

USAC News

Volume 17, Issue 6

February 13, 2007

Don't get Burned at Break!

Spring Break is just two weeks away! Whether you're partying on Miami Beach or in the Upper Peninsula of Michigan, there's no better time to start preventative measures to protect your skin.

There are over 1 million new cases of skin cancer in the United States each year, and most of them are considered to be sun-related. This includes over 60,000 new melanomas, the most serious type of skin cancer. It is estimated that 1 out of every 7 people will develop some form of skin cancer over their lifetime and one serious sunburn may increase this risk by 50%!

How can you protect yourself? The Skin Cancer Foundation recommends the following steps:

- ◆ Minimize your sun exposure at midday, between 10:00 am and 3:00 pm, when the sun is most direct.
- ◆ Apply sunscreen with at least SPF-15 or higher to all parts of the body that are exposed to the sun.
- ◆ Wear clothing that covers your body and shades your face.

Although sunscreen is important, it is not a substitute for avoiding exposure.

Learn more about preventing skin cancer as well as detecting it. Early detection is critical—even for melanoma, the 5-year survival rate is 98% when it is caught at an early stage, compared to as low as 16% when caught at an advanced stage. Go to www.skincancer.org for more information.

UPCOMING EVENTS

Cheers/Sunshine, Today!

Immediately following tonight's mass meeting, we encourage everyone to come join the Cheers/Sunshine Committee for our second project of the semester. This is a great way to not only explore your artistic side, but also meet new club members. This week we will be making bloomin' pens for our adult cancer patients. Remember, participation in these crafts earns you points toward becoming an active member in USAC, so be sure to find Katie and Emily after the meeting!

Skin Cancer Awareness Diag Day, February 20

Don't get burned at break! The Skin Cancer Awareness Committee is holding a Diag Day before Spring Break to hand out sunscreen packets and information about skin cancer. Talk to Kory (kowest@umich.edu) or Nour (nour@umich.edu) for more information.

Ronald McDonald House, February 20

Our next cookdate is Tuesday, February 20th at the Ronald McDonald House in Ann Arbor. We hope that you can make it! If you would like to be added to the contact list, please see Kate or Jeff after the meeting.

Health Week, Starting March 11

Look out for emails about Health Week, starting March 11th! USAC will be coordinating this event with the Pre-Med Fraternity and doing a presentation on Tuesday, March 13th, before the next mass meeting.

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Cancer Awareness Week

Cancer Awareness Week is coming! This year, CAW will be from March 14-21 with many exciting events:

Fashion Show - March 14, 8pm in the Union Ballroom

Band Night - March 15, doors open at 8pm at the Blind Pig

Art Exhibit Opening - March 18, 7:30pm in the Union Art Lounge

Candlelight Vigil - March 18, 9pm on the Diag (directly following the Art Exhibit kickoff)

Bowling Night - March 19, 10pm-12am at Colonial Lanes

Diag Day - March 20, 9am - 4pm on the Diag

Restaurant Day - March 21, time TBD at Conor O'Neils

Bone Marrow Registry:

March 14, 11am - 5pm in the Union

March 15, 11am - 5pm in the League

March 20, 11am - 5pm in Pierpont Commons

March 20 on the Diag (during Diag Day hours)

We are still trying to figure out the best day for the Bar Nights (we will probably have 2 different ones).

LOOKING FORWARD

Get involved now in these big USAC events! Be a "Super Walker" and do both!

Relay For Life

USAC is forming a team for Relay For Life and we want YOU to join our team! We will be doing various fundraising activities with Relay and also on our own AND we will be having team dinners to get to know each other. Please contact either Heidi (fisherhe) or Mitchell (zoerhoff) for more information about joining the USAC team!

LUNgevity Walk-a-thon

If you are interested in getting involved in our April 15th walk, please check out our website at www.lungevity.org. We encourage you to sign up to be a walker or a team captain if you have not done so already. Remember the holidays are a great time to ask your friends and family for sponsorship! Talk to Yelena (yelz@umich.edu), K.K. (Schmier@umich.edu), or Jeff (cheek@umich.edu) for more information.

MEMBERS OF THE MONTH

Congratulations to the January Members of the Month: **Ross Pysh** and **Steve Coryell**. To raise money for their Bowling Night event (money is needed beforehand to buy out the lanes), the two guys went bucketing (on their own accord!) and raised over \$200! It was inspiring to see such dedication to their event and to CAW as a whole.

SUCCESS!

Ronald McDonald House: We went to the Ronald McDonald House January 31st and it was a great success—the families loved the beef tenderloin and cheesecake!

Breast Cancer Awareness: We had our first BCA movie night in January. We watched Stepmom and had a discussion about cancer while drinking Shirley Temples and eating popcorn! It was a lot of fun and thanks to all of those who came. We will be trying to continue to have a BCA movie night each month so watch your e-mail for upcoming dates!!

Education Outreach: Special thanks to the speakers at today's panel which included cancer survivors Emily Avers, Shaun "Marty" Martin, and Jason Zao!

GET TO KNOW THE BOARD

To help you get to know the members of the USAC board and bring a little more life to the names on the back of the newsletter, we'll be providing a little more insight into the lives and times of some of the USAC board members. This month features Laurie Ortega (Breast Cancer Awareness), Katie Caretti (C.H.E.E.R.S./SUNSHINE), Chelsea Ams (Education Outreach), Lexie Mitter (Cancer Awareness Week), and Jeff Tosoian (Ronald McDonald House).

Favorite Restaurant in Ann Arbor

Laurie: Grizzly Peak
Katie: Zas
Chelsea: Afternoon Delight
Lexie: The Earle
Jeff: Palio

Favorite Sport

Laurie: Football/men's water polo to watch, volleyball to play
Katie: Softball
Chelsea: Skiing and ice hockey
Lexie: Basketball
Jeff: Hockey/Lacrosse

Favorite Class at Michigan

Laurie: Abnormal psychology (Psych 270)
Katie: Animal Surgery 499
Chelsea: Grimm Brothers' Fairytales (German 325)
Lexie: History of American Suburbia
Jeff: Medical Spanish

Favorite Chick Flick (Sorry Jeff)

Laurie: Mean Girls
Katie: 10 Things I Hate About You
Chelsea: Dirty Dancing
Lexie: Clueless
Jeff: 10 Things I Hate About You

THANKS, LAURIE!



Our Breast Cancer Awareness chair Laurie Ortega is leaving us to study abroad for five months in Santiago, Chile. She is an excellent chair and friend to all of us at USAC and will be missed dearly till she returns next year. Farewell Laurie and have a great trip!

- The USAC Board

Laurie says: "I had a ton of fun fighting cancer with you all and I hope to see most of you again next year! Keep doing all the great things that USAC does!"

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 USAC Promotional Discount Cards are still on sale so please bring \$5 to the mass meeting and see either Kyle or Jing Jing to get your own card. If you cannot make the meeting and still want to purchase the card, please e-mail either kyday@umich.edu or jsquare@umich.edu. Thanks for your support!!

Breast Cancer Awareness T-Shirts

We still have lots of t-shirts to sell! They are \$8 and are available at all USAC meetings and will be in the USAC office from now on so stop by office hours to get yours today!

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, carette
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

LUNGevity

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

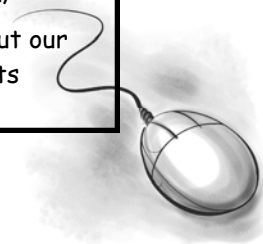
**Executive Board Office Hours:
USAC Office- 4134 Michigan Union**

**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/

To find out more about our
committees and events



FUTURE MEETINGS

March 13: Anderson Rm, Union, 8pm

April 4: Kuenzel Rm, Union, 8pm