What a year we had in 2009!  The Relay For Life of South Lee County raised over $40,000 to help support the life-saving mission of the American Cancer Society. Over 15 teams and 200 team members joined together to help create a county with less cancer and more birthdays. Celebrating birthdays is just what we are going to focus on in 2010. To a cancer survivor celebrating another birthday is a gift in itself. Happy birthday is their victory song. Join us throughout the year as we celebrate birthdays and plan our 2010 Relay – scheduled for Saturday, July 24th.

Here’s to creating a county with MORE BIRTHDAYS!

Nancy McCarty

There Has Never Been a Better Time to Quit Smoking

Tobacco has been big news this year, whether through new laws to protect us from secondhand smoke, higher tobacco taxes and cigarette prices, or legislation that protects children from tobacco and holds tobacco products to strict federal regulations. All in all, it hasn’t been a good year for tobacco companies (or “big tobacco,” as they are sometimes collectively called).

These recent developments, together with the long-known fact that smoking is the leading risk for lung cancer and the wide range of tools available to help people stop smoking, mean there has simply never been a better time to quit. And, fewer people smoking can mean a world with less cancer and more birthdays.

If you or someone you know needs help quitting, join thousands of people across the country in making November 19 the day you make a plan to quit for good, during the American Cancer Society Great American Smokeout®.

Quitting is hard, but you can increase your chances of success with help. The American Cancer Society can help you quit smoking and stay well with free resources and support that can increase your chances of quitting successfully. Online at cancer.org/GreatAmericans, you’ll find tips and tools to help you quit for good. The Society also offers applications on online social networks like Facebook to help you quit or join the fight against tobacco.

Join us for the Great American Smokeout and make November 19 the day you plan to stay well and quit for good. For tips on quitting smoking or getting involved in the fight against tobacco, visit cancer.org/GreatAmericans or call the American Cancer Society at 1.800.227.2345
A Special THANKS to all the SPONSORS who made our 2009 event a HUGE SUCCESS.

Silver Level
Keokuk Savings Bank
KSB Insurance
First Community Bank
Keokuk Steel Castings
Lee County Health
Department Hospice
Southeast Iowa Blood Center
State Central Bank
Thrivent Financial

Bronze Level
Hickory Haven Campground
H-Kee
Keokuk Area Hospital
Keokuk Odd Fellows – Lodge #12
Krichel Animal Hospital
Roquette America, INC
Terribles Mark Twain Casino

In-Kind
KOKX
The Daily Gate City

2009 Team Totals

Top 5 Teams
1. Team FCC - $125
2. Davis Family - $100
3. Elks Chippers & Putters
4. Putt an End to Cancer
5. Stitch Up A Cure / We Cancervive

Top 5 Individuals
1. Cathie Courtois - $100
2. Diana Pennington - $100
3. Noel Brown - $25
4. It is never too early to
5. start fundraising!

 Relay For Life Online Update

Team Fundraisers & Darn Good Fundraising Ideas!

Is your team planning a fundraiser? Let us know and we will help spread the word!

Raise your hand if you are a dog lover!

The American Cancer Society “Bark For Life” (ACS BFL) is an American Cancer Society fundraising event associated with the Relay For Life. The American Cancer Society Bark For Life honors the caregiving qualities of our canine “best friends” and caregivers. It presents an opportunity for people to be empowered through their canine companion partnerships and to contribute to cancer cures through the mission of the American Cancer Society. Participants come together to celebrate cancer survivorship, to honor people lost to cancer, to help fundraise in support of cancer research, education, awareness, patient services, advocacy, and to help eliminate the suffering that cancer causes worldwide.

Want more information? Contact Kierstan Peck @ 319.653.3768 or Kierstan.peck@cancer.org

American Cancer Society Bark For Life

The Official Sponsor of Birthdays™
**Meet the 2010 Relay For Life Committee**

**Chairs:**
- Nancy McCarty

**Team Recruitment:**
- Maggie Simon

**Sponsorship:**
- Nancy McCarty

**Online:**
- Nicole Nemecek

**Entertainment:**
- Maggie Simon
- Diana Pennington

**Luminaria:**
- Ann Stigall

**Publicity:**
- Brenda McNamara

**Registration & Accounting:**
- Kim Boyd

**Ceremonies:**
- OPEN

**Logistics:**
- Mary Ginsberg
- Joy Jairl

**Survivor Picnic:**
- Dorothy Burrell
- Kris Payne

**Volunteers:**
We are always looking for new committee members! New committee members add fresh ideas and keep the Relay exciting from year to year!

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**What does the American Cancer Society do?**

We **save lives** and create more birthdays by helping you stay well, helping you get well, by finding cures and by fighting back.

**Stay Well**
We help you take steps to prevent cancer or find it at its earliest most treatable stage.

**Get Well**
We’re in your corner around the clock to help you make decisions and guide you through a diagnosis.

**Find Cures**
We fund research that helps us better understand, prevent, and cure cancer.

**Fight Back**
We work with lawmakers to pass laws to defeat cancer and rally communities worldwide to join us.

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**Daffodil Days:**
Daffodil week is scheduled for March 15th – 19th. Does your workplace participate?
Contact **Brenda McNamara** if you are interested in learning more! 524.8787

**NEW!** All Relay teams that sell daffodils will receive credit towards their team total. Check with Kierstan Peck or Brenda McNamara for more details.

**Two More Society-Supported Researchers Win Nobel Prize**

Two more researchers whose work has been supported by grants from the American Cancer Society have won the Nobel Prize, bringing the number of Nobel Laureates among the Society’s funded researchers to 44.

Thomas A. Steitz, PhD., of Yale University is one of three scientists receiving the 2009 Nobel Prize for Chemistry. Dr. Steitz received two multi-year grants from the American Cancer Society between 1983 and 1997 totaling more than $1 million. Dr. Steitz and his colleagues were honored for describing the ribosome and its function.

Earlier, former American Cancer Society research grantee Jack W. Szostak of the Harvard Medical School and Massachusetts General Hospital was a co-winner of the 2009 Nobel Prize in Physiology or Medicine. Dr. Szostak was supported by an American Cancer Society project grant for $125,000 between 1981 and 1983 while at Dana-Farber Cancer Institute for “Mutants of Yeast Deficient in Mitotic Recombination.” Dr. Szostak and two colleagues were awarded the prize for the discovery of how chromosomes are protected by telomeres and the enzyme telomerase.

The 44 Society-supported researchers who have won the prize since 1946 is a record that is unmatched in the non-profit arena. The American Cancer Society investment in cancer research facilitates the research advances and also is amplified by the training impact of future professionals who will contribute more cancer research discoveries.

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**Other Happenings in South Lee County:**

**Daffodil Days:**
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