

SEA ISLE TIMES

McGowan's T-Shirts Raise Funds and Awareness

After raising \$2,500 for the Foundation for Breast & Prostate Health last year, the McGowan family is once again selling its breast cancer T-shirts this summer at McGowan's Food Market Deli & Grill.

"It went so well, we're going to keep it going," John McGowan said.

The McGowan family, of Glenside, Pa., began selling its navy blue and pink T-shirts last summer after their daughter and sister Jennifer Trainer was diagnosed with breast cancer three years ago.

Trainer's mother, Angela McGowan, said the family's T-shirt sales

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The McGowan family and deli staff members show their support by wearing their pink and navy shirts.

were inspired by the initiative shown by Trainer's high school friends, who have been organizing a group for the past three years to walk in the Susan G. Komen Race for the Cure, held every Mother's Day in Philadelphia. Trainer's father, John McGowan, pointed out the framed picture hanging on the market wall of the group wearing matching gray T-shirts with "Jen's Friends" printed around a basketball.

Trainer played basketball for LaSalle University, as well as coached there and at Bishop McDevitt High School in Wyncote, Pa. Now living in Glenside and doing research with a neurology group at Abington Memorial Hospital, Trainer comes down the Shore when she can to help at the family market, her parents said.

"We got pretty active last year and we started to sell these shirts," John McGowan said.

He and his wife, Angela, both said they thought they would sell a few T-shirts when they began last summer, but to their proud surprise, the project ballooned, and they sold 250.

Angela McGowan, who first got the idea to sell the T-shirts, said each customer who bought a shirt signed a notebook she kept behind the counter. She originally planned to make ribbons for each supporter, she said, but can't be discouraged that the reason this hasn't happened is because of the overwhelming enthusiasm of their customers, who keep buying more T-shirts.

The Foundation for Breast & Prostate Health was the choice of the McGowans to benefit from the T-shirt sales because the wife of Trainer's doctor, Dr. Gordon Schwartz, is its founding chairwoman, Shelley Schwartz. All proceeds benefit Breast Health International, a division of the foundation, unlike at larger foundations where a percentage of the money is deducted to cover administrative costs.

"Our most important accomplishments of this past year have been the continuing sponsorship of our Consensus Conferences, the Breast Fellowship and our Fund for Living," Schwartz wrote to the McGowans in a thank-you letter for the donation they raised, which they plan to add to their T-shirt fund-raiser display in the middle of the store.

The Consensus Conferences bring together the world's leading breast cancer scientists for debates and discussions, the Breast Fellowship trains the next generation of experts, and the Fund for Living assists women with breast cancer and their families to cover costs not covered by traditional health insurance, Schwartz wrote.

Support these efforts of Breast Health International and the McGowans by stopping by their market on the corner of 39th Street and Landis Avenue and purchasing a T-shirt for \$10.