



HEIDI KRAMER of Chicago, a six-year breast cancer survivor, speaker and co-creator of the celebration performance “This Part of the Journey,” shares her first post-diagnosis laugh:

HALFWAY through my chemotherapy treatments my mom asked, “Can’t you see the light, Heidi?” referring to my eternal optimism. I remember thinking, “No, mom, at this point in my life, I don’t see the light.”

Then I wake up one morning, not a hair on my body.

I go to the mirror and discover these same few eyelashes that just refuse to fall out. They’ve been hanging on for weeks. I’m starting to cheer them on. Every morning I’m saying things like, “Come on, you can do it! Hang in there! Hold on!”

I’m talking about three eyelashes here. I tried for a week to figure out if I should put mascara on them or not! And if I do, should I choose brown, black, Revlon, Cover Girl, thickening, lengthening? I mean, what do you do with that?

I laughed. I really laughed. And that is something I hadn’t done in a very long time.

Hope is visible.