

My name is Kara. Loudoun Breast Health Network (LBHN) has graciously agreed to work with me towards my Girl Scout Silver Award. My project consists of securing the donation of these Journals, designing the cover and the bookmark.

My hope is that you will find comfort in documenting your heartfelt stories as you progress through your fight against cancer and that, by doing so, you will be able to look back at your trials, tribulations and victories and be willing to share those that are particularly meaningful to you.

My plan for my Gold Award, the highest honor awarded to Girl Scouts, is to publish a book of inspiring stories about those who have faced, fought, live with _ and beat cancer in Loudoun County.

If you would be willing to share an entry from your personal journal (More than one if you choose), please contact one of the members of Loudoun Breast Health Network for a journal to write the experience/experiences you remembered about facing cancer.

My sincere wishes for a full recovery and the return of good health to all of you who are facing cancer.

Journal submissions must be received by February 15, 2010. You will only be contacted if enough entries are received to warrant a publication.

You may choose to remain anonymous in any publication.

Don't forget to contact one member of the Loudoun Breast Health Network to receive a journal to write in you entry.

- Kara Kovach, Loudoun County Girl Scout