



Cedar Valley Cancer Committee

TOUCH OF COURAGE

CONNECTION NEWSLETTER

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FOOD AND NUTRITION: IT DOESN'T HAVE TO BE COMPLICATED

**Dr. Andrew Nish, Medical Director,
John Stoddard Cancer Center, Des Moines, Iowa**

There is a plethora of advertisements trying to sell the latest in nutrition; low fat, high fat, no lectins, this powder, and that shake. No wonder we are all confused but it does not have to be complicated. Let's keep it simple - **eat real food**, mostly plants, as close to its original form as possible. Real food, that which mother nature has provided for us, is high in fiber (feeding the 40 trillion microbes in your gut) and low in sugar. Processed food is just the opposite, low in fiber (therefore no food for the microbes in your gut) and high in sugar.

Food: A substance that is used in the body of an organism to sustain growth, repair, and vital processes and to furnish energy.
Poison: A substance that is capable of causing illness or death of a living organism.

Real food supports growth and repair and supplies energy while processed food is a slow acting poison.

For decades we have been brainwashed (mainly by the food industry and government) that a calorie is a calorie. All calories are interchangeable. The implication is that a calorie from any food source is just a calorie, eat too many, expend too few and you become obese. The problem with this model is that it doesn't take into account that we are complex biologic beings and that what we put into our mouths directly effects hormonal and metabolic responses telling us to either burn or store energy. Thus, the calorie in, calorie out model is an inherently flawed model. We have been told eat less and exercise more and all will be well but as we have witnessed over the past 50 years nothing can be further from the truth. All food is inherently good in its natural state, what has been done to the food is the problem (processing). It is not what you eat that is important but specifically what your body does with what you eat.

This is where insulin comes in. Insulin is a hormone that is produced by your pancreas and has 3 main functions: it lowers your blood sugar; it signals your body to store energy in the form of fat and it stimulates cell growth. Insulin is vital to life but too much promotes energy storage (fat) and cell growth (cancer). In western society it has been estimated that up

FOOD AND NUTRITION, CONTINUED PAGE 2

to 88% of people have too much insulin and a main driver is the food we eat. As Dr. Robert Lustig says: “the key to reducing your insulin levels is to protect the liver and feed the gut.” This means eating real food, high fiber, low sugar and eliminating processed food, low fiber, and high sugar. At this point sugar deserves a special mention. The consumption of sugar, specifically the fructose molecule in sugar drives insulin resistance (reduced response of cells to insulin) and therefore elevated levels of insulin. We are swimming in sugar. Up to 80% of all processed foods in the grocery store have added sugar. That means that most foods that are purchased have added sugar, the driver of insulin resistance. The World Health Organization recommends that we consume not more than 6 teaspoons of added sugar per day (that is 24 grams). Unfortunately,

most Americans consume 20-25 teaspoons per day. Natural sugar in fruits and vegetables do not count toward that total as long as they are eaten as their whole and not consumed as juice.

Nutrition does not need to be complicated. Eliminate processed foods and sugary beverages and make a wide variety of plants the center piece of your meals including a rainbow of vegetables and fruits, nuts, seeds, spices, herbs, whole grains (minimize any processing) and legumes as well as healthy oils (olive) and small amounts of animal protein. Next time you make a food choice think about whether that choice is feeding your gut microbiome (those 40 trillion organisms that support your health) and protecting your liver from the ravages of sugar and processed food— **high fiber and low sugar**.

A VILLAGE OF SUPPORT *SURVIVOR STORY – BARB MCMAHON*

I went for my usual Mammogram (delayed 6 months because of Covid). The tech was taking more pictures than usual. I said something to my husband that evening, and he said I should wait until the radiologist read my results. Two days later I got a call from the doctor in the breast clinic. She wanted me to come in to talk. I then found out I had suspicious changes in both of my breasts. She then asked if we could do some biopsies. We did it right away that afternoon.

The clinic said they would let me know when they received the results. We decided to go to our cabin for a long weekend. On Tuesday we got THE phone call, and the biopsies came back as cancer. My husband took the phone call, and I could tell by his facial expression that the news was not good. I cried most of the day. I asked God, why me? I have no family history of breast cancer. Since I made the decision to have both breasts removed and reconstruction done at the same time, the surgery date was delayed. So, after I shared this with my family of five girls, they came over and said they would be on my team to pray for me. So, this was the last part of April.

Previously we had made the decision to move out of our home we had lived in for 30 years. We started packing up our house on May 12, 2022. We had so much stuff! I started to get things ready for a big garage sale. I asked people to help because we had to keep some things for the next house. The garage sale was a success. This took my mind off the cancer. We still had a lot to pack up, but we were going to downsize.

We waited until after my surgery for the final packing.

I chose to remove both breasts and have reconstruction done at the same time. It was a long surgery. I don't remember much after the surgery. The next day both doctors came in to see me. They asked if I wanted to stay another day and I said no. I like being at home, Hospitals tend to be loud. Mary brought in some heart pillows from the Beyond Pink TEAM support group to put under my arms. They were such a relief. I had a village that surrounded me with a lot of love and encouragement. The pink team answered all my questions, and gave me a bag to carry everything home in.

When I got home my daughters had made a sign to welcome me home. They had a dinner for us, and then my youngest daughter gave me a boob puzzle. I loved their sense of humor! They were keeping my spirits up. I had sent a prayer request to our church and that goes online. The cards and casseroles started coming in. I felt God was taking CARE OF ME. My husband made an encouragement board for me. All cards and Smacks went up on this board.

I believe that God brought me through this. I was very close to Him and listened to Him. It's been a year since the diagnosis, and I am doing well. My endurance is almost back to baseline. Both cancers turned out to be early and no lymph nodes were involved. I did not need radiation or chemo. I am on an anti estrogen pill that I tolerate well. - I am grateful.



WHERE THEY ARE NOW TOGETHER WE ARE CONQUERING AND ADVOCATING

Traci (Survivor) and Kent (Caregiver) McCausland

TRACI (SURVIVOR'S) PERSPECTIVE

Oh cancer, where should we start? I suppose we'll start with Mother's Day weekend five years ago. Just days before, I'd discovered a lump on the side of my breast. The days ahead became a whirlwind of appointments and my first mammogram at 39. Officially diagnosed with Stage 2b breast cancer on May 15 of 2017, I elected to pursue treatment at UIHC's Holden Cancer Center. My journey included 16 rounds of chemotherapy, followed by a double mastectomy. I received pCR, Pathologic Complete Response, which was the absolute best possible outcome we were hoping for given the diagnosis.

During that six month stretch of treatments, I attended the Beyond Pink TEAM (BPT) quarterly support group meeting. It was exactly what I needed at exactly the right time! Gabbi DeWitt and Dee Hughes were so friendly in welcoming me to a party I never thought I'd attend. I sat bald nearing the end of my long chemo stretch and felt hopeful listening to stories of other cancer survivors. I continue to attend the support group meetings and am so thankful to BPT for providing this supportive and informative community. Additionally, participating in the annual Pink Ribbon Run with friends and family has been motivating and inspiring!

In recent years, I've been fortunate to learn from the rockstar advocacy team led by Christine Carpenter, and Lori Seawel. My great friend and cancer mentor, Sarah Corkery, and I traveled with this team to

Washington D.C. in April of 2019. We were so grateful to receive the Susan Witwer Memorial Scholarship from the Beyond Pink



TEAM to attend the National Breast Cancer Coalition (NBCC) Leadership Summit! NBCC is a well-respected, bipartisan grassroots organization dedicated to ending breast cancer through action and advocacy. My husband, Kent, and I joined the team this April for the conference and over 125 trained advocates from across the country for NBCC Lobby Day on the Hill. If that sounds intimidating to you like it did to me the first year I participated, Christine taught me to remember, "They work for us." We all have the right to have a seat at the table for our voices to be heard!

KENT (CAREGIVER'S) PERSPECTIVE

As a caregiver, I thought it was my role to be optimistic but also very real about what Traci was facing. We put together a way of dealing with the diagnosis that we both felt good about and I felt my role was to help us stick to that plan. Instead of worrying about things beyond our control, we trusted the care team at UIHC in guiding us through the treatment plan and reality of her diagnosis. Cancer is a scary disease, and it's easy to create problems for ourselves as patients and caregivers that may not ever become a reality. We often anchored ourselves in the mantra

WHERE THEY ARE NOW, CONTINUED PAGE 5

LIVING GREEN *Ecolabels*

BY DAWN KELLER



Evaluating scientific claims can be daunting, given all the false and misleading information circulating today. One area this can be seen is in the labeling of products. Going to a grocery store provides consumers with countless choices when it comes to deciding what to purchase. One aspect that is important to some people is how environmentally friendly a product is. How does a consumer know if one product is more or less environmentally friendly than another? Are ecolabels helpful or are consumers targets of greenwashing?

In the United States, very few food labels have been certified. The few that have include USDA Organic, Fair Trade, and Non-GMO Project Verified (though some of the products this label is on have no genetically modified counterpart which adds to the confusion). Other labels, such as Dolphin Safe, All Natural, Hormone-Free, and Free Range can be quite misleading unless the consumer does their research and looks up a specific product and company. Keep this in mind the next time you are at the store and encounter the many "Environmentally Friendly" labels found on products.

EVENTS

Cedar Valley Pridefest 2022

Saturday, August 27th - noon to 6:00 p.m.
4th Street Downtown, Waterloo

Beyond Pink TEAM will have a table sharing our information and mission.



Ignite the Cancer Conversation with Videos

Coming fall 2022
Watch Facebook for announcement
See full article below



FUNDRAISERS

Waterloo Buck's Pink Out/ Breast Cancer Awareness Night Baseball Game

Saturday, July 30th - First Pitch at 6:35 p.m.
Waterfront Stadium,
850 Park Road, Waterloo

The Bucks will be wearing pink jerseys and auctioning them off during the game in support of those who have been affected by breast cancer. Proceeds from jersey sales will benefit the Beyond Pink TEAM.

Jerseys brought to you by
The Brass Tap, Great Clips,
& SCHEELS.

Stick around after the game
for a fireworks show!



IGNITE THE CANCER CONVERSATION WITH VIDEOS

What questions should you ask upon a cancer diagnosis? How do you ask your oncologist about a second opinion? How can one become an effective and resilient caregiver? These are some of the many questions cancer patients and their caregivers have. In some cases, too, people may feel too overwhelmed to formulate a question. Ignite the Cancer Conversation, the education and advocacy arm of the Beyond Pink TEAM, is collecting and organizing a site linking videos that offer guidance on these and other questions.

Most videos range from three to ten-minutes and feature cancer patients, survivors, caregivers, and medical personnel. They will be organized by the stage of a patient's experience from diagnosis to treatment to after-treatment. The group curated videos from the National Breast Cancer Coalition, Mayo Clinic, and other organizations with the goals of offering accessible advice to a wide range of people. Several Spanish-language videos explain a range of treatment options and introduce people to support networks.

One of the advantages of using videos is that survivors empathetically address current patients, building on the authority of their own experience. Videos blend concrete information with a person's

larger story, conveying a sense of how people manage their family lives or personal ambitions alongside a diagnosis. For example, CancerCare features one video in which Miguel, a twenty-something man, explains how his life changed upon diagnosis and how he managed this disruption by learning all he could about his cancer and self-advocating. Another from Livestrong offers suggestions for how to tell one's children one has cancer and what they might expect of surgery, treatment, and side-effects. In another from Mayo Clinic, Vernice describes her emotions upon diagnosis and the central significance of talking to other women at Mayo about her fears.

Even if you wake in the middle of the night with a question, you can grab your phone, find answers, and learn how others have coped.

This will be an ongoing project, and one of the strengths of curating videos by other organizations rather than creating our own is that it can be easily updated for new research, topics, and perspectives. If you would be interested in working with Ignite the Cancer Conversation or have suggestions for this video project, please contact Christine Carpenter at christine.carpenter@cfu.net

Cedar Valley Women's Bike & Run Night

Tuesday, July 12th

Single Speed Brewing Co,
325 Commercial St., Waterloo



This is an everyone welcome, all experiences and paces encouraged ride and run!!

A huge thanks to sponsoring organizations: Spokes Women, Fearless Women of Dirt, Trail Sisters, and SingleSpeed Brewing!

- Riders meet at SingleSpeed Brewing in Waterloo at 5:15 pm
- Riders will depart starting at 5:40 pm
- Runners meet at 6:15 pm with run departing at 6:30 PM. The run will be a 5K.

EVERYONE will meet back at SingleSpeed for post ride festivities!

Not into running or biking? Come enjoy a meal between 4-10 pm and 5% of all food purchases will be donated to the Beyond Pink TEAM.

See Cedar Valley Women's Bike & Run Night Facebook page for all details.



GreenState
CREDIT UNION

Saturday, October 1st

River Place Plaza,
200 State Street, Cedar Falls

- Registration opens online – August 1st
- Packet Pick-up
Community Main Street,
310 E 4th Street, Cedar Falls
Friday, September 30 –3:00-7:00 pm
- Pre-Race Festivities
Community Main Street location
Saturday, October 1 – 7-8:15 am
- Race Begins at 8:30 am
- Post-Race Festivities River Place Plaza
Immediately following the race –
approximately at 9:30 am

WHERE THEY ARE NOW, CONTINUED FROM PAGE 3

of, “let’s not worry about something until we have something to worry about.”

Advocating on behalf of the National Breast Cancer Coalition was a tremendous experience. The entire group from the Beyond Pink TEAM of the Cedar Valley was extremely well educated and professional. It was exciting to see that we have such an impressive national group of advocates lobbying on behalf of breast cancer patients, their families, and those who will be impacted by the disease in the future. I would encourage anyone who has been touched by cancer to get involved with advocacy efforts. As they say in The West Wing, “decisions are made by those who show up.”

TRACI (SURVIVOR'S) PERSPECTIVE

We were there to continue advocating for millions of dollars to be allocated toward breast cancer research. To date, NBCC has successfully ensured that \$4 billion go toward federal dollars for breast cancer research. We were also there to advocate for those with Stage 4 Breast Cancer who may be too sick and too tired to advocate for themselves. And so sick they can no longer work and must wait over two years before receiving Medicare to help pay for treatment. TWO YEARS!!! On average, the life expectancy for those with metastatic breast

cancer is 3 years. These waiting periods pose added burdens on patients and families. Too often these individuals are deemed eligible, but die waiting for benefits, at increased suffering to them and their families. If you'd like to help us take action, there's a pre populated tool to contact your elected officials.

I've learned so much while walking the halls of Congress and meeting with our Iowa Representatives, Senators, and healthcare team members. A takeaway I've learned from this advocacy work is that breast cancer is political and as Kristin Teig Torres once shared, “you have to get political if you want to save lives.”

It was a powerful experience for me to have my husband by my side in Washington D.C. Kent was the epitome of a devoted caregiver for me in 2017 as I battled breast cancer. May 15 marked the 5-year “Canceriversary” of my diagnosis. It felt pretty good to reflect on that milestone, and I'm looking forward to many more years ahead!



USING ADVOCACY TO DRIVE CHANGE - 2022 SUMMIT THROUGH THE EYES OF A FIRST-TIME ATTENDEE

Jodie Muller

As a 2020 Sue Witwer Memorial Scholarship recipient, I felt fortunate that on April 30, 2022, six advocates from the Beyond Pink TEAM arrived in Washington, D.C. to attend the National Breast Cancer Coalition (NBCC) Summit – finally in person after a two-year COVID-19 delay. Also attending were advocates, Lori Seawel, Kristin Teig-Torres, Christine Carpenter, and Traci & Kent McCausland. These individuals are serious, talented advocates, and to be honest, I was a little bit in awe of them because of previous virtual lobby experiences, but now I am a LOT in awe of them! It was a privilege and honor to be among this group during a powerful, but fun, few days. This was my first visit to Washington as an adult, and everything was brand new to me.

The first two and a half days were intense – they do not start the Summit slowly, but at full speed! We were so fortunate to be able to learn from other advocates, physicians, researchers, educators, and experts about what science and research has been accomplishing with the goal of being able to effectively treat, and most exciting of all, preventing breast cancer (or at least a metastasis) in the first place! Wonderful things are on the horizon, and we have advocacy efforts to thank for the continued funding that makes it possible.

Besides all the great scientific and medical information provided to help make the attendees more educated, well-rounded advocates I particularly enjoyed a session about how to critically appraise cancer research news and, all the information provided so that people less familiar with the process (like me), could learn how to be more effective during Lobby Day. I particularly enjoyed the times when Fran Visco, JD, President of the NBCC, spoke. She is an engaging, commanding speaker, and I couldn't help thinking, "How could anyone say no to this woman!" She was remarkable.

I do have to say, that reaching the U.S. Capital, and then making the walk up the hill was utterly amazing. I know that they say, "Capitol Hill," but until then I never realized that it really is a hill. I was so excited to try to put what I had learned and practiced into action when meeting with the staff of all of Iowa's representatives and senators, but also a little disappointed that we would only be meeting with staff.

The time we spent with each office was better than I expected, and we hope that the staff member will effectively relate what we hope to accomplish, in a nutshell, the continuation of level funding for the DOD Breast Cancer Research Program, preservation of the Medicaid Breast and Cervical Cancer Treatment program, and the eventual passage of the Metastatic Breast Cancer Access to Care Act, which waives essentially a 29-month waiting period for Medicare and Social Security Disability Insurance for eligible persons with metastatic breast cancer.

For some reason "Schoolhouse Rock" from the 70's, when I was a kid, kept going through my mind during our visits. "I'm just a bill. And I'm sitting here on Capitol Hill. Well, it's a long, long journey to the capital city... But I know I'll be a law someday. At least I hope and I pray that I will, but today I am still just a bill." But you know, that is really what all the advocacy efforts are about. We hope and pray that our advocacy efforts will in some way be the catalyst for the change we want to see someday soon.

I am grateful for the experience. I hope to continue to expand upon what I have learned. I am five and a half years out from my cancer diagnosis and feel that perhaps if things happen for a reason, possibly this is the reason – to try to make a real, positive difference so that our daughters, granddaughters, and great-granddaughters will live in world where they never have to hear the words, "you have breast cancer." Together we can hope that eventually, breast cancer becomes something that is only read about in medical history books. Until then, we can pass laws

that make it easier for people to live with. And wouldn't that be an amazing thing.



Six BPT advocates attended Lobby Day on Capitol Hill, meeting with staff from Representatives Hinson, Miller-Meeks, Axne, and Feenstra and staff from Senator Grassley's and Ernst's office. Iowa advocates thanked those Iowa Representatives and Senators supporting the DOD Breast Cancer Research Program and cosponsoring the Metastatic Breast Cancer Access to Care Act. Too often, because of the 2 years+ waiting period, those with metastatic breast cancer who can no longer work, die before they receive the benefits they worked for and are eligible for.

That is why we need everyone to please continue to contact Representative Ashley Hinson's and Senator Charles Grassley's office asking them to "please cosponsor the Metastatic Breast Cancer Access to Care Act."

Representative Ashley Hinson 202-225-2911
Or email Madni@mail.house.gov and Caroline.Doxsee@mail.house.gov

Senator Charles Grassley 202-224-3744
Or email Nic_Pottebaum@Grassley.Senate.gov

DONATIONS

THE FOLLOWING DONATIONS AND MEMORIALS WERE RECEIVED BETWEEN MARCH 1, 2022 AND MAY 31, 2022.

YOUR GENEROSITY AND HONORING INDIVIDUALS IN THIS WAY IS GREATLY APPRECIATED. THANK YOU.

Donations

Bunger Family Foundation

Veridian Employee Involvement Committee

Doris Weber

Memorials

In Memory of Cindy Harmon
Dee Hughes

In Memory of Alta Tweed
Patricia Pedersen

In Memory of Lisa Wilson
Robin Abraham
Dee Hughes
Debbie Wilson
Denise Woodward



SUPPORT GROUP DATES

As of this writing both BPT Support Groups (Touch of Courage and All Cancer Support Group) have met in-person outdoors. Please call first before attending any group. Wear a mask if indoors, and do not attend if you have been exposed to COVID-19.

July 5, 1:30 pm

Care & Share Cancer Support Group

If meeting in person mask required
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Jessica 319-272-2816 for meeting info

July 11, 1:30 pm

Touch of Courage Breast Cancer Support Group

If meeting in person mask required
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-232-8691 for info & location

August 1, 1:30 pm

Touch of Courage Breast Cancer Support Group

If meeting in person mask required
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-232-8691 for info & location

August 2, 1:30 pm

Care & Share Cancer Support Group

If meeting in person mask required
MercyOne Cancer Treatment Center
Jessica 319-272-2816 for meeting info

September 6, 1:30 pm

Care & Share Cancer Support Group

If meeting in person mask required
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Jessica 319-272-2816 for meeting info

Sept 12, 1:30 pm

Touch of Courage Breast Cancer Support Group

If meeting in person mask required
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-232-8691 for info & location

September 20, 5:00 pm

BPT All Cancer Survivor Group

If meeting in person mask required
Cedar Valley Unitarian Universalists Church
3912 Cedar Heights Drive, Cedar Falls
Angela 319-231-3143 for info & location

October 3, 1:30 pm

Touch of Courage Breast Cancer Support Group

If meeting in person mask required
Community Foundation of NE Iowa
3117 Greenhill Circle, Cedar Falls
Pat 319-232-8691 for info & location

October 4, 1:30 pm

Care & Share Cancer Support Group

If meeting in person mask required
MercyOne Cancer Treatment Center
200 E Ridgeway Ave, Waterloo
Jessica 319-272-2816 for meeting info

RESOURCES

Information, support, counseling, and educational materials are available from the following:

Beyond Pink TEAM is a local breast cancer organization providing a variety of services. Our website lists services we provide as well as other services available in the Cedar Valley. beyondpinkTEAM.org
f You can also find us on Facebook.

Living Beyond Breast Cancer includes a helpline, newsletter, and information. LBBC.org
Survivors Helpline: 888-753-5222

Young Survival Coalition connects with other young women diagnosed with breast cancer. youngsurvival.org

Cancer Care is a national nonprofit organization offering counseling, support, financial assistance, and education to individuals with cancer and their families. cancer.org

Iowa Cancer Consortium offers cancer information and links to resources in Iowa. canceriowa.org

American Cancer Society offers cancer information and services. cancer.org.

National Breast Cancer Coalition the NBCC's mission is to eradicate breast cancer by focusing the government, research institutions, and consumer advocates on breast cancer. It encourages advocacy for action and change. stopbreastcancer.org.

National Comprehensive Cancer Network® (NCCN) provides state-of-the-art treatment information in easy-to-understand language to people with cancer and their caregivers. NCCN.org/patients

National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk. cancer-network.org

National Cancer Institute offers information about cancer, breast cancer, clinical trials, cancer statistics, research and funding, and the latest news. They will also answer your questions by calling **1-800-4CANCER**. cancer.gov

National Cancer Institute for NCI dictionaries of cancer terms, genetics terms, and cancer drugs. cancer.gov/publications/dictionaries

MISSION | Beyond Pink TEAM is a nonprofit organization whose mission is to provide breast cancer prevention, education, support, and advocacy for comprehensive, quality health care for ALL in the Cedar Valley and surrounding communities.

Connect with us . . . Your support financially or through volunteering is both needed and appreciated. Please feel free to complete the following and forward to Cedar Valley Cancer Committee at the address listed below.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____

I would like to participate with the Beyond Pink TEAM by:

- Writing a survivor story for the newsletter
- Become part of the Breast Cancer Advocacy Network
- Making phone calls and sending emails to policy makers for breast cancer issues
- Become a member of the Beyond Pink TEAM - Complete this form, send with a check for \$5 to Jeanne Olson, BPT Treasurer, to address at bottom of this page. Meetings are 3rd Thursdays each month (except December) at 7:00 a.m.
- Volunteering: (check all that apply)
 - Assist with Support Groups
 - Development (Publicity)
 - Events (Fundraisers, Projects and More)
- Advocacy – Contact Congress/Ignite the Cancer Conversation
- Education (Health Fairs/Presentations, Newsletters)
- Donate. Make checks payable to Beyond Pink TEAM. (All donations are tax deductible)
 - BPT Fund
 - Advocacy Fund
 - Area of Need

Mail To:
Cedar Valley Cancer Committee
Db a Beyond Pink TEAM
3453 Kingswood Place
Waterloo, IA 50701

Scan here for more information on the Beyond Pink TEAM.



BeyondPinkTEAM.org