out awards and show how serious the law school considers the furtherance of public interest within its walls and in the communities surrounding your institution.

No plan is done without the support of the law school and university administration. Develop a plan outlining the purpose and objectives of you Public Interest Committee. Also research steps your school has currently undertaken so that your efforts do not overlap or trump an existing school equivalent. After you have done your homework and determine that your school could benefit from a Public Interest Committee, meet with the law school and/or university administration along with other student bar leaders to discuss how a successful committee might be formed.

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Law Student Division
2005 Work-A-Day Community Service Program**

**“Law Students Think Pink”
National Breast Cancer Awareness Month**

Tips for Success

When planning your event, here are some ideas to keep in mind that will help your hard work pay off and ensure that your attendees will leave the program appreciating a unique experience.

1. When approaching students and faculty about presenting a **“Law Students Think Pink”** program, chances are you will find more than one person who has a friend or family member who has faced the trials and tribulations of breast cancer.
2. When seeking presenters (faculty or staff) for your educational programs, try to bring in individuals who represent different ethnic groups, gender, and lifestyles to show that this disease does not discriminate against any group. This can help your school to make contact with people who represent diverse backgrounds.
3. If your university has a medical school, ask a professor of oncology if he/she would like to participate in your efforts. Perhaps the medical students can assist in your research and provide you with resources you hadn't thought about before. Also, speak to biology professors and others who can provide you with resources related to breast cancer.
4. When advertising your **“Law Students Think Pink”** initiatives, use creative, quality publicity. Student may have difficulty understanding the connection between breast cancer programming and legal public service. Try to use titles that students can easily understand and that specifically identify the topic of the program.
5. Use bulletin boards to demonstrate the legal issues associated with breast cancer research and treatment – ask residents to become involved in this project! While the issues you have selected are being highlighted on the board, offer programs or study breaks that highlight the messages you are attempting to convey.
6. When planning activities make a commitment not to “mask” the issues or bury your initial intent by focusing on entertaining attendees. Bring the issues and the affects of breast cancer to the forefront of your event.
7. There is a fine line between providing the facts and initiating a shock effect, which is something you want to avoid. Remember, your objective is to create a life-long passion for your cause not shocking your audience into short-term action.
8. Plan early. Promote your event in the law school and in the community in order to provide maximum attendance and create a link between the law school and the community it occupies.
9. When sponsoring a symposium or roundtable, provide time at the end for attendees to meet and mingle. Having the opportunity to speak casually with featured speakers and champions of breast cancer or their families is important to students.

**American Bar Association
Law Student Division
2005 Work-A-Day Community Service Program**

**“Law Students Think Pink”
National Breast Cancer Awareness Month**

Avoiding the Pitfalls

In constructing a Work-A-Day Day event, it is important to develop your programs in a way that makes everyone feel included. There are many common mistakes that student leaders inadvertently make which could hinder their hard work. Here are a few tips to keep in mind as you plan your event.

1. Check the calendar to prevent scheduling your event to coincide with any religious observance that may exclude some members of your school or community.
2. Be sure to be inclusive. Provide means and accessibility to community member with disabilities. Also, breast cancer does not discriminate against any group. Include a diverse mixture of individuals as speakers, invited guests, in your activities and publicity. Remember, breast cancer affects families from all walks of life whether they are a spouse, life partner, mother, father, aunt, uncle, cousin or friend.
3. The scope and publicity of your event should convey an open invitation to all and entice interest in your cause. If you are planning a fund-raiser in the evening, consider a family event. If it is a luncheon in the afternoon to debate the issues, consider creating an atmosphere that will entice a lively forum instead of talking-heads.
4. Avoid mottos or program titles that may be misconstrued as insensitive to the plight of cancer victims or their families.
5. In your publicity you want to entice interest not shame your audience into attending. While you want to bring your cause to the forefront of your event, you also want to generate a genuine enthusiasm and give your audience a sense of being part of the solution. This can be accomplished whether you are having a community fair to raise money or a forum to debate the issues.
6. While your event should be in good-taste, don't give the impression that the donations being collected for research or other breast cancer causes are actually being spent to fund your event. Attempt to have things donated by your local cancer society, bar associations, community groups, law firms, businesses, etc. In addition to thank you letters, be sure to give them credit for their support of your event by acknowledging them in a program or with signs thanking them publicly for the amenities they have so graciously provided.
7. Don't be afraid to ask other organizations at your institution to participate even if they're not part of your law school. Organizations from your biology department, medical school and even underclassmen may be more than willing to join your cause and provide you with perspectives that you hadn't thought of before.

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Law Student Division
2005 Work-A-Day Community Service Program**

**“Law Students Think Pink”
National Breast Cancer Awareness Month**

Suggestions for Your 2005 Work-A-Day Project

The Public Interest Committee is pleased to provide you with some suggestions and quick ideas for student leaders at law schools to organize on their campus. We encourage you to read more on the website (www.abanet.org/lzd/work-a-day/) because it contains more ideas for your involvement. These ideas are by no means all inclusive and if you or the students at your school have other thoughts for this theme we welcome you to share them with us at abalzd@abanet.org.

- Contact and volunteer at your local cancer society or cancer treatment center
- Sell pink ribbons
- Host a walk-a-thon or other sporting event to raise money for research
- Have a wig and sundries drive for survivors
- Volunteer at local cancer care center or hospice
- Disseminate information to victims and their families
- Provide assistance to families of cancer victims such as cleaning house, running errands, shopping for groceries, or simply offering support
- Conduct a panel discussion with professors, survivors, family members and local health care lawyers

Initiating Your Event or Activity

- Showcase relevant research projects related to breast cancer or women’s health.
- Get faculty and students together for a “lunch time” discussion of women’s health awareness with a focus on breast cancer and how those efforts can be improved.
- Hold a student/staff forum and invite the community.
- Showcase individuals who specialize in cancer treatment with an emphasis on breast cancer.
- Organize workshops to teach the importance of early detection and prevention of breast cancer.
- Display student and/or faculty work related to your cause.
- Host a debate or public lecture on controversial treatments and legislation related to breast cancer.
- Invite a champion of the breast cancer cause to share his or her experiences and present an award for their efforts.
- Conduct mock trials addressing issues and topics related to the legal aspects of cancer research and treatment.
- Develop information posters designed to bring awareness to the issues the fight against breast cancer.

- Host a guest lecturer from the community.
- Sponsor a mural or other work of art paying tribute to victims and survivors from your community.
- Conduct a breast cancer awareness clinic.
- Ask school administrators what resources they have for supporting students afflicted or confronted with a family member stricken by cancer. Offer to find additional materials if necessary.
- Unite law students or student groups with victims of cancer and their families to donate a day or two of their time to help with the care of their patient or children.
- Sponsor a blood and plasma drive.
- Start a monthly “cancer awareness” roundtable to discuss critical issues associated with the fight against breast cancer.
- Hold a community-wide yard sale and use the proceeds to improve a park or community center. Celebrate the event with a picnic.
- Build a community garden dedicated community member afflicted with breast cancer.
- Create a SBA or school cancer awareness web site.
- Create a mobile “street library” to make information and resource about cancer available to students at your school and the community.
- Contact your local cancer rehabilitation organization to find out how the students in your school can be of assistance to their cause.
- Sponsor a forum or symposium to debate the issues currently before the state and federal legislatures.
- Whatever your program – give it a name, motto, or symbol to create the sense of a school-wide campaign – not just one that affects women.
- If you do not know what is needed in your community, contact your local cancer society to inquire about specific needs. This is a great starting point for what to do on your campus.

**American Bar Association
Law Student Division
2005 Work-A-Day Community Service Program**

***“Law Students Think Pink”
National Breast Cancer Awareness Month***

Statistics

Breast cancer is the second leading cause of cancer deaths in women today (after lung cancer) and is the most common cancer among women.

According to the World Health Organization, more than 1.2 million people (both men and women) will be diagnosed with breast cancer in 2005 worldwide. The American Cancer Society estimates that in 2005, approximately 211,240 women in the United States will be diagnosed with invasive breast cancer, otherwise known as Stages I-IV.

The chances of developing invasive breast cancer during a woman's lifetime are approximately 1 in seven (13.4%). Another 58,490 women will be diagnosed with *in situ* breast cancer, a very early form of the disease.

The death rates from breast cancer declined significantly between 1992 and 1996, with the largest decreases among younger women. Medical experts attribute the decline in breast cancer deaths to early detection and more effective treatments.

Links to Other U.S. Breast Cancer Statistics

- American Cancer Society Breast Cancer Facts and Figures: <http://www.cancer.org/>
- Center for Disease Control and Prevention National Cancer Data: <http://www.cdc.gov/>
- SEER Cancer Statistics Review, 1973-1997 (National Cancer Institute):
<http://www.seer.cancer.gov/>
- International Agency for Research on Cancer: <http://www-dep.iarc.fr/>
- Directory of Organizations fighting breast cancer:
<http://www.4woman.gov/napbc/catalog.wci/napbc/orglist.htm>

**American Bar Association
Law Student Division
2005 Work-A-Day Community Service Program**

**“Law Students Think Pink”
National Breast Cancer Awareness Month**

Helpful Websites and Resources

ABA Commission on Women

The ABA Commission on Women in the Profession (<http://www.abanet.org/women/>) has been and continues to be involved in several breast cancer projects:

- Breast Cancer Legal Advocacy Initiative: <http://www.abanet.org/women/breastcancer.html>
- Hearings on Status of Women: <http://www.abanet.org/women/hearings.html>
- Multicultural Women Attorneys Network: <http://www.abanet.org/women/mwan.html>
- Oral/Video History Project: <http://www.abanet.org/women/oralhistory.html>
- Women of Color Research Initiative (<http://www.abanet.org/women/woc/wocinitiative.html>)
- Women in Law Leadership Academy: <http://www.abanet.org/women/04lawleadershipacademy.html>

The Commission also co-sponsors several programs of interest to women lawyers. Read more about Commission activities (<http://www.abanet.org/women/activities.html>)

American Cancer Society

Phone: (800)-ACS-2345 — Internet Address: <http://www.cancer.org>

Colleges Against Cancer: http://www.cancer.org/docroot/GI/GI_7_Colleges_Against_Cancer.asp?sitearea=GI

Making Strides Against Breast Cancer: http://www.cancer.org/docroot/GI/GI_2_7.asp

Relay for Life: http://www.cancer.org/docroot/GI/gi_1.asp?sitearea=GI&level=1

How to Help: http://www.cancer.org/docroot/HOME/sup/sup_0.asp

DNA Direct

A private organization: understanding what cancer is and the risk factors involved can help each woman understand her own risk, take preventive action, and find the screening strategies that are right for her. http://www.dnadirect.com/resource/conditions/breast_cancer/index.jsp

National Breast and Cervical Cancer Early Detection Program

Phone: (888)-842-6355 (option 7) — Internet Address: <http://www.cdc.gov/cancer/nbccedp/index.htm>

National Breast Cancer Coalition (NBCC)

Grassroots Advocacy Group that advocates for legislative changes
<http://www.natlbcc.org>

National Cancer Institute Cancer Information Service

Phone: (800) 422-6237 — Internet Address: <http://cis.nci.nih.gov>

Susan G. Komen Breast Cancer Foundation

Phone: (800)-462-9273 — Internet Address: <http://www.komen.org>

The National Cancer Institute (NCI) is the federal government's authority on breast cancer. Contact them at 800-4-CANCER (800-422-6237) or go to the following web site: <http://www.cancer.gov/cancerinfo/wyntk/breast>

U.S. Department of Health and Human Services, Office on Woman's Health

You can also find out more about breast cancer by contacting the National Women's Health Information Center (800-994-9662).

Y-ME National Breast Cancer Organization

This organization provides support services to breast cancer victims and their families
<http://www.y-me.org>

If ever you need assistance while organizing your Work-A-Day program, the members of the ABA Law Student Division Public Interest Committee join me in inviting you or other law student leaders to contact us for support (www.abanet.org/ltd/work-a-day/).