

To my fellow Moraga Citizens, Colleagues, and Friends,

The other day I was in the doctor's office and I was asked to pick one of five emoji representations of well-being – happy, content, anxious, angry, or depressed. I looked at it for more than a few seconds, and finally said none of them really expressed my feelings at the moment. As with many things, we try to distill the most complicated situations down to simple components that can be tracked or compared. How does one synthesize a new diagnosis of Stage IV, Non-Small Cell Lung Cancer (NSCLC) into one of five emojis? I'd be lucky if I could even sort out my emotions, thoughts, questions, and strategy of attack in a 1,000-page notebook!

That brings me to today when I am choosing to resign from my position as Councilmember for the Town of Moraga. I find that I no longer have the energy, will, or commitment to do something I used to revere. My resignation will be effective August 22, 2018, at which time a regular meeting will be held that night (I will not attend). Our Town Manager and Council will start defining a process for a replacement for the rest of my term, which ends in 2020.

Lung cancer remains the leading cause of cancer-related deaths worldwide, accounting for over 1 million deaths yearly. Approximately, 85% of newly diagnosed lung cancers are NSCLCs.

Over the last decade, the proportion of NSCLC cases diagnosed among never-smokers (I have never smoked) has more than doubled. Approximately 25% of lung cancer patients are lifelong never-smokers, which means that lung cancer in never-smokers would rank as the seventh most common cause of cancer mortality around the world, if considered as a separate category. An increasing percentage of these cases are diagnosed in younger patients — including those who are physically fit and otherwise healthy — and in women, particularly those of Asian descent, and at late stages of the disease. An estimated 20% of lung cancer in U.S. women now occurs among never-smokers. However, in Asia, this proportion is as high as 80%, and the same may be true of U.S. Asian women. Some startling statistics that few know or recognize.

The Town will do what is appropriate for its continuing governance. As for me and my family, we are all supporting my well-being and healing. I know there are many of you who would like to support me as well, as I have made acquaintances

with so many folks that have become friends. Please feel free to contact me at my home email [jfritzky@comcast.net](mailto:jfritzky@comcast.net) or [jfritzky87@gmail.com](mailto:jfritzky87@gmail.com). Phone is not that good a method currently, as I will be off-and-on sleeping and relaxing as part of my resiliency plan! One more thing you can do – take care of yourself, spend time with your families, take time to do what gives you joy. This I feel is the best payback anyone can give to others.