



## NOVEMBER IS LUNG CANCER AWARENESS MONTH

### LUNGevity Yelena, Jeff, and KK

Please join us for our walk-a-thon kickoff event at 2pm **this Sunday November 12 at Yelena's house, 424 Benjamin St.** This will be a fun and informal meet and greet for participants in April's LUNGevity walk and for those who are interested in getting involved. In honor of national lung cancer awareness month, Dr. David Reisman, thoracic oncologist at the UM Cancer Center, and oncology nurse Sue Ansari will discuss their work. Food and refreshments will be provided. We hope to see you there!

### Smokeout Alana and Christine

Smokeout's diag day for the Great American Smokeout is Thursday, November 16. We are going to be giving out food, quit kits, prizes, and kisses from Mr. Butts. Please email Alana (alanako) or Christine (rickardc) or talk to us after the meeting if you'd like to help.

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### Inside this issue:

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#### DID YOU KNOW?

- ◆ More Americans die each year from lung cancer than any other form of cancer for both men and women. In fact, lung cancer accounts for more deaths than the next three most common cancers combined (breast, prostate, and colorectal cancers).
- ◆ An estimated 162,460 deaths from lung cancer will occur in the United States during 2006. 174,470 new cases will be diagnosed.
- ◆ Smoking is the most important cause of lung cancer in the United States. It is estimated that 90 percent lung cancer cases are caused by smoking. Other causes include radon, asbestos and air pollution.
- ◆ Men have higher rates of lung cancer than women, with 78.5 per 100,000 men diagnosed in 2003 compared to 51.3 per 100,000 women. However, lung cancer incidence rates have been significantly decreasing in men while the rate is stable in women.
- ◆ Worldwide, over 3 million people have lung cancer, with the majority living in developed countries. There are 1.2 million new cases each year.
- ◆ In 2003, the lung cancer incidence in black men was 50% higher than in white men. Rates were similar among black and white women.
- ◆ THE BEST WAY TO PREVENT LUNG CANCER IS TO QUIT, OR NEVER START, SMOKING!!

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# SUCCESS!!

## Breast Cancer Awareness Month and the Making Strides Against Breast Cancer Walk

Thanks to everyone who helped make Breast Cancer Awareness Month such a success! USAC raised over \$2,000 for the American Cancer Society's Making Strides Against Breast Cancer walk and each walker's presence was greatly appreciated! Don't forget to keep bringing in your Yoplait lids through the end of the year. T-Shirts are still available in lots of sizes (Youth Large included!) So contact one of the BCA co-chairs to place an order. Shirts are \$8 and say "Whoever said Winning Isn't Everything Never Fought Cancer" in pink writing on a navy background.

- The BCA Girls  
Laura, Ibourdon  
Laurie, laurtega  
Sam, samastar

## Cleanup at the Big House

Thanks to all the members who came out to help with the Stadium cleanup for the Iowa game, we appreciated all your efforts and we raised \$300!

## Congratulations to all the newly appointed Cancer Awareness Week co-chairs!

### BONE MARROW REGISTRY

Mary Meram  
Jessica Huang  
Cynthia Chen

### BAND NIGHT

Rebecca Runge  
Andy Layman

### RESTAURANT DAY

Cecily Beglin  
Helena Semanisin

### DIAG DAY

Jill Schmutter  
Alison Templeton

### BAR NIGHT

Emily Parus  
Christine Rickard  
Lindsey Goldstein

### CANDLELIGHT VIGIL

Liz Ryan  
Rachel Wilson

### PUBLICITY

Jazmin Munoz  
Taylor Danahey  
Amanda King  
Sam Kelman

### FASHION SHOW

Katie Droz  
Heidi Fisher  
Lindsay Reiss  
Meredith Brooks

### ART EXHIBIT

Jaimie Harden  
Samantha Rodriguez

### BOWLING NIGHT

Ross Pysh  
Steve Coryell

## USAC Members of the Month

Congratulations to October's Members of the Month!

**Elizabeth Ryan** was the top USAC fundraiser for the Making Strides Against Breast Cancer Walk, giving up the morning of her 21st birthday to do the three-mile walk.

**Christine Rinke** was a big help at the Stadium Cleanup, donating her time during the entire game to pick up trash.

**Nicole Cervantes** not only helped out with the Stadium Cleanup, but got her boyfriend to help out, too!

## UPCOMING EVENTS

### **CHEERS/Sunshine Project**, Today after the meeting

Immediately following tonight's mass meeting, we encourage everyone to come join the Cheers/Sunshine Committee for another fun arts and crafts making session. This is a great way to not only explore your artistic side, but also meet new club members. This week we will be making decorative picture frames for our adult cancer patients. After the last mass meeting we had an excellent turn out, making maize and blue fleece scarves which our cancer patients loved! Remember, participation in these crafts earns you points toward becoming an active member in USAC, so find Katie and Emily after the meeting to join in on the fun.

### **An Informational Discussion About the HPV Vaccine**, November 9

Education Outreach is pairing up with UHS for an informational discussion about the new HPV vaccine. There will be a panel of doctors to answer any questions you may have about the vaccine and also to share what they know about it. It's this Thursday, November 9 at 6pm, at Palmer Commons (just across from Palmer field) in the Great Lakes Room North. For more information or question, contact Chelsea (clams) or Seema (seemab). See you there!

### **Fundraising Cleanup at Crisler Arena**, November 10

The next cleanup event is taking place this coming Friday the 10th starting at 10pm and should finish before midnight. Please come and help out since this time we need at least 12 people! As an incentive, we will be giving each volunteer a discount card for all your help in addition to participation points. Please email jsquare@umich.edu or call (734) 223-0010 if you can help!

### **LUNgevity Walk-a-thon Kickoff Event**, November 12

### **Smokeout's Diag Day for the Great American Smokeout**, November 16

See the front page for more details on both of these events.

### **Frankly Speaking About New Discoveries in Cancer: A Free Workshop for People Affected by Cancer**, November 16

Location: Concordia College- Ann Arbor, MI

Registration and Reception 5:30-6:30pm

Workshop from 6:30-8:30pm

This unique workshop is an opportunity for people with cancer and their loved ones to gather information to help them make informed treatment decisions and improve their quality of life with cancer and beyond. If you or someone you know are interested in attending or would like additional details, please contact The Wellness Community of Southeast Michigan at (734) 572-0882 or email programs@twc-semich.org

## OTHER USAC NEWS

### **Ronald McDonald House**

The Ronald McDonald House Committee is still collecting your pop can tabs at every mass meeting. These tabs support families staying at the Ronald McDonald House by paying their nightly fee. Thank you!

### **Fundraising Discount Cards**

The discount cards are almost ready so we're going to allow the pre-ordering of these cards starting at the end of this meeting. You don't have to pay when you order; you can just sign up with Jing Jing (jsquare) or Kyle (kyday) or email them to pre-order. As soon as the cards are laminated, we will email you and arrange a time for pickup. Thanks for your support!

# BOARD CONTACT INFO

## EXEC BOARD

Kathryn Blake, kbrlake, President  
Jenny Huang, jenyh, Vice President  
Meghan Beach, beachme, Treasurer  
Kelsey Collins, kelslynn, Secretary

## ATHLETIC COMMITTEE

Heidi Fisher, fisherhe  
Mitchell Zoerhoff, zoerhoff

## BREAST CANCER AWARENESS

Laura Bourdon, lbourdon  
Laurie Ortega, laurtega  
Samantha Starr, samastar

## CANCER AWARENESS WEEK

Melissa Beglin, mbeglin  
Katherine McMahan, mckather  
Lexie Mitter, amitter  
Shelly Weiss, shellmw

## C.H.E.E.R.S./SUNSHINE

Katie Caretti, caretti  
Emily Parus, eparus

## EDUCATION OUTREACH

Chelsea Ams, clams  
Seema Bhandari, seemab

## ELEMENTARY OUTREACH

Alena Smalligan, alenaks  
Ashlea Surles, ajsurles

## FUNDRAISING

Kyle Davis, kyday  
Jing Jing Wang, jsquare

## HISTORIAN

Jessica Petrella, jessp

## LOCKS OF LOVE

Rebecca Runge, rungera  
Sarah Stevens, sarahts

## LUNGeivity

Yelena Adelman, yelz  
Jeff Cheek, cheek  
KK Schmier, schmier

## NEWSLETTER

Mark Hodges, hodgesm

## RONALD MCDONALD HOUSE

Jeff Tosoian, jtosoian  
Kate Zahn, kmzahn

## SKIN CANCER AWARENESS

Nour Abdul-baki, nour  
Kory West, kowest

## SMOKEOUT

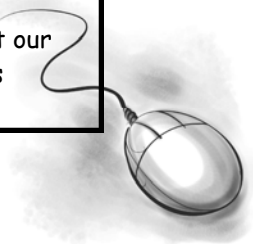
Alana Otto, alanako  
Christine Rickard, rickardc

## USAC QUICK FACTS

**Executive Board Office Hours:  
USAC Office- 4134 Michigan Union**

**Monday 4-5pm: Jenny Huang  
Tuesday 4-5pm: Kelsey Collins  
Wednesday 1-2pm: Meghan Beach  
Thursday 10am-12pm: Kathryn Blake**

Check out the USAC website:  
[www.umich.edu/~usac/](http://www.umich.edu/~usac/)  
To find out more about our  
committees and events



## NEXT MEETING

**12/12/06 Pond Rm., Union, 8pm**